

Established
1973

LINEWAITERS'

GAZETTE



Volume AA, Number 9

April 27, 2006

A Physical Clean Sweep

Make your resolution for a healthier lifestyle a lasting decision

By Katie Benner

Springtime has a way of igniting hope for a positive transformation that often translates into vows to lose weight, eat right and take better care of one's body.

But just as these promises are made, by July they are often broken. Parents shift into a different gear: kids are out of school, barbecues call, it seems too hot to exercise and stress knows no summer vacation.

"The important thing is to take little steps that are manageable and to not get overwhelmed or take too much on," said holistic health counselor Michael Marinelli. "Make sure that whatever changes you choose to make, they are sustainable over the long term."

And part of sustainable change is acknowledging that all lifestyle changes should be tailored to an individual's needs, said Rachel Kieffer, an integrative nutrition specialist and health counselor, who offers cooking classes and weight loss advice. Kieffer is a Coop member who has worked with several fellow members.

"Too often, I see clients who want to improve their health buy the currently popular diet book and turn their diets upside down," said Kieffer. "Sometimes [there are] good results, but then they are unable to keep it up and feel defeated and discouraged."

Make a List

To turn your stab at healthier living into more than a passing fad, nutritionists, personal trainers and doctors say that it's necessary to come up with a list of goals. List what you want to change about your body, be it lowering your cholesterol, losing weight or improving your immune system.

Then talk to your doctor, a



ILLUSTRATION BY DIANE MILLER

nutritionist or a consultant at your gym to discuss what steps can be taken to achieve that goal. It's important here to be realistic about what you can really change, and how much effort you can consistently put forth. A Herculean effort out of the gates may make you feel like you're making a big change, but it's unlikely that it will last.

Marinelli added that it's always important to consult a physician before making a diet change or taking on an exercise regimen.

*Be realistic
about what
you can
really change.*

"The key is to start where you are and make small changes that you can gradually integrate into your life," Kieffer said. "Once that becomes part of your lifestyle, take the next step. Slow and gradual is the best way to do it."

Health professionals all emphasized the importance of encompassing more than just physical change. Not only do stress, depression

and other emotional issues prevent us from sustaining positive lifestyle changes, said Stana Weisburd, a licensed massage therapist and Coop member, they adversely affect our health.

"Being so hard on ourselves ramps up stress hormones and that's very toxic," Weisburd said. "That's why the number one most important thing is to not be so hard on yourself. Maybe the first step toward a healthier lifestyle is to give yourself some understanding."

Kieffer added that "getting support [from friends and family] makes a big difference."

You Are What You Eat

Coop members can affordably access an array of locally grown produce, organic foods and all-natural beauty and healthcare products. And most experts say that whether a person wants to lose weight, lessen fatigue levels or learn to meditate, eating right is necessary in order to maximize any good effects.

"Food is essential [to a healthy lifestyle] because it feeds every cell in our body," said Andrea Wulwick, a certi-

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Through the Grapevine

Buying, Selling & Bartering, Coop-Style

By Barbara Ensor

An electronic notice board buzzing with workslot swapping arrangements is the latest, and already one of the busiest of the Coop's many networking arenas. Next time you realize you have a schedule conflict and won't be able to show up for your regular Coop workslot, try finding a substitute online. It works. Coop member Maria Eugenia Albina swears by it, saying she has twice found a substitute, in less than an hour. If you have any familiarity with Web sites, www.food-coop.com is relatively easy to navigate.

*She managed to
sell three household
items with a single
ad in the Gazette.*

Albina, a cashier on a Tuesday night shopping squad, looked for a posting from someone who wanted to swap workslots because of scheduling problems of their own. She then narrowed her search to find a person who also regularly worked a shopping squad—and then to someone who also indicated they would be available on a Tuesday night. Both times, Albina says, she wound up emailing only one person. She got a positive response, and in each case, was able to wrap up the final details with a short phone call. Although this workslot exchange cate-

gory, in the classified section on the Coop Web site, has been operating for more than five years, many members—particularly those who joined before it began—are not aware of it.

Classified Art

Of course, the *Linewaiters' Gazette* carries classified ads. Nowadays, those ads often encourage members to check out a Web site for such items or services as a water filter, an employment service or a rental property in Italy, with more photographs and font sizes than a newspaper format allows. But some members, including Nancy Rosenberg, still relish the crossword-puzzle type challenge—the art, if you will—of placing a "small ad." Clearly a die-hard enthusiast for the newspaper ad as town crier, at the time this issue was prepared, Rosenberg was the only respondent to a notice in the *Gazette* requesting information for the purpose of this article. Explaining in an e-mail how she managed to sell three household items with a single ad in the paper, Rosenberg modestly describes her mastery of the skills of a perhaps-soon-to-be-lost art: "I'm very aware that only a few words get printed in all caps so I'm sure I worked around that limitation," says Rosenberg. Using the 315 letters and spaces allotted, Rosenberg

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Next General Meeting on May 30

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, May 30, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will appear in the next *Gazette* and will be available as a flyer in the entryway of the Coop beginning Wednesday, May 3. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

Thu, May 4 • Food Class: Healthy Sweets, 7:30 p.m.

Fri, May 5 • Film Night: Desire, 7:00 p.m.

Sat, May 6 • Game Night

Fri, May 12 • Wordsprouts: Communications Workshop, 7:30 p.m.

Fri, May 19 • Good Coffeehouse-Coop Night: Jezra Kaye & Jerome Harris, 8:00 p.m.

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

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.



A Physical Clean Sweep

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fied holistic health counselor and Coop member. "We can take as many supplements as we want, but if the food isn't nourishing then we won't really be healthy."

She said that the most effective dietary change is to get back to the basics, meaning eating more green vegetables, healthy protein and whole grains.

"If you're confused, overwhelmed or emotional about your eating, you should probably talk to a professional," she said.

Beyond just eating better, some people may choose to embark on a dietary cleansing in order to rid the body of toxins.

Cleansing encompasses a wide spectrum, from total fasting to minor dietary changes, but Kieffer said that a health professional should supervise such dietary undertakings.

She said that another way to cleanse is to avoid refined foods such as white flour and white sugar, animal proteins and dairy for a few days. In that time, she suggested eating a variety of vegetables, fruits, grains and beans.

"It's important to remember that anytime you do something that's good for yourself, you're giving yourself a gift," Weisburd said. "That will help keep you on track."

Massage for Better Health

Massage can also improve our health by increasing circulation and improving organ function, said Weisburd. She said that it also helps with digestion, improves waste removal and allows the body to better absorb nutrients.

"Once a week is ideal... If everyone got a massage once a week we'd all be healthier and happier, but who can swing that? I'm a massage therapist and even I can't fit that in. So, as often as you can go is great."

Weisburd added that, according to traditional Chinese medicine, shiatsu massage is especially good for

seasonal changes because it stretches and opens up the body.

More Tips

Marinelli had several tips to help people start in on a healthy lifestyle that will create a lasting impression. It's not necessary to take them all on, he said. But one or two will likely make a world of difference.

- Create your day. "As soon as you wake up, visualize all the positive things that will happen in your day."

- Drink two glasses of water upon waking and be conscious of the amount of water you drink throughout the day.

- Pick one positive change to make each day even if it's a small one. "Maybe it is saying hi to someone you normally walk by, maybe e-mailing an old friend, calling a relative, or putting \$1 in a piggy bank."

- Get outside more. This could mean taking your dog for a longer walk or just getting off the subway a stop early and walking. Anything low-impact is fine. "Commit to doing something outside on both weekend days," he said. "Start off very slow."

- If increasing your activity level suits you, think about integrating stretching, yoga, bicycling, swimming or some other low-impact activity into your life. Beginning such a program could replace one of your weekend activities.

- Get up 15 minutes earlier to do something for yourself, such as a little exercise, some stretching, writing in a journal, meditating, or just preparing a healthful snack for the day.

- Eat food that is in season.

- Focus on other people, listen more, get organized or tackle a task you have been procrastinating about, whatever it is.

Coop Shopping for Better Health

For those who want to transform their inner and outer selves, the Coop carries

an array of products to help you on your way.

There are yoga styles to suit all individual temperaments and skill levels including vinyasa, kundalini, bikram and ashtanga. No matter what style you choose, yoga was developed to help practitioners reconnect with their true selves.

"It cuts out all the noise of the world," says Brenda Levin, who just completed the Om Yoga Center's 30-day yoga challenge. "It's physical, but it goes very deep... It's not unusual to hear people talk about feeling their emotions and awareness heightened while they are in their poses."

The Coop carries yoga mats for \$13.52, as well as props like blocks for \$6.75 and straps for \$4.30. Most centers that offer classes will have these items for rental or for free. A bag for your yoga mat costs \$12.29.

Pilates, yoga's cousin, is a series of exercises designed to strengthen a person's core, meaning the muscles from shoulder to hip. The focus on the core improves strength, balance and stability and can improve performance in almost any other physical

activity.

The Coop sells large rubber "physio balls," for \$18.44. These are used to create balance and stability challenges. The balls include a pump and DVD with simple Pilates exercises, or you can buy a resistance kit for your ball that costs \$12.29.

If you want to go to the heart of the matter and transform your mind, the Coop sells candles and incense to help members spring clean themselves through meditation.

The Coop is famous for its incredible variety of low-cost, organic and locally grown produce, as well as for a large selection of grains, nuts and free-range meats.

There is also a wide selection of vitamins, minerals and supplements. For example, a bottle of 180 NOW Multi Vitamins, style VIT-MIN 100, costs \$22.35. A bottle of 60 Solgar Formula VM-70 Daily vitamins costs \$11.65.

Yogi Detox Tea, which costs \$2.69 for 16 teabags, promises to help detoxify the liver and kidney with dandelion and licorice.

So hurry and make your list: Spring is here, and it's time to clean up. ■



ILLUSTRATIONS BY DIANE MILLER

Thursday, May 4

7:30 p.m. at the Coop

Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

Healthy Sweets

Heard the word about getting white sugar out of your diet? Come to this healthy sweets class and learn to replace white sugar with alternatives like maple syrup, agave nectar, brown rice syrup and stevia.

RECIPES* —TASTINGS TOO!

- Jam Dots
- Apricot Clusters
- Pear Phyllo Tart
- Peanut Butter Fudge Cookies

* all vegan

\$4 materials fee

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

Guest Chef:
Michael Welch is a graduate of the Natural Gourmet Institute for Health and Culinary Arts and the Institute for Integrative Nutrition. He is the owner of Full Plate, a personal chef and has a health counseling practice in New York City. He is a Park Slope Coop member since 2004

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

The Park Slope Food Coop offers a fine food selection to counter the Whole Foods and Fairway opening in our area, but with a difference. All who pass through our entrance work for the privilege to browse and shop. Why do people join the Coop? How do they feel about the work commitment? What makes members stay in the Coop?

Karl Greenberg works in the recycling squad in front of the Coop, where members may bring clean plastic items for recycling, including plastic yogurt cups and plastic bags. Cory Munson is also a member of the curbside recycling squad. Greenberg and Munson like the less-frenetic pace of the recycling workshift. Greenberg describes working outside as “nicer” than working a shopping shift, which he finds too crowded.

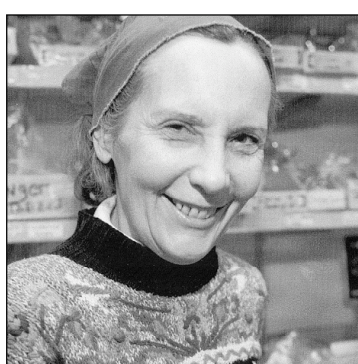
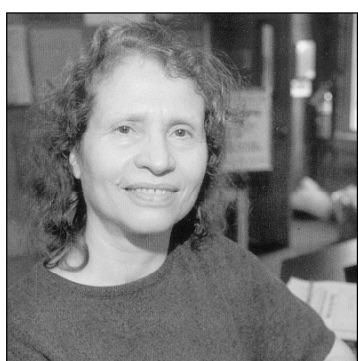
Munson has been a Coop member for 19 years. She’s been a squad leader and worked in checkout as well as in the cheese area. She sticks with the recycling squad because of being outside and the experience of working cooperatively with others on her shift. Munson also enjoys her shift because it gives her “another way to be environmentally involved.”

Elizabeth Pressman-Cooper, John Cooper and their daughter, Lila Cooper, were waiting in front of the Coop for car service. Pressman-Cooper and Cooper have been Coop members for four years. They joined, in Pressman-Cooper’s words, because they were “broke.” They have stayed members because of the Coop’s prices and quality. Pressman-Cooper remarked that she “could get everything organic and afford it.”

When I asked them if the work commitment played a role in whether they stayed with the Coop, Pressman-Cooper commented that she was a little tired of the workslot and that there were “too many people now, and there are so many members, it’s so crowded that I wish they would change the structure a little. It seems to me that people don’t need to work every four weeks.” Both felt that a workslot every five or six weeks would work. Cooper thought that the squads were over-staffed and that there wasn’t adequate leadership on shopping squads to get people to work effectively, commenting, “Nobody seems to be willing to tell anybody to do anything.”

Stephen Michel is a 20-year Coop member, joining at the time because his wife was interested in Coop membership. Before working the shopping squad, he was on the precomputer attendance squad, entering information by hand! The workshift commitment is a little awkward for Michel when it comes to time-off plans, since FTOP requires that a member take more than

one month at a time. But he is fine about working within these guidelines. Michel felt that a dramatic change in the work commitment would likely lead to more paid staff to supplement the lost member labor. He felt this would result “in the cost going up, and one of the reasons people join is we’re cheaper than a health

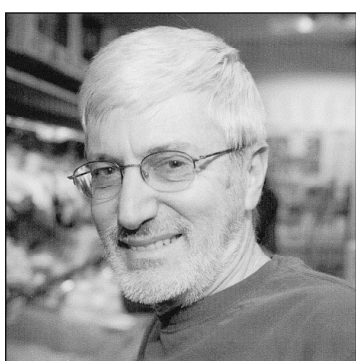


Pictured left to right, top row: J. C. Calhoun, entrance worker; Karl Greenberg recycling squad; A. K. Summers, Gazette production. Middle row: Margaret Cremmins, shopping squad leader; Steve Michel, produce worker; Maxwell Taylor, Gazette team. Bottom row: Monica Stabin, bagging bulk items; Andrett Roberts, entrance worker; Jacques Hoffman, bagging bulk items.

food store.” When I asked Michel whether the work commitment helped people to be invested in the Coop, he answered, “I hadn’t thought of it that way, but probably. You’ve got some equity in it.”

Five-year member Stephen Nguyen signed on to the Coop “because of the availability of organic foods,” and when I spoke to him, he was busy stocking produce bins. Nguyen stays a member for the food selection but also because he enjoys the community. Nguyen likes the diversity and the ideals he finds in the Coop, in his words, “absolute accessibility to all people.” When I asked whether the work commitment played a role in his decision to remain a member, Nguyen answered, “It doesn’t affect my wanting to remain a member, but I think the structure could be somewhat cleaned up.” He felt “there are more workers than work generally; perhaps workslots can be spread out.”

Nguyen does feel that the low markup we enjoy is a big bonus of member labor and the prices are definitely a reason he stays a Coop member. When asked whether a regular workslot helped members form a relationship with the Coop, Nguyen commented, “I’m not sure, but generally if everybody works,



there’s no strange hierarchy.”

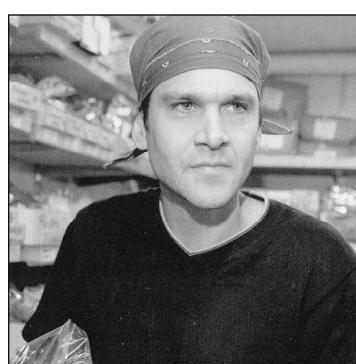
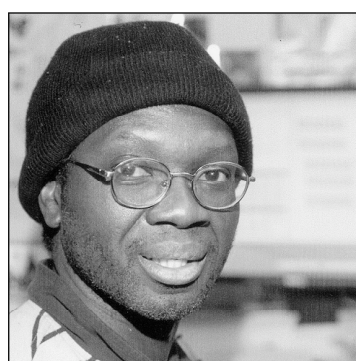
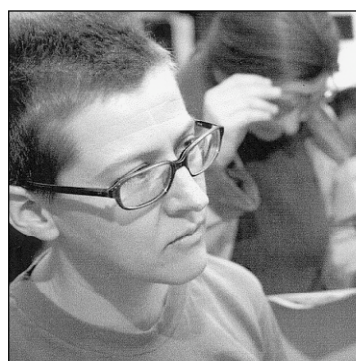
Jacques Hoffmann, a member since the early 2000s, and Monica Stabin, a member since 1987—or in her words, “since the small building,” were working a food-bagging

“I trust where the food comes from more than any other place. This is a good environment.”

shift in the basement when I interviewed them. Hoffmann joined the Coop for the quality and prices; he’s willing to make the trip from Carroll Gardens. When queried whether the workshift had any impact on his decision to stay a member, Hoffmann’s answer was to the point: “No.” He did feel that the “two-for-one” makeup rule was harsh and could be oner-

ous, particularly for parents, and could cause members to fall away. Hoffmann conceded that the two-for-one policy perhaps contributed to discipline within shifts “to keep them as consistent as possible.”

Stabin has worked a variety of workslots, starting in Sunday shopping, when boxes of



influenced her decision to stay a member, she characterized working as “an obligation; you have the freedom to change to another slot.” As a squad leader managing fellow members, she observed, “I try to work with the situation; I have no problem. I have a wonderful group of people. A lot of people have been with me a long time; we really do work together.”

Andrett Roberts and J. C. Calhoun were working at the entrance desk. A member for six years, Roberts joined “firstly, to save money and the natural foods.” Why does she stay with the Coop? Roberts answered, “Everything. It’s pleasant to be in, pleasant to shop.” When asked whether working influenced her decision to stay a member, Roberts replied, “I enjoy my workslot.” Calhoun joined because “it makes the type of food I enjoy accessible. It’s convenient because I live in the neighborhood.” She added, “I trust where the food comes from more than any other place. This is a good environment.” When asked about the work commitment, Calhoun observed, “There was one period of time when I had a hard time getting to my shift due to work reasons. It took a long while to catch up, to make up my shifts.”

Doug Popovich was working as production art director on the Gazette shift. He joined the Coop in 2001 as a direct result of a 90-day pay cut following 9/11. Popovich commented, “It was either stop buying organic food, and that’s when I relented.” When asked about how he felt about working to shop, Popovich commented, “I think it’s great. I think it’s a really good idea.” Lee Schere, also working on the Gazette, joined because she “believes in the Coop’s mission, economic democracy.” She thinks working to shop is “a great model; everybody participates.” Schere was part of a Coop in Minneapolis, and she feels invested in coop culture.

A. K. Summers, another Gazette worker, joined after 9/11 because she and her girlfriend couldn’t drive to Fairway on 125th Street for their usual food run. When asked about working to shop, Summers commented, “Theoretically, it’s nice. In practice, it’s very difficult. We have a small child, and we’re already stretched thin trying to cover for him, so it’s been rough.” In spite of this challenge, Summers characterizes the Coop “as a hard habit to break. The prices are so good. We’re attached to the selection.”

Gazette worker Maxwell Taylor joined the Coop in 1999 for the food. While not always pleased with working to shop, he doesn’t mind doing it to maintain membership and sees the workshift as an opportunity to “express yourself in other areas.” He describes the Coop as “good stuff.” ■

Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?

Have you ever just met someone and felt like you have previously known them?

Are there other countries or cultures that seem familiar to you?

Well there might be an explanation for this.

Through hypnosis we can tap into the subconscious mind, as well as enter into a peaceful trance-like state to retrieve memories of our past lives.

Relax and take a journey within.

- Gain:** • Realizations
• A deeper understanding of who you are
• Retrieve memories • Pass beyond death and back again

Bring: A blanket to lie down on or a comfortable lawn chair to relax into
A note book to write down anything that comes up

Jeffrey T. Carl, CHT, a Coop member, is a certified clinical hypnotherapist, and a member of I.A.C.T. Jeffrey is also certified in past regression though the Wiess Institute.



FREE Saturday, May 13
Non-members welcome 11:00 pm at the Coop

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

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

Holding on to feelings of hurt, guilt, resentment, blame, anger and the need to punish binds up a lot of your own energy and keeps you locked in the past, instead of being fully present.

The Forgiveness Process allows you to release these negative feelings and completes your own healing.

LEARN TO:

- Forgive yourself and others
- Focus and use the power of unconditional love
- Align your head and your heart
- Use the power and energy of love to relieve stress
- Participate in a group unconditional love meditation

Moraima Suarez is a Coop member, certified Holoenergetic® Healing Practitioner, certified Bowen Therapist, and Reiki practitioner. She has studied and practiced the healing arts for over 20 years and her healing practice in the Park Slope vicinity.

FREE Saturday, May 20
Non-members welcome 3:00 p.m.

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

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

WITH STUART GARBER

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

Come learn how this “feel-good” treatment can help you and your loved ones through challenging times by complementing traditional medical care – including techniques you can do on your own.



Coop member **Stuart Garber** is a licensed massage therapist with more than 18 years of professional training and practice, including training in body-centered counseling and trauma healing. He has worked on the staff of the Ostrow Institute for Pain Management and the Memorial Sloan-Kettering Cancer Center's Integrative Medicine Program. He is now in private practice.

FREE Tuesday, May 2
Non-members welcome 7:30 pm at the Coop

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

MEDITATION FOR PEOPLE WHO THINK THEY CAN'T MEDITATE



In this workshop you'll learn
and practice five easy meditation techniques. Plus, you'll discover:

- How meditation can help reduce stress
- How to meditate in odd places
- Resources for a calmer life

Mina Hamilton has been teaching stress reduction, meditation and yoga in Park Slope for 15 years. Her book *Serenity to Go: Calming Techniques for Your Hectic Life*, has been translated into Japanese, Chinese, Korean, German, and Dutch.

FREE Saturday, May 20
Non-members welcome 11:00 a.m.—1:00 p.m.

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PROGRAMS

Thursday, April 27 through Sunday, April 30

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

Thu, April 27
7:30 Socially Conscious Investing

Fri, April 28
7:30 7 Elements for Unreasonable Success in Business

Sat, April 29
12:00 Franken Foods
6:00 Chakra Balancing with Essential Oils

Sun, April 30
12:00 Enhancing Fertility Naturally

WORDSPROUTS

The Park Slope Food Coop's Reading Series

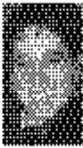
Communications Workslop

Want to be a better communicator at home, work, school or in your community?

Dian Killian will lead the group through some exercises from her book, *Connecting Across Differences*, that help people foster understanding and compassion for others and themselves.

Jezra Kaye will show participants how to identify and develop their communications strengths through role-playing exercises. Teenagers are encouraged to attend.

Dian Killian, PhD is founder and Director of Brooklyn Nonviolent Communication. She gives workshops and staff trainings and does individual coaching and mediation.



Jezra Kaye is a speech writer, speaker coach and consultant. She works with individuals, adults and teens on skills development, coaching for individual and group presentations, and internal communications dynamics.



Friday, May 12
7:30 p.m. at the Coop
FREE Non-Members Welcome

All Wordsprout participants are Coop members.
Bookings: FJ.Caron, psds_gunoff@earthlink.net

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

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.

Diversity and Equality Committee Seeks Members with Data Skills

The Diversity and Equality Committee (DEC) is pleased to report that some PSFC members have responded to our call for new members.

New members will help to safeguard our Coop as a respectful and enjoyable place for all to shop. At this time we're seeking members with computer and data base creation and management skills. This new member will help to order, store, track and access internal committee documents and incoming data.

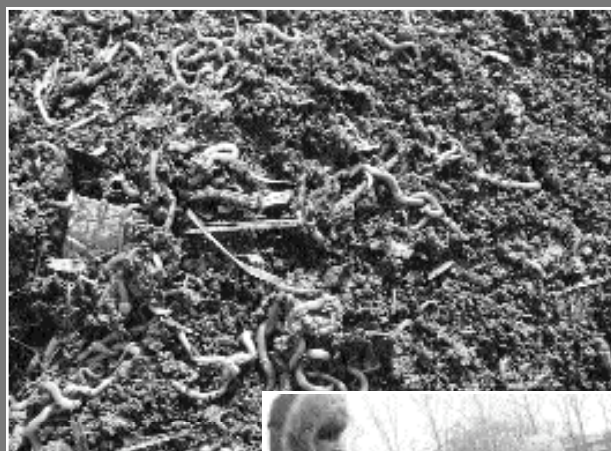
Interested Coop members are invited to attend our next meeting on Thursday, May 11th at 6:00 pm at the Coop or to reach us at diversecoop@yahoo.com. Leave your name and contact information and let us know what skills and/or experience you bring.



COOP PORTFOLIO

SUSTAINABLE URBAN FARMING—BROOKLYN GROUP SHOWS HOW

PHOTOGRAPHS BY JUDY JANDA



Added Value, Red Hook: A workshop with Will Allen on March 20th.

It starts with the red worms, precious "livestock" (left).

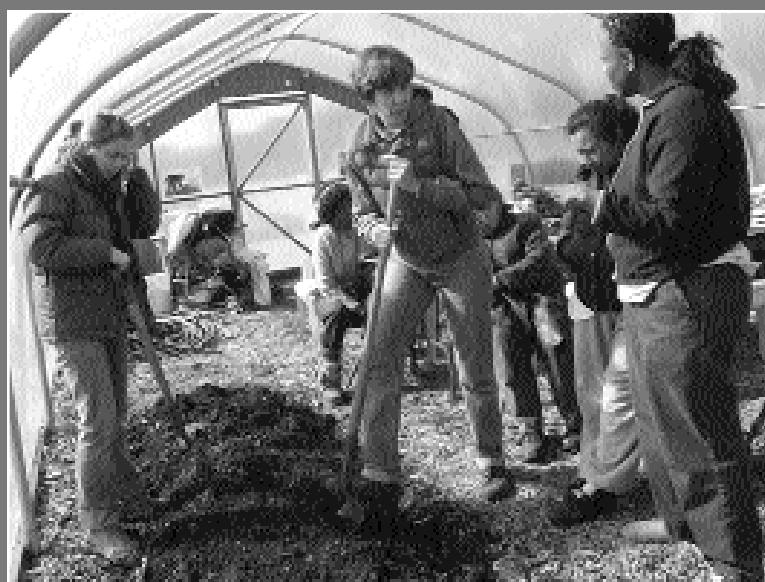
Getting worm castings, prime fertilizer, from a large greenhouse worm bin (right).



At right, moving compost to create an outdoor bed with red worms, on blacktop, with four-year fertility.



Creating a greenhouse growing bed with red worms for year-round cultivation and four-year fertility (right).



Making Brooklyn Bloom at Brooklyn Botanic Garden on March 11th.

Coop member Claudia Joseph leads a workshop on Permaculture methods to enhance cultivation (right).



Dave Jacke (5th from left, keynote speaker at Making Brooklyn Bloom, at Permaculture gathering at Wyckoff House, Brooklyn, on March 12th (right).



"Some Elements of AgriCultures" from Dave Jacke's keynote presentation (left).



Discussing hoop rows at a workshop on extending the growing season (left). Workshop participants examine how cold frames can be used for more months of cultivation (right).

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
May 19
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



JEZRA KAYE

When she's not busy saving the neighborhood with Develop Don't Destroy Brooklyn, singer **Jezra Kaye** weaves her sultry, swinging magic on a mix of jazz standards, blues and sophisticated pop. Come find out why she and her great backup musicians always pack the Good Coffeehouse.



JEROME HARRIS

Guitarist **Jerome Harris**—long a mainstay of groups led by Jack DeJohnette, Sonny Rollins, Ray Anderson, Paul Motian and Bob Stewart—will wander off the "jazz planet" a bit, playing and singing resonant but seldom-heard songs by both prominent and underground tunesmiths. With fellow Coop members Gary Fisher, keyboard; Cliff Schmitt, bass guitar; and Ben Perowsky, drums.

53 Prospect Park West [at 2nd Street] - \$10 - 8pm [doors open at 7:45]

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

Booking: Bev Grant, 718-230-4999

Puzzle Corner

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

Cryptogram Topic: Condiments

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.

B T H B N
O N C D B O R W B N B
V B K C A ’ Q Z Y H C H C N A C
V C M K Q I C W Q H C M C
X Q Y M Y W M B F O C
I B N Z Y O O X F K W C R
G Q N O C M K C N M X Y N C
M B F O C
V B W Y - V F N Y D B M B Z B
N Q B M K C A V C V V C N M
S Y N R B W Y M V Y O C
V B M K C

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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:
May 11 issue: 7:00 p.m., Mon, May 1
May 25 issue: 7:00 p.m., Mon, May 15

CLASSIFIED ADS DEADLINE:
May 11 issue: 10:00 p.m., Wed, May 3
May 25 issue: 10:00 p.m., Wed, May 17

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, MAY 2
AGENDA SUBMISSIONS: deadline for consideration for the May 30 GM, 8:00 p.m.

TUE, MAY 30
GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue. Flyers will be available Wednesday, May 3 in the entryway of the Coop .

The Coop on Cable TV

"Inside the Park Slope Food Coop"
FRIDAYS 1:00 p.m. with a replay at 9:00 p.m.
Channels: 56 (TimeWarner), 67 (CableVision)

GE Campaign Meeting

TUE, MAY 8
SAFE FOOD COMMITTEE: Open meeting for members & non-members. 6:30 p.m. for training on genetic engineering; 7:00 for work session. All welcome.

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. ■



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, May 30, 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.

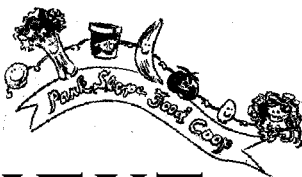
Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

PARK SLOPE FOOD COOP

MISSION STATEMENT



The full mission statement appears on page 4.

COMMUNITY CALENDAR

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

*Denotes a Coop member.

FRI, 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.

BROOKLYN SAX QUARTET: David Bindman, Fred Ho, Sam Newsome & Ned Rothenberg in a concert of new works. St. John's Church, 155 Milton St (btw Manhattan Ave & Franklin St) Greenpoint. 8 pm, \$10 suggested donation.

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

ZEEMEEUWSC! An eclectic concert series at the Old Stone House, JIByrne 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.)

WOMEN OF DISTINCTION BRUNCH: 11a.m. Dr. Osnat Levtzion-Korach speaks on the latest research at Hadassah Hospital & its Pediatric Oncology Center. Members & non-members welcome. \$80 includes: \$54 donation to Hadassah Medical organization & \$26 for brunch. East Midwood Jewish Center, 1625 Ocean Ave. RSVP to 718-382-6454 or www.brooklyn.hadassah.org

TUE, MAY 2

SISTAS SWAPIN' STORIES: African Folk Heritage Circle, 1368 Fulton St, 3rd flr, NYC. 7-9:00 p.m. Info: Thelma Thomas, 212-807-1570.

WED, MAY 3

JUST FOOD COMEDY BENEFIT. Political comedian *Scott Blake-man hosts "Just Kidding," an evening of sustainable laughter, locally grown comedy & music with Christine Lavin & Leighann Lord. 8 PM. Gotham Comedy Club, 208 W. 23 St. Manh. 212-645-9880 x221 brownpapertickets.com/event/4093.

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.peakoil-nyc.org. For conference details: 718-441-0246, www.energysolutionsconference.org.

FRI, MAY 5

GOOD COFFEEHOUSE: James Reams & the Barnstormers. Bluegrass Unlimited Magazine says, "...delightfully unadorned 1950s-style bluegrass that draws heavily on, yet doesn't mimic, the best-loved bands of that era." \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

"CHANGE THE WORLD": *Sarah Safford, dancer & puppeteer, members of Harmonic Insurgence, *Martha Siegel, cellist, and others will perform Brecht Songs & Poems. 8:00 pm, at the Old Stone House, Fifth Ave btw 3rd & 4th Sts. \$12 at the door to benefit Brooklyn Parents for Peace. Info: 718-624-5921

SAT, MAY 6

PEOPLES' VOICE CAFE: Marcie Boyd; Greg Greenway. 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, MAY 7

ZEEMEEUWSC! An eclectic concert series at the Old Stone House, JIByrne Park, 5th Ave btw 3rd & 4th Sts. Lisa Garrison, singer-song-writer-storyteller. Admission \$10, 2:00 p.m. (Zeemeeuw is Dutch for Seagull, a play on *Martha Siegel's name, organizer of the series.)

WED, MAY 10

SOLIDARITY SOIREE "ESPECTACULAR": with the Raging Grannies, CISPES & fashion like you've never seen it before. A celebration of solidarity, creativity & organized resistance to benefit the Committee in Solidarity with the People of El Salvador (CISPES). Bkln Society for Ethical Culture, 53 PPW, 7:00 pm. Suggested donation: \$10-\$20. Info: 212-465-8115, or www.cispes.org/solidaritysoiree.

FRI, MAY 12

GOOD COFFEEHOUSE: Traveling Troubadour series. Guitar-picker Mike Dowling, one of the best guitar pickers in the universe, a virtuoso in country blues, slide & swing styles. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAY 13

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

FRI, MAY 19

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

SAT, MAY 20

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

FRI, JUN 2

GOOD COFFEEHOUSE: Legendary folk icon, Rod MacDonald, Traveling Troubadour Series. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, JUN 9

GOOD COFFEEHOUSE: Brooklyn Women's Chorus, founded & directed by *Bev Grant. 45 women singing together to create one powerful voice for peace & justice. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, JUN 10

GATEWAY TO THE NATIONS POW WOW: Floyd Bennett Field Gateway Nat'l Recreation Area, Bkln. 10-8:00. Performances of Native American dance & song, drummers, dancers from around the world. Info: 718-686-9297, redhawkarts@mindspring.com

SUN, JUN 11

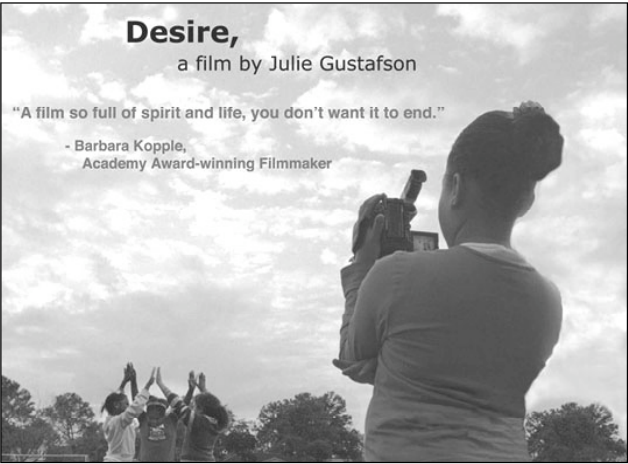
GATEWAY TO THE NATIONS POW WOW: Floyd Bennett Field Gateway Nat'l Recreation Area, Bkln. 10-8:00. Performances of Native American dance & song, drummers, dancers from around the world. Info: 718-686-9297, redhawkarts@mindspring.com

FRI, JUN 16

GOOD COFFEEHOUSE-COOP NIGHT:Celebration of Gay Pride *Viva DiConcini, *Athena Reich & *Gloria. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.



Friday, May 5 • 7:00 p.m. at the Coop



DESIRE

Desire is a film by award-winning filmmaker Julie Gustafson and the Teenage Girls Documentary Project. Nearly a decade in the making, the film documents the challenges and desires of a group of young women in New Orleans by letting them film their own stories. The issues it raises about class, race and opportunity are particularly relevant after Katrina.

Desire premiered at AFI in Los Angeles and is being distributed by Women Make Movies (www.wmm.com).

A discussion with Hannah Rosenzweig, one of the editors and a Coop member will follow.

Film Night organizer, **Trish Dalton**, can be reached at mail@trishdalton.com or 718-398-5704.

Non-members welcome

FREE

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



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? The Coop now has monthly 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.



Next Tour:
Friday, April 28, 12:00 & 1:30 p.m.
Friday, May 26, 12:00 & 1:30 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



GROWTH AND WORK (PART ONE OF TWO)

DEAR EDITORS:

Thank you for the continuing articles on cooperation and healthy reminders of “how” and “why” we are the PSFC.

It seems as though we are losing some of the communal purpose of the cooperative. Many complain about the heavy burden of working a whole 2.5 hours a month. But how many of us have considered the reason why the Coop exists, how it began, and the time and effort/labor people have contributed to make it work? Have we forgotten why we are a coop? Quite frankly our participation may not be enough and a little too uncooperative.

The PSFC Mission Statement speaks to us as operating an alternative store through cooperative participation. We contribute our labor; meaning we work together while learning and building trust with the goal of keeping prices down. We strive to offer quality goods from sustainable sources embraced in our values and principles. Since quality goods are readily available all over Park Slope and in more communities, it must be our participation that makes us an alternative store and cooperative.

As a relatively new member, I greatly appreciate the core principles of our mission statement, and the history upon which the PSFC is built. The time I spend fulfilling my work slot, or while shopping, is more social and educational among other things. Maybe we need to think of our participation as contribution and not “work,” and recognize that the low prices are not only one of our goals, but also a reward of our collectively fruitful labor.

Recent growth has created many improvements in the store operations, but at some cost to the cooperative community. All members want to benefit from the cooperative advantages, but some are reluctant to put forth the effort and are eager to do less. And it is true some cooperatives have a work/pay option, but they seem lacking as community. We have a unique social structure that helps us learn and grow in the choices we make. Spending less time together would undermine this, weaken our social connections and lessen the quality of the Coop.

I also must say then, if this membership/working cooperative requires too much, then the PSFC may not be the right place to meet your needs. Other places exist with other options. The effort in being a participating member should be weighed against the costs of going elsewhere.

We should be more concerned in the quality of our membership and community—not so much about growth. We should be promoting and operating the cooperative on its principles of participation. We should find an equilibrium that might even prevent overcrowding. But in the end, we should be looking for ways to do more.

Thank you for your time and energy,
Tubbs

FEWER, BETTER WORKSLOTS

TO THE EDITOR:

I second the sentiments and suggestions contained in Beth Harpaz’s letter of March 30 (“Ease Up on Work Requirement”). In addition, I offer this option for reducing the surfeit of workers at the Coop: make the work requirement bimonthly instead of monthly.

Some members—though I’m not among them—may enjoy having fellow members pack their groceries and carry their bags and boxes to their car. But I have a feeling most of them would forgo those luxuries in exchange for a less onerous work requirement. Certainly they would prefer working less to seeing members who are ostensibly working killing time in the aisles, hanging around outside, talking on their cell phones, and generally taking up valuable space in an already crowded Coop.

Gina Goldstein
Member since 1995

IMPROVE THE LIVES OF OTHER COOP MEMBERS

TO THE EDITOR:

I would like to second the sentiments expressed by Joe Holtz in these pages some weeks ago about our work requirement. Mr. Holtz challenges us to ask ourselves if we are doing everything we can to make the Coop better, before reducing our work requirement. I think too often we focus on how to improve our lives as workers at the Coop (i.e., fewer hours of work) and not enough on how to improve the lives of shoppers at the Coop (i.e., the Coop members you encounter when you are in the worker role). For example, although everyone seems to think there are too many people on the squads, not infrequently I notice that one of the checkout slots is unstaffed. This should *never* be the case. If shopping squads have ample workers, it should be simple enough to make sure that every checkout station is always staffed.

I think we have to contend with what seems to be common under conditions of collective ownership. When I visited Moscow, a friend was eager to show me a coffee shop that had been designed under state socialism. He pointed out that nearly all the floor space of the shop was allocated to the workers’ area, with almost nowhere for customers to stand! I think we have to combat this mindset at the Coop. When we are working at the Coop, our job really is to make things as pleasant as possible for others. Under capitalism, we risk losing our livelihood if we don’t fulfill the job’s requirements. Under collective ownership, there is no penalty (other than shame, I suppose) for doing a lousy job.

We may face a problem with the distribution of labor—some squads being overrun by make-up workers, others without enough. That’s quite different from having too much labor. The new cart return service is an excellent example of a creative use of our labor capacity. I’m sure there are others we haven’t yet thought of.

Regards,
Lauren Young

SAME RULES FOR ALL TO THE MEMBERSHIP AND STAFF:

I am a shopping squad leader and would like to comment on the Coop’s make-up policy and its enforcement (or lack thereof): The other squad leaders on my shift and I have an agreement to allow a 15-minute grace period after our shift begins for members requesting to do a make-up to join us. We feel that this is a fair and flexible policy.

At our last shift, we had several members come in after the 15-minute grace period who were turned away. Then, at 30 minutes past, a guy came in and asked when the next shift was starting. The entrance workers told him that it wasn’t for another 2 hours and that he was too late to join our shift. He then spoke with me and became visibly irritated when I confirmed that he was indeed too late. To appeal this decision, he went to the office where a coordinator told him that it would be fine for him to work with us. When I spotted him working in the receiving area he explained that a “higher-up” had overridden our rule. I then spoke with this coordinator and explained that he was eroding a sense of an even playing field. He insisted that his actions were fair and told me that the way we ran our squad was too “rigid.” The coordinator then took the member up to the office and gave him a job to work on so he could complete his make-up.

As a squad leader, I struggle with questions of fairness and how to keep up with the tasks that our squad is responsible for. I’m sure that the end result of this struggle is imperfect, but I am also certain that my role as squad leader is rendered highly ineffective if I don’t get the support from the paid staff for decisions that should be under my purview. It is deeply problematic for Coop staff members to blatantly undercut squad leaders’ authority, especially when we are upholding the rules of the Coop. It is disrespectful to the members of my squad who show up on time on a regular basis to create glaring exceptions for someone who comes in substantially late. And it is also unfair to those who were turned away from working a make-up on our shift because they,

too, were late.

This staff member should ask a few questions: What standards do all members need to be held to in order to call this a “cooperative”? Why bother creating voluntary positions of leadership if there is no substance to their authority? Why should members be concerned about being in good standing if they can find a coordinator who will bend the rules for them?

In cooperation,
Roger Broome

HELP US RECYCLE SMARTER

TO THE PLASTICS RECYCLING FOLKS:

Thanks so much for creating a way for us to recycle plastics that are not accepted by the City’s recycling program. Please consider enhancing this service by providing Coop-ers with more accurate and detailed information with respect to which #5 plastics are recyclable. The Coop calendar section of the *Gazette* does not even indicate that we can recycle some #5 plastics. A recent article in the *Gazette* informed us that we can recycle #5 plastics, but when I tried to do so, I learned that only certain kinds of #5 plastics are accepted for recycling: i.e., white cups used for packaging yogurt, cottage and cream cheeses, but no lids (even if they are #5) and no clear containers (even if they are #5 and are used for dairy products, such as cheese spreads or grated cheese). The information currently furnished to members, including the signs posted at the recycling site, does not disclose these rules, creating difficulties both for members who wish to recycle #5 plastics, but do not know which kinds are accepted, and for workers on your squad, who must inspect each item of plastic to enforce the unstated rules.

Steven Rosen



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.

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.

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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.

HOUSING AVAILABLE

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 NON COMMERCIAL

HHEELYS kid's size 3. New. Never been worn. \$50. Call 212-645-7404.

SERVICES AVAILABLE

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

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

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.

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

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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 children's 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.

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



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Sustainable Laughter.

JUST KIDDING: A COMEDY BENEFIT FOR JUST FOOD. MAY 3 AT 8 PM.

Hosted by Coop member Scott Blakeman with singer-songwriter Christine Lavin and Leighann Lord. **Just Food** works to develop a just and sustainable food system in NYC and the region. **Tickets online at brownpapertickets.com.** Call 212.645.9880 x 221 or justfood.org for more information. Gotham Comedy Club. 208 W. 23 St.

Farm and Food Justice for All.



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ADVERTISE ON THE WEB

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

Answer to Puzzle on page 6

Ajvar, Crema Cynara, Pate D'Olive Verde, Pesto Genovese, Hoisin Sauce, Garlic Chutney, Worcestershire Sauce, Pani-Puri Masala, Roasted Peppers, Biryani Spice Paste

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.

SERVICES AVAILABLE

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

SERVICES-HEALTH

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. holisticeyecare.com

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WHAT'S FOR FREE

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

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-PureCorp. For more information call Denise at 718-435-3169.

Board of Directors Election

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: “The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting...The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting.”

Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs regularly. They receive Coop work credit for their attendance.

The Board of Directors conducts a vote at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

Openings

We have two full three-year terms open this year.

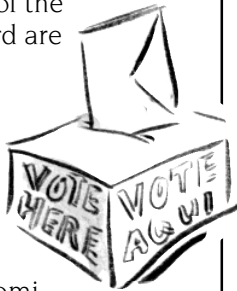
Candidate Deadline

If you wish to place your name into nomination, please declare your candidacy by Sunday, May 7. You will be asked to submit a statement of up to 750 words and a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing.

Voting

Every member will receive a proxy package in the mail in late May.

Members may also vote at the Annual Meeting, June 27.



Through the Grapevine

CONTINUED FROM PAGE 1

rid her household of three items in one fell swoop and cleared the way for a free bicycle for her son—also through an ad in the *Gazette*—and other items yet to be described in a very few words.

Community Ties is another way the Coop spreads beyond the confines of the Union Street building,

filling its share of the bargain—free publicity. The latest batch of brochures, due back from the printers soon, will list participating businesses and details on the discounts they offer.

News Ascending a Staircase

Competing with Internet sites—including the Coop's

Along with plumbers, electricians and tutors there are services that members may not have been aware they needed, such as a culinary sexologist. Unlike the maintenance-free virtual classified ads on the Coop's Web site, the real notices pinned here require weekly pruning and raking.

Helene Onserud says her coop job entails dating new notices and weeding out what has been posted for longer than a month. What slows Coop workers down, she notes, are the postings put up with tape instead of pushpins, and notices put up on top of others, or in the wrong location. All this doesn't leave a lot of time for browsing, according to Onserud, who only once has followed up on an ad.

The discipline with which Onserud carries out her Coop duties is rarely matched by the people going up and down the stairs. Inevitably they slow down to zero in on something eye-catching—the schedule of a “Mental Health Film Festival,” or the lowdown on a member's husband (recently posted as a free giveaway). Lower steps

are mostly reserved for the serious business of matching up members' housing and merchandise needs. Space is limited, and to help divvy up the territory and allow members to write down contact information, a wooden box offers up pencils, cards, thumbtacks and 3-by-5 cards. Lists of numbers sum up most of the salient details: how many rooms, how many pets, how many roommates, and how many dollars. Except when numbers are entirely beside the point: “People often tell me that they love my energy,” summarized one self-described poet who was recently looking for a “healing environment” to call home.

What Goes Down Must Come Up

The Coop's dirt road equivalent of the digital superhighway has been paved with gold for some lucky members. “We were always so sure they wouldn't have what we were looking for,” says Karen Hatt. That was before sleepless nights sharing their bed with five cats and a sixty-pound dog drove the couple, in desperation, to scour the Coop notice board. Bingo! A hundred dollars later, years of deeper sleep were delivered to their doorstep, in a king-sized mattress atop a bed

with drawers. A set of freshly laundered flannel sheets thrown into the bargain allowed Hatt and Mitler to climb right in. Deeper sleep brought with it more hopes and dreams—and these, too, involved the welfare of their pets. The couple's dog, Beanie was old now—too old to walk even two blocks to Prospect Park—but still young enough, Hatt and Mitler believed, to relish its sounds and smells, perhaps from a cart on the back of a bicycle. Again they doubted the Coop notice board would provide. Again they were wrong. When the couple's beloved dog, Beanie passed on to the big park in the sky, he was a happier dog for several last rides in the cart seat.


The same hopefulness with which Hatt and Mitler now approach the Coop notice board is apparent in the reckless optimism of many notices thumb-tacked edge to edge. You can only cheer for a British novelist seeking free housing in Park Slope for the indefinite future—in exchange for cat-sitting. Another optimist requests the name and phone number of “someone who is willing to give up their iPod” for less than thirty dollars. And that person, just like the rest of us, deserves to find what he or she is looking for. ■



beyond the business of putting food on the table. Offering members a discount on goods and services, the Coop will soon return to full-

own Web site—does not seem to discourage the interest or volume of notices on either side of the staircase going up to the second floor.

WORKSLOT NEEDS



Independent Jobs

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

Office Setup

6:00-8:30 a.m. — get your work out of the way early. A fairly quite time in the office because the phones haven't started to ring yet. Miscel-laneous tasks to get ready for the office day.

Data Entry

3:30-6:15 — Input the changes to the Membership Database that have resulted from a day of phone calls in the office

Store Equipment Cleaning

6:00-8:00 a.m. Wednesday — Deep clean the checkout area and other locations before the store opens. A maintenance job, so the shift is two hours.

Sunday Evening Maintenance

8:00-10:00 p.m. After the shoppers and most of the workers have left, the aisles will be clear and the cleaning can begin. A variety of jobs, working with a large energetic team — but for two hours, like all Maintenance shifts.

Mop Cleaning

12:00-2:00 p.m. Those mops do get dirty. Two hour shift.

Orientation

We are looking for energetic people with a teaching or training background who can work Sundays, 3:30-approximately 6:00. OPrienters lead sessions every six weeks alternating on the

third week in between to be available as backup for emergency coverage. Our current need is for Sunday, but if you would like to be on a waiting list for another time, please call.


Soup Kitchen

There are three jobs available

7:00-9:45 a.m. in the Coop — preparing the food that is still edible but can't be sold.

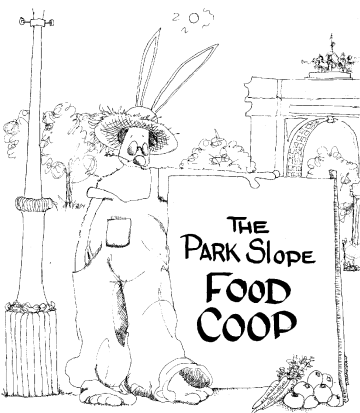
9:00-11:45 a.m. at CHIPS — preparing the meal for the day.

11:15-2:00 a.m. at CHIPS—the final touches on prepara-tion, followed by serving the hot noon meal.



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.					
Gail Ageday Gwendolyn Alker Lisa Amand Jacoby Ballard Robin Basalla Joe Behaylo Michael Beliveau Matthew Berman Sophia Bernard Stephanie Bleyer Jennifer Block Mike Bolton Phyllis Uma Botte Bernice Boxill Beverly Brown Hyacinth Brown Jean Brown Rohan Brown Eric Brownell James Burns Michael Buscemi	Alison Buxton Gerald Cleaver Fiona Creed Heather Damon Jeffrey Damon Jasna Denono-Matorkik Kiran Desai E. Anita Dockery Luis Domenech Ramona Figarola Frantzy Fils Nadine Fishelson Alexis Frasz Cara Fulchino Jolie Gorchof Miri Gregor Elaine Gruenke Sarah Heinemann Oscar Hernandez Sarah Hindsgaul Shaher Husein	Bill Hutchinson Ansel Irving Karen Irving Nacala Jendayi Tanja Jolacic Sandy Jones Will Karlin Jason Kass Aleksandr Katsnelson Jaime Keeling Kenneth Kirschner Elina Komin Max Landes Timothy Lang Jessica Leatherman Sarah Legg Sarah LeMoine Jill Levy Joshua Levy Virginia Loughnan Andrew Lutsky	Edward MacLeod Gina Magid Shannon Mahoney Sarah Manges John Marciano Vlastimir Matorkik Delphine McCray Bert Meadows Didem Meadows Leroy Morgan John Myers Sherley Olopherne Kristin Oppenheim Scott Organ Erin Padula Janice Phillips Phoenix Anne Marie Pierre John Piper Nicholas Polizzi Racquel Porteous	German Ramirez Michael Regan Ingrid Remak Debra Richardson Oscar Richardson Jean Rodea Amy Rogoway Bal Roman Debra Ross Steven Ross Estela Sanchez-Domenech Elizabeth Sandsmark Markus Sanio Francesco Saviano Neal Schindler Demian Schroeder Lise Serrell Lauren Shields Daniel Shimoni Blaine Spraggins	Melissa Staiger McCain Steinback Imanuel Stennett Jahfree Stennett Wahdada Stennett Batya Stepelman Amanda Strong Miguel Swiecki Sigi Taliaferro Bradley Thomason Heather Thomason Dahlia Thompson Richard Thompson Ananda Tuyes Jules Tuyes Jessica Van Campen Paul Wepy Gabriel Willow Anne Wilner Meike Winnemuth Marisa Wu

THANK YOU!					
Thank you to the following members for referring friends who joined the Coop in the last two weeks.					
Walker Adams Robin Aigner Susan Bennett Teagan Blackburn Jennifer Bleyer David Bragin Susan Breen Lori Brigantino Garrison Buxton Sarah C. Tom Carden	Claudia Case Jeffrey Cobb Dunia Cosic Crystal Caroline D. Taylor D. Aurore DeCarlo Coleen Devol Amanda Doss Alexander Eaton Maria Estrada	Amalia Ferreiro Jill Fruchter Michel Gentile Roberta Greengold Erica Houston Jennifer Hsu Ann James Russell Johnson Sophie Kamin Ken Kendra	Austin Kuras Susan Lee Warren Lee Nicolas Letman Rebecca Libed Crissy Liu Magella Sarah Manges Liat Mayer Melanie Monios Hanakyle Moranz	Ann Murphy Lisa Jane O'Neil Terryll Owens Carol Patti Nicholas Polizzi Popi Susan Pustilnik Kate Rubin Estela Sanchez-Domenech Carolina Cruz Santiago Naemah Senghor	Sarah Sills Jessica Star Anna Stevenson Jonathan Sussman Arlene Tudor Julia W. Mara Washburn Radha Webley James Peter Wilson Joshua Wolf Marisa Wu



Join the Street Squad

Do you love the Coop? Do you enjoy talking to friends, neighbors and strangers about the joys of Coop membership? The Street Squad may be the workslot for you. Work outdoors on Saturdays and Sundays from April to October, and help keep the Coop strong.

The Street Squad

serves an important public relations role for the Coop. From tables set up outside the Coop, at local street fairs and at special Coop events, members of the Street Squad talk to current and prospective Coop members, give out literature, answer questions, give tours of the Coop, and just generally give people the chance to become familiar with the Coop.

We invite you to join us if you are:

- ◆ a Coop member in good standing for at least six months
- ◆ friendly and upbeat with enthusiasm about the Coop
- ◆ knowledgeable of Coop procedures
- ◆ willing to work outdoors
- ◆ willing to work weekends during the spring, summer and fall
- ◆ reliable, responsible and able to work independently

New Street Squad members must attend a training session.

If you are interested in joining the Street Squad, please contact :

Robin
718-230-7199
call before 9:00 a.m.