

Established
1973

LINEWATERS'

GAZETTE



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August 3, 2006

Coop Blackout

Power Outage Results in Huge Food Giveaway and Cleanup



ILLUSTRATION BY SUSAN GREENSTEIN

By Johannah Rodgers

On one of the hottest evenings of the summer, a fire at a Con Ed transformer at Union Street and 5th Avenue knocked power out at the Coop for 16 hours. And it rendered portions of the refrigeration and air conditioning equipment inoperable for a full 24 hours.

The outage, which started around 9 p.m. on Monday, July 17, led to one of the largest cleanup and food giveaway efforts in Coop history.

Reaction Was Quick and Calm

The Coop was filled with shoppers at the time of the outage, and checkout systems, cash registers, cooling equipment, and all lighting, except emergency lighting, became inoperable. But staff reacted quickly and used the still-functioning paging system to

instruct members to return perishable items to refrigerated cases, leave any non-perishable items in their carts, and quickly exit the store.

According to Susan Pultman, who was waiting in what she described as a “long” checkout line when the power went off, members remained calm and dealt with the situation well in the moments after the blackout. While some retrieved flashlights from Coop shelves and began returning groceries, others continued waiting in line, hoping power would be quickly restored, discussing what to do with their groceries in the event that it was not.

Pultman said some members suggested “we pay by the honor system,” meaning that those in the checkout line calculate their totals and those in the cashier line retain their receipts, and then pay for their purchases at a

later time. Though some cashiers continued to take money from members as they exited the store in semi-darkness, the majority of members had to leave their groceries behind.

General Coordinator Joe Holtz was at home when the outage occurred. He was quickly informed of the event, and arrived at the Coop not long after power was lost. By 10 p.m., he reported, the Coop was empty, except for those members who remained to help out.

Forming a Human Chain

Much of the work that first evening involved moving perishable items from open refrigerated cases to closed ones. This process was accomplished by forming a “human chain” to transport items from the shopping floor to the basement. Afterward, doors to the basement coolers were kept closed and dry ice procured to keep temperatures in the coolers steady.

The Coop’s cooling systems, which had to be checked for damage by the refrigeration vendor, would not be fully functional until Tuesday. Despite the effort to keep perishable items at their legal temperatures to remain saleable, a great deal of merchandise—particularly meat, dairy, cheese, prepared foods, and produce—while edible, could not be safely sold.

As a result, members and staff spent much of Tuesday giving away refrigerated and frozen food to charitable organizations and to anyone who was lucky enough to be walking down Union Street.

General Coordinator Jessica Robinson reported that dozens of U-boats full of food were donated to City Harvest, CHIPS, the Manhattan-based homeless organization Pete’s Corner, as well as to two smaller charitable organizations.

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HER SHOPPING LIST DANGLES FROM
COLD FINGERS, STILL UNFILLED!
“IF ONLY I HADN’T MISSED SO
MANY WORK SHIFTS! I COULD HAVE
PURCHASED ORGANIC FRUITS AND VEGE-
TABLES—AND I’D BE HOME NOW!”

ALL IS NOT LOST, BUT FOR
TONIGHT YOU MUST
ROAM THE SLOPE, SEEK-
ING FRESH FOOD ELSE-
WHERE! NOW YOU KNOW THE
REALITY OF THE
UNASSIGNED



ILLUSTRATION BY OWEN LONG

SUSPENDED!

Regrets and Coping Strategies From Members in Limbo

By David Boyer

New York is a notoriously fast-paced city. And it’s full of people trying to balance lots of competing priorities and pressures. In this urban frenzy, the Park Slope Food Coop remains an oasis. That’s what attracted “Liz Bolander” (all names changed per their request), when she moved to Brooklyn two years ago.

“I was totally excited about the Coop,” she says. But friends raised a red flag. “Everyone told me I was way too busy and that it was a bad idea to join.” But she did it

anyway and fell in love with the Coop’s produce and politics.

The honeymoon didn’t last long for Liz and her partner, who both signed up to work a Sunday morning cashier shift. Like a small but significant number of members—the Coop has a 20% member turnover—the realities of modern city living clashed with the minimal but consistent demands of Coop membership.

All Downhill

Former members warned the couple that “once you miss that first shift, it’s all

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Next General Meeting on August 29

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. * The next General Meeting will be Tuesday, August 29, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda 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.

