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LINEWATERS'

GAZETTE



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Ten Years of Good Food with Susan Baldassano



PHOTOGRAPHS BY KEVIN RYAN

Susan Baldassano makes a point and mixes it up

By Hayley Gorenberg

I'm going to feed you in a minute!" Baldassano called out warmly, eliciting appreciative murmurs from her attentive audience.

Teaching "easy party food recipes to mark the occasion," chef Sue Baldassano, resplendent in red lace-up boots, red head scarf and red earrings, celebrated the tenth anniversary of her cooking classes at the Coop.

Baldassano waved her red plastic glasses at audience members who'd trekked through the February slush to join her in the warm Coop kitchen, where four of her students from the Natural Gourmet Institute for Health and Culinary Arts bustled about in aprons and white hats as she reminisced about dreaming up the classes, a decade ago. When she started, the sessions were offered without a kitchen. Each month, she bought the food,

carried it home and cooked it, only to "schlep it back—and I started to feel like I was catering a wedding here!" A bit overwhelmed, she cut the classes back from monthly, to bimonthly, and then quarterly, before the kitchen was installed.

The classes grew popular—often standing room-only. "And when I ran out of things to say, I started having guest chefs!" She and her guest teachers surveyed cuisines from different nations, dwelt upon root vegetables, gloried in seaweed, and much more. Two years ago, she called in more reinforcements, supplementing the people-power with her students from the Natural Gourmet Institute, where she serves as Director of Education.

Her eager audience members at the tenth anniversary class included loyal follower and three-year Coop member Mia Schleifer, now a vegetarian.

"They're very inspiring," she enthused. "It's a great touch to the Coop."

Schleifer appreciates cooking tips and techniques the chefs toss off, even more than the recipes (though she is particularly loyal to the chestnut sweet potato soup recipe she took from an earlier class). She has learned how to roast nuts and how to discern differences amongst types of chilies. She has learned handy methods for cutting vegetables and fruits, and how to "shock" greens by immersing in boiling water for a couple of minutes, draining and plunging into ice. "It gives that vibrant color and takes off that tough edge, and you can use less oil in cooking," she said. "They know how to answer any random question. People will say, 'How do you peel a mango?' 'How do you eat a pomegranate?'"

"It gives me lots of cooking

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Raging Grannies at the Coop

By Wally Konrad

Adele Rolider isn't a grandmother. And with a recent nasty cold, she's whispering rather than raging. Yet the 20-plus year veteran of the Park Slope Food Coop is an active member of the New York City chapter of Raging Grannies and Their Daughters, an activist group that promotes peace and social justice by raising consciousness through musical parody and satire.

Raging Grannies started in the 1980s in Canada and now the organization has chapters all over the world. The "grannies" perform at peace demonstrations and other gatherings, often wearing funny hats and loud scarves to draw attention. The New York City chapter, for which Rolider is the musical conductor, most recently performed at the Hunter College Women's International Peace Day in March. This particular chapter is part of the Women's International League for Peace and Freedom, the old-

est peace organization in the world, started in 1915 to achieve world disarmament, full rights for women, racial and economic justice, and an end to all forms of violence

Rolider, who is also a social worker, musician and musical therapist, says it's thrilling to use her music to make change and become part of the larger world. Another plus: How quickly and collaboratively the group writes its songs. "We wrote a song during the first rehearsal I ever went to," explains Rolider. "As a songwriter, it's thrilling to

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PHOTOGRAPH BY LISA COHEN

Grandmaternal disobedience

Next General Meeting on April 25

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, April 25, 7:00 p.m. at the Congregation Beth Elohim Temple House, 274 Garfield Place at 8th Avenue.

The agenda will be available as a flyer in the entryway of the Coop beginning April 5. For more information about the GM and about Coop governance, please see the center of this issue.

Coop Event Highlights

- Fri, Mar 31 • Wordsprouts:** Elizabeth Royte, reading with discussion following, *Garbage Land*, 7:30 p.m.
- Thu, Apr 6 • Food Class:** Northern Brazilian Cuisine, 7:30 p.m.
- Fri, Apr 7 • Film Night:** Gotham Fish Tales, 7:00 p.m.
- Sun, Apr 9 • Raise Your Voice with the Coop:** spoken word, 3:00-5:00 p.m. at the Old Stone House
- Fri, Apr 21 • Good Coffeehouse:** Jenny Hill & the Chill Factor; Cooperating Cooperators, 8:00 p.m.
- Sat, Apr 22 • Fair Trade Product Tasting:** 6:00 p.m.

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

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Ten Years of Good Food

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ideas and inspiration,” she said, and added with a smile, “It’s a great date night.”

Half an hour into the February class, Baldassano had her students perking along at the stove and food processor, preparing different parts of a Roasted Red Pepper Hummus appetizer. She dipped in



Dishing it up

to sample. “Needs a little more everything!” she pronounced, sprinkling salt and pouring lemon juice. “More acid!”

Later in the class, she dipped into another recipe, mid-process. “Is it lemon-heavy? Let me taste it!” She savored and mulled.

She tried to tip bowls toward the audience for a closer view, surveying the ceiling: “I need a mirror! I’ve been asking for ten years for a mirror!” So, soon the students were passing around a bowl containing charred red pepper

(done directly over the oven burner) for closer observation. The appetizer, on toasted pita, followed, capped with black sesame seeds. A few minutes later, Baldassano strolled amidst the folding chairs, seat to seat, showing the audience a close-up of the size of a minced vegetable: “See? Small!”

Toast seeds and spices briefly at low heat, and sample them to ensure they haven’t overcooked, she advised: “If they’re bitter, you have to get rid of them and start over.”

Another tip: consider first combining the salt in a recipe with the wet ingredients, to ensure it dissolves.

Fresh from three weeks of cooking in Mexico, surrounded by a half-circle of prepared ingredients for the evening’s adventures, she studded the class with hints of what to do ahead of time, what freezes well (parmesan crisps and homemade pizzelles, shaped with a press from Arthur Avenue in the Bronx).

Throughout, she fielded questions about the ingredients, about potential modifications to recipes. She mulled an inquiry about substituting a different type of flour for the pizzelles. “My feeling is...it would work!”

The dishes began to coalesce. “I’m going to feed you in a minute!” Baldassano called out warmly, eliciting appreciative murmurs from her attentive audience.

White Bean Spread with

Sundried Tomato/Kalamata Tapenade came together in minutes, with hints such as salting beans early in the cooking process, for better flavor. Early salting has been widely—but incorrectly—thought to retard cooking, Baldassano observed. “For fifteen of twenty years cooking, I didn’t salt beans till the end. But I do now, and I’m happy!”

To cook garlic without crisping it to bitterness, step aside from the usual practice of heating oil in a pan before tossing ingredients inside. Put cold or room-temperature garlic in cold oil, in a cold pan, warming until it’s sweet and barely colored.

How to roast garlic? She ran through options: peel off the outer layers, throw the head of garlic into a pan, and bake it in an oven at 350 degrees for 30-40 minutes or until soft; or slice off the top, oil the top and bottom, and enclose in aluminum foil (wrapping in parchment can eliminate contact with the foil) and bake, or poach in water or milk.

The evening’s recipe list class concluded with Parmesan Lace Tacos with Baby Mesclun Greens. “I’ve left the most difficult one for last,” she said, acknowledging the presence of a smiling Judith Friedman, who contributed the recipe and has taught the classes as a popular guest chef.

Baldassano passed a bowl of grated cheese through the audience, for attendees to



Dive in!

reach in and feel the level of moisture in the crumbs, cautioning that too dry a hunk of cheese would doom the crisps, which are baked briefly on a cookie sheet and then quickly shaped into cones, cylinders, or u-shaped “tacos” before the cool and harden. For the filling, she proposed contrast: “You don’t want something super-fatty in there, because this (the crisp) is already fatty.” And while the crisps can be made in advance, and even frozen, filling the delicate, crisp shapes happens just before serving. “You have to do this in the moment!”

As the class wound down, she fielded questions on how to cook beans properly, enter-

taining the class with her reminiscence of an exploding pressure-cooker at Angelica Kitchen. “We had black beans all over the ceiling!”

Warm and well-fed, her class laughed with her, clearly looking forward to a new decade of cooking at the Coop. ■



Gluten-Free Desserts from Susan Baldassano

SPICE LOAF RING

Yield: 8-10 Servings

INGREDIENTS:

- 1-2 teaspoons butter for greasing pan
- 2 tablespoons flour for dusting pan
- 1 3/4 cups (14 tablespoons) softened butter
- 1 cup maple crystals, ground
- 4 large eggs
- 1 teaspoon almond extract
- 3/4 cup sorghum flour
- 3/4 cup gluten free flour*
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice
- 1/8 teaspoon sea salt

PROCEDURE:

1. Preheat oven to 350° F. Grease and flour a 9 or 10 inch wide non-stick bundt pan.
2. In the bowl of a food processor, combine butter and maple crystals, blend 2-3 minutes. Add eggs one at a time. Add almond extract. Continue to blend 2-3 minutes longer. Pour into medium bowl.
3. In a separate medium bowl, sift together the flours, baking powder, cinnamon, nutmeg, allspice, and salt.

4. Fold flour mixture into the butter egg mixture. (Batter will be slightly thick.)
5. Pour batter into bundt pan (about 2/3 full).
6. Bake for 30-35 minutes. Allow to cool in pan about 10 minutes, then run a knife around the edge to loosen it from pan and remove to cool completely on cooling rack.

BLUEBERRY CORN MUFFINS

Yield: 6 standard size muffins

INGREDIENTS:

- 1-2 teaspoons butter for greasing muffin tin

Dry:

- 1/2 cup + 2 tablespoons cornmeal
- 1/2 cup gluten free flour*
- 1 tablespoon maple crystals
- 1/2 teaspoon sea salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda

Wet:

- 1/2 stick butter (4 tablespoons), melted
- 1/4 cup milk
- 2 tablespoons maple syrup
- 2 large eggs, lightly beaten
- 1/2 cup blueberries, rinsed

PROCEDURE:

1. Pre-heat oven to 400° F. Grease muffin pan with butter.
2. In a medium bowl, combine dry ingredients.
3. In a separate small bowl, combine wet ingredients: butter, milk, maple syrup and eggs.
4. Mix wet ingredients into the dry ingredients. Add berries. Mix carefully to incorporate.
5. Using a standard ice cream scoop, fill muffin tins 3/4 full.
6. Bake 15-18 minutes. Best served warm.

