

LINWAITERS' GAZETTE

Established
1973



100% SOY BASED
Ink System
Contains no Petrokerosene oil

Volume AA, Number 13

June 22, 2006

ORGANIC AND GOLIATH

The battle over organic food heats up as Wal-Mart enters the fray.

By Katie Benner



ILLUSTRATION BY MOLLY PARKER-MYERS

Love it or hate it, Wal-Mart is a loaded word; and the mega-retailer has made waves once again with its decision to sell more organic foods. The move will accelerate an existing crisis within the organic food movement: organic food demand is rapidly increasing.

At this rate, it seems doubtful that producers will be able to feed new consumers and still remain true to stringent organic standards. With the nation's largest grocery chain and the world's largest retailer offering organic food at prices likely to beat big-box grocers like Whole Foods and smaller food co-ops, this could create a glut of organic food consumers gobbling up the green goods faster than we've ever seen before.

"We've reached a point where our choices as shoppers must be thought of as political," says Ronnie Cummins, national director of the Organic Consumers Association. "The products we believe adhere to organic standards could soon include genetically modified elements or be produced just like mass agriculture, and people will lose faith in the organic label."

Organic Apple of Wal-Mart's Eye

Wal-Mart spokeswoman Karen Burke told the *Linewaiters' Gazette* that the store has made this decision "because our customers are telling us that they're wanting these selections."

But what consumers are she talking about? It has been well publicized by the company that this move is also part of an effort to draw better-heeled consumers to its stores. To whit, Wal-Mart has begun offering plasma televisions, better quality furniture and high-end fashion, in addition to organic foods—going so far as to pay for advertising in *Vogue* magazine.

"We are going to focus on the best price, not just the lowest price," Wal-Mart vice-chairman John Menzer said at a news conference last

April, regarding the store's new direction.

This year's Wall Street earnings results have demonstrated that businesses that cater to wealthy customers have been able to keep their mark-ups, profits and same-store sales high. Wal-Mart sales and stock have languished against high-end retailers, and the company says it partly because higher gasoline prices are keeping lower-income consumers from being able to spend.

No matter what the reason, there is little to indicate that life will get better for poorer Americans any time soon, and surely it would behoove Wal-Mart to get in on the high-end, high-mark up game.

Organic competitors like Whole Foods and Wild Oats mark up their goods a great deal. Consumer Reports released a recent study that found organic food can cost on average 50% to 100% more than conventional products. In contrast, the Coop has a 21% mark up on all goods. If Wal-Mart marks up its goods by 55%, it can still beat the competition and pocket a significant profit.

The most obvious loser in the game seems to be Whole Foods, which has had a hammerlock on organic food, the fastest growing niche sector in the grocery industry. The company has made its money by catering to a higher-income demographic that can afford its steep mark ups; and this has meant profit margins that are the envy of rivals like Wal-Mart, Kroger's and Safeway. For example, Whole Foods posted a generous 3.05% profit margin in 2005 versus a more typical 1.48% from Safeway.

There are fears that Wal-Mart—with its economies of scale and consequent power to control suppliers—will push organic food producers to sell their wares at prices so low that they get hurt. But with mark ups so high at organic retailers, Wal-Mart wouldn't have to resort to squeezing producers for lower cost goods until stores like Whole Foods lowered prices significantly.

CONTINUED ON PAGE 4



PHOTO BY WILLIAM FARRINGTON

What is THAT?

Endorsements for products that are never going to get the advertising campaigns they deserve.

Very few people seem to believe that what they shop for at the Coop is in any way unusual. But glance at the contents of their baskets and carts, dear reader, and you and I know different. So what are all those odd things? And what will these people do with them once they get home? This intrepid *Gazette* reporter decided to find out.

Good manners prevent me from describing exactly what seitan resembles. Pronounced like "SAY-tan," the brownish blobs, packaged in plastic tubs, float in clear liquid. Shanna Huston rarely shops at the Coop without tucking several containers of the stuff into her shopping cart. Derived from the protein portion of wheat, seitan has

long been a staple amongst vegetarian Chinese monks, Russian wheat farmers, Mormons and peasants of Southeast Asia. Huston learned to love seitan, which can be served raw or cooked, from her husband, Dave, a vegan. Some vegetarians avoid it because the texture is too

So what are all those odd things? And what will these people do with them once they get home?

"meaty," according to Barbara and Leonard Jacobs co-writers of *Cooking with Seitan, The Complete Vegetarian "Wheat-Meat" Cookbook*. But seitan cravings are common in her family according to

CONTINUED ON PAGE 2

General Meeting & Annual Meeting—June 27

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will follow the Annual Meeting on Tuesday, June 27 at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place and Eighth Avenue. The Annual Meeting begins at 7:00 p.m.

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

* Exceptions for November and December will be posted.

IN THIS ISSUE

New Coop Exit/Entry Area?	3
Spreading the Coop Love	5
Why Diversity Education	5
Survival for Sale: The Privatization of Water	7
Mysteries of Aisle 4, the "Supplement Aisle"	7
Coop Hours, Coffeehouse, Puzzle.	8
Coop Calendar, Governance Information.	9
Community Calendar	10
Letters to the Editor	11
Entire Coop Benefits from the Food Stamp Program	13
Classified Ads	14
Workslot Needs	16

Coop Event Highlights

Jun 22-24 •Blood Drive: Thursday through Saturday—see inside for hours

Thu, Jul 6 •Film: Genetically Modified Food: Why Are We Fighting It?, 7:30 p.m.

Fri, Jul 7 •Film Night: A Walk Through the Footprint, 7:00 p.m.

Jul 8 & 9 •Food Drive: Sat. & Sun., 9-5:00 in front of the Coop.

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



...young Thai coconut...many are picked by monkeys.

What is That?

CONTINUED FROM PAGE 1

Huston. Ten-year old (non-vegan) Dakari clamors for the soup which is a cinch to prepare—cooking the noodles takes longest. His father is partial to the seitan sandwich. (To prepare: slice and brown the seitan, then serve on a cibatta roll with caramelized onions.) But will red-meat eaters touch the stuff? “My mother-in-law was definitely skeptical at first,” says Huston. “But I think she really liked it.”

LOCATION: in the egg cooler, on the left

PRICE: \$2.25 for 8 ounce pkg

Neti

“People worry they will feel as though they are drowning,” says Anna, a Coop cashier whose enthusiasm for a product called a neti turns out to be contagious. The nasal cleaning pot, a small ceramic pitcher makes it easy to irrigate the nasal passages on a regular basis. “You pour saline solution in one nostril and out through the other,” explains Anna. But why would you want to do that?

Considered as basic as tooth brushing in parts of India and south east Asia, use of the neti is thought to speed up the healing process for common colds and ward off other infections. Regular use of the neti has cut down considerably on Anna’s tendency to get colds and nasal infections, she says. She is careful to use it after her daily swim. Recommended in particular for coping with dusty and polluted environments, I bought one for my friend Stanton, who frequently suffers from post-nasal drip. While Stanton is not yet ready to endorse the healing properties of the neti, he has clearly made a friend, affectionately calling it his “snoot flute.”

LOCATION: way down low at the end of aisles 5B and 6A, facing yogurts

PRICE: \$10.10

Greek Yogurt

Another Coop shopper (who claims never to buy anything unusual) says she “could not live without” Fage Authentic Greek yogurt. Greek yogurt is “a lot like sour cream,” she explains. Once home, the tub quickly disap-

pears into salad dressings and as a dip for dishes like baba ganoush. Greek yogurts do not curdle at high temperatures, making them a useful ingredient in sauces as well. Coop member Lisa Auerbach likes to include a dollop of Fage Greek yogurt in her delicious morning smoothie, full of “everything that I ought to eat.” If you listen carefully you can almost hear the catchy jingle on the commercial. Everything tastes better with Fage Authentic Greek. It is also possible to buy containers with a little tub of accompanying jam or honey to mix in.

LOCATION: yogurt cooler
PRICE: \$1.57 - \$1.67, individual serving size.

Thai Coconut

It doesn’t get much more exotic than the young Thai coconut, when you consider that many are picked by monkeys. (I was not able to determine whether this is true of the ones stocked at the Coop.) “What are you going to do with that?” I asked one Coop shopper who told me she was going to put a hole in hers when she got home and drink it, pure and simple. “It’s delicious,” she insisted. Thai Coconut is also an essential ingredient in the marvelous peanut sauce that goes with Chicken Satay.

LOCATION: produce section near oranges

PRICE: \$1.82 each when this article went to press.

Quinoa

Margareth Dominique says the hefty bag of grain in her shopping basket is a weapon in her ongoing “battle with my big stomach.” Dominique, who appears to be winning the battle, says she grew up in the Caribbean where white rice is a popular staple. Quinoa, according to her “health nut friend” is a far healthier alternative. Cooking it in a similar way with two parts water and olive oil Dominique says she sort of likes it. But she speaks wistfully still of that yummy white rice.

LOCATION: in bulk items beneath the cashew nuts .
PRICE: \$1.75 a pound

Fresh Turmeric

Fresh turmeric is Coop member Lynn Loflin’s favorite “Coop oddity.” Grown in

Hawaii, turmeric resembles ginger in both taste and appearance. “It adds a nice color” says Loflin, who colors grain salads (made with quinoa, for example), with the dark orange root plant. Turmeric “is also extremely good for you” says Loflin, with obvious satisfaction. LOCATION: seasonal—in the produce section, top level, between the green and orange sweet peppers
PRICE: \$5.65 a pound when this article went to press

Papaya Spears

It was the dried papaya spears that first drew my attention to Elizabeth’s shopping basket. Since the enzymes from papaya are notoriously healthful, Elizabeth reasons the chewy orange spears are a good way to satisfy her sweet tooth. As we spoke Elizabeth caught sight of another favorite: “We often don’t stock these,” she said, grabbing several packets of Soken Sea Vegetables. (A happy discovery from a day the express shopping line snaked back to the place it is shelved.) Soak the contents of the package in water for 10 minutes and you have an assortment of the tasty seaweeds pictured on the outside, says Elizabeth. Yes, but then what? “I’m going to put them into some miso soup with tofu,” she said.

LOCATION: at the end of aisle 6B, near the cooler with chicken

PRICE: \$2.79 a packet

Tangelos

As I waited in line myself, next to Elizabeth, another item in her basket caught my eye. What are those? I inquired, pointing to some orange citrus fruit that looked like a tangerines with elephantiasis. “Tangelos,” she told me, “They are so sweet and juicy—better than oranges.” The more Elizabeth rhapsodized about the fruit the more I began to salivate. “You really have to try them,” she said. She was right, I did.

Giving up my place in line I went to grab six tangelos. A sign posted nearby explained that the wrinkly oversized skin was not an indication that the fruit was in any way damaged, or diseased, or ought for any reason to be put aside as a donation for the soup kitchen. Have some

respect: when you combine a Dancy Tangerine and a Duncan Grapefruit it looks like this. Once home the fruit was easy to peel, juicy and utterly delicious. Mmmmm. The grapefruit taste adds a nice kick to the sweetness of the tangerine. “You’ll be addicted,” Elizabeth had predicted—she got that part right. LOCATION: seasonal; in the produce section below

cucumbers and peppers
PRICE: \$1.03 a pound when this article went to press.

If you know of other unusual products available at the Coop that you believe are under-appreciated please let me know for consideration in future articles in the *Gazette*. Please put “Gazette product” in the subject line and send them to barbara@barbaraen-sor.com. Thanks. ■

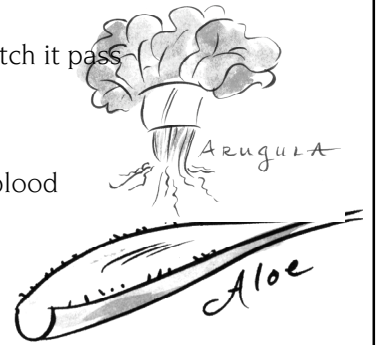
Food Tours at the Coop

What Is That?

How Do I Use It?

We’re under the influence now see how the aisles are leafing out: baby lettuces and wild greens lambs quarters, tats-oi, vitamin greens move over spinach - make room broccoli the competition is coming though day by day

the sun is working it all the leaves and flowers watch it pass we bask and draw it in qui prana hara live life in all things green laying down our bones and blood our skin, cells and eye shine



strawberries so sweet their aroma intoxicates that’s what it is to eat one born in the season’s ground right here in New York Brooklyn the Park Slope Food Coop at your fingertips you lucky dog

check it out what’s it all about in the bulk and produce aisles of your store

come tour with me Myra Klockenbrink there is not a moment to lose

Next Tours:

Friday, June 30

New dates will be posted by the elevator as they are scheduled.

Tour Hours:

12:00–1:00 & 1:30–2:30 p.m.

SAVE A LIFE

Give Blood

Join the Blood Drive
at the Park Slope Food Coop

☛ Thursday, June 22 • 3:00–6:00 p.m.

☛ Friday, June 23 • 10:00 a.m. – 6:00 p.m.

☛ Saturday, June 24 • 9:00 a.m. – 6:00 p.m.

In the second floor Meeting Room



Two-thirds of the population donate blood and 50% will not donate blood in their life.

• Park Slope Food Coop • 718 Union Street • Brooklyn, NY • 718-622-6546 •

• In cooperation with: New York Blood Center •

For further information about blood donation, call Susan Rosenberg, 718-622-6546

New Coop Entry/Exit Area?

By D. S. Aronson

Attended by more than 90 members and ably chaired by Imani O'Ryn, the May 2006 Park Slope Food Coop General Meeting started with the traditional open forum, when members have an opportunity to ask straightforward questions. One member recounted how she saw a shopping squad worker filling a bulk food container using bare hands, and she asked if squad members could be trained in food handling. General Coordinator Joe Holtz brought up the effective signage and training for bulk food handlers who work in the basement, and concurred emphatically that education along the same lines is needed for all members who stock food.

Next was the coordinators report, when General Coordinator Mike Eakin gave the financials. Among other highlights, Eakin pointed to our 17.02% gross margin, or what we keep in sales. Perfect, in his description, would be 17.70%. According to the

10.31% in April 2005 to 8.80% in May 2006. A slowdown, Eakin observed, that was anticipated.

Eakin took a question from Board member John Urda, who queried if the annual financial statement would be available ahead of the Coop's Annual Meeting. Eakin replied, "We hope so."

Harris stressed that under the current configuration, a significant Coop security flaw is shared access from the outside to our entrance and exit points.

The May GM moved on to an exploration of two agenda items that together present some of the dilemmas of Coop membership. How do we experience the Coop as shoppers and as members who have to work for the privilege of shopping?

For discussion only, the first agenda item, presented by the Exit Circulation Advisory Group, sought to, in the

to Gazette advertisements. The advisory group also includes three general coordinators: Mike Eakin, Joe Holtz and Jessica Robinson.

Exit Circulation Advisory Group member Sylvia Harris gave the bulk of the presentation. Harris asked the GM to consider the one experience all Coop members share: entering and leaving the Coop, and that we think about enhancing this by improving congestion, security and movement on the shopping floor.

Introduction of debit cards and how that change will affect the flow of people was also part of the advisory group's design program. Debit transactions mean the point of payment moves up to the checkout worker, with cashiers reserved for cash and check transactions. The result will be faster flow of members through checkout, but a larger potential for bottleneck with our current exit setup.

Some of the physical limi-

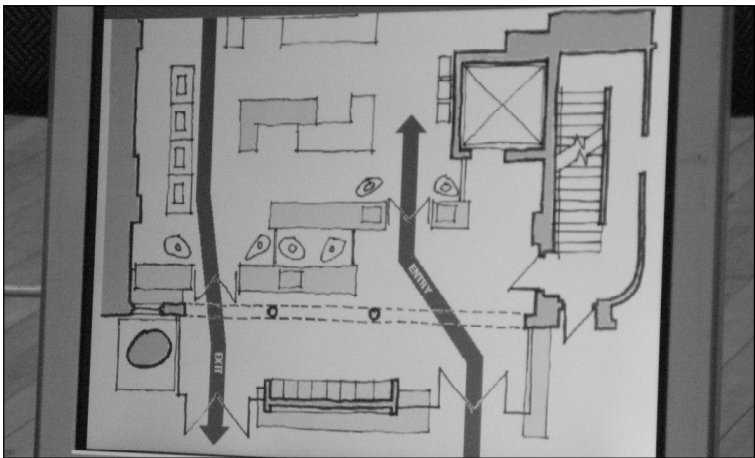
checked.

Harris stressed that under the current configuration, a significant Coop security flaw is shared access from the outside to our entrance and exit points. A non-Coop member or a member without shop-

ping privileges could slip past a busy exit worker and gain access to the shopping aisles without having shown Coop ID to an entrance worker.

Harris continued by explaining that some short-term changes were already in

CONTINUED ON PAGE 15



Clockwise from above: •A preliminary plan shows an extension to the front of the Coop with a separate exit and entry. •Coop member Sylvia Harris was the principle presenter for the Exit Circulation Advisory Group. With her is James Cleary, architect of the preliminary plans. •Members at the GM discuss the proposal to allow suspended members to shop after doing a make-up.

financial report distributed at the May GM, our 21% markup compares with the "typical 'extra-large'" coop markup of 61%. We turn stock 61 times a year, contrasted with a large coop's turn of 22 times.

Tools and maintenance expenses have jumped when compared to a similar period in 2005 because of extensive repairs to our ecofriendly roof air conditioner. During his report, Eakin mentioned that the Coop may need to think about another necessary infrastructure investment: replacing a fifteen-year-old chiller.

The Coop has 12,945 members, compared to 11,729 in late April 2005, but the percentage of member growth has slowed from

wording of a GM handout, "discuss the idea of obtaining a 'revocable consent' from New York City to extend the entrance/exit area out onto the sidewalk.... Also discuss the cost of the project which could be in the neighborhood of \$200,000." The second agenda item, which was presented for a vote by the GM, sought to modify member shopping-suspended status to "permit shopping after doing a workshift."

General Coordinator Joe Holtz began the presentation of agenda item one by reminding the GM that the Exit Circulation Advisory Group was staffed through a selection among Coop members with relevant backgrounds, who had responded

tations of the Coop include the clogged passageways: think of a busy day when you almost collide with another member as you puzzle out the end of the cashier line, or the relay course you navigate as you return a shopping cart to the cart corral. Add to this a squad meeting on a bustling shopping day, and you have an over-crowded shopping floor.

The presentation also highlighted security concerns, with a focus on exit workers tasked with too many responsibilities: comparing a bag or box count against a shopper's receipt, stamping receipts and watching to make sure that somebody doesn't exit the Coop shopping floor without being

PSFC ANNUAL MEETING & JUNE GENERAL MEETING Tuesday, June 27, 7:00 p.m.

- Congregation Beth Elohim Social Hall
274 Garfield Pl at 8th Ave.
- Items will be taken up in the order given.
- Times in parentheses are suggestions.

ANNUAL MEETING AGENDA:

Item #1: Presentation of the audited financial report for the year ended January 29, 2006

Following the presentation members will have the opportunity to pose questions to our outside auditor, Robert Reitman of Cornick, Garber & Sandler, LLP. Members will then vote whether to accept the audited statement.

Item #2: Board of Directors Election

Election: Two positions are open this year for full three-year terms.

GENERAL MEETING AGENDA:

Item #1: Renewing the Services of the Auditor

Proposal: "To retain the services of Cornick, Garber & Sandler, LLP, to perform an audit of the Coop for the fiscal year ending January 28, 2007." — submitted by the General Coordinators

Item #2: Election of Officers of the PSFCoop

Election: Following the election of members to the Board of Directors at the Annual Meeting, we must elect officers of the corporation at the General Meeting—president, vice president, secretary and treasurer.

[PSFC Bylaws: "Article IV, Officers: §3. The President and Vice-President shall be, at the time of election, directors of the corporation."]

Future Agenda Information:

For information on how to place an Item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.

INTERIM BOARD OF DIRECTORS ELECTION

Board member Israel Fishman passed away June 14. Please see page 13.

There will be an interim election to fill the vacancy on the Board of Directors at the July General Meeting. According to our bylaws the election must be held "no less than 30 days nor more than 60 days after the vacancy occurs," and "A Director elected to fill a vacancy shall serve only until the next Annual Meeting, at which meeting the membership shall elect a director to serve for the balance of the term."

Nominations may be made at the July 25 GM. Candidates are encouraged to provide a brief written statement.

ORGANIC & GOLIATH

CONTINUED FROM PAGE 1

There have also been worries that Wal-Mart could start getting food from China, a country with lax organic standards, in order to boost its bottom line on organic produce. But this possibility seems less likely in the current environment, given that the massive expense of shipping refrigerated foods over a great distance like the Pacific Ocean—further exacerbated by record high oil prices and shipping costs.

"Our fresh organic produce is currently sourced from the U.S. and we have no current plans to go elsewhere," says Wal-Mart spokeswoman Karen Burke.

Back to Basics

It's important to go back in time to truly understand what's at stake here, to a time before "organic" became a word that retailers latched onto to bump up profit margins and lure rich customers who pay top dollar for health. Before food signified status, organic food simply referred to sustainable food production and farming methods.

In the late 1940s, there was a radical change in American agriculture as farmers moved from a model of locally produced and sold agriculture to one of mass farming that included the introduction of new pesticides, herbicides and synthetic chemical fertilizers.

Instead of planting a little of everything, farmers mass-produced a single crop, a practice that necessitated ever-more-powerful chemicals, as insects and weeds developed resistances to old pesticides.

Pesticide use in the U.S.

increased 1,000% between 1945 and 1989, and U.S. Geological Survey data shows that groundwater streams were contaminated with pesticides as the result of agricultural run-off from farm fields. The organic farming movement arose in large part as a response to chemical farming technology and its attendant contamination of food and water, signifying a commitment to agricultural methods that improve soil fertility and biological diversity. Crop rotation, cultivation, mulching and the encouragement of "beneficials," meaning predator insects that keep pests in check, are essential to organic food production.

At this rate, it seems doubtful that producers will be able to feed new consumers and still remain true to stringent organic standards.

Going organic also created a way for farmers to make money without creating the megafarms that eventually destroy the soil and make fields reliant on chemicals to yield crops. Ideally, a certified organic product means that organic and conventional ingredients are not mixed in any part of the food production process, and that no genetically engineered or irradiated ingredients are used. Moreover, no preservatives or additives that would degrade the quality of the organic crop are used.

While these agricultural growing methods were never intended to be a health claim or a status symbol, the lack of pesticide residue gave it health cachet for those worried about eating poisons.

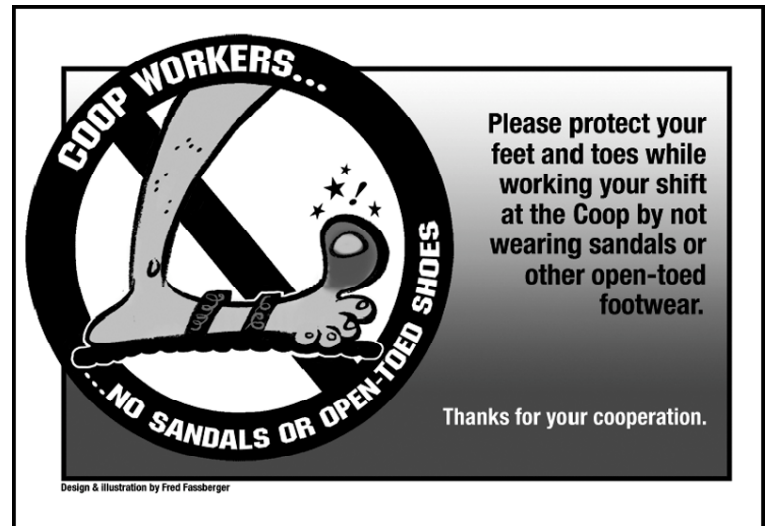
Without the huge government subsidies bestowed upon big agriculture, organic produce tended to be sold at higher price points. Over time, the perception that organic = expensive would allow big-box retailers like Whole Foods to charge astronomical mark ups and pitch food as a status-conscious item.

Natural Dilemma

Before Wal-Mart entered the fray, these stringent organic production standards were in jeopardy, says the OCA's Cummins. OCA literature says "after 35 years of hard work, the U.S. organic community has built a multi-billion dollar alternative to industrial agriculture. Now large corporations, aided and abetted by the USDA and members of Congress, are moving to lower organic standards and seize control."

Why? Because people will pay more if the word organic is slapped on their lettuce bag, and commercial food producers have known this for a long time. Dean Foods now owns Horizon; M&M Mars owns Seeds of Change; Kellogg owns Kashi and Morningstar Farms, while General Mills owns Cascadian Farm and Muir Glen. Earth's Best, Garden of Eatin', Arrowhead Mills, Westbrae, Bearitos, Rice Dream, Soy Dream and Walnut Acres, they're all owned by Heinz. And all of these organic offerings sell for more than the conventional products offered by the same producer.

Cummins says that agribusiness front groups, such as the Farm Bureau, big food corporations, biotech companies such as Monsanto and right-wing think tanks like the Hudson Institute have joined with industry-friendly government agencies



to undermine organic standards and get the USDA to allow conventional chemical-intensive and factory farm practices on organic farms. This would allow them to boost production, meet growing demand for "organic labels" and make money by selling more expensive food.

The OCA is campaigning against two of the largest organic dairy companies in the nation, Horizon Organic and Aurora Organic, which supply to Wal-Mart, Costco, Safeway, Giant, Wild Oats and others, because they purchase the majority of their milk from feedlot dairies where the cows have little or no access to pasture. Together, these corporations control up to 65% of the organic dairy market, but, according to the OCA they do not adhere to true organic food production practices.

"Wal-Mart was already experiencing organic milk shortages," says Cummins. "They want these softer standards to meet demand."

Wal-Mart's Burke says the company "supports the USDA and their [organic] standards and believe they should be maintained."

However, softer standards and more organic-label food couldn't hurt the giant, as it

struggles along with the rest of the retail world to meet consumer demand.

Even an independent food producer like Earthbound Farms has received a lot of media attention as an operation that embodies the organic food movement's explosive growth. From a three-acre roadside farm to a 28,000 acre operation in the U.S. and abroad, the company is the nation's largest grower of organic produce and its greens can be found in more than three quarters of all U.S. supermarkets.

Michael Pollan, a journalism professor at the University of California, Berkeley, and author of *The Omnivore's Dilemma*, points out that when organic farming scales to this size, downsides are inevitable. In short, it widens the gulf between contemporary organic farming and eco-friendly systems that offered a real connection between consumers and the land that produced their foods.

It's also a dilemma for those who believe more people should eat and buy organic foods. The growth of the movement is essentially good. Earthbound spokespeople have pointed out that their mass production means that more people have access to good food, and that it has democratized a food that, for whatever reason, has been a more costly choice.

If Wal-Mart can democratize a food choice that has been out of reach for low-income consumers who do not live near food co-ops or affordable health food stores, maybe there is something good in that. Low-income Americans have higher incidences of health problems like diabetes and it is important for children of all income brackets to have access to wholesome food.

"The vast majority of food is bought in supermarkets," Earthbound's Myra Goodman told the Associated Press earlier this year. "Those people should have an organic choice."

While Cummins would not support shopping at Wal-Mart for any reason, he agrees that there needs to be better distribution of organic foods for people, no matter their income level.

"We need an intense nutrition outreach to low-income Americans," he says. ■

GENETICALLY MODIFIED FOOD: WHY ARE WE FIGHTING IT?

presented by
the Safe Food
Committee
of the
Park Slope
Food Coop

AN EVENING OF FILM
**Hidden Dangers in
Kids' Meals: Genetically
Engineered Foods**

AND DISCUSSION
A discussion led by
Safe Food Committee
members will follow
the screening.

All welcome.
GMO-Free refreshments
will be served.



FREE
Non members welcome

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

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

FOOD DRIVE to benefit CHIPS Soup Kitchen

Saturday, July 8
Sunday July 9
from 9:00 – 5:00



CHIPS Soup Kitchen, located at 4th Avenue and Sackett Street, is the recipient of much of our edible but unsaleable perishable food. They also need donations of non-perishable foods. Consider donating something from the "Do" list below at the collection table outside the Coop. This food will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal.

Do Contribute

Non-Perishable Foods and
Commercially Packaged Foods

Canned Fish
Canned Fruits & Vegetables
Pasta Sauce
Pasta
Pre-packaged Rice
Pre-packages Beans
Canned Beans
Canned Soups
Parmalat Milk
Dry Milk
Peanut Butter
Boxed Raisins

Don't Contribute

Perishables
Items from bulk bins & silos
Items packaged in the Coop

Refrigerated foods
Frozen foods
Tea
Sweets
Juice (bottles or
juice packs)
Baby Food
Crackers

COORDINATORS' CORNER

Spreading the Coop Love

Harlem finds inspiration in the Park Slope Food Coop and other successful cooperatives

By Karen Mancuso, Office Coordinator

In mid-April on the *Leonard Lopate Show* food writers Ruth Reichl and Michael Pollan offered shopping alternatives for consumers interested in supporting sustainable agriculture, local farms and the organic food movement. The guests talked up Whole Foods and farmers markets yet, curiously enough, coops were left out of the conversation entirely. If you don't hear the praises of food coops on a WNYC broadcast dedicated to grocery shopping in the Big Apple, where can you expect to hear them?

In Harlem, as a matter of fact. As gentrification threatens to leave long-time residents behind and ownership comes at a steep price, some community leaders think the cooperative model would be a great way to empower the people of Harlem. To get the ball rolling, Edmund W. Gordon, Director for the Institute for Urban and Minority Education at Columbia University, hosted a summit on April 28 titled "Uplifting & Strengthening Our Community: Through Alternative Economic Development & Action." The event took place at the Abyssinian Development Corp. on 125th Street, a block away from Bill Clinton's office.

The Park Slope Food Coop's general manager and founding member,

Joe Holtz, was invited to the summit to speak on a panel discussion on cooperatives, which also included the president and CEO of the Bethex Federal Credit Union, the president of the Cooperative Home Care Associates, and the co-director of Colors, the cooperative Manhattan restaurant started by former employees of the World Trade Center's Windows on the World. Among the politicians in attendance were Congressman Charles Rangel, Senatorial hopeful Bill Perkins, Manhattan Borough President Scott Stringer and Manhattan Deputy Borough President Rosemonde Pierre-Louis.

Holtz is no stranger to offering his expertise to those interested in implementing the cooperative business model, because as most of us know firsthand, creating and sustaining a coop is no easy task. (Holtz has also been lending a helping hand to the fledgling East New York Food Coop.)

The common point that the speakers on the cooperative panel made were the challenges of getting such an enterprise off the ground. Joy Cousminer explained how the Bethex Federal Credit Union began in 1970 with capital from low-income mothers willing to invest a portion of the sup-

port they received from welfare. Joe Holtz recalled the risky financial system in the early days of the Coop, when the store was only open for shopping one day a week: On Fridays Joe paid the wholesaler for produce with a check drawn from an empty bank. Luckily, we were always able to sell enough the next day and deposit the proceeds into the account by Monday when the wholesaler cashed their check. Fekak Mamdouh recounted with frustration the many times he was turned down when seeking investors to back Colors. It wasn't until a coop in Italy, where the cooperative-ownership model is common in the food service industry, lent Colors start-up money that other American lenders signed on. Once the business gets off the ground, all speakers agreed that the key ingredient to keeping it going is never-ending hard work.

Holtz believes what has held the Coop together all these 33 years is our work requirement. "We're unusual," Joe admitted. "We require a lot of our members." But, he noted, without member participation, the benefits we receive from cooperating would be much less, not just in the form of cheaper groceries but social and community benefits as well. With all the

talk these days about reducing our work requirement, sometimes we forget why the Coop (or any coop) exists in the first place, and that many communities, especially those who feel disenfranchised, could greatly benefit from a cooperative system.

What would worker-owned businesses mean to a neighborhood like Harlem? Coops enable people on several levels, one being that pooled resources translates to benefits usually unattainable by one person alone. Another is that the profits of the business go to the workers, not the CEO or the investors. Of course, there's more than one type of cooperative. At the Coop, "profit" comes back to us in the amount of money we save by shopping here. It's no secret that access to healthy food is often hard to come by in low-income neighborhoods. Wouldn't a food coop that offers affordable prices and living-wage employment be better suited to Harlem than the arrival of an overpriced gourmet supermarket? Or how about a restaurant like Colors, where all the workers, from dishwashers to managers, own a piece of the business?

In addition to the cooperative panel discussion, the summit also

CONTINUED ON PAGE 9

DIVERSITY & EQUALITY COMMITTEE REPORT

Why Diversity Education

By Tony Mondesire

Does the Park Slope Food Coop need Diversity Education? Yes. Most organizations in today's world—from private corporations to not-for-profits—have a diversity component.

Why do we need diversity education at the Coop? Aren't we beyond that? Haven't we—as an organization and a community—transcended the issues that society still grapples with?—like racial, ethnic, class and gender issues? The answer is No! We need diversity education. In fact, read carefully:

What is diversity? Directly from Google's online American Heritage dictionary

a. The fact or quality of being diverse; difference.

b. A point or respect in which things differ.

Diversity is beyond issues of gender, race, sexual orientation, ethnicity, (dis)ability and class. It also includes, but is not limited to, other identity references profession, military experience, geographic residence, religious tradition and age/generation.

Let's take a totally hypothetical case to analyze some diversity dynamics that could possibly occur right here in the Coop:

John Smith: Anglo-American Methodist Protestant male from a small inland town in Mississippi; married with two adult children; resident of an affluent Washington, DC suburb; World War II Marine veteran employed

as a civil engineer specializing in rail transit projects for a world-renowned consultant firm. He relocates on assignment and settles right here in the Bay Ridge area of Brooklyn. He is a neo-conservative Republican, identifies with being a Jacobin, and has become active in the evangelical Christian movement in his parent's hometown. He hunts on the weekend with other vets from Fort Hamilton. His parents trace their ancestry back to England and their families had large plantations during ante-bellum period. He listens to Christian music exclusively and has found a temporary fellowship home at the Brooklyn Tabernacle. John has strict dietary

a strong mercantile background from the capital); from the urban northeast; employed as a high school teacher in the South Bronx. Lissette is a vegetarian, student of New Age spirituality, sees herself as left-of-center and is green in her politics. She loves Afro-Latino folkloric dancing on the weekends. To be in sync with her students, she also listens to Latino Hip Hop and Reggaeton and studies the personalities of the stars her students are excited about like Daddy Yankee, Ivy Queen, Tego Calderon, Don Omar and Luny Tunes. Lissette also donates to Native American causes and resonates with Native American spirituality. Lissette has self-imposed dietary habits she learned from yoga. She buys exclusively organic and finds that she resonates with the values and advocacy activities of the Coop.

Both John and Lissette are assigned to an exclusive, special, federally sponsored project to help inner-city high school students excel in engineering by creating a portable model rail transit system for a national science/engineering competition. John and Lissette are assigned to work together—for a specified period—in a high school here in Brooklyn; with 20 qualified students from the city's toughest high schools—winners of a competition—to participate in this project.

John and Lissette will be working under a lot of pressure to produce and

win the contest. Lissette introduces John to the Coop as she notices his dietary orientation and mutual Brooklyn residence. John joins the Coop with the hopes of getting quality food and perhaps fellowship with clean-minded people with values. They will soon join the same shift.

Questions to contemplate:

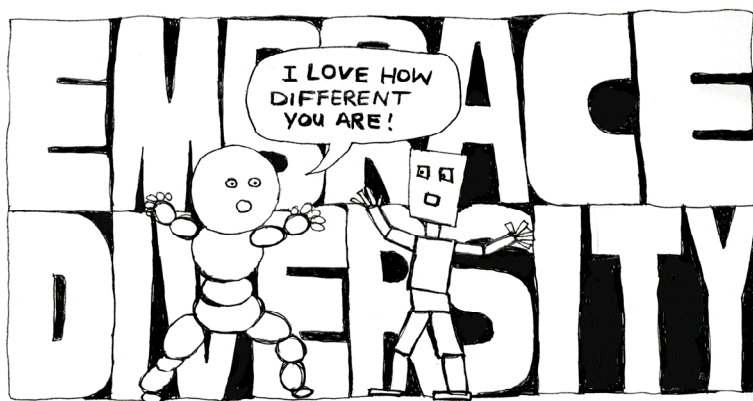
- How will John, Lissette and the students' collective diverse background and different identity references work together in their work project? Identify potential stress points. Identify points of resonance. How about in the Coop?

- What factors could you identify that could reduce their productivity on the job? What factors would enhance productivity on the job? How about at the Coop?

- Will diversity training help them on the job? How about at the Coop?

What about in our Coop? Is there a sense the Coop's culture is flavored by a vibe that is left-of-center, green, vegetarian, maturing baby boomers from the counter-culture 1960s/1970s? Does this group have distinct identity references that create an insular organizational Coop culture that might not resonate with potential members like right-of-center folks, fundamentalist Christians or Muslims? How about generation X, Y and Z folks who vibe on other wavelengths? Is there a problem with attrition, attracting new members and retention based on these factors?

Beginning this spring the Diversity Education Committee will offer workshops. Watch for your opportunity to participate. ■



habits he learned from the Seventh Day Adventists and likes to buy organic produce, farmed fish and is anti-GMO, feeling that if food is not from God's creation, it is the work of the adversary.

Lissette Rodriguez: Single Generation X (1975-1984) Brooklyn Latina female (African-Puerto Rican musician Father from PR's northeast coast and Chinese Dominican mother from

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 through the Weiss Institute.

FREE Non-members welcome **Friday, June 30 7:30 pm 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

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, July 8 10:30 p.m. at the Coop

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



PHOTO BY HAZEL HANKIN

THINKING OUTSIDE THE COMPUTER BOX

WITH PHOENIX SOLEIL



What are the philosophical frameworks that help you approach and solve technology problems?

Learn practical techniques to help technophobes and novices increase joy and skill level.

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

Find out about some recent movements aimed at democratizing technology. We 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, July 8 3:00 p.m. at the Coop

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



with **Michael Winks**

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

How realistic is alcohol or ethanol as an alternative to oil? Blume argues that we can run and power our country on solar energy using alcohol fuel in a crash program of 5-10 years. It would require a radical shift in the way agriculture is run in this country and would require looking into sources for ethanol that aren't even on most people's agendas.

This is not just a national problem, it is worldwide. We can make alcohol fuel and use its byproducts to help heal the earth, localize our food sources and reject corporate planning of our future.

Michael Winks is a Coop member who is the editor of Blume's book *Alcohol Can Be a Gas: Fueling a Revolution out later this summer*.

FREE Non-members welcome **Saturday, July 8 7:00 p.m. at the Coop**

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

Eating for Energy

Top Seven Ways to Double Your Energy Today

with **Jena la Flamme**

Tired of being tired? Do you want more energy? Tired of using sugar and coffee to "prop you up"?

If you are already an active person but you feel you want more energy to match your busy lifestyle, then the Top Seven Ways to Double Your Energy Today for you.

Learn quick and easy strategies you can incorporate right away in order to increase your energy levels, sleep better, lose weight, manage stress more effectively, decrease your cravings and allow you to feel and look better.

Jena la Flamme is the director of the Jena Wellness Group, a certified Holistic Health Counselor, massage therapist and yoga teacher. She has a private practice in Union Square, Manhattan and regularly conducts workshops. She is a Coop member.

FREE Non-members welcome

Sunday, July 9 12:00 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



IN THIS 90-MINUTE WORKSHOP FOR ENTREPRENEURS AND PROFESSIONALS, YOU WILL:

- DEFINE A CRYSTAL CLEAR VISION,
- LEARN HOW TO CREATE A POWERFUL 90 DAY PLAN,
- 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

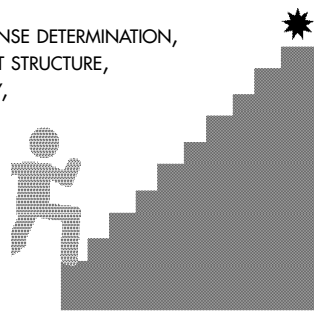
*UNREASONABLE, BY ACHIEVING FAR BEYOND WHAT IS CONSIDERED REASONABLE.

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, July 14 7:30-9 pm at the Coop

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



An Introduction to Your Power Codes

with **Power Coach Martini**

In this fascinating workshop, **Power Coach Martini** will teach you how number analysis can be used to realize the hidden wealth in your first name and birthday.

Did you know these are indelibly coded in your name and birthday?

- Destiny
- Life purpose
- Unique talents

This workshop will be interactive. Come prepared to listen, learn, get involved and have fun!

Power Coach Martini coaches executives, professionals, and individuals to use their **Power Codes** for more power and success. He has practiced number analysis for 20 years.

FREE Non-members welcome **Saturday, July 15 9:30 a.m. at the Coop**

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



Design Your Own Workout

with **Elizabeth Pongo**

Don't like going to the gym? Work out at home.

Improve your strength & endurance with resistance training. Muscular skeletal alignment is one of the keys to a healthy, happy body. By learning how to use good form and technique with weight resistance training, you can improve your posture while building strength and endurance.



Your body has movement patterns much like trains of thought. By correcting faulty movement patterns, you can create efficiency in your body and lower the risk of injury.

Come learn how to weight train.

Elizabeth Pongo is certified by the National Academy of Sports Medicine. She has been a private personal trainer in Park Slope for four years and is a Coop member.

FREE Non-members welcome

Saturday, July 15 3:00 p.m. at the Coop

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

ANALYZE THE CORPORATION

with **Mark Pigo-Montano**

DON'T WORRY. BE HAPPY THAT IT'LL MAKE YOU LAUGH SOME.

The main Seven big pipelines have been sentenced. Enron was only the tip of the iceberg, however in the acclaimed documentary from the co-director of *Manufacturing Consent*, **Natan Chomsky** on the Media, 40 corporate insiders, **Broslay Anderson** the activist CEO, and critics explore a major problem of and hint at solutions to this pervasive institution. Based on the book by renowned law professor **Joel Bakan**.

Legislative Actions by groups like **USP46**, **ACORN** and the **APL-CIO** will be available, and books will be on display for discussion.

Bring any books to interest, and snacks, too. Musical-style comedy excerpts will also be shown.

Mark Pigo-Montano is a long time PS Food Coop member with a degree in Biological Anthropology, work experience in financial and social services, an artist and activist, and founder of the the30dayrevolution.com website in Democratic Action Center.

FREE Non-members welcome

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

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



ENVIRONMENTAL COMMITTEE REPORT

Survival for Sale: The Privatization of Water

By David Barouh

All day I face the barren waste without the
taste of water,
Cool water.
Ol' Dan and I with throats burned dry and
souls that cry for water,
Cool, clear, water.

— Old cowboy song

Beyond the immediate purity and safety of bottled water are the ironic consequences of the bottling process itself. The \$100 billion industry, dominated by multinationals like PepsiCo, Cadbury, Nestle, and Coca-Cola, has exploited springs, lakes, aquifers, and municipal water supplies, usually at no charge, and local residents have watched water levels in their streams and aquifers drop. Communities have fought back, notably in Maine and Michigan; and worldwide, for example, against Coca-Cola bottling initiatives in India.

In addition to draining water tables, the 35 billion plastic bottles used annually in the US are petroleum derivatives, and toxics from their manufacture are major sources of air and water pollution. The bottles end up in the waste stream, where they stress overloaded landfills or are incinerated, releasing yet more toxins that pollute air and water sources.

Pollution also results from the incidents of retailing bottled water. While municipal water is delivered to our taps by in-place plumbing infrastructures, heavy cases of bottled water are transported to retail outlets by trucks, whose emissions produce greenhouse gases and air pollution yet are exempt from the pollution control regulations that govern automobiles. The few plastic bottles that get recycled ultimately become fiber for synthetic material and carpets, delaying but not eliminating their final destination—the overburdened waste stream that feeds landfills and incinerator ovens. So by resorting to water sold in plastic bottles, we are contributing to the very pollution of our water sources that we seek to avoid by buying bottled water in the first place—a true Catch-22.

Political dimensions of commercialized water

The world's population explosion and the twin Industrial and Green Revolutions of the last two centuries

have made massive demands on earth's fresh water resources, resulting in looming water shortages. The world's poor need to have access to clean and safe drinking water. Failure to ensure this access is a potential time bomb that could eclipse, in its threat to world stability, access to that other liquid gold—oil.

At the Fourth World Water Forum, held every three years (this year in Mexico City, amid protests by peasants and farmers directly affected by high-level decisions about water), a declaration was issued, whereby the ministers "reaffirmed" that:

Governments have the primary role in promoting improved access to safe drinking water, improved governance at all levels and appropriate enabling environments and regulatory frameworks, adopting a pro-poor approach and with the active involvement of all stakeholders. And also "reaffirmed" "...the importance of the involvement of relevant stakeholders, particularly women and youth, in the planning and management of water services and, as appropriate, decision making processes."

"Reaffirmed" is in quotes because these two statements actually reflect a reconsideration of a trend, evident during past World Water Forums, where municipalities in both developed and third-world countries gave ownership or administration of their water supplies to large multinational corporations. But those trends have met with disturbing and high-profile failures, in some cases leading to violent confrontations with citizens subjected to them. Since then, the emerging trend in controlling and profiting from water has been bottling and selling it. This stealth privatization of a public resource is now beginning to draw the attention referred to above.

Alternatives to bottled water

The September/October 2003 issue

of *E/The Environment Magazine* offered this alternative to drinking bottled water: Expose tap water in a clear, uncovered bottle to sunlight for an hour, or leave tap water in the refrigerator (in an open container) for 24 hours. This will allow the volatile chlorine and trihalomethanes to dissipate out of the liquid. To remove any lingering chlorine odor, pour the processed water from one container to another around ten times.

The most popular alternative to buying bottled water is buying a water filter. Why? The per-gallon cost is a fraction of bottled water; one need not lug heavy gallon jugs and the city chlorinates tap water to ensure its microbiological purity, and then the filter removes the chlorine. This is an especially attractive strategy for New York City residents because our high quality municipal tap, which comes from reservoirs and lakes upstate and is still unfiltered. This water is delivered to the City by a series of aqueducts that are considered an engineering marvel, being powered to the city's taps almost exclusively by gravity. When put through a home filter, our tap water is restored to free-flowing, pure water that hasn't sat for indefinite periods in plastic bottles.

New York City instituted a comprehensive protection plan for the watershed in 1997, which involves the State, watershed municipalities, the EPA, and five environmental groups: Riverkeeper, New York Public Interest Research Group, Catskill Center, Trust for Public Land, and Open Space Institute. Under the plan, the City either buys the forest and agricultural lands of the watersheds outright, or provides financial incentives for the landowners to employ agricultural and forestry practices that protect the water's purity. So for now, our tap water is still the best source of non-polluting hydration for you and your family to consume. ■

Part I of two articles. In Part II we will discuss the different types of water filters.

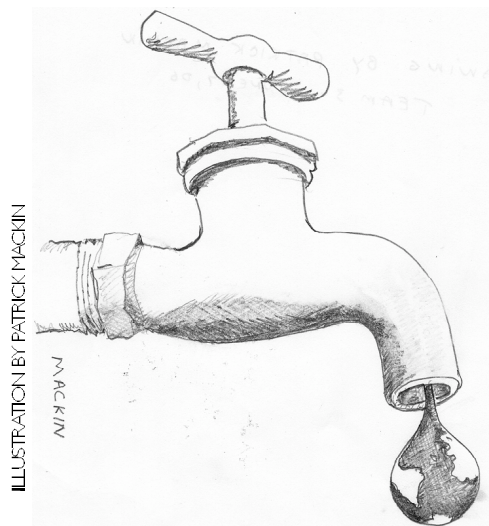


ILLUSTRATION BY PATRICK MACKIN

Jokes about drinking the water in many third-world nations aside, governments there have done a poor job of providing safe water to their populations, and bottled water sales have exploded. In contrast, developed nations generally have safe public water systems. Nonetheless, bottled water has long been a big seller because people assume it is purer than the water coming from their taps. But is it?

Tap water is usually chlorinated to kill bacteria. While bacteriologically safe water is a must for modern civilizations, chlorination can affect taste and can combine with organic matter to form trihalomethanes, which are suspected carcinogens, but the levels of which are regulated. Numerous reports, however, have shown that bottled water is not really safer, and that tap water is in fact far more regulated in the U.S. than bottled water. (See the 1999 study by the Natural Resources Defense Council: *Bottled Water, Pure Drink or Pure Hype.*)

Mysteries of Aisle 4, the "Supplement Aisle"

By Dr. Andrea Auerbach, DC, and Carol Patti, MS Nutrition

How many of you have heard of Glucosamine Sulfate on more than one occasion? What is Chondroitin Sulfate anyway? As wellness becomes a mainstream word and more and more holistic products are available to us, you may encounter these questions while working your Coop shift! Let's try to make sense of the mystery by starting with the most widely known and questioned.

Glucosamine and Chondroitin Sulfate are scientifically researched dietary supplements formulated to help maintain the health of your joints. A joint is made up of two separate bones that "articulate" or join together and are separated by cartilage and synovial fluid. Artic-

ular cartilage and joint fluid cushion the surfaces of the bones, working like a shock

Member Contribution

absorber to allow flexible joint function. Cartilage consists of the substances collagen, a tough, ropy protein that connects the tissues and provides resilience and tensile strength and proteoglycans, sugars that provide the compressive resilience of cartilage. Chondrocytes are cells that produce new cartilage.

Glucosamine Sulfate and Chondroitin Sulfate help maintain the structure of the

cartilage in your joints while encouraging the production of new chondrocytes. Glucosamine Sulfate acts as a building block of cartilage by supplying a key component that keeps cartilage cells healthy and functioning properly. Chondroitin Sulfate blocks the enzymes that break down cartilage. Flexibility impacts our mobility and can affect the quality of our lives.

Unlike steroids and some NSAIDs, which can damage chondrocytes, Glucosamine and Chondroitin Sulfate are not drugs—they are nutraceuticals. There are no known interactions or side effects with these supplements. However, always consult your health-care practitioner or physician if you have a known

condition or if you have an allergy to shellfish, which is found in some brands.

A typically recommended dosage is 1500 mg/Glucosamine Sulfate 1200 mg/Chondroitin Sulfate. Most formulas have this combination. However, formulas vary and often you can find additional nutrients, such as MSM or Boswellian, that help with inflammatory conditions. The Coop carries several formulas. Activity and simple individuality may necessitate varying the dosages. Remember to listen to your body, which is your best guide.

There are many situations that impact the functioning of your joints. You can use Glucosamine and Chondroitin Sulfate for stiffness or a change in flexibility or joint



ILLUSTRATION BY MOLLY PARKER-MYERS

function due to an injury. It is also used as a protective measure and is important for maintaining an active lifestyle. Your dog will benefit from its use as well! ■

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 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").

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.



Brooklyn Community Gardens

ABOVE: Taking advantage of a dry sunny day, Celestine Heard gets right to work at the Warren St. Marks Community Garden. **BELOW:** Pure enchantment! At the David R. Foulke Memorial Garden, the tour was welcomed with chamber music by young local talent.

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 15.

Cryptogram Topic: Vinegars

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.

A S Y Y S M K L

Y S W J O N Y Y F

Q Z Y Z L

O S R W S Q Z E

X I Z A N X Z L N

S J J R N E Z P N Y

X I Z A N

Y N P X Z L N

T Q N O K W I Z J R T Q

K Y M S L Z E E Z P N Y

O Y K X L Y Z E N

This Issue Prepared By:

Coordinating Editors: Stephanie Golden
Erik Lewis

Editors (development): Anne Kostick

Reporters: Diane Aronson
Katie Benner
Barbara Ensor

Art Director (development) Patrick Mackin

Illustrators: Diane Miller
Molly Parker-Myers

Photographers: William Farrington
Judy Janda

Traffic Manager: Barbara Knight

Classified Ads Prep: Heather Cottrell

Text Converters: Joanne Guralnick
Andrew Rathbun

Proofreader: Susan Brodlie

Thumbnails: Suzanne Rath

Preproduction: Sura Wagman

Photoshop: Steve Farnsworth

Art Director (production): Lauren Dong

Desktop Publishing: Molly Mackaman
David Mandl

Editor (production): Lynn Goodman

Post Production: Jessica Tolliver-Shaw

Index: Len Neufeld

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:

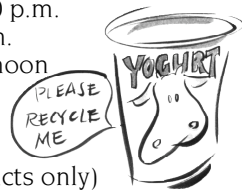
Jul 6 issue: 7:00 p.m., Mon, Jun 26
 Jul 20 issue: 7:00 p.m., Mon, Jul 10

CLASSIFIED ADS DEADLINE:

Jul 6 issue: 10:00 p.m., Wed, Jun 28
 Jul 20 issue: 10:00 p.m., Wed, Jul 12

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
- Plastic #5 (from dairy products only)
- All Clean & Dry!



General Meeting



TUE, JUN 27

ANNUAL MEETING & GENERAL MEETING: 7:00 p.m. The agenda appears in this issue. Flyers are available in the entryway of the Coop.

THU, JUL 6

•DATE change because of holiday
 AGENDA SUBMISSIONS: 8:00 p.m.—Items submitted will be considered for the July 25 GM.

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, JUL 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.

Spreading the Coop Love

CONTINUED FROM PAGE 3

included a strategic roundtable discussion with prominent Harlem leaders and activists. Two of them, a doctor/entrepreneur and a successful businessman, admitted their lack of knowledge about worker-owned businesses. Even Congressman Rangel, who gave a short speech, conceded, "We have a lot to learn."

Edmund Gordon hopes

that by introducing these community leaders to successful coops, such as the Coop and others present at the summit, a dialogue will begin. The first step is education, and as long as Holtz and others continue to get the word out and visionaries like Gordon make it possible for them to be heard, we have reason to be optimistic. ■



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, June 27, 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. ■



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, JUN 23

GOOD COFFEEHOUSE: Season Finale—singer songwriters Terence Martin & Ned Massey. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, JUN 23

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Chinese animation, Monkey made havocs in Heaven, for neighborhood children. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, JUN 24

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Seventeen Years. Eng. Subtitles. A young girl is convicted of murder and sentenced to a long stay in Prison. After 17 years she is granted a special furlough for New Year. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

ROOFTOP FILMS: Who is Bozo Texino? The name Bozo Texino has been scrawled on a million railcars—but who the hell is he? @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music / 9PM: Films \$8 / \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show_06-bozotexino.html

SUN, JUN 25

FULTON ART FAIR: 48th Annual. Fulton Pk, Bkln, btw Fulton St & Stuyvesant Av, noon til dusk. Info: 718-707-1457.

TUE, JUN 27

CAREGIVER STRESS REDUCTION: Workshop led by *Joan Vega. Learn breathwork, guided meditation, & visualization techniques to cope with the overwhelming demands of caregiving. Leeza's

Place at Park Slope Geriatric Day Center. Weekly on Tuesdays, 4-5:00, FREE. RSVP necessary: 347-296-2345 to register.

FRI, JUN 30

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. The World of Mei Lanfang. A beautiful woman moves demurely, but with a hint of seduction. Mei Langang became an international sensation for his portrayal of women in Chinese Opera. Reservation required – if reaches 50, a costumed performance by Chinese Opera star Alan Chow will follow. \$10. 718-788-6170.

SAT, JUL 1

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Mao's New Suit. Two young Chinese women designers are out to make their mark in the international fashion industry. Their optimism shows the human face of changing China. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

ROOFTOP FILMS INDUSTRI-ANCE™ Shorts: This Land is Not Yours Short films about contested spaces and artists reclaiming their land. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/2006_shorts.html

FRI, JUL 7

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. A Soul haunted by Painting. Chinese painter Pan Yuliang (played by Gong Li) was raised in a brothel and later rescued by a man who married her to be his concubine... AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, JUL 8

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Nu Shu: A Hidden Language of Women in China. In Jian-yong county, Hunan province, peasant women developed a separate written language, called Nu Shu, meaning "female writing." Believing women to be inferior, men disregarded this new script, and it remained unknown for centuries. 718-788-6170. 7PM. By donations.

SAT, JUL 8

ROOFTOP FILMS Letters From the Other Side Video letters from Mexico tell the stories of women left behind. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show_06-letters.html

FRI, JUL 14

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Colonel Jin Xing. China's Most Emblematic Transsexual...an extraordinary portrait of a Chinese ballet dancer who underwent one of the first sex change operations in China to become a woman. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, JUL 15

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Reunion. During the Cultural Revolution a daughter was given up for adoption to a farm family. Now, a parent herself, she journeys to meet the father she never knew. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

ROOFTOP FILMS Plagues & Pleasures on the Salton Sea A sea in the middle of a desert that is even more unusual than you would imagine. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show_06-ppss.html

the Coop on Cable

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

Multi-part series on Vegetarianism and Meat Eating.

June 23

Episode One includes interviews with Coop members who have divergent views on meat eating and vegetarianism. The show visits a couple that lives this divide. He eats meat; she doesn't. How does this work? The answer lies in part with his cooking. See how he keeps the peace with a delicious polenta-stuffed Portobello mushroom with chard and tofu.

June 30

Episode Two starts with an informative discussion about the merits of meat

eating and the merits of vegetarianism. It then goes on to visit with a strict raw-food eater and longtime Coop member, Daniel Marshall, who shares with us what he eats in a typical day. It ends with Joe Holtz tracing the history of meat sales at the Coop.

July 7

Episode Three includes a humorous look at the history of food fads, a view of meat-eating from the vegetarian perspective, as well as a visit to 3-Corner Field Farm, an upstate New York supplier of lamb to the Coop.



Inside the Park Slope Food Coop



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

A Walk Through



the Footprint

A Walk Through the Footprint

This 18-minute short film profiles several Prospect Heights residents who face eviction due to developer Bruce Ratner's Brooklyn Arena project. Ratner's plan to erect not just an arena, but a 16-skyscraper mega-development complex would displace some 800 people who live in the vibrant community of Prospect Heights. The film follows the model of the PBS "Walk Through" series that profiles neighborhoods around New York, but in this film the tour guides are community activists, members of Develop Don't Destroy Brooklyn, who visit several of the residents facing eviction. The characters are funny and poignant, passionate and compelling, as they describe the life of a vital community.

Coop member and filmmaker, **George Lerner** has made a series of short films on Brooklyn neighborhoods Crown Heights and Red Hook for the travel website TurnHere.com. As a long-time CNN producer, he spearheaded CNN investigative series on Al Qaeda links in Canada, Saddam Hussein's money trail and abuses by U.S. contractors in Iraq. As a reporter for Reuters in the 1990s, he covered global poverty issues, reporting on Latin America's 1995 economic crisis and Asia's 1998 financial meltdown.

A discussion with the filmmaker and the film's subjects will follow.

FREE

Come early to ensure a seat.

Non-members welcome

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

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

ANOTHER SIDE TO THE COOP'S RULES

TO THE EDITOR,

During my last shift (I'm a cashier on Thursday mornings every four weeks), I witnessed an incident that speaks to some of the concerns raised repeatedly in these pages.

A member of the Coop was shopping with his young daughter as she rode in the shopping cart. She grabbed an apple—fortunately organic, no pesticides—and started eating it. A shift supervisor at the Coop confronted him, citing the rule prohibiting "Eating While Shopping," (will this become the Coop's version of the police state's "Driving While Black?")

The little girl was traumatized and started crying. Her father first tried to console her and then leapt to her defense. A very nasty argument ensued, during which he stated that the Coop was losing its reason for existing and that he was considering quitting the Coop.

All the cashiers on my shift were astounded at the aggressiveness by which the supervisor was pursuing the "rule enforcement" without considering the context. There had been no attempt to conceal the remainder of that apple to avoid paying for it—that was not the issue here. Some of the cashiers intervened quietly to defuse the situation, and later noted that some of us had never even heard of that rule before. A Coop official from the 2nd floor office came down and interceded, calming things down.

As a cashier, I've often observed people eating or drinking while shopping. It's part of what makes the Coop pleasurable, as one waits on very long lines surrounded by food, food, food! (We are all creatures of advertising, no?) But I have observed that Coop members always—always!—pay for

the items they've consumed. Hey, that's what I've observed. I haven't encountered the reverse although perhaps it does exist. It's just not what I've seen.

Yet some writers to the *Gazette* make it seem as though what they call "grazing"—eating while shopping—is just a heinous attempt to steal from the Coop, and they call for rules to be aggressively enforced for no real reason other than that they exist.

In my opinion, the anti-eating/drinking rule itself is misplaced, let alone the demand to enforce it regardless of circumstances. The crime, if there is one, is NOT in drinking a bottle of tea or in eating some chips as one shops, but in not paying for it. IF that is an actual problem, then we should hear the facts and figures concerning it at a General Meeting and come up with creative, non-destructive ways to address it.

The joy in that young child's face as she grabbed and began feasting on that apple as her dad carted her around finishing his shopping is, to me, a beautiful experience that was turned into a crushing one—for no good reason. That beauty—and not the de-contextualized enforcement of rules—is what the Coop is supposed to be all about.

Mitchel Cohen

COOP WALKERS: AN INVALUABLE JOB

HI FELLOW COOP MEMBERS:

I'm writing to respond to the letter "Ease up on work requirements" from Beth Harpaz in the March 30, 2006 issue, and the subsequent letter to the editor expressing similar sentiments.

I disagree with Ms. Harpaz' statement that "the workers [who walk

shoppers to their cars] are doing a job that doesn't need to be done."

I drive to the Coop because I only have time to shop once a week so I buy a lot. Often it takes me 10-15 minutes to find a parking spot and frequently I have to park at a parking meter, so I have an hour to shop and check out.

For me the people who walk me to the car provide an invaluable service because they save me time and greatly reduces my stress level!

More importantly they contribute to the safety of our community because they prevent members from "standing" in the loading zone. This is CRITICAL to the safety of our community because of the fire station next door. When we block fire fighters' access out of the fire station we delay their arrival at a fire. This could mean the difference between life or death for people trapped in a fire.

Before this job was established, after shopping I left my groceries in a cart, which also cluttered up the exit area, slowing down shopping, to get my car and usually when I returned there would be no place to put the car. Often there were one or two cars illegally parked there with the remaining space filled by members' spouses and/or friends in their cars parked in the loading area. Whenever I politely asked these people to please move their cars, reminding them about the fire house next door and the danger of double parking they were unwilling (!) to move so I could load my groceries. On several occasions people actually argued with me about their "right" to sit parked in their cars at a loading zone! I also used the paging system in case our members had parked in the loading area and never got a response.

This uncooperative behavior forced me to either sit double parked in my car and wait for their spouses/friends to finish their shopping (eek!) or to double park, leave my car, run in to get my groceries, load and return the cart. Sometimes the entire length of the loading area had double-parked cars, obstructing Union Street. What may seem to us a few minutes of inconvenience could be critical in the response time of our fire fighters.

This situation was very disturbing to me personally and reflects badly on us as a socially responsible organization. Every time I arrive and leave the Coop and see the loading zone open and available for actual loading I am tremendously relieved and proud to be a member!

Walking members and their carts to their cars is a very valuable and important job.

Cooperatively,
Laura Ann Wilson

"ELITE" MEMBERS— CUT THEM OFF NOW

TO THE EDITOR,

Saturday evening, the Coop's very crowded, things moving slowly. So what else is new. I'll tell you what. A new tactic: the self-declared "elite" member. This is not merely the member who acts self-important—we have lots of those. This one takes the final step of claiming superiority because, well, just because.

In a very crowded part of the store people were moving slowly, because that was the only choice. Too many people going through a narrow aisle. Suddenly, a woman pushing a stroller demanded in an obnoxious tone: "Excuse me, please let me through, I'm speed-shopping!" No, I'm not making it up. And she wasn't joking. She genuinely believed other members should get out of her way because she was "speed-shopping." On a Saturday evening. In the Coop. Of course she got a rather incredulous reaction from all who heard her, but sadly her sentiment is not isolated. Others may not be stupid enough to actually declare themselves superior to everyone else, but many behave as though they believe exactly that. This woman believed that her time was more important than that of all the other people in the Coop at the moment, and if we only realized that, we grunts would part before her and she could achieve her goal of "speed-shopping." Lady, on a Saturday evening the Coop has only one speed—SLOW. If you want to "speed-shop" perhaps you should go to your local bodega, or be here when the Coop opens in the morning. Exactly what is it that makes you think you have a right to push others aside and "speed-shop" during the Coop's busiest time? But then this attitude is not so different from that of some recent letter writers who want a "pay more" option for members who have lots of money, but find doing their shifts inconvenient. Both want things to change for their sake. Neither understands what a Coop is.

Between those deluded souls, and the people who use their carts as battering rams to push in front of anyone who dares stand where they want to be, it was quite a little shopping excursion. I really don't know why these people are members. They're obviously far too important and far too busy to shop with the rest of us at our normal pace. I sincerely hope that they, and others of their oblivious ilk, realize that and go elsewhere. Yes, I do have a particular place in mind, but I'll let you fill in your own destination.

Sela Francis

ATTENTION COOP WORKERS!

TO THE EDITOR,

I know that most people who work in public positions at the Coop do a very nice job, but fairly often it happens that the person stamping receipts is staring motionless into the ether while sporting a friendly-yet-unapproachable Park Slope pseudo-smile. Their unresponsive eyes lie still in their sockets while a huge line forms behind the checkout worker, and the Directionless Smile of Crunchy Friendly Friendliness prevents anyone from saying so much as "excuse me."

I understand that this is a hard shift to get. It would be nice if some of the people who get it paid a little more attention.

John Wright

LETTERS POLICY

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

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

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

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

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



Why Your Blood Type Matters with Vivian Bondayan



Get right for your blood type. Discover the foods that leave you feeling light and energetic, not bloated and lethargic.

- Get relief from chronic health conditions.
- Avoid premature mental and physical deterioration due to aging.
- Lose weight
- Reduce stress
- Eliminate anxiety and depression.
- Gain clarity and avoid "Brain Fog"

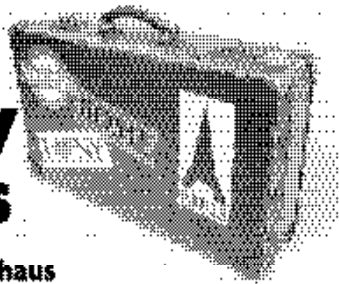
Feel right in your body, your mind and your world.

Vivian Bondayan is a graduate of the Institute for Integrative Nutrition and certified from the American Association of Organic Practitioners. She has been practicing nutrition and giving cooking classes on healthy choices for balanced meals for the past 20 years. She has been a member of the Coop for seven years.

FREE Non-members welcome **Sunday, July 16** 7:00 p.m. at the Coop

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

Happy, Healthy Travels



with Michelle Zassenhaus

In this one-hour interactive workshop, learn practical techniques for keeping a healthful balance away from home — eating, traveling, and enjoying new places.

As a board certified Wellness & Nutrition Consultant, Michelle Zassenhaus helps groups and individuals achieve greater overall wellness through gradual changes in lifestyle and nutrition. She is also a proud member of the Park Slope Food Coop.

FREE Non-members welcome **Saturday, July 22** 10:00 a.m. at the Coop

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

ARE WE SAFE INSIDE?

with Carolyn Blaszczak



"Indoor air pollution is America's Number One Environmental Health Concern, fifty percent (50%) of all illness is caused by indoor air pollution." Environmental Protection Agency

- Does your family have frequent colds?
- Allergies? Asthma?
- Are pests an issue?
- How about daycare or school?
- Is indoor air worse than outside?
- Why is our tap water so bad?
- Why does one in four NYC kids have asthma?

Can we do anything about any of that?

Find the answers and see where it all comes from. Learn tips and possible preventive measures, solutions and sources.

Carolyn Blaszczak is a long time member of PSFC. She is an Indoor Environmental Consultant whose expertise is in the invisible indoor air and water pollution that affects our

FREE Non-members welcome **Saturday, July 22** 1:00 p.m. 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:

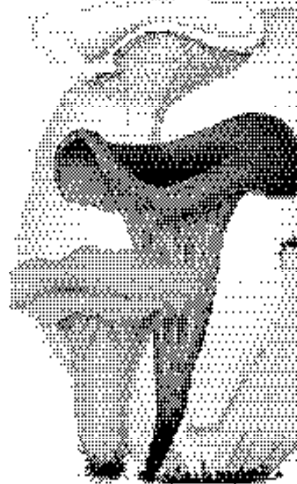
- Forgive yourself and others
- Focus and use the power of unconditional love
- Align your head and your heart
- Use the power and energy of love to relieve stress
- Participate in a group unconditional love meditation

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 Non-members welcome **Saturday, July 22** 4-6:00 p.m. at the Coop

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

INTRO TO MUSHROOMS 101 with Terry-Anya Hayes



Fantastic, beautiful, delicious, deadly — how many mushrooms do you recognize? Can you tell a Chicken Mushroom from a Hen-of-the-Woods? A yummy Agaricus from its look-alike, the Destroying Angel?

Expand your inner field guide! Join herbalist and mushroom enthusiast Terry-Anya Hayes for an introduction to the world of fungi, including:

- Gorgeous slides
- Overview of mushrooms and mushrooming
- Safety tips
- Medicinal and nutritional information

Coop member Terry-Anya Hayes leads plant and mushroom walks in New York and throughout New England. She is a past president of the New York Mycological Society.

FREE Non-members welcome **Saturday, July 22** 7:00 p.m. at the Coop

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

Cooking with Essential Oils

served by Teri Gorbea and Denise Galon



Enjoy this Delectable Menu on a Hot, Sultry Summer Day with recipes incorporating 100% pure therapeutic grade essential oils with fresh, organic ingredients offered at the PSFC. Not only are these recipes refreshingly cool and delicious — but, they are therapeutically healthy to eat.

Today's Menu

- Chilly Strawberry Soup
- Orange Avocado Salad
- Cold Rice Pudding with Whipped Cream
- Seasoned Nacho Chips with Fresh Mango Salsa
- Apple Torte

Beverages

- Peppermint Cooler
- Lavender Lemonade
- Ningxia Ice Tea

Teri Gorbea is a Coop Member since 2002, Aromatherapy, Certified Personal Trainer and Bodyworker. Denise Galon is a professional opera singer, Healing Minister in Aromatherapy, Chinese Energetic Medicine and Chinese Herbology.

FREE Non-members welcome **Sunday, July 23** 12:00 p.m. at the Coop

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.**



CONTINUED FROM PAGE 11

**BOARD ELECTION
SEASON****TO MY DEAR
COMRADES IN THE
STRUGGLE FOR CO-OP
DEMOCRACY:**

So, we have another year, and again it is Board Election season! And again the General Coordinators (er, *rulers* as I call them) have endorsed the other candidates without endorsing me. Surprise, surprise! And the emphasis this year is on *smoooooooooth*.

"If you don't regularly follow governance discussions at the Co-Op," they say, "it would be difficult to know just how much the *smoooooooooth* [emphasis added] functioning of our Co-Op depends on having a board that respects the Co-Op's tradition of members gathering at General Meetings to discuss and vote on agenda items." Well, it's smooth all right. It's smooth because it's a smoke-screen for collective domination by the Rulers (the higher management) and a coalition of people, essentially selected by them, who staff the meetings and the commit-

tees that are supposed to make them run better.

I am not an enemy of the Co-Op. I just want to make one thing better, I want to make it real—and I want everybody to know it wouldn't necessarily be that big of a change.

I'll be around the Co-Op to meet you and discuss more about this while you're shopping.

Thanks again — :) —
Albert—718-768-9079,
HOBCE@YAHOO.COM

CORRECTION**TO THE EDITORS:**

[she offered me a thorough and satisfactory answer that she would have given me had I asked her a year ago!]

This clause in my letter printed in subject issue of the *Gazette* was rendered as "...that she would not have given me..." This change incorrectly imputes bad intentions to Ms. Wheeler—and it ascribes an accusatory tone to me! Since it is *Gazette* policy to print letters "unedited," I would appreciate your printing an erratum in the upcoming issue.

Very truly yours,
A. Solomon

**Meat Eating and Vegetarianism at the
Coop—and Other Fresh Fare**

By John Donohue

The Video Squad produces a weekly show called *Inside the Park Slope Food Coop*, which airs Fridays at 1:00 pm and 9:00 pm on Brooklyn Community Access Television, otherwise known as BCAT (which is Channel 56 and 67, in Brooklyn). It has been doing this for the past ten years. Recently, the shows have become available on the Internet. The shows are streamed from a link on the home page of the Food Coop's website (www.foodcoop.com). They are updated periodically.

At the moment, the site features episodes from a series on meat eating and vegetarianism. The series is also being screened on the cable channel, starting Friday June 23 with a *mini-retrospective*. Screening commences with episode one, which has aired previously, and continues over the next two Fridays, leading up to the premier of episode three, on July 7.

In case you missed the previous airings of the series, the first episode includes interviews with Coop members who have divergent views on meat eating and vegetarianism. The show visits a couple that lives this divide. He eats meat; she doesn't. How does this work? The answer lies in part with his cooking. See how he keeps the peace with a delicious polenta-stuffed Portobello mushroom with chard and tofu.

The second episode, airing June 30, starts with an informative discussion about the merits of meat eating and the merits of vegetarianism. It then goes on to visit with a strict raw-food eater and longtime Coop member, Daniel Marshall, who shares with us what he eats in a typical day. It ends with Joe Holtz tracing the history of meat sales at the Coop.

The third episode makes its premier on July 7. It includes a humorous look at the history of food fads, a view of meat-eating from the vegetarian perspective, as well as a visit to 3-Corner Field Farm, an upstate New York supplier of lamb to the Coop.

Last summer, Video Squad members visited 3-Corner Field Farm, in the Battenkill Valley, a scenic portion of New York State just north of Albany and east of Vermont. They interviewed the owners, learned about their seasoned views on sustainable agriculture and what lead them to sheep farming. The trip also included a stop at Dines Farms, in the Catskills, which is one of the prime suppliers of pork to the Coop. Footage from that visit will become part of the series' final episode, to be broadcast soon.

Kevin Burget, a Video Squad member, recently traveled to Albany with members of the Safe Food Committee. They were in the state capital to lobby the government about genetic-food regulations. Burget is busy editing the footage of the trip into an informative show about this complicated and important subject. Burget is also working on what he calls "a birds eye view energy delivery to the Coop, its neighborhood, and ultimately NYC itself." The show, which is in the planning stages, will look at various types of energy supplying city (oil, natural gas, coal, nuclear, wind, solar, geothermal) and will devote an episode to each type of energy. "I want to explore the relative costs in dollars as well as the environmental costs," Burget says.

Another new show in the works is a series on unusual products for sale at the Coop. If you've ever wondered what to do with seaweed, you'll soon have some suggestions. Elsewhere around the squad, its leader, Carl Picco, is at work on a show about recycling, covering everything from paper to concrete.

The squad is always interested in Coop-member feedback. "As ever," Picco says, "we're open to topics and suggestions from the membership."

To contact the video squad, email carlpicco@earthlink.net or psfconbcat@hotmail.com, or call 718-522-0325. ■

IN MEMORY:**ISRAEL DAVID
FISHMAN**

Born in Westerly, Rhode Island, February 21, 1938 and died June 14, 2006, beloved life partner of Carl Navarro since 1974.

He was President of the Park Slope Food Coop since 2005 and had served on its board of directors since 1998. He worked tirelessly to maintain the Coop's stability and further its growth.

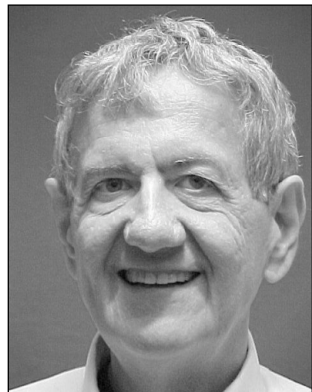
Graduated City College B.A. magna cum laude and Columbia University M.S. with honors. He overcame incredible hardships to become a unique and beautiful person. He had a brilliant and creative mind, was an ethical and spiritual person. He was a lover of all things Italian, of the Yiddish language and Ashkenazik culture, and of Chaznanuth (cantorial music) of the Golden Age. He was an avid race walker and passionate and skilled vegetarian cook. At various periods in his life, he was a rabbinical student, professional librarian, massage therapist, and businessman.

His prophetic passion for social justice led him to found, in 1970, the first gay professional organization in the world—the Task Force on Gay Liberation (now known as the Gay, Lesbian, Bisexual and Transgender Roundtable) of the American Library Association. In 2001 he was honored by this group who renamed one of their two annual Stonewall Book Awards as the "Israel Fishman nonfiction book award."

Also in 2001 he appeared as one of the featured subjects in the acclaimed documentary, *Trembling Before God*, a film dealing with lesbian and gay Orthodox and Hassidic Jews.

The world is a better place because he walked on this planet. His physical presence and the blessings he bestowed will be sorely missed by all who were fortunate to have been in his presence. The memory of the righteous is indeed a blessing.

Contributions in his memory may be sent to the Gay Lesbian Bisexual and Transgender Round Table of the American Library Association's Endowment Fund.

**Entire Coop Benefits from the
Federal Food Stamp Program**

By Linda Imonode

When people use food stamps to purchase food at the Coop, they are bringing federal funds to our market. This revenue improves the Coop and helps everyone!

It is a common myth that food stamps drain money from the economy. In fact, they do just the opposite. When people use food stamps in your neighborhood they are providing business for grocery stores, bodegas, and markets (like this coop); they are fueling the economy and creating jobs. So where is the money coming from? Food stamps are funded by the federal government, not by local or state budgets. The money is out there and if you don't use it in your community, then some other community will.

Food stamps are an under-utilized resource for many reasons. Some people are embarrassed to apply, but food stamps are not a handout, they are an entitlement, and with the new food card, which works like a debit card, there are no longer embarrassing

coupons to rip out while in line for groceries. Statistics provided by the Human Resource Administration reflect that over half of food stamp recipients in New York City do not receive public assistance or income from social security. They are the working poor. And many are members of the Coop who are unaware that they may be eligible for food stamps. By letting go of any negative perceptions of food stamps, we can

encourage these individuals to apply, and in doing so, we will bring money to the local economy, the Coop, and improve the lives of potential food stamp recipients. If you have any questions about the Federal Food Stamp Program, call the Urban Justice Center at 646-602-5641.

*This institution is an equal opportunity provider

**Prepared by a project of the Nutrition Consortium of NYS, USDA/FNS, NYSDOH, and NYSOTDA. ■

**Member
Contribution**

Prompt & Courteous
Licensed & Insured
Free Estimates

TOP HAT MOVERS
D.O.T. #T-12302

Residential & Commercial
Packing & Supplies
Local & Long Distance

BETTER BUSINESS BUREAU
1998
NEW YORK CITY

MEMBER METROPOLITAN NEW YORK

Top Hat Movers, Inc.
718.965.0214 ☎ 718.622.0377 ☎ 212.722.3390

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.

THINKING OF SELLING YOUR HOME?

CALL NOW TO RECEIVE A FREE MARKET ANALYSIS OF YOUR HOUSE, COOP OR CONDO. I'M A COMMITTED FOOD COOP MEMBER AND A LICENSED REAL ESTATE SALESPERSON.

LEE SOLOMON ☎ 718.399.4105

BROWN HARRIS STEVENS

Be Secure!

Spyware Programs Recording Each Key You Press?

Spyware/Viruses detected & cleaned. Firewalls, File backups, File recovery.

25 years experience.

718.858.3949

stephen@negron.org

STEPHEN NEGRON
<http://stephen.negron.org>

BED & BREAKFAST

BEAUTIFULLY FURNISHED GUEST SUITE accomodates 1 or 2 people, located in a grand Victorian Brownstone on park block, center slope. Amenities include private, all new spa-bathroom & sauna, continental breakfast with many organic assortments. Visit our website at www.bbparkslope.com or call 718-965-2355.

RESTFUL PARK SLOPE SANCTUARY for your out-of-town guests. Spacious, beautifully furnished 1 bedroom apt. can accommodate up to 4. Comes with full kitchen, linens, towels, HBO, cable, and DVD. Convenient locaton near 3 subway lines. Call 718-789-5571 for more info. See cyberrentals.com property #133817 for photos.

OPENING AUG. 1! New from The House on 3rd St. The 6th St. & the Park B+B. Beautiful floor-thru in perfectly restored limestone, 5 doors from Prospect Park. Sleeps 6-8, 2 baths, gourmet kitchen, garden views, premium cable, wi-fi, A/C, w/d, and more! Perfect for families and groups. For info call Jane White 718-788-7171

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.

PLAYBACK THEATRE at Brecht Forum. Early July and early Sept. Use 25 hours to learn an improvisational form that translates personal experience into theater without script or rehearsal. Taught by 12 year trainer Susan Metz. \$175 suggested fee. More info at brechtforum.org and Playback. Contact SusanLists@yahoo.com 718-636-9089.

CAMPING COOPERATIVE seeks new members. Camp, hike, bike, canoe, swim, fish, relax. Trips within a 3 hour drive of NYC. Low cost. Carpools a ranged. Singles, couples, families, experienced campers, newbies welcome. 718-670-3225. www.campers-group.org

COMMERCIAL SPACE

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

EMPLOYMENT

GROWING INTERNATIONAL BUSINESS seeks permanent part-time admin. assistant to work from local Windsor Terrace home-office. Flex hours, 20 hrs./week, \$15-18/hr. Knowledge of Quickbooks a big plus. Call Rami @ 917-693-1900

MERCHANDISE FOR SALE

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

MERCHANDISE

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.

MERCHANDISE NON COMMERCIAL

SUMMER SILK DRESS with thin shoulder straps. Lavender-brown. Never used. Size 8. \$175 or best offer. Also, indian style shawl. Thin rayon looks like silk. Deep burgundy and golden paisley pattern. Beautiful! \$75 or best offer. 212-802-7456.

FREE FURNITURE. Pick up 2 couch set. Beige corduroy and one large wooden desk with seven drawers. Both good condition. Call eve. Frieda 718-633-5309.

MASSIVE STOOP AND BAKE sale to benefit the Red Tent Women's Project. We've got kitchen stuff, kid's stuff, books, movies, music, clothing, shoes and much, much more! Saturday and Sunday, June 10th and 11th, from 11 a.m. to 5 p.m. at 338 4th Street between 5th and 6th Avenues. For more info, call 718-866-5859.

FOR SALE: Bookcases, 3 unit white melamine, 30 W, 12 deep, 69 high ea. w/ closed compartment, \$50 for 3; Breuer style Director's Chairs, lite gray leather & chrome, 3 in great condition, \$50 each (new \$150); Bamboo Headboard, full; Bamboo Chair. Negotiable. 718-965-2184

FOR SALE: Like new Burley D'Lite bicycle trailer, 1 yr. old, barely used, complete w/stroller attachment, \$400. Beginner's Guitar Set, Washburn D-100 acoustic guitar, Korg electric tuner, Alfred's beginner book; all two months old, \$100. Cash or certified check only. 414-915-2882. Free delivery to most of NYC.

HEELY'S SNEAKERS FOR SALE. Big Kids size 3. Brand new never been worn 212-645-7404.

"TWEEN" BEDROOM SET-excellent condition-includes twin loft bed, dresser/cabinet, bookshelf and desk. \$800 or best offer. Great for small spaces as all pieces fit under loft bed if desired 718-788-6782.

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.

PEOPLE MEETING

PARK SLOPE WOMEN'S GROUP-Join other women age 40 and over for tea, conversation, movies, potlucks, etc. Email: parkslopowomen@yahoo.com

PETS

CATS! 2 LOVELY CATS TOGETHER! Brother and sister rescues need local loving home. Healthy, disease free. Will give first month's food. Donation requested. Please email: tojonapier@mindspring.com or call 917-569-6970

SERVICES AVAILABLE

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

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. 28 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 19-year Food Coop member; Park Slope resident. Tom Guccione, 718-596-4184.

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 Szullflita 718-781-1928.

SERVICES

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.

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.

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

ARTISAN ART & CUSTOM FRAMING

305 Flatbush Avenue
(Corner of Prospect Place)
Tel: 718-636-5835 Fax: 718-636-5821
Established since 1998
Professional, Reliable, One on One Service
LOWEST PRICES IN THE NEIGHBORHOOD
GUARANTEED!!!
Co-op Members get a 10% discount on all framing orders.

"We Understand Organics"

GO ORGANIC
GOAFSI.COM

Local Area Representative
Veronica Kolb ~ 917.399.0831

Food Co-op Member Since 2005



Solitaire Macfoy
Licensed Real Estate Agent
Specializing in Brooklyn
Neighborhoods
646-423-4925
solitairemacyoy@fillmore.com

Fillmore.com
Real Estate the way it should be.

POWER* COACH MARTINN CAN™

POWER* COACH MARTINN
INTRODUCES AND INTERPRETS
YOUR POWER CODES™

PERSONAL LIFE SUCCESS STRATEGIES
EXECUTIVE LIFE POWER COACHING

CAREER • BUSINESS • FINANCE • RELATIONSHIPS

"As committed to your power and success as you are!"

646.229.3737 PCM@powercoachmartinn.com

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 re-arranging to total renovations Living Spaces will change the look and energetics of your space. Call Mark Schrader 201-330-8535 for rates/appts.

PAINTING-PLASTERING+PAPER-HANGING-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

ATTORNEY landlord/tenant, estate planning & LGBT law. Free phone consultation. Know your rights. Protect your family. 14 yrs experience. Long-time Coop member. Personal, prompt service. Melissa Cook, Esq., 16 7th Ave, 718-638-4457, 917-363-0586. Melissacesquire@aol.com. Discount for Coop members.



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 PHYSICIAN with over 12 years experience using natural methods to treat a wide range of condi-

tions including allergies, digestive disorders, endocrine conditions, female problems, depression, fatigue and cardiovascular problems. Insurance reimbursable. Medicare accepted. Margie Ordene, MD 258-7882.

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

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

HYPNOTHERAPY & NLP. Release phobias, become a non-smoker, improve creative and athletic performance, discover your passion, build confidence, be successful, enjoy life. Call Tracy Atkinson, Certified Hypnotherapist, 718-596-4779 or tracy-atkinson@gmail.com.

VACATIONS

RENT A BUNGALOW in the Catskills. Pool, lake, tennis, beautiful grounds, lots of kids, nice people. It's a cooperative. Lake Huntington Summer Community. Call Agnes 212-362-3919.

PUTNAM VALLEY, NY. Historic Three Arrows Cooperative. 1 and 1/4 hr. from Brklyn. Friendly, multigeneration, coop community. Lake, boating, clay tennis cts, cultural & educational activities. Weekly entertainment. Kid friendly. Newly renovated bungalows available for monthly rental: \$1250 (1BR)-\$2000(2BR). Info: Roxi 718-768-5708

BISBEE, ARIZONA. Great views of the Mule Mountains and Mexico. Historic early 1900s home rents for \$100 per night with a 2 night minimum. Weekly rates available. House includes fixings for breakfast. Please call or e-mail reservations all year. 520-432-3950 highroadhouse@comcast.net www.highroadhouse.com.



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. 10-20 concerts available each year. \$10/yr management fee. For more info, call: 212-802-7456.



Vet approved,
healthy,
homemade,
& delicious
Coming soon
to your Coop
freezer!

ScooterFood
Homemade Canine Dinners



Life Coach

I can help you change your life

Scott Klein, M.A.

Life changes
Work transitions
Business Planning
347-423-9483

skleinlifecoach@nyc.rr.com
Spiritually-based life changes

No Daytime contacts...No Glasses...
No Surgery...Just Great Vision!



Correct your vision while you sleep with safe, non-surgical Paragon CRT®. Enjoy great vision 24 hours a day without the hassles of glasses or daytime contacts.

GERALD E. WINTROB, M.A., O.D.
HOLISTIC OPTOMETRY 718-789-2020
PARK SLOPE OFFICE

www.holisticeyecare.com

Answer to Puzzle on page 8

Tarragon, Raspberry, Mirin, Balsamic, White Wine, Apple Cider, White, Red Wine, Umeboshi Plum, Organic Cider, Brown Rice

New Entry/Exit?

CONTINUED FROM PAGE 3

Harris continued by explaining that some short-term changes were already in place to help alleviate some of the congestion and security concerns: better cart and curb management, traffic managers to help direct the flow of shoppers and bumping up the number of exit workers to two.

But to improve security, address the increased bottlenecking anticipated by debit card use and ease general congestion in the long term, the Exit Circulation Advisory Group felt the current Coop entrance and exit layout would need physical changes. The group has had preliminary meetings with the city and has called the local community board to investigate what would be required to build out onto the existing sidewalk space in front of the Coop. A build-out would require city approvals and is currently budgeted at between \$200,000-\$300,000; GM approval is required for expenditures over \$10,000.

The advisory group has also retained the services of architect James Cleary, and he spoke to the GM about some possible designs for the additional space. It would

be freestanding and would run the length of the Coop's front. Features would include a separate access to entrance and exit points, and the plan currently calls for exterior seating as well as space for a public art showcase. Under the proposed new configuration, entrance and exit workers would face those entering and leaving the Coop, rather than current setup of workers to the side.

Jonathan Farber, another member of the Exit Circulation Advisory Group and a landscape architect, briefed the GM about what the next steps would be. The GM would need to approve a project budget. City agencies, including the Department of Transportation, would need to be consulted and more meetings with the community board would be necessary, too.

After the advisory group finished their presentation, member questions and comments followed. Lucinda Hughey-Wiley was pleased with the plan to have seating in front of the Coop. Claire Dishman congratulated the group for a great presentation and encouraged them "to take it to the next step." She did comment that she thought some of the proposed post-renovation space was undefined, though.

Vishnu Khalsa wondered if the current Coop front could be reconfigured to allow for separate entrance and exit access. Farber advised that this wouldn't be a possibility.

Audrey Miller Komaroff asked if an entrance door could be designed much in the way a bank branch is set up—those with valid Coop cards could swipe into the building.

Wally Wentworth shared his impressions as a member of a Coop membership satisfaction committee active some years ago. Overwhelmingly, he recalled, members objected to the amount of time necessary to exit the Coop. He urged that the advisory group "focus on the time component."

Mike Lustig observed that the shopping floor loses a lot of space from shopping carts. He wondered if we could gain more space if the carts were kept outside, and if members could check in before they enter the building.

Esther Podemski felt that Lustig's point about the carts was "crucial." She also thought there should be another shopping floor squad leader slot, who would be responsible for seeing that things "don't get jammed up."

John Urda was concerned about the Coop sticking out

too far and taking up too much of the sidewalk.

Linda Nagel queried for clarification about the terms of a revocable permit. Renovations done under this sort of permit would mean that a freestanding front structure would need to be designed to be secure but also to be easily dismantled by the Coop, on the off chance the city revoked the permit.

A few other members shared opinions or questions. Then Steve Faust closed for the Exit Circulation Advisory Group, and he stressed that physical changes at the Coop would reflect differences in how the Coop worked.

Barbara Mazor presented agenda item two, which would change rules to allow shopping-suspended members to shop after completing a workshift. During her presentation, Mazor questioned the enforceability of the current rule, and she also observed that suspended shoppers meant lost sales to the Coop.

Members' comments and questions were varied. Albert Solomon wondered if the checkout computers couldn't be set up so that suspended shoppers would be stopped at checkout. Although, he observed that this system would be similar

to "entrapment."

Wendy Ferguson felt that what was missing from the conversation was a sense of personal responsibility, and that the shopping suspension rule shouldn't change.

Kip Hakala commented, "If you don't know you can get an extension [and maintain shopping privileges] you don't deserve one."

At least one member who spoke during the comment period expressed confusion about the rules regarding suspension of shopping privileges.

General Coordinator Jessica Robinson encouraged members to pick up a booklet called, "How the Park Slope Food Coop Works." She also urged that shopping-suspended members contact the Membership Office.

After a few more comments, agenda item two went up for a vote. The result was 65 voting against a rule change that would allow shopping-suspended members to shop after working one shift; 30 voted for the proposal.

The May 2006 GM finished with the board voting unanimously to accept the meeting's agenda item vote as well as the minutes for the February and March General Meetings. ■

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.

Zainab Abdul-Rahim
Elizabeth Adams
Ayobami Adedjoja
Bianca Agustin
Luke Allen
Ivy Ames
Sachin Anand
Malcolm Armstrong
Jacob Arnold
Megan Arnold
Jared Ashling
Hilda Blyn
Bertha Bolanos
Maria Bolanos
Matthew Borden
Lance Brown
Erin Buckley
John Chernack
Robyn Chernack
Chauna Chew
Siena Chrisman
Sarah Cline
Deborah Cohen
Royston Coppenger
Antoinette Costa
Rebecca Cousin
Nick Crocetti
Jackie Cuscura
Deslene Danvers
Emily Date
Dorcas Davis
Serena Deng
Germaine Dona
Hazel Duke
Dena Edelstein
Dana Ehrlich
Meghan Eplett
Lancelot Esteibar
Lama Fakh
Bob Fesselmeyer
Brendan Fitzgibbons
Toby Flynn
Erica Forrence
Karen Frangipane
Alix Garcia
Peter Garner



James Gilmartin
Laura Gordon
Kyle Haden
Paul Haley
Latoya Hall
Luke Hamilton
Rebecca Hazes
Christopher Henry
Kumiko Hishida
Naoki Hishida
Dale Ho
Jane Hodge
Ellen Huang
Hisao Ihara
Steven Johnson
Anastacia Junqueira
Nadine Kaplan
Aaron Kaswell
Nabila Khalifa
Haena Kim
Lauren Kitz
Rebecca Koladycz
Matt Komonchak
Zoya Korshun
Sachie Kumano
Arnold Lee
Melanie Levy
Joseph Maceda
Deepinder Mayell
Latifah McKinney
Tara Medley
Brigid Milligan
Chris Mooney
Peter Moses
Darryl Nau
Mark Naughton

Brianna Nichols
Michael O'Regan
Anne Parker
Katey Parker
Parisa Parnian
Valerie Pearce
Naima Penniman
John Pinckard
Jennifer Rajotte
Aaron Reser
Melissa Rivera
Alexa Robinson
Nicole Rosario
Stefani Roscoe
Joshua Rosenblum
Jared Rust
Jessica Rust
Theresa Salvanti
Anna Sarfaty
Anita Sarrett
Kim Scafuro
Lisa Scally
Raouf Scally
Cliff Schuman
Emily Scollon
Rebecca Semrali
Junko Shimanoe
Brian Smith
Conan Smith
Katheryn Soleil
Elizabeth Sorce
Abbe Stein
Andrew Steinmetz
Scott Surrency
Suzanne Theberge
Theodore Turner
Marguerite Vanderpool-Nielsen
Nandi Warner
Tara Weikum
Khalid West
Luci Westphal-Solary
Scott Westphal-Solary
Kelly Wise
Francine Zerfas
Marsha Zumwalt

THANK YOU!

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

Kate Adjemian
Jenny Aisenberg
Sascha Alper
Alyssa Alpine
Eric Altschul
Jessica Ames
Andrea & Charlene
Alice B.
Fern B.
Kate Bradford
Brigid
Dawn Brigid
Veronica Carnero
Tyler Caruso
Colin Cheney
Adrienne Cohen
Sarah Corman
Lillian Dalke
Angela Davis
Miya Drucker
Emily
Nicole Fennimore
Jennifer Fiedler
Josse Ford
Renee Gonzalez
Robert Gwizdala
Emily Hagburg
Ali Harrington
Jenn Harris
Christopher Henry
Sondra Hodges

Joe Holtz
Kelly Howard
Rachel Iannelli
Olga Itkin
Risa Johnson
Glendoria Jones
Bonnie Kaplan
Randy Karr
Ruth Katz
Sara Katz
Hollyamber Kennedy
Amanda Key
Christopher Kubiak
Jojo Li
Koren Manning
Tyler Matta
Demian McKinley
Tara Medley
Abby Miller
Safiya W. Mohammed
James Mulry
Shanti Nagel
Phebe Palin
Jordan Pender
Tricia Perry
Adrienne Piras
Tracy Podell
Matthew Reid
Carrie Roberson
Brandon Rust
Carla Rzeszewski

Caroline Sharman
Alex Sierck
Irene Stater
Jeffrey Stein
Lucy Stein
Sonja Sweeney
Steve Theberge
Nicholas Thompson
Cay Tolson
Uma
Joseph Walsh
Jessica Weber
Michele Wiemer
Molly Weingrod
Joanne Wright
Robert Yagley
Delia Yarrow
Ben Z.
Beth Zarret
Kathleen Ziegenfuss

**WORKSLOT NEEDS****Signage Committee**

The Signage Committee is a group of graphic designers and sign fabricators who are working together to upgrade all the signage in the Coop. We have installed the new aisle signs and the "Express/Regular" checkout line signs, and we are working on a number new projects.

We generally meet the first Monday of every month, at 7:00 p.m. at the Coop. We are looking for self-motivated, detail-oriented people with graphic design skills who are proficient in Illustrator, Indesign and Photoshop. We need members who work as commercial artists or graphic designers or who have experience working with environmental graphics or digital printing.

Please submit your resume, website address and/or examples of your work to Jess Robinson. (jess_robinson@psfc.coop).

New Member Orientation

We are looking for energetic people with a teaching or training background who can work Sundays, 3:30 p.m. – approximately 6:00 or Monday or Wednesday evenings, 7:00 p.m. – approximately 9:30. Orienters lead sessions every six weeks alternating on the third week in between to be available as back for emergency coverage.

Workslot credit will be given for training sessions. An annual meeting of the full committee is part of the work requirement.

Olive Inventory

No that sounds different! Another behind-the-scenes job in the Coop. Monday, 8:00 a.m.

Office Jobs Without Phones

Checkwriting (Tuesday, 6:00 p.m.), Make-up recording (Sunday 1:00 p.m.), data entry (Monday or Friday, 4:30 p.m.), "Office Close" (Monday 8:30 p.m. or Friday 6:00 p.m., and more. The availability these jobs changes—as one fills, another opens. If you are interested, please inquire.

Plastics Recycling

Staff the table outside the Coop collecting plastic recyclables not accepted by New York City. Saturday, 11:45-2:30.

**Reporters Please Apply****Job Description**

We have four distinct *Gazette* teams—each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team's editor every eight weeks.

**Seeking to Diversify the Gazette Staff**

The *Gazette* is looking for reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the *Gazette* and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please call Linda Wheeler in the office.

To Apply

Please send a letter of application and a writing sample to the office. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.