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Coop Event Highlights

Fri, Aug 4 • Film Night: Popaganda, 7:00 p.m.
Sun, Aug 20 • GM Food, Why Are We Fighting It?: video & discussion with the Safe Food Committee, 12:00 p.m.
Aug 24-26 • Blood Drive

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

Black Out

CONTINUED FROM PAGE 1



In comparing this power outage to the blackout of 2003, Robinson observed that “although this outage was many hours longer and resulted in the refrigeration equipment coming on after the power was restored, because it was a localized power outage, we were able to donate a great deal of food to soup kitchens and charitable organizations who could take everything we wanted to give them because not everyone lost power, and not everyone was trying to give food away at the same time.”

Members loaded up shopping carts with perishable items that could not be used by charitable organizations or that could not be transported safely (ice cream!) and placed them outside the Coop, offering items to passersby.

By 4:15 p.m. Tuesday afternoon, with the majority of food donation and cleanup complete, the Coop was able to re-open.

The cleanup, though, continued throughout Tuesday evening and part of Wednesday. Members Adam Bernstein and Tania Kendrick said perishable items that had not been given away, for instance refrigerated juice and milk cartons, had to be emptied first before the containers could be thrown away. A massive re-stocking effort also had to take place to re-fill freezers and coolers that had been emptied entirely.

\$23,000 Loss

The outage cost the Coop an estimated \$23,000 in lost food. Holtz says part of that may be covered by the Coop’s

insurance policy, and part by Con Ed, which provides compensation up to a maximum of \$7,000.

In terms of what the Coop learned from the experience, Robinson reported that “we’re planning on writing down what we learned and using the institutional knowledge collected from this experience to be even better prepared if something like this happens again.”

Members and staff report members were cooperative and helpful throughout the evacuation and cleanup. Commenting on the response, Holtz observed, “Staff and members on Monday night and Tuesday deserve great appreciation. It was confusing and stressful, but in the end, we kept it together and our values prevailed.”

Judy Nikolai, an office coordinator who was just finishing up a post-orientation session when the power outage occurred and who remained at the Coop until 11 p.m., said, “Members responded well and the spirit with which people worked with each other was excellent.”

Robinson agreed. “I was really impressed by how the staff handled the situation. They worked together and made great decisions and the members really went above and beyond the call of duty.” ■



BEST ECO-CHOICE

Presented by the Environmental Committee

Eco-Tip: Bulk is Best

Buying bulk food helps to save the environment while saving money. Avoid buying metal cans of mushy beans and water when fresh cooked is so much better! And bring reused plastic bags to reduce environmental impact even closer to zero.

PSFC SEPTEMBER GENERAL MEETING
Tuesday, August 29, 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.

AGENDA:

Item #1: Agenda Committee Procedure (20 minutes)

Proposal: “The Agenda Committee shall have the option to require that certain agenda items be scheduled as a discussion item before being scheduled as a proposal for a vote.” —submitted by the Agenda Committee

Item #2: Revision of Disciplinary Hearing Committee Procedures (40 minutes)

Discussion: “Discussion of the DHC proposal to revise and improve the procedures by which it has been governed.” —submitted by the Disciplinary Hearing Committee

Item #3: Fair Trade Action Committee (30 minutes)

Proposal: “To begin a new Action Committee dedicated to raising public awareness, visibility and availability of Fair Trade products.” —submitted by Scott Codey

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.

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.**

Digital Archivist Sought

The web committee seeks a Digital Archivist for the *Linewaiters' Gazette*.

This person will have a growing set of responsibilities. At first, the Archivist will work to bring old *Linewaiters'* issues online by exporting native Quark documents to PDF, and posting these PDFs to a newly created *Linewaiters'* area on the Coop's site. Posting will be via the Coop's web-based content management system.

As the weeks go on, the Archivist will be responsible for regular postings of selected *Linewaiters'* articles via a blogging interface (probably WordPress). These will be direct “cut and paste” posts of major articles.

* At first, the Archivist will need to perform Quark extractions on site at the Coop, using Macintosh computers.

* Going forward, it's likely the Archivist will be able to complete work at home, during variable hours, using any computer or internet tools desired.

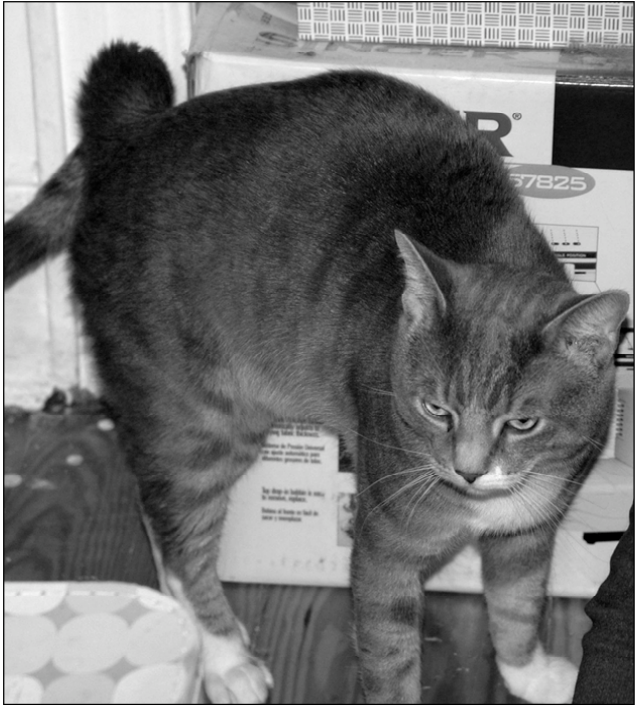
* The Archivist will need to be generally competent with internet tools (web browsers, FTP clients, etc.) and specifically competent with Quark Express and the pitfalls of PDF creation.

* Familiarity with WordPress, or simple web-based content management systems would be helpful.

* Finally, the Archivist should be a persnickety sort, with a good eye for typos or transpositions or any of the other thousands of nit-picky things that go wrong when one moves text around a lot. A good nose for spelling would be very helpful.

* If you are interested, please submit your resume along with a personal note explaining how your experience meets the needs and skills described above to jess_robinson@psfc.coop

PHOTOGRAPH BY ANN ROSEN



Zach



Jesse Oldham, Lynn Ruffina, Laura Brahm, Elyse Shuk



Zach and Jesse Oldham

SLOPE STREET CATS

Coop Members Take On the Feral Cat Problem

By Masha Hamilton

The sun is easing down over an empty lot at the corner of Dean and Vanderbilt, where Coop member Laura Brahm waits for dusk. She's placed a pungent plate of sardines and a cat trap at the edge of the chain link fence that circles the lot. At the other end, kittens frolic in crabgrass and an older cat naps by a pile of trash.

Brahm is on a Trap, Neuter and Return (TNR) mission, targeting eight to 10 cats that are part of a feral cat population that has become a common part of our Brooklyn landscape. Abandoned, wild or semi-wild cats are often an annoyance to humans, and often destined to a difficult life. But Brahm, along with Jesse Oldham—also a Coop member—are going to exceptional lengths to try to help both their community and the cats.

Oldham, hedge fund office manager by day and cat rescuer by night, is the founder and executive director of a non-profit organization, Slope Street Cats. Brahm serves as assistant executive director.

It sounds like the name of a jazz band, but Slope Street Cats (www.slopestreetcats.com/) is a two-year-old, volunteer-run registered charity that provides hands-on assistance and traps for those who have taken a three-hour workshop.

Feral Cat Workshop

The next TNR workshop—titled “Trap, Neuter and Return; How to Manage a Feral Cat Colony”—will be held at the Coop on Aug. 12 at 4 p.m. and is open to all members and non-members free of charge.

Feral cats are the offspring of domestic cats and are primarily the result of pet abandonment or failure to spay and neuter animals.

Feline experts estimate there are 70 million feral cats in the country, which marks National Feral Cat Day on Oct. 16 each year. The problem is particularly acute in urban areas, where hundreds of felines can reside in a square mile—more than nature can support.

New York City boasts a feral cat population of up to 150,000, experts say. Oldham estimates about 25 feral cats live on her South Slope block alone, and she guesses a minimum of five to 10 feral cats live on every single Slope block. “You might not see them because you aren't looking,” she says. “But they are there.”

Feral cats generally begin to live together in “colonies” and scavenge food from open dumpsters or the backs of restaurants. Sometimes they're fed by well-intentioned residents. But feral cats usually do not trust humans and can become aggressive if they feel they are being attacked or mishandled. Each generation generally becomes more and more “wild.”

In addition, feral cats left on their own can be messy and loud, and the litters they give birth to die at a rate of up to 75%. On the other hand, cats captured, spayed or neutered and returned through an

organization like Slope Street Cats stop spraying and urinating to mark territory, stop yowling at night and have a lower death rate.