*GLUTEN FREE FLOUR

Yield: 3 cups

- 2 cups rice flour
- 2/3 cup potato starch flour
- 1/3 cup tapioca starch flour

FLOURLESS CHOCOLATE PECAN CAKES

Yield: approximately 8 – 4 oz. ramekins

INGREDIENTS:

- 1/2 tablespoon butter or oil for greasing 8 – 4 oz. ramekins
- 3/4 cup pecans, roasted and cooled

- 3/4 cup semi sweet chocolate pieces
- 2 tablespoons cocoa powder
- 1/2 cup maple crystals
- pinch sea salt
- 3 large eggs, separated
- 3 tablespoons rice syrup
- 3 tablespoons maple syrup
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract

PROCEDURE:

1. Preheat oven to 325° F. Grease ramekins, set aside on cookie sheets.
2. In a food processor, grind pecans to a fine meal. Add chocolate and continue grinding until nuts and chocolate are incorporated.
3. In a medium bowl, sift together the cocoa, crystals, and salt.
4. Add the dry cocoa mixture to the food processor with nuts and chocolate and pulse until all is combined thoroughly.
5. In a medium bowl, whisk together the egg yolks, rice syrup, maple syrup, and extracts.
6. Add egg mixture to the food processor and pulse until all ingredients are incorporated. Pour contents into a medium bowl.

7. In a Kitchenaid OR with an electric beater, whip egg whites to form stiff peaks. Fold into bowl with all other ingredients.
8. Ladle the mixture into each ramekin until 2/3 full. (You will get 7-8 servings.)
9. Bake 30 minutes or until cakes pull away from sides of the ramekin and rise slightly.

GLUTEN FREE CHOCOLATE MACAROONS

Yield: approximately 14-16 cookies

INGREDIENTS:

- 1/2 cup semi-sweet chocolate pieces
- pinch sea salt
- 2 large egg whites
- 1/2 cup & 2 tablespoons maple crystals
- 1/2 teaspoon vanilla
- 1 cup unsweetened shredded coconut
- 3 tablespoons cocoa powder, sifted

PROCEDURE:

Pre-heat oven to 350°F, line a cookie sheet with parchment paper.

Sierra Club Surveys 9/11 Health Effects in Brooklyn

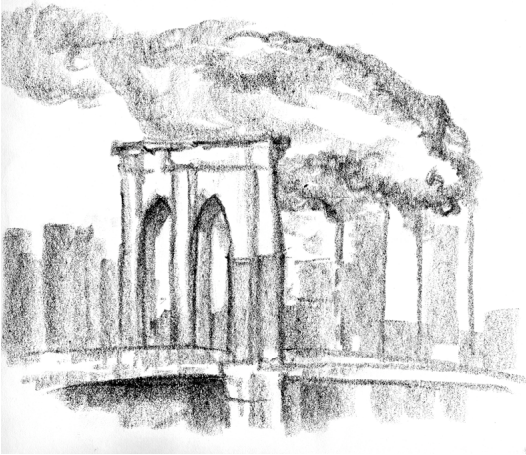
By Ann Pappert

According to recent press reports, some 23 people who worked at Ground Zero, including EMS personnel and firefighters, have died from 9/11 related health problems. Studies of residents of lower Manhattan have also documented a range of health effects from the attacks.

But what about Brooklyn residents? Although many of us saw the debris cloud drift over Brooklyn, and smelled the acrid aroma of burning debris for weeks, most people who live outside of the immediate area of Ground Zero believed that the pollution released by the collapse of the Twin Towers was of little consequence for those of us in the outer boroughs.

Think again. The results of a survey released by the Sierra Club in December shows that residents of western Brooklyn may have reason for concern.

Sierra Club volunteers and staff visited six neighborhoods in Brooklyn in the summer and fall of 2005 to find out what people recalled about the impact of the 9/11 pollution in their own local area.



Although the scope of the survey was small—130 respondents—the majority reported debris dust from the attack was clearly visible in their neighborhood. And forty three percent reported either an odor or visible dust inside their homes or workplaces.

The report found that dust contamination from the collapse of the towers was very visible along many western shore neighborhoods of Brooklyn, including Brooklyn Heights, Cobble Hill, Carroll Gardens and, to more a restricted degree, Red Hook.

Neighborhoods further inland from the shore also were affected. Park Slope residents reported “a surprising amount of visible contamination.” Even in areas as far eastward as Coney Island, people reported seeing some smoke or dust and wafting pieces of burnt paper from the towers.

Brooklyn residents who left their windows open following the attack were at greater risk for contamination.

The neighborhood breakdown of the contamination witnessed by residents shows the extent of the pollution (see sidebar).

According to the Sierra Club, pollution from the World Trade Center contained varying degrees of highly toxic substances, including asbestos, lead, mercury, chromium and cadmium; toxic organic compounds such as dioxin and PAHs; and harmful respiratory hazards such as fibrous glass and pulverized concrete.

Before the Sierra Club survey, only one other survey had looked at the environmental impact on Brooklyn of the attacks. Two years after the attack the Inspector General for the Environmen-

tal Protection Agency (EPA) conducted a small survey of the effects of the attacks on New York City residents—including Brooklyn.

The answers from Brooklyn residents in that report were striking. Out of two hundred and four respondents from 20 different Brooklyn zip codes—targeted based on proximity to the World Trade Center site and potential exposure to the dust created by the collapse, 23.5 percent reported that their residence had been contaminated with visible dust and/or debris as a result of the collapse.

But following this report, the EPA provided no additional information on the extent of the problem in Brooklyn and had no plans to include Brooklyn in future surveys, testing or clean-up measures.

This despite the fact that the EPA Inspector General criticized the boundary of the 2002 cleanup area, (the EPA’s residential testing and cleanup program for 9/11 pollution was limited to residences south of Canal and Pike Streets in Lower Manhattan) noting that it “was not based on systematic and representative sampling to determine the likely outer boundary of WTC contamination” and that, consequently, it has not been determined whether buildings north of Canal Street or east of Lower Manhattan, in Brooklyn, were contaminated.”

The Sierra Club, disturbed that EPA would not extend what the Club views as an inadequate 9/11 pollution indoor dust testing and cleaning program, decided to initiate its own survey.

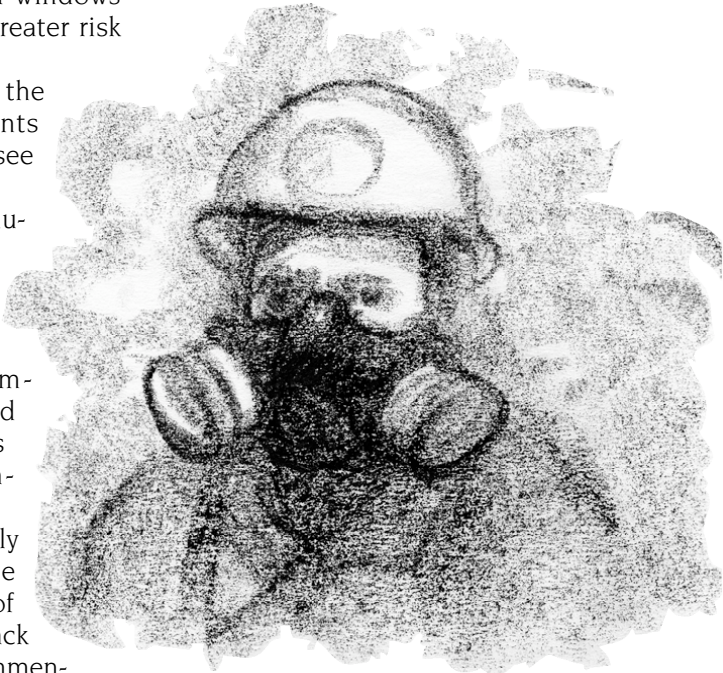
“The goal is to provide meaningful guidance for the federal government to convince them that action needs to be taken in Brooklyn,” said Suzanne Mattei, Sierra Club’s New York City Executive. “We are not asking EPA to extend a badly designed testing program to Brooklyn. EPA’s current plan is

designed to find as little pollution as possible and to clean up as little as possible. We urge EPA to fix the plan, and also expand its boundaries.”

The Sierra Club would like to get more detailed information from Brooklyn residents. “The more people we talk with, the better our ability to characterize the effect of contamination from 9/11 on Brooklyn neighborhoods,” Mattei told me.

A copy of the survey is included in this issue of the Gazette. Please take the time to fill it out and send it to the Sierra Club. Your future health might well depend on it.

To request additional survey copies or to e-mail results, write david.veliz@sierraclub.org. For more information on the health impact and effect on 9/11, visit www.sierraclub.org/groundzero ■



ILLUSTRATIONS BY CATHY WASSILENKO

Neighborhood	Local 9/11 pollution conditions (common descriptions)
Brooklyn Heights	Gray and white dust everywhere; burnt paper; a burning smell
Cobble Hill	Grayish dust covering cars, burnt papers, a chemical smell
Carroll Gardens	Grayish dust on cars, burnt papers, a burning smell
Red Hook	Gray dust on cars; burnt papers
Park Slope	Gray dust on cars; debris on street; an acrid smell
Coney Island	Some dark grainy dust on street, smoke in air

SURVEY ON GROUND ZERO POLLUTION IMPACT IN BROOKLYN

by the Sierra Club Atlantic Chapter Air Pollution Committee

Dear Friend,

The Sierra Club and other groups are urging the federal Environmental Protection Agency (EPA) to investigate how far the pollution from Ground Zero traveled, and to carry out testing and cleanup for any contamination that may still be present in homes and workplaces. EPA’s World Trade Center Expert Technical Review Panel, which advises the agency on how to address any remaining indoor contamination from the disaster, is holding public meetings this summer and fall. One important question is the extent to which Brooklyn homes and workplaces were affected by the pollution from the attack.

You can help bring “real world” perspective” to the Panel’s deliberations. Your answers to the enclosed short survey will help us advise the EPA Panel on priority concerns related to pollution in Brooklyn from the disaster. The survey is brief. It asks you about any experiences that you had with World Trade Center pollution or debris in Brooklyn.

Individual responses will be kept *confidential*—we will only report on the overall statistical results for neighborhoods. Please feel free to respond only to the questions that you feel comfortable answering. Any questions that you answer will help us to get a better sense of what really happened in your community and to focus on priority concerns for testing and clean-up. We hope that you will participate by responding to these questions and returning the survey to the Sierra Club.

—Warren Berger, Committee Chairperson

- Were you living or working in Brooklyn when the 9/11 attack on the World Trade Center occurred? ☐ Yes ☐ No
If yes, in what location did you live or work?
 - On the day of September 11, 2001, did you see or smell any smoke, dust, ash or debris related to the World Trade Center disaster within your Brooklyn neighborhood? ☐ Yes ☐ No
If yes, in what location did you see or smell it?
Please describe what you saw or smelled. If you recall the color or texture of dust, debris, or ash, please describe that as well.
 - Did you become aware that any smoke or dust from the World Trade Center disaster had penetrated inside your home or workplace in Brooklyn?
Dust: ☐ Yes ☐ No
Smoke: ☐ Yes ☐ No
If yes, how did you become aware that it had penetrated indoors?
If it was visible, please describe what it looked like, and where it was located.
Does your building have central ventilation? ☐ Yes ☐ No
If you recall, were your windows opened or closed that day?
☐ Opened ☐ Closed
 - Was there any cleanup of dust or debris done in your home or workplace?
☐ Yes ☐ No
Who cleaned up the dust or debris?
☐ You and/or members of your household or fellow workers
☐ Building maintenance staff
☐ Professional home or office cleaning company (ordinary cleaning)
☐ Environmental abatement firm
 - If you recall, for how long after September 11, 2001, did you continue to see dust falling in your neighborhood that appeared to be related to the disaster? (Please also note if you continued to smell odors, and if so, for how long)
 - Did you, or anyone you know, obtain environmental testing of any dust or debris related to the disaster for any toxic substances (such as asbestos)?
☐ Yes ☐ No
If yes, please describe the tests conducted and the results of the testing.
 - Did you or anyone in your family suffered health effects — either new health effects or a worsening of an existing health condition — that you or your doctor believe may have been caused by exposure to dust or contaminants related to the World Trade Center disaster? ☐ Yes ☐ No. If yes, please describe.
- Thank you very much for participating in this survey! Please fax (212-791-0839) or e-mail your responses to <david.veliz@sierraclub.org>, or mail it to Sierra Club, 116 John Street, Suite 3100, New York, NY 10038. If you want to help more in this effort, call David Veliz, 212-791-3600 ext 34.

Raging Grannies

CONTINUED FROM PAGE 1

write something with others that quickly.”

Rolider joined the organization four years ago, when a friend introduced her to the group. “I was hooked ever since,” she says. It was Rolider that asked the group to add “and their daughters” to the name, since she is not a grandmother. Now the group is comprised of about 20 members in their 40s to their 90s.

The best way to understand the Grannies, is to hear their songs. A good example: “War’s Not the Way,” sung to the tune of Anchors Aweigh (by Vicki Ryder of the Rochester Raging Grannies).

*War’s not the way, my boys,
War’s not the way,
The jobs, the travel and the pay,
Are lures to put you in harm’s way so
They can use you in their game,
Give you a gun,
Then send you overseas
To maim or kill some other mother’s son.*

*War’s not the way, my boys,
War’s not the way,
Kill or be killed you’re told, And
when you get back home you’ll pay with
Nightmares of buddies lost. What is it for?
Then they’ll cut your benefits
To fund another useless bloody war.*

*War’s not the way, my boys,
War’s not the way,
We who support our troops, Are
hoping they come home today so
We can begin to work, For schools and jobs and more.
Regime change begins at home
But first we have to stop this bloody war!*

Other favorites of The New York chapter: “There’s no Business Like War Business,” sung to “There’s No Business Like Show Business.” And a song about Halliburton sung to Hava Na Gila.

“It’s great,” says Rolider, “because people smile and connect to the humor and it’s a way to really get people to tune into the issues.”

But it’s not all laughs. Real protest can be involved too. The Raging Grannies made headlines when five elderly women in the Tucson chapter were arrested last July when they tried to enlist at a military recruitment center. “We would rather offer ourselves up and have our grandchildren brought home out of harm’s way,” the Grannies said at the time.

The New York City group staged a similar protest at the recruiting center in Times Square in October. Eighteen women were arrested for disorderly conduct. Rolider attended and led the songs, but she was not one of the ones arrested. Norman Siegel, former head of the New York Civil Liberties Union is representing the



Up close with the grannies



Coop member Adele Rolider

Grannies pro bono and believes that because the recruitment center locked its doors before the Grannies could enter the center, the women were not obstructing entry. The women were held for a short while at Midtown North, a community corrections facility, and then released to await a court date. Stay tuned as the case continues.

To join the New York City Raging Grannies and their Daughters, you don’t need to be a grandmother and you don’t need any formal musical training. Any talents can

apply. One member has a background in theatre, another in graphic design, which comes in handy for creating song lyric hand-outs and pamphlets. Rolider conducts voice exercises at every rehearsal and, through a variety of tactics, encourages women without musical training to become more comfortable singing.

For more information send an email to Mercy@comic-bookradioshow.com or call the Women’s International League for Peace and Freedom’s New York metro office at 212-533-2125. ■



Raging banner

PHOTOGRAPHS BY LISA COHEN

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.



BEST ECO-CHOICE

Presented by the Environmental Committee

Non-Toxic Glass Cleaner

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

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



Sunday, April 9
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



Thursday,
April 6
7:30 p.m.
at the Coop


Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

Northern Brazilian Cuisine

This cuisine is heavily influenced by the region's strong African presence.



RECIPES—TASTINGS TOO!

- Brazilian Style Rice
- Brazilian Style Black Beans
- Toasted Manioc Flour
- Brazilian Collard Greens
- Fried Bananas

\$4 materials fee

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

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

Biggest Shopping Peeves

What's Your Biggest Complaint About Other Coop Shoppers?

By Ann Pappert

It was one of those insanely busy days at the Coop. The weatherman was predicting a blizzard the next day, and the Coop was jammed with people stocking up. Which meant that the lines were extra long, and tempers were short.

As I stood in line, waiting to check out, I noticed that the teenager in back of me had a virtually empty shopping cart. Every five or ten minutes, his father arrived with a half full cart, and transferred the items into his son's cart. It became abundantly clear to me, and several others on the line, that the father had brought his son along to hold a place in line while he shopped. After twenty minutes or so of this, two of us spoke up—reminding the father that what he was breaking a major Coop rule (don't get on line until you've completed your shopping), and on a day as busy as this one, guaranteed to make other shoppers angry.

His reaction startled us. Raising his voice louder and louder, he told us to mind our own business, told us we were annoyed because we didn't have someone to stand on line for us and suggested we were insulting his son—"Are you saying that my son can't participate at the Coop?" Things got so heated that a squad leader and then two coordinators were asked to intervene.

Although that was by far the most egregious example (and I'm sure, not a very common one) of uncooperative behavior I've personally experienced at the Coop in almost 13 years of shopping, it made me wonder just how cooperative our members are when they shop.

So on a quiet weekday afternoon I asked some Coop shoppers what their pet peeves were about the behavior of other shoppers.

Courtesy ranked number one on the list of complaints.



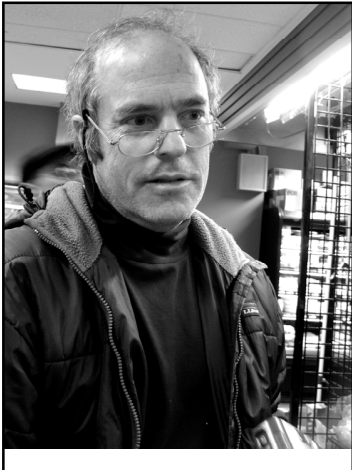
Jennifer Dahlstrom: Rudeness
People running into me without acknowledging me. I don't think there is anything that makes it impossible to shop, but I think that common courtesy is often lacking, and I'd like to see more of that.



Adriana Portela: Lines
The most annoying thing has to do with the lines. I think that actually the people at the Coop are more aware of other people than what you see when you shop at other grocery stores. Shoppers here are a lot less rude. The shoppers here, they're better than most shoppers. But the people that check out are not as fast or efficient as they could be.



"The Coop has gotten so big that it's not like a community hub any more, members think of it just like shopping at Key Foods." —Carline Blackman



Steven Rudley: None
I usually shop at times when the Coop is empty. I haven't had any complaints. I haven't had anyone do anything that was a problem.



Jon Hartmann: Cell phones
I think that cell phones would have to be on the list. I'm someone who has a cell phone, but I really don't use it that much. But it makes it harder if many shoppers and workers are involved with

their conversations. It makes it harder to check out groceries or return carts while listening to someone talk. There has to be a way to deal with this issue. Right now there are too many casual conversations, but I don't know how we can deal with this.



Carline Blackman: Laziness
People are not courteous, they are a bit insensitive and a lot of people work here, but they don't put back the carts or put back things on the shelf—they just stick items anywhere.

The Coop has gotten so big that it's not like a community hub any more, members think of it just like shopping at Key Foods.



Bill Penner: Stress
I think that over the last few years over the big growth of the Coop, things have gotten a little bit stressful. It's very crowded, and there is this mix of old members and new members, and people have different expectations of how the Coop used to be and how it is now. There needs to be some middle ground. New members may expect a different shopping experience than older members.

I think that new members

may not always know all the rules.

Sometimes I feel that the people who are working need to put in more of an effort to help people who are shopping.



Hideaki Nishikura: Rushing
I don't think it's that bad here. Sometimes I see people that are rushing to finish their shopping and don't seem to care about other people. Especially on the weekends, people need to be more courteous.

I Got It Through the Coop

If you found a parrot, a chandelier, a lover, or a high chair I want to know. If you swapped a workslot or found a disco roller blading partner THROUGH THE COOP, tell me more! Maybe it was through the notice board, the website or a conversation in the check out line: I don't know, but I want to.

Please get in touch and tell me more. DO IT TODAY since my deadline for an article in the *Linewaiters' Gazette* approaches. Barbara@Barbaraensor.com

NEW Fair Trade Product Tasting!



The Fair Trade Action Committee of the Coop would like to know what Fair Trade products you would like to see in the Coop. Please join us to sample and rate a wide assortment of NEW Fair Trade products such as tea, chocolate, rice, sugar, and fresh fruit.

WE'LL WORK TO MAKE THE MOST POPULAR FAIR TRADE PRODUCTS AVAILABLE AT THE COOP!

The Fair Trade Action Committee works to raise awareness of Fair Trade both within the Coop and the wider community and seeks to inspire, facilitate and support activism related to Fair Trade.



FREE
Non-members welcome

Saturday, April 22
6:00 p.m. at the Coop

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

COORDINATORS' CORNER

Cooperation Among Cooperatives

By Joe Holtz, General Coordinator

One of the seven International Principles of Cooperation is “Cooperation Among Cooperatives.” We interpret that to include helping people who would like to start other Coops. For decades now, when we get an inquiry about starting a coop, I send a packet that includes basics about our Coop as well as information about support organizations and availability of literature about how to start a coop. The packet includes my recommendation that they do an investigation of the pro’s and con’s of the various organizational models that different food coops use. None of the other literature available on starting a coop mentions that our model exists. From time to time I update the packet. Below is my most recent addition to the packet. After writing it I thought that I would also submit it to the *Gazette*.

The following is printed on every checkout receipt at the Park Slope Food Coop: “Good food at low prices for working members through cooperation since 1973.”

- What does that mean?
- Why does the Park Slope Food Coop exist?
- Why be a member?
- Why stay a member?
- Why should a group of people bother to start a coop and why should they consider this model?

Here are some of the answers to the above questions not necessarily in order of importance:

There is a Coop that uses the motto “food for people, not for profit.” We don’t use that motto here but we do live it.

Low Prices: The biggest expense of running a store is labor. By requiring members to participate in the work of our Coop, we can cut down significantly on the cost of labor. This helps the Coop to be able to have low prices. By having low prices the Coop aims to make good food available to those who could not have afforded it otherwise.

Good Food: The Coop aims for high quality food. We emphasize locally grown food in order to help the Northeast maintain farms, farmers and farmland and in order to burn less fuel in the transportation of food from farm to coop. When organic food is available at a reasonable price, we provide organic food instead of conventional. When members have enough interest in a product in both organically and conventionally grown forms, then we carry both.

Good food also means ethical food. Is it really organic? Does it have wax on it? What is the country of origin? Is the profit motive clouding how we investigate and disclose information on these and other issues? The Coop has dual “bottom lines.” Like all businesses we have to make sure that we generate the dollars to cover all our expenses. Our other bottom line is rarely found in conventional businesses, that is being true to members, being transparent and being democratic. There is a Coop that uses the motto “food for people, not for profit”. We don’t use that motto here but we do live it.

For example, we don’t sell “natural beef” because it means nothing. We don’t hand out brochures that tout a product by seemingly answering key questions but ignoring more important questions. In the case of beef cattle, grass fed & grass finished as opposed to feedlot finishing is the crucial question that many “natural” beef producers conveniently ignore. Good food in this world is often subverted by

Coop Principles

The International Cooperative Alliance Statement of Cooperative Identity

In 1844 the Rochdale Society of Equitable Pioneers organized the first consumer cooperative association. This was the humble beginning of a worldwide cooperative movement. On September 23, 1955 in Manchester, England, the International Cooperative Alliance (ICA), on its centenary, adopted revised Cooperative Principles.

Definition:

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values:

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles:

The cooperative principles are guidelines by which cooperatives put their values into practice.

1: Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibility of membership, without gender, social, racial, political, or religious discrimination.

2: Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner.

3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. At

least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible, benefiting members in proportion to their transactions with the cooperative, and supporting other activities as approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organisations controlled by their members. If they enter into agreements with other organisations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5. Education, Training & Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation.

6: Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7: Concern for the Community

Cooperatives work for the sustainable development of their communities through policies approved by their members.

the profit motive. Many members realize all or some of this, and that realization helps the Coop to maintain its existence.

Cooperation and connection through working: The founders as well as the dedicated group that got very involved in the Coop just after we opened believed that Cooperation means working together. They relentlessly pursued that belief which eventually led to the system we have now which supports that concept. The Coop benefits from the connection that develops in most members because of their involvement in the work. By not offering members different membership choices, a barrier to feeling an ownership connection is removed. When a member is offered different membership plans, the member calculates their expected savings balanced against the amount of work they must do to gain those savings. The process of picking which “deal” is best for them helps keep the Coop as an “other entity” in the mind of the member. It helps prevent the member from feeling like an owner. For every member, one Coop goal is for you to feel like you belong to the Coop and the Coop belongs to you. By us not offering choices other than “join or don’t join” we increase the chances of someone eventually think-

ing “this is my food coop” (and using the word “we” as opposed to “they”). The caring and involvement by our members is definitely another reason why we exist and why we have succeeded.

Treatment of Employees: The Coop strives to be an ethical employer, and we generally do quite well at that. The Coop staff has about 10% annual employee turnover which is considered quite low and that serves the Coop in terms of helping the business function reasonably well. There is another element that is important. In addition to many other responsibilities, the General Coordinating team has been very active in the long range planning for the Coop and in the financial stewardship of the Coop. That has made their jobs very interesting. It has given them the freedom to feel very committed and dedicated and invested in their jobs while discussing future planning possibilities with other Coordinating staff and the membership. Because we have developed a system in which Receiving, Office, Bookkeeping, Software Engineer, and General Coordinators take a high level of responsibility, the Coop has benefited from something that is widely considered very desirable for a business. That is long-term management experience. ■



DISCIPLINARY COMMITTEE REPORT

Protecting the Coop While Covering Your Assets

By Robin Germany
for the Disciplinary Committee

At the Coop's January 31 General Meeting, Coop members were elected (and other members re-elected) to the Disciplinary Committee. Questions from the floor prompted a later discussion within the DC, and we decided that it would be helpful for us to write a series of *Gazette* articles describing who we are and what we do, and to provide a forum to answer members' questions.

When individuals join the Coop, they agree to complete their work shifts in a timely, responsible manner and to treat the Coop and each other with respect. Given the size of our membership, it's remarkable that everything functions so smoothly. At times, however, it does not. There may be conflicts between members, theft of services, or even theft of merchandise. When reports are made of these kinds of violations of Coop rules, it is up to the DC to investigate them. Some of the ways in which the DC operates are in the process of changing; however, the procedures for investigating reported complaints will remain the same. They are as follows:

1. THE DC RECEIVES A COMPLAINT.

Complaints are received in various ways: from a Coop member who has been involved in an incident of some sort, from a member who has witnessed an incident, or perhaps from a staff member who has been given a complaint by a member. Complaints may be written in the Coop feedback book (located at the entrance desk), may be sent to the DC via e-mail (psfc_dhc@yahoo.com), or may be left in the DC's mailbox in the office.

2. REVIEWING THE COMPLAINT.

Some complaints we receive concern members feeling victimized by verbal abuse (such as racist, homophobic, or

anti-Semitic comments or other belligerent or hostile language). Other complaints involve members leaving a work shift before that shift has ended. Still others involve members bringing in guests and letting them shop. Some concern members who have accumulated so many makeups that they are suspended, but nevertheless enter the Coop and shop. The most serious complaints we receive involve members accused of theft (either by shoplifting or by shopping but failing to pay) and of violence.

3. AN INVESTIGATOR BEGINS WORK.

The DC investigator will begin by speaking with the person who made the complaint. Everything in the complaint will be reviewed and discussed during this conversation, to ensure that nothing is overlooked or misunderstood. Next, the investigator will speak with everyone else who either was involved in making the complaint or who witnessed all or part of the incident which the complaint describes. Where necessary and relevant, the investigator will also review Coop video recordings (to see, for example, whether an accused member shopped or left the Coop during a shift, or signed in for a makeup but failed to complete it). The investigator may also review shopping receipts, the attendance book, and other records. Finally, when interviews with those members are completed and all records reviewed, the investigator will contact the accused member. The investigator will explain that a complaint was received, will describe the complaint, and will ask the accused member to describe events as he/she remembers them. If the accused member requests that the investigator speak with additional individuals—or review additional records—as part of the investigation, this will be done. Any contradictions between different members' versions of the incident, or between any version and written or video records, will result in further investigation.

4. REVIEWING THE INVESTIGATION.

At this point, the investigator's DC subcommittee will discuss the investigation and come to agreement about what should be done. Only when the subcommittee has reached consensus (or has found that it cannot) is the case presented to the entire DC for a final determination on the course of action to be taken.

5. DECIDING ON A COURSE OF ACTION.

Some complaints are found not to be supported by the evidence; if this is the case, all those involved will be informed. When a complaint is found to be supported by the evidence, factors influencing the course of action may include the nature of the complaint, the evidence, and the wishes of the complaining member. Mediation might be recommended when the complainant simply wants the accused to apologize or wants a chance to describe to the accused the impact of the accused member's conduct. Some cases (allowing guests to shop, leaving a work shift early) might result in a warning letter, telling the accused member that any further instances would result in more serious action. Cases involving verbal or physical abuse, theft, or long-term violation of Coop rules might result in the accused member being required to choose between permanently resigning or having a hearing, and might also result in a pre-hearing suspension of that member if the complaint concerns extremely serious or dangerous misconduct.

All of these steps are governed by the Coop Procedures, which were adopted by the membership at a General Meeting. No action is ever taken by the DC without lengthy, thorough, careful investigation and discussion. In future *Gazette* articles, we hope to describe the disciplinary hearing process, as well as other aspects of our work. ■

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 as-needed basis only, that is, when hearings are required. Therefore, their members must maintain regular Coop workslots in good standing or be FTOP members in good standing.

The nature of their work requires that all members maintain strict confidentiality with respect to all matters on which they work.

For a more detailed 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.

with Susan Martin

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 unmanageable?

FREE
Non-Members
Welcome

Susan Martin designed the Business Sanity Program to help business owners and professionals make more money with less effort and stress. She maintains a private coaching practice in Park Slope. Susan is a Coop member.

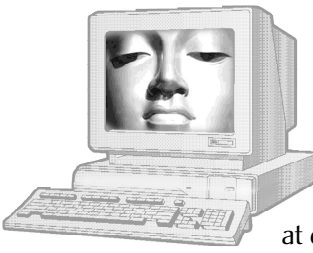
This workshop will to help you:

- 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 Slope Food Coop

THE ZEN OF COMPUTER MAINTENANCE

WITH PHOENIX SOLEIL



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

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles which are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members. A “Member Submissions” envelope is in the *Gazette* wall pocket near the exit of the Coop.

SUBMISSION GUIDELINES

All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the published guidelines.

Voluntary Articles: Maximum 750 words.

Submissions on Paper: Double-spaced, typed or very legibly handwritten.

Submissions on Disk & by Email: We welcome digital submissions by disk or email. Email to GazetteSubmissions@psfc.coop.

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

Recipes: We welcome original recipes from members. Recipes must be signed by the creator.

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$18 per year to cover the cost of postage (at 1st class rates because our volume is low).

Printed by: Prompt Printing Press, Camden, NJ.



Friday
April 21
8:00 p.m.

very

The Good Coffeehouse

COOP CONCERT SERIES

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



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: Shopping Squad Jobs

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.

R T A L R U U

F O E Y I F N L R

F O R F Q X Z C

R T E C I X X L

U V Z N I Y R N I R L

F O R F Q X Z C

O R Y A R L

F N U O E R L

R S C L N S F R

F O R R U R

F Z C C R L F R N L C

L R C Z L S

U E I R B N Y Q

D N S N H R L

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COOP CALENDAR

New Member Orientations

Monday & Wednesday evenings: . . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.
Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Apr 13 issue: 7:00 p.m., Mon, Apr 3
Apr 27 issue: 7:00 p.m., Mon, Apr 17

CLASSIFIED ADS DEADLINE:

Apr 13 issue: 10:00 p.m., Wed, Apr 5
Apr 27 issue: 10:00 p.m., Wed, Apr 19

Plastic Recycling

- **2nd Saturdays**, noon–2:00 p.m.
- **3rd Thursdays**, 7–9:00 p.m.
- **last Sundays**, 10:00 a.m.–noon
- Plastics #1, 2 & 4, only those *not accepted by* NYC plus plastic shopping bags
- All Clean & Dry!



General Meeting



TUE, APR 4
AGENDA SUBMISSIONS: deadline for consideration for the April 25 GM, 8:00 p.m.

TUE, APR 25
GENERAL MEETING: 7:00 p.m. The agenda flyers will be available in the entryway of the Coop beginning April 15.

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.

WORKSLOT NEEDS

WORKSLOT NEEDS LISTINGS HAVE MOVED TO THE BACK PAGE.

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, April 25, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

Attend a GM To Receive Work Credit...

Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet located in the ground floor elevator lobby. On the day of the meeting sign-ups are allowed until 5p.m. and the sign-up sheets will be located in the Membership Office all day. On the day of the meeting, come to the Office to add your name to the list and to receive your information packet. Some restrictions to this program do apply. Please see below for details.

Two GM attendance credits per year:

Each member may take advantage of the General-Meeting-for-workslot-credit program two times per year.

Certain Squads are omitted from the Program:

You may attend the GM for credit only if you are a member of a Shopping, Receiving/Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committee. Other Squads are omitted either because covering absent members is too difficult or attendance at the GM is already part of the workslot's responsibility.

Attend the entire GM:

In order to earn workslot credit you must be present for the entire meeting. GMs typically run from 7:00 p.m. - 9:45 p.m., though they occasionally run longer.

Childcare is provided at the General Meeting location:

To request that childcare be provided for your child at the meeting, you must notify a paid staff Office Coordinator in the Membership Office at least one week prior to the meeting date.

Sign the Attendance Sheets at the Meeting:

During the GM an attendance book will make its way around the room. Please sign

your name in this book. After the meeting the Chair will provide the Workslot Credit Attendance Sheet. You must also sign this sheet in order to receive credit.

Being Absent from the GM:

There is no penalty if you sign-up for the meeting and then cannot attend. We do ask that you try to keep the sign-up sheet current and remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

If you are on an ABCorD shift and are "ACTIVE" for work on the night of the meeting:

You will be given an FTOP credit for attendance at the meeting. You are not required to use this credit at a particular time. However, to use this credit you must follow the Coop's rules for "Using Banked FTOP Time" that are explained in a flier available in elevator lobby literature racks and in the Membership Office.

If you are on an ABCorD shift and owe a make-up on the night of the meeting:

The GM attendance credit will automatically be applied as a make-up.

If you are on FTOP:

Recording of your attendance at the meeting and an FTOP shift credit will be applied to your FTOP record after you have attended the meeting.

Consider making a report to your Squad after you attend the meeting:

you can help inform other members about current Coop issues, the GM in general and the GM-for-credit program in particular by making a brief report about your GM experience. You can make this report the next time you meet with your squad or, if you are on FTOP, the next time you work on any Squad. Generally these reports work best as part of a squad end-of-shift meeting. ■



PARK SLOPE FOOD COOP

MISSION STATEMENT

The full mission statement appears below the community calendar overleaf.



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 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.

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 & PERMACULTURE 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–3:00 p.m. \$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 concert series at the Old Stone House, JJBurne 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.)

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.

SAT, APR 29

DRUMS ALONG THE HUDSON: a Native American Festival & Shad Fest. Native American dance & song, drummers & dancers from around the world. Native Elders, Storytelling, food, art & craft for sale. Shad tasting & Hudson River fish exhibits. Inwood Hill Park, NYC. FREE. 212-627-1076 x16 or www.nycgovparks.org.

PEOPLES’ VOICE CAFE: Barbara Dane. 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 30

ZEEMEEUWSIC! An eclectic concert series at the Old Stone House, JJBurne Park, 5th Ave btw 3rd & 4th Sts. Dick Staber & Judith Shasnoff, bluegrass. Admission \$10, 2:00 p.m. (Zeemeeuw is Dutch for Seagull, a play on *Martha Siegel’s name, organizer of the series.)



ONGOING SHOWS/EVENTS

FRIDAY–SUNDAY, APR 27 - 29

RIISING ENERGY COSTS & FUEL DEPLETION: Conference in NYC. The best response to a global energy crisis will start with local solutions. National & local experts will gather to discuss how NYC can prepare for higher energy prices & our transition to a low-energy, sustainable society. See the report at www.peakoilnyc.org For conference details: 718-441-0246, www.energysolutionsconference.org.

PARK SLOPE FOOD COOP

MISSION STATEMENT

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement.

We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture.

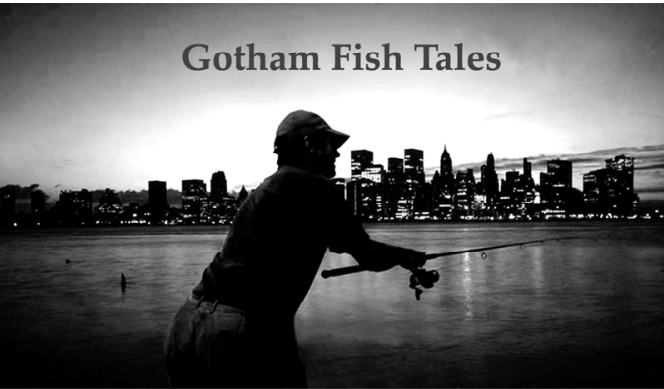
We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment.

We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store.

We welcome all who respect these values.



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



GOTHAM FISH TALES

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

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

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

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

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

FREE
Non-members
welcome

BOYCOTT BROOKLYN BREWERY

DEAR FELLOW COOP MEMBERS,

We have been big fans of Brooklyn Brewery's fine craft-brewed beers for many years. We've also had great respect for the company's orientation to community involvement and good citizenship.

It is with great sadness and disappointment, therefore, that we have recently decided to forgo buying Brooklyn Brewery's products. We are hereby calling upon our fellow Coop members to do the same.

On Wednesday, February 1st, as reported by the *Brooklyn Daily Eagle*, Brooklyn Brewery CEO Steve Hindy hosted a party at the Brewery to "celebrate the prospects of the Nets coming to Brooklyn." Among the guests were Forest City Ratner's Executive VP Jim Stuckey, and Brooklyn Borough President Marty Markowitz. Brooklyn Brewery is a sponsor of the Nets; its beer is sold at Nets' games in New Jersey, and Mr. Hindy "hopes to be a sponsor when a B replaces the NJ in two to three years."

This is certainly understandable from a business standpoint, but it is inexcusable from a civic standpoint. Especially when one considers the Brewery's tradition of giving back to the community.

Brooklyn Brewery's support of Forest City Ratner's proposed "Atlantic Yards" project runs counter to the company's stated ethic, and it conveniently ignores a long list of the project's major detriments. Hundreds of people have now been forced from their homes under threat of eminent domain, and the remaining home and business owners, who've refused to be cowed, face the prospect of condemnation by New York State. Among them is Freddy's Bar & Backroom, a Prohibition-era neighborhood fixture that has proudly sold Brooklyn Beer for years.

In addition, independent economic analysts estimate that Forest City Ratner would receive upwards of \$1.5 billion dollars in tax breaks and subsidies for development of the proposed arena and sixteen high-rise buildings. These are precisely the types of giveaways that entrepreneurial businesses like Brooklyn Brewery *do not* receive from government; they're reserved for politically connected, lobbying-addicted, backscratching corporate barons.

The significant lack of public participation and transparency in the development process would also appear to run counter to Brooklyn Brewery's mantra of civic involvement. The state-led takeover of the proposed project site has conveniently circumvented local zoning laws, and denied the City Council, and by extension, local citizens, any voice in the matter.

And then, there's the matter of size and scale and physical impact. Forest City Ratner's "Atlantic Yards" plan proposes to plunk down an 18,000-seat basketball arena and 16 skyscrapers as tall as 620 feet in the middle of low-rise Prospect Heights. The state's anemic environmental

review process fails to adequately consider the effects of such a massive development—what would be the largest mixed-use project in the history of Brooklyn—on traffic, transportation, infrastructure, sewage and run-off, noise and pollution, and demand on vital city services. Again, Brooklyn Brewery's support for this is surprising, given the fact that its own low-rise Williamsburg neighborhood has just been handed over to rapacious developers by complicit, and complacent, politicians.

Supporters of the "Atlantic Yards" project fall back upon Forest City Ratner's jingo-ey "Jobs, Housing & Hoops" slogan in trying to paint opponents of the plan as NIMBYist party-poopers adverse to any change. But there's not a person among us who does not support the creation of good-paying jobs and badly needed affordable housing, and we all want to see the rail yards developed. All of these goals, however, can be met without the taking of our neighbors' homes, gorging at the public trough, secret back-room deals and the supersizing of Prospect Heights.

On its web site, Brooklyn Brewery waxes nostalgic for the days when dozens of breweries dotted Brooklyn's neighborhoods, and "brewers themselves were civic and social leaders." Brewers can again be leaders of the community, and we call upon Steve Hindy and Brooklyn Brewery to show that leadership by speaking out against Forest City Ratner's land grab. It's not enough for Mr. Hindy to say that he favors bringing the Nets to Brooklyn while having no opinion on the "Atlantic Yards" project: they are one and the same. And as for his complaint that a boycott of Brooklyn Brewery is a misguided way to oppose the "Atlantic Yards" project, our politicians have left us no choice. By insulating Forest City Ratner from meaningful public process, we are forced to focus on those who support the developer.

Until Brooklyn Brewery realizes that a boondoggle like "Atlantic Yards" has no place in a borough that the Brewery itself epitomizes, no Brooklyn Beer shall pass our lips; nor, we hope, will it pass the lips of our fellow Coop members. In the meantime, take the opportunity to sample some of the other fine brews stocked by the Coop. Feel free, too, to let the Brooklyn Brewery know how you feel via their web site: www.brooklynbrewery.com.

In cooperation,
Eric McClure, Lumi Rolley, David Alquist,
Jeff Prant, Kimberly Neuhaus, Lynn
Chandhok, Rob Dieterich, Deborah Magocsi,
Jason Boyd, Lillian Hope, Eric Reschke,
Paul Sheridan, Karen Gleeson, Jezra Kaye,
Michael Rogers, Donna Rini, Shabnam
Merchant, Jon Crow, Gloria Mattered, Sean
Sweeney, Alan Rosner, Eda Malenky,
Nadia Rohrs, Sean Cook



DISCIPLINARY HEARING ABUSIVE AND SHAMEFUL

TO THE EDITOR,

I was randomly picked to serve on the "deciding group" of the Disciplinary Hearing held on Tuesday January 3rd, in which two Coop members were charged with, and found guilty of, theft of services (both members) and uncooperative behavior (one member). Unlike my fellow deciding group member, Henry Hicks (see his letter in the *Gazette* of January 19th), I was not so impressed by what I experienced that evening.

I agreed to sit on the deciding group when invited because I believe that any organization as multifaceted, and with as many members, as the Coop needs to have rules and regulations if it is to function effectively. It follows that these rules will sometimes be broken, and will need to be enforced on occasions. I was under the impression that the Coop, being an organization that considers itself "ethical" would hold a humane hearing. However, what I did not expect was to take part in was the protracted public humiliation of two individuals.

There were upwards of twenty people in the room during the hearing: the disciplinary committee members, the investigator, the 13 deciding group members and another six or so people sitting to the sides of the room (presumably other disciplinary committee members, reporters for the *Gazette*, etc. though their presence was never explained), as well as various expert witnesses who were called throughout the proceedings. In the midst of this sat the two "accused" while, for two hours (yes, two hours) we were given a blow-by-blow account of their crimes, including footage from the security cameras above the checkouts. Even though the accused admitted their wrongs very early in the proceedings, made no attempt to deny the charges and willingly apologized, the committee persisted in presenting every detail of

every wrong-doing, all the while seeming to take pleasure in their humiliation.

Sure, the accused had broken the Coop rules, and, yes, one of them admitted lying to the investigator, but let's face the facts—we're talking about *shopping* here, not murder!

I joined the Coop two years ago, not in pursuit of inexpensive organic vegetables, but to give my support to an organization that existed to uphold values that I believe in. I left the hearing feeling ashamed to have taken part in what felt like an abusive process, and one of which the Coop membership should not feel proud.

Sincerely,
Janet Aitchison

EASE UP ON WORK REQUIREMENT

DEAR EDITOR AND FELLOW COOP MEMBERS:

The Food Coop staff works hard and they do a great job. I have nothing but respect and admiration for them.

However I was amazed to read that there is a work squad where the jobs consist of creating bimonthly birthday lunches for the Coop staff.

In the same issue, it was suggested that some of us feel sorry for the workers who are assigned to walk shoppers to their cars. To the contrary, I believe those workers are doing a job that doesn't need to be done. In my opinion, both of these squads are perfect examples of how overstaffed we are on volunteer labor. We are way overdue for an option where shoppers can pay a higher rate in exchange for not working. Most food coops around the country have had this option for years.

In full disclosure, my husband does my work shift for me. We both work full-time in Manhattan, meaning we leave home early in the morning and get home at night, we have two children, and it became too difficult for me to rush home from work, make

CONTINUED ON PAGE 12

LETTERS POLICY

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

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

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

Anonymity

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embar-

rassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.

2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

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

LETTERS TO THE EDITOR

CONTINUED FROM PAGE 11

dinner for the kids, figure out child care and then go off to do my evening workshift, only to come home at 10 p.m. and have to supervise homework, bath and bedtime. So my husband now does both of our shifts. Yes, I admit, an option where I could pay more instead of owing a shift would personally benefit me, as it would many others. It would also be an easy source of pure revenue for the Coop. Why is that worse than dreaming up extravagant tasks to fulfill some arbitrary requirement that we all contribute labor?

If there is a concern that only wealthier members would benefit from a pay-extra option, or that too many members would quit working, then structure it differently. Instead of a pay-extra option to avoid work, offer the nonwork option to every member over 60 or 55 years of age. (I would not benefit from that option but I would support it as fair.) Or offer it to all members who’ve belonged since before 1985 or before 1990, on the theory that we have already donated thousands of hours to the Coop and deserve a break. (I would benefit from that option.)

Thanks for listening.

Beth Harpaz
Member 4155, member since 1982



SPEEDING UP THE EXPRESS LINE

TO THE EDITOR,

I often do a quick shopping and go on the express line. For some reason known only to that great coop in the sky, people on line will wait until the express checkout person calls them. The checkout person usually sits there like a bump on a log, waiting for the buyer to finish packing so they can fill in the receipt. In the meantime, the counter on the checkout person’s left side sits there completely empty. Doesn’t it make sense for the next person in line to start unpacking onto the counter? I have timed the pause as long as 105 seconds. Multiply that by 200 express checkouts a day, at an average of 45 seconds lost time per day, that’s 2.5 hours lost. It may not be true for some other members of the Coop, but I am getting older, and I don’t have time to waste. Let’s get this going!

M. Alan Ettlinger

HOW ABOUT “ROVING PARLIAMENTARY HELPERS”?

FELLOW COOPERATORS:

For your comments, a little brainstorm I had about two of our committees. Both committees are authorized for seven members:

The Agenda Committee (AC) keeps two as advisors at GMs, the rest be *Roving Parliamentary Helpers* with *real* Robert’s rules. Same for Chair Pool Committee (CPC); *all* of them roving. Meeting elects own chair, cochair, and parliamentarian. Agenda is set given that it is *only* for subsequent meetings, *all* proposals will be scheduled, and proposals may be made *only* in the current manner, i.e.: deadline for each meeting is the Monday after the (second?) previous meeting. All of the up-to-twelve Rovings will be available *at meetings, by phone or through Email* to help craft, draft, revise, present, and argue proposals.

In fact, every member may choose or be assigned a helper.

Roving Helpers will come early to meetings, wear identifying badges and introduce themselves to members as they enter. When necessary, helpers will organize groups according to issues, interests, and meeting experience of the members wanting help.

The Agenda Setting portion of each meeting will be allotted ten minutes, and will place new proposals into the existing schedule exactly as the Agenda Committee does now. The proposals received since the last meeting will be presented in the Every Meeting section of the literature table.

Trial for seven meetings, starting three meetings after the bill is passed. Then evaluate at next meeting with old system.

The two Agenda Advisors will assist the meeting in interpreting and using the same schedules that the



Agenda Committee uses now. They will report on issues concerning these schedules and make recommendations if needed, during the Committee Reports section of each meeting.

Setting its own agenda during its public meeting and choosing its chair are indispensable and empowering prerogatives of every legislative body.

Reasons:

- Better to have same person as chair as much as possible to insure consistency, etc.

- Use of Robert’s Rules will insure that everyone has a fair chance to succeed at meetings, not because the Chair Pool Committee has deliberated but because the rules are written down for all to see and use.

- Robert’s Rules noted for thoroughness; our rules for the opposite.

- Will foster a collegial atmosphere rather than the hidden and authoritarian feeling of rules that are incomplete and therefore must continually be interpreted, and agenda schedules seeming like a recondite and obscure mystery. Rather than functioning almost entirely *in camera*, the Agenda and Chair Pool Committees will do most of their work directly with the members they are trying to help.

- The opportunity to work with people directly will motivate more people to join these committees, which are currently understaffed.

In solidarity and cooperation, and welcoming all efforts to dissuade me of my delusions

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

Gluten-Free Desserts From Susan Baldassano

CONTINUED FROM PAGE 2

CHOCOLATE MACAROONS CONTINUED

1. Using a double boiler, melt chocolate and set aside to cool.
2. In a medium bowl, add salt to egg whites and beat with electric mixer until soft peaks form.
3. Using a spatula, fold in crystals slowly; gently stir in vanilla and coconut.
4. Add cocoa powder and cooled melted chocolate. Gently stir to incorporate all ingredients.
5. Using a 1-ounce ice cream scoop, scoop out cookies onto cookie sheet leaving room for slight spread.
6. Bake 20 minutes. Cool and serve.

SPICY MARBLED TORT (GLUTEN FREE)

Yield: 8-10 slices

INGREDIENTS:

- 2 teaspoons butter for greasing pan
Chocolate layer:
1/2 cup semi-sweet chocolate chips
2 tablespoons butter
6 tablespoons heavy cream
2 tablespoons cocoa powder, sifted
1 teaspoon Mexican cinnamon
1/4 – 1/2 teaspoon ancho OR cayenne powder
Almond layer:
2 cups almond flour
1/4 cup gluten free flour*
3 large eggs
1/2 cup grade A maple syrup
2 teaspoons almond extract
pinch sea salt

PROCEDURE:

- Chocolate layer:
1. Preheat oven to 325° F. Grease a 9-inch spring form pan with approximately 2 teaspoons butter. Line bottom of pan with parchment circle. Set aside.
2. In a small double boiler, heat chocolate with butter until melted. Remove from heat.
3. Slowly add cream to chocolate/butter mixture. Add cocoa, cinnamon and chili powder. Set aside.
Almond layer:
4. In a medium bowl place flours.
5. In a separate medium bowl, whisk together the eggs, syrup, extract and salt.
6. Using a rubber spatula, pour the egg/syrup mixture into the flour.
7. Pour batter into spring form pan. Using a teaspoon or small ice cream scoop, dot top of batter with chocolate layer, using up all the chocolate. Using a toothpick or skewer, lightly swirl chocolate layer into almond layer, creating a marbled effect.
8. Place pan on baking sheet. Bake 35-40 minutes. Let cool. Slice and serve.

LEMON WAFER #1 (GLUTEN FREE)

Yield: approximately 15

INGREDIENTS:

- Dry:**
1 cup blanched almonds
1/2 cup sorghum flour
1/2 cup arrowroot flour
1/4 teaspoon baking soda
pinch sea salt
Wet:
1/4 cup butter, melted
1/2 cup grade A maple syrup
1 egg white
1/2 teaspoon vanilla extract

- 1 teaspoon lemon zest
juice of 1 lemon (approximately 1/8 cup)
Topping:
3-4 tablespoons almond slices

PROCEDURE:

1. Pre-heat oven to 350° F. Line 2 cookie sheets with parchment paper.
2. In a food processor, grind almonds to a fine meal.
3. In a medium size bowl, combine almond meal with remaining dry ingredients. Mix well.
4. In a separate smaller bowl whisk together the wet ingredients.
5. Mix wet ingredients into dry ingredients (mixture will be fairly loose.) Place bowl in refrigerator for 10-15 minutes.
6. Using a 1-ounce ice cream scoop, place batter onto cookie sheet, leaving plenty of room between each cookie as the batter spreads quite a bit.
7. Sprinkle each cookie with a few almond slices.
8. Cook 15 minutes or until cookie are slightly golden. Cool before removing from parchment paper.

LEMON WAFER #2 (GLUTEN FREE)

Yield: approximately 13

INGREDIENTS:

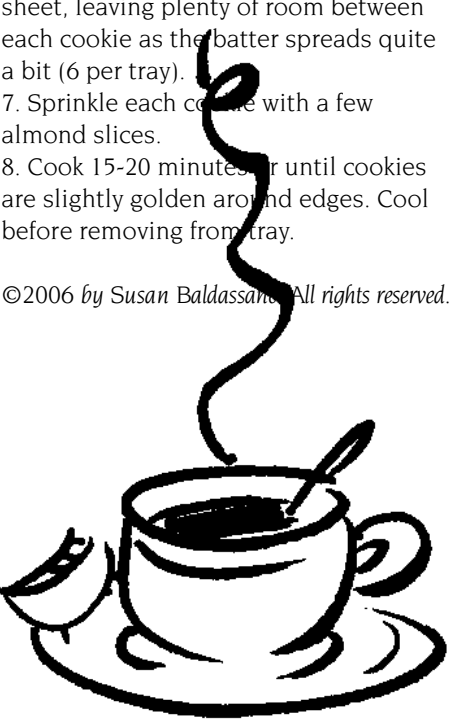
- Dry:**
1/2 cup blanched almond meal OR almond flour
3 tablespoons sorghum flour
2 tablespoons arrowroot flour
2 teaspoons maple crystals
Wet:
1 tablespoon butter, melted
5 tablespoons grade A maple syrup
1/2 teaspoon lemon zest

- 2 teaspoons lemon juice
1 teaspoon almond extract
pinch sea salt
Topping:
3-4 tablespoons almond slices

PROCEDURE:

1. Pre-heat oven to 300° F. Line 2 cookie sheets with greased parchment paper or use a silkpat.
2. In a food processor, grind almonds to a fine meal. (OR use almond flour.)
3. In a medium size bowl, combine almond meal with remaining dry ingredients, using a whisk to incorporate ingredients.
4. In a separate smaller bowl whisk together the wet ingredients.
5. Mix wet ingredients into dry ingredients (mixture will be fairly loose).
6. Using a 1 teaspoon or 1/2 ounce ice cream scoop, place batter onto cookie sheet, leaving plenty of room between each cookie as the batter spreads quite a bit (6 per tray).
7. Sprinkle each cookie with a few almond slices.
8. Cook 15-20 minutes or until cookies are slightly golden around edges. Cool before removing from tray.

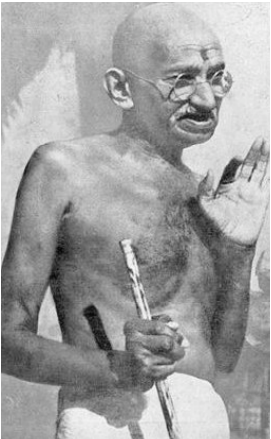
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SPIRITUAL ACTIVISM

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 GLOBALIZATION, FINDING GREATER FULFILLMENT IN OUR SPIRITUAL PRACTICES AND OUR SOCIAL ACTIVISM.



This is a non-denominational presentation.

Marly Hornik is a Coop member and currently working with the Safe Food Committee.

FREE
Non-members welcome

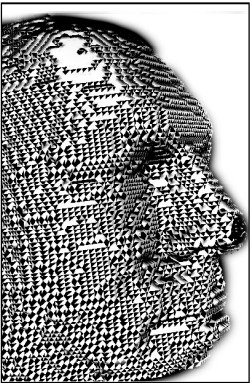
Saturday, April 8
7:00 pm at the Coop

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

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 join us!

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.).

FREE
Non-members welcome

Sunday, April 9
1:00 p.m. at the Coop

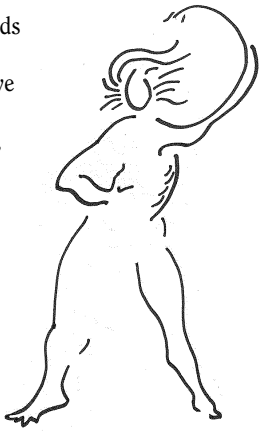
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Spring Cleaning for Mind, Body and Soul

WITH HEATHER COTTRELL

Spring is fast approaching. The buds 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

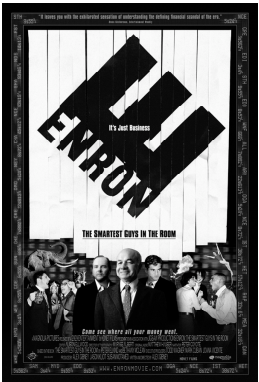
Saturday, April 15
12:00 pm at the Coop

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

ENRON EXPOSED the So-Called Smartest Guys in the Room

with Mark Rego-Monteiro

Treat yourself to some 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 best-selling book by reporters from Fortune magazine, this movie details the shocking inside story of one of history's greatest business scandals.



If you want to take action, some ideas 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

Public Speaking for Everyone

WITH JEZRA KAYE

Do your speeches drive results?

Whether you give business presentations... speak out for a cause... or talk to your civic organization, this hands-on coaching workshop will help you clarify your message, organize your thoughts and find the most powerful way to deliver them.

Learn how to:

- Find and develop your best speaking style
- Outline and write a speech
- Prepare to deliver it flawlessly
- Handle Q&A and media interviews



PHOTO BY HAZEL HANSEN

All are welcome. No prior public speaking experience is needed. Wear comfortable clothes, and bring a notebook and pen.

Jezra Kaye is a professional speechwriter and presentation skills coach who works with business and non-profit leaders. She is active in Develop Don't Destroy Brooklyn, which is fighting the 17-skyscraper Atlantic Yards Complex, and has been a PSFC member since 1981.

FREE
Non-members welcome

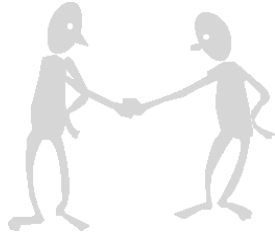
Saturday, April 22
10:30 p.m. at the Coop

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

ALTERNATIVE DISPUTE RESOLUTION DIVORCE MEDIATION

WITH ANDREW GARY FELDMAN

Learn about this effective substitute for litigation.



BENEFITS:

- avoid high legal costs
- reach agreement quickly and efficiently
- reduce stress and negative emotions
- maintain full power and control over the outcome
- learn and practice valuable communication skills

Andrew Gary Feldman joined the Coop in 1979 and has been mediating since 1998.

FREE
Non-members welcome

Saturday, April 22
12:00 pm at the Coop

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

Meet Your Mind

WITH ALLAN NOVICK

Meditation Instruction in the Shambhala Buddhist Tradition
The fundamental nature of mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives.

Meditation opens and calms the mind.

This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique.

Allan Novick has practiced meditation in the Shambhala Buddhist tradition since 1975 and is a certified meditation instructor in that tradition. He lives in Park Slope, has been a Coop member for 13 years, and works as a psychologist for the NYC Dept. of Education.

FREE
Non-members welcome

Tuesday, April 25
7:30 p.m. at the Coop

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

Socially Conscious Investing

with James
Keenan



Is it possible to be socially conscious with your investments and still make money in marketable investments?

What is the best way to set up an investment portfolio for growth and stability?

What do the markets hold for the future in this economy of war and unethical corporate behavior?

Is it a good idea to invest overseas?

How can one benefit from the fantastic growth in China in a responsible way.

James Keenan with over 25 years experience in investing for clients at PaineWebber, Morgan Stanley, Smith Barney/Citibank in the markets will talk about these and a lot more questions. James holds an MBA from NYU and a certificate of Investment Management Analysis from the Wharton School. He is a member of the Coop.

FREE
Non-members welcome

Thursday, April 27
7:30 p.m. at the Coop

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

7 ELEMENTS FOR UNREASONABLE* SUCCESS IN BUSINESS

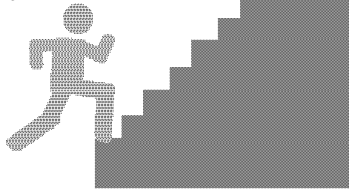


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- DEVELOP INTENSE DETERMINATION,
- SET UP AN AWESOME SUPPORT STRUCTURE,

- IMPLEMENT A SMART STRATEGY,
- USE A SYSTEM TO DEAL WITH OBSTACLES, AND
- CREATE A TEAM THAT TAKES CARE OF EACH OTHER

*UNREASONABLE, BY ACHIEVING FAR BEYOND WHAT IS CONSIDERED REASONABLE.




STEFAN DOERING speaks to and coaches entrepreneurs in 10+ countries, helping them create unreasonable success in their businesses. He is also writing a book and teaches entrepreneurs at Columbia University on how to achieve this in 90 days. Stefan is a COOP member since 1989.

FREE
Non-members welcome


Friday, April 28
7:30-9 pm at the Coop

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

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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.

BED & BREAKFAST

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. Call 718-789-5571.

CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A safe, open, co-ed forum to improve communication; deepen self-understanding; reduce isolation; and explore how you can have more rewarding relationships. Led by an experienced psychotherapist. To learn more, call Gary Singer, LCSW, at 718-783-1561.

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

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

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

COMMERCIAL SPACE

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

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 computer-savvy “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.



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

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

MERCHANDISE-NONCOMMERCIAL

GIRL'S 18" BIKE, purple, in good shape, \$35. Tagalong bicycle attachment for child, \$50. Small stepper, exerciser for up to 250-pound adult (orig \$99, now \$50). Also seeking used girls 22" or 24" bike. GAP location, 718-398-6514.

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

PETS

WONDERFUL, LOVING MINIATURE fox terrier to give away. 4 1/2 yrs old, new baby in the home & he is pining away for love. Total lap dog, healthy, shots up to date. Gets along well w/children & other animals. Short-haired breed lives 16–20 yrs. Total sweetheart. Will someone loving adopt? Potty trained 646-322-7218

SERVICES

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

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

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

ATTORNEY-EXPERIENCED Personal Injury Trial Lawyer representing injured bicyclists & other accident victims. Limited caseload to ensure maximum compensation. Member of the NYSTLA & ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710.

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

PAINTING-PLASTERING & PAPER-HANGING. Over 25 years experience doing the finest prep & finish work. Entire house or one room. Brownstones are my specialty. Call Fred Becker @ 718-853-0750.

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

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

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

NEW LOOK PAINTING. Artist-run company. Twenty five years experience. Specializing in faux techniques, murals and childrens rooms. Expert wall prep and surface restoration. Emphasis on efficiency and cleanliness. Basic painting also offered at reasonable rates. References available. 718-832-6143.

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

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

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

SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporo-mandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

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

HOLISTIC DOCTOR in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp. As Featured in Allure Magazine. Dr. Gilman 212-505-1010.

ELIMINATE STRESS. Reduce chronic fatigue symptoms. Relieve neck, shoulder, back pain and tension. Improve sleep quality, digestion and elimination. With Shiatsu you'll

remember the joy of living. I can help - call Claudia 718-938-5573 - over 12 yrs. experience.

VACATIONS

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

WOODSTOCK SUMMER HOUSE RENTAL—Nature Lover's Retreat on 3 secluded wooded acres nr Mt. Temper, steps from pristine swim pond. 3-BR, 2-bath, cozy & comfortable, big stone fireplace, large screened porch & deck. Walk to hiking trails. DW, W/D. No pets/smoking. All summer or monthly. 718-788-4911.

WK-LONG INTERGENERATIONAL PROGRAMS for families of all shapes, sizes. Fabulous programming & delicious vegetarian food in unique community setting, yoga, art,

music, dance, more! Beautiful mountains, fields & creek! Also avail for rentals. CommonGround Center Starkboro, VT. 802-453-2592, www.CGCVT.org, info@CGCVT.org.

WHAT'S FOR FREE

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

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

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

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

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

Diversity and Equality Committee Seeks Additional Members

The Diversity and Equality Committee (DEC) is looking for new members interested in helping us to safeguard our Coop as a respectful and enjoyable place for all to shop. Our committee will log incidents of perceived bias and facilitate their resolution, host open sessions for the discussion of these issues, conduct diversity workshops open to Coop members and report on our work to the membership through the Gazette and at general meetings.

We have a few openings left and are most in

need of persons with diversity training experience. While we welcome all Coop members, in the interest of remaining informed on the issues and maintaining diversity on the committee itself, we'd like to expand our LGBT membership and are seeking white males and people with disabilities.

Members receive work-slot credit for attending monthly meetings held the second Thursday of each month at 6:00 p.m. Attendance at meetings is required and each member also performs a function (i.e. secretarial duties, etc.), or sits on a

subcommittee devoted to a specific area of the DEC's work. All hours over the monthly requirement (spent doing things such as research, writing, leading workshops, making phone calls or other subcommittee work) are banked as FTOP (future time off program).

Interested Coop members are invited to attend our next meeting on Thursday, April 13th or to reach us at diversecoop@yahoo.com. Leave your name and contact information and let us know what skills and/or experience you bring.

FRANKEN FOODS

WITH COLEEN DEVOL

Find out how our country's increasingly toxic food supply may be harmful to you and your children.

Find out why so many foods that we commonly eat may be unhealthy and harmful and what you can do about it. Some of them are even considered to be health foods! This event will be sure to surprise—and educate—about the hidden hazards of everyday food. Bring questions!

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

FREE
Non-members welcome

Saturday, April 29
12:00 p.m. at the Coop

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

Introductory Workshop: Chakra Balancing with Essential Oils

WITH TERI GORBEA
AND JEANETT GABLECH

Learn how to balance your chakras for better health, more personal power, and expand your spiritual awareness.

Physical movements, meditation and visualization will help you:

- Ground and center your energy
- Open, close and balance your sexuality
- Increase personal power and energy
- Open your heart to love and compassion
- Use sound to open consciousness
- Develop your intuition
- Expand your awareness

Create a balanced wholeness by integrating mind, body and spirit enhanced with the use of essential oils.

MS. GORBEA is a Fitness Trainer* and a Coop member since 2002. **MS. GABLECH** is a Yoga and Fitness Trainer.* Both are co-owners of Art of Fitness located in Manhattan. *Ms. Gorbea and Ms. Gablech are both certified/insured.

FREE
Non-members welcome

Saturday, April 29
6:00 p.m. at the Coop

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

ENHANCING FERTILITY NATURALLY: A CHINESE MEDICINE APPROACH

WITH LARA ROSENTHAL, L.A.C.

UNDERSTANDING FERTILITY:

- The energetics of reproduction
- What our grandmothers never told us: reading our body's signals

OBSTACLES TO FERTILITY:

- Chinese medicine patterns of imbalance
- "Unexplained infertility" explained

IMPROVING THE ODDS:

- Nutrition and lifestyle choices for your body type
- Tilling the soil: preparing the body for the rigors of pregnancy

WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:

- Eastern and Western approaches side by side

Lara Rosenthal is a Licensed Acupuncturist and Board Certified Chinese Herbologist. She maintains a private practice in Manhattan specializing in Women's Health and Fertility and works at the NYU Hospital for Joint Diseases' Initiative for Women with Disabilities. She has a B.S. in Biological Sciences from Stanford University, is fluent in Chinese, and studied and worked in Taiwan for three years. She is a faculty member at Pacific College of Oriental Medicine and a Coop member.

FREE
Non-members welcome

Sunday, April 30
12:00 p.m. at the Coop


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

WORKSLOT NEEDS

Inventory Data Entry

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

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



Soup Kitchen Jobs

Both at the Coop and at CHIPS

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

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


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

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

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

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





PARK SLOPE FOOD COOP COMMUNITYTIES

Community Ties Returns! You Can Help it Happen

To facilitate this, we need the following:

- two members to input data from applications into the FileMakerPro 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.

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 size in order not to create congestion in the aisles.

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

First tours available:
Friday, March 31
1:00 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



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.

Dave Ahl Christine Araman Sau-Fong Au Jordann Baker Julian Baron Jari Bartsch Nathaniel Baruch Jed Berger Nicole Berger Norma Betesh Rajika Bhandari Marilyn Bibi Galina Bibichkova Gloria Bigelow Molly Birnbaum Scott Blakeman Daniel Borkan Raymond Borno Sally Borno Rose Calka Kiebpoli Calnek Dan Campbell Jennifer Caruana Pedro Carvajal Shelly Carvalho Sui Lon Chan Evelyn Chin	Sarah Cox Robert Davis Julia Day Pradyut Dhulipala Kelly Divico Nick Divico Jennifer Donlin Linda Driskell Christie Duray Yojaida Estrella Eric Eve Felicia Eve Patrizia Ferrera Arthur Fornari Myk Freedman Miriam Fried Karin Fritz Jennifer Fuqua Stephen Furnstahl Geda Gelana Kenneth Gilbert Johanna Gilligan Herbert Goings Yevgeny Goldberg Emma Greer Danny Grissett Bonnie Hannah	Alexander Henschel Elizabeth Henschel Eric Herman Debra Howell Joshua Hunter Alfonso Innis Ty Inwood Lillian Jean-Baptiste Stephanie Kage Serah Kaiel Christopher Kim Meredith Kolodner Ian Kuhnert Kristina Kulin Austin Kuras Rachel Lake Jennifer Lampshire Anna Le Mon I-Shien Lei Barbara Lewis Jeannine Logie Amanda Magalhaes Carlos Magalhaes Emily Mahon Michael McBean Kathleen McCabe Viayola Mckinley	Lima McKissic Andrew McNamara Lindsey Megrue Meredith Mendelsohn Sam Micalizzi Sarah Mikutel Chip Miller Christina Miller Cynthia Monaco Jovens Moncoeur Michelle Moore Clara Nebbia Lori Nelson Sandra Nielsen Andrea Nunziata Tamsin Nutter Andrew O'Shea Gretchen Opie Alex Paozols Michael Pistorio Alexandra Postman Andrew Postman Brad Randlett Kelly Ray Charlene Richards Chana Rizel Lee-Asia Roberts	Rebekah Sale David Salvage Mary Santanello Cynthia Santiago Karen Scheuerer Rebecca Schlossberg Daniel Scott Marilyn Sibery Richard Sibery Joyce Sica Craig Siegel Eric Sloan Tagere Southwell Lindsey Stormo Lesley Sylvan	Zoe Sylvester Mark Taylor Matthew Taylor Kevin Uehlinger Shawna Waitt Connie Weseen Shana Wiersum Taya Williford Christopher Wright Nicole Wright Hongyu Wu Toshiro Yamaguchi George Zaidan Norah Zaidan
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THANK YOU!

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

Sophia Alexander Rose Bartu Peter Berley Caitlin Berrigan Jesse Brenner Stephen Brighton Stephanie Caloir Samuel Carter Mathew Caton Deborah Collins Susan Crumiller Ramon Cruz Maria Cutrona Nicole F. Abby Falik	Monica Farrell Erica Fraser-Johnson Lesley Freedman Paul Freitag Jeffrey Goodman Barbara Goldsmith James Graham Greg Hardy K. Hayes Alice Henkin Lara Hoke Olga Itkin Jenny Barbara Kancelbaum Ruth Katz	Jessica Kaufman Anne Kochman Jennifer Kosnik Chuck Leger Penny Lewis Jojo Li Zhen Li Barbara Linton Louise Lovelle Kerry Lowe Randall B. Marx Susan Matloff-Nieves Arielle Meier Kimberly Meinelt Carole Menashe	Chris Meyer Miho Jonathan Miller Ryun Miller Millie Christine Moore Janeanne Murray Edward P. Nathan Sonia Nathan John Nicolich Kirsten Olson Saadi Ouaz Sowmya Parthasarathy Tracey Patterson Jeff Perlman	Marcy Pesner Alan Pratt Eugene V. Resnick L. Robertson Jean Rohe Elizabeth Royte Alicia Rubi Emily Sandusky Jada Shapiro Ashira Siegel Dara Silverman Maura Smale Helen L. Spiegel Jennah Synnestvedt Ketty Thomas	Hanifah W. Chloe Wasserman Ruth Wikler Ken Weine Will Woodard Kathleen Ziegenfuss
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