The First Step

The first step in dealing with a feral cat population is to get neighborhood residents behind the program, and to locate the local feeders. Members of Oldham's organization try to arrange for whoever is feeding the stray cats to stop for a couple days so the cats are hungry and easier to trap. Caretakers sometimes resist initially, she says.

“It is emotional to see cats that you've cared for trapped. The cats think you are the enemy, and they are very unhappy to be in the traps, even for the short period we hold them,” Oldham says.

Locating and working with the local feeders is crucial, but can be difficult. At Dean and Vanderbilt in Prospect Heights, for instance, as soon as Brahm arrived, she saw that someone had set out an enormous plate overflowing with dry food. An empty cat food can also was visible just inside the lot, along with a large bone that dogs like to chew. Brahm predicted that all this food was going to hamper her efforts.

“If they are hungry, they will usually approach quickly,” she says. “I don't think we are going to be successful tonight.”

Two kinds of humane traps are generally used: a big steel crate with a trap door and a drop trap propped on a stick, and food is used to lure the hungry cats inside.

On this evening, Brahm was using a drop trap. She also had pieces of cloth. Usually, when a feral cat is captured, it becomes agitated, but it calms once the cloth is thrown over the cage. A feral cat then grows silent. A cat that is adoptable, on the

each has four cats of her own. “You get so used to seeing suffering in the city,” Brahm says. “But there came a time when I walked past some kittens living on the street and I just couldn't do nothing.” That marked the beginning of her involvement with the TNR movement.

Oldham is pleased to be doing workshops via the Coop because she says the membership is generally community-minded, as is her project. She has run two previous well-attended training workshops at the Coop.

Describing some past rescues, Oldham mentioned the time she and her team were summoned to an apartment to capture two street cats that the former tenants, now evicted, had taken in. Much to the surprise of the building's owner, Slope Street Cats discovered one of those cats had given birth and more than half a dozen feral cats were living under the floorboards and behind the walls. “It was pretty creepy,” she says.

On this evening at Dean and Vanderbilt, no cats were trapped, but Brahm wasn't giving up. She planned to try again to let local feeders know about Slope Street Cats. Then she would return on another TNR undertaking. ■

Helping Feral/Outside Cats: Trap-Neuter-Return

WITH JESSE OLDHAM

Do you want to help your neighborhood cats?

Please join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats.



We will speak about the trap-neuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretaking tips!

All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks.

Jesse Oldham, a PSFC member, has been an animal welfare advocate for 13 years. She is the founder and President of Slope Street Cats and is on the NYC Feral Cat Council.

FREE
Non-members welcome

Saturday, August 12
4:00 p.m. in the Coop

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

Slope Street Cats has trapped, neutered and returned about 125 cats and assisted in arranging an additional 60 adoptions.

other hand, will vocalize by crying and sometimes purring. If the cats vocalize, the Slope Street Cats volunteers put a stick, and then a finger, through the bars to judge the cat's response.

Most street cats are not friendly enough to be adopted, but some are—particularly kittens aged 12 weeks or under. “Twelve weeks seems to be the cutoff point, and sometimes even that is too late,” Oldham said. In the last two years, Slope Street Cats has trapped, neutered and returned about 125 cats and assisted in arranging an additional 60 adoptions.

Both Oldham and Brahm are animal lovers, and

SUSPENDED!

CONTINUED FROM PAGE 1

downhill." And when they had an out-of-town visitor, what "Liz" perceived as an unavoidable descent began.

"It all piled on from there. I missed one more and tried to go in and do a makeup and there were too many cashiers. Then I missed another and someone from the Coop called to say, 'You must be gone.' I couldn't admit that I messed up, so it ended there."

According to General Coordinator Jessica Robinson, a recent random review of 330 members' attendance found that 70% had no shifts to make up, while somewhere around 30 people, or 10 %, might currently be suspended because of missed work shifts. Fourteen owed more than two makeups.

"It's the exception," Robinson says. "Most people miss shifts every once in a while and they make it up." But she says, "A lot of people think they're in way worse shape than they really are."

Becoming "Unassigned"

That's because of the Coop's "Unassigned" policy. According to the membership manual, which is available on the Coop website, "If you miss two workslots in a row without doing any makeups in between, you will become 'unassigned.' This means that you no longer have a squad assignment and are not expected to attend future meeting dates of your former squad.... Unassigning members caps at four (4) the number of additional makeups

you can accrue by leaving 'unofficially.' "

"Lots of people leave unofficially," Robinson says. "They miss two shifts and don't come back. They're enthusiastic when they join, but realize it's not for them or they get overwhelmed."

Membership Office Can Help

Robinson recommends that if you are overwhelmed or suspended, don't assume you owe 10 makeups. "Instead, call the membership office or come in and find out if you're in as bad trouble as you think." The membership office can also help you find a job that better fits your schedule.

"Some people don't come in because they feel ashamed. But no one's gonna yell at you," she says, aware of the Coop's rigid reputation. "You may have to make up a few shifts, but no one's gonna yell. We're here to help you figure out how to participate in the Food Coop if

that's what you want."

Among the many potential solutions are two little-known policies: The One for One Program allows members to steadily reduce makeups while retaining their shopping privileges, which would otherwise be suspended. According to the official flier, the program is to be used for "reducing overdue or excessive makeups."

There are a few catches: you have to owe 10 makeups or less (if you owe 11 or more, you have to work half the makeups before you're eligible.) Also, you have to have attended the most recent meeting of your squad and done at least one makeup since that meeting.

Amnesty Option

If that seems like too much, there is a one-shot, once-in-a-lifetime amnesty option. You must be gone from the Coop for at least 12 months and then "you come back with a clean slate," Robinson says. She offered

that to one member recently who owed more than 10 makeups, but he chose to work them instead. He worked two maintenance shifts an evening for a full week. Both "Liz Bolander" and former FTOPer "Simone Schlossberg," on the other hand, are waiting it out and plan to rejoin once their year is up.

"I was an FTOP member because of my somewhat unpredictable work schedule, and arranging FTOP shifts with such a large membership base started to feel a lot like the eternal quest for a rent-controlled apartment in a decent neighborhood," explains Schlossberg.

"I decided to freeze my membership until my schedule evened out a bit, but it seems I somehow never sealed the deal. When I looked into unfreezing it, I found out that according to Coop records I owed seven makeup shifts just to break even. In a freaky wrinkle, so much time had passed since I

visited the Coop that a staff member encouraged me to wait another month and a half, at which point I could re-join without owing any shifts. I guess I'm not so much dead to the Coop as I am waiting to be reborn."

Something Unsettling

For those who do find themselves on the outside of the automatic doors looking in, there's an adjustment to grocery shopping elsewhere. Explains "Bolander": "In the winter, I Fresh Direct-ed it.

"a staff member encouraged me to wait another month and a half, at which point I could re-join without owing any shifts. I guess I'm not so much dead to the Coop as I am waiting to be reborn."

But I'm one of those people who believe you should know where your food comes from. And there's something unsettling about clicking a few pretty pictures and the food just shows up. It feels very disconnected." She was also turned off by the excessive amount of packaging that her orders came in. In the warmer months, she takes a more eclectic approach. "I go to Bierkraft for cheeses and specialty items and Fifth Avenue Market for eggs, milk and staples. I go to Sahadi's on Atlantic Avenue for dry bulk and spices. Sometimes I shop at Union Market, but I cringe because it's so close to the Coop and I should be there."

"Donald Greene," who thinks he owes roughly 10 makeups, admits, "I have gone back and forth about whether I want to re-engage with the madness: I miss a lot of things about the Coop—heavenly produce and affordable/ecofriendly household products. Green markets, Whole Foods and Fairway make it somewhat easier, but it just ain't the same...which I guess is both a good and a bad thing." ■



ILLUSTRATION BY NANCY CAFFEY

What Is That?

How Do I Use It?

Food Tours in the Coop

You're feeling hot. Who's not? Take a break from your summer play and cool yourself inside the Coop. The produce aisle is pleasantly chilly and green all the orbs of fruit exposed and tempting.

Inspire yourself with the possibilities: salad with ten herbs, melon marinated in rosemary, fresh peas and tarragon, mangoes with sweet pepper, spring onion, lime and cilantro.

Come reveal a secret yin our bodies spark with them satisfy your most basic urge: to eat to eat well to eat up desire and bewarm to all we encounter.

Join me Myra Klockenbrink and we'll explore the possibilities of the Park Slope Food Coop and make them into the food of summer.

Next Tours:

Friday, August 4
Friday, August 25

Tour Hours:

12:00–1:00 & 1:30–2:30 p.m.
12:00–1:00 & 1:30–2:30 p.m.



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

Sunday, August 20
12:00 p.m. at the Coop

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



ILLUSTRATION BY LINN BEERSTEIN

COORDINATOR'S CORNER

The Tale of the Coop That Could

By Janet Schumacher

So how's the 6,000-square-foot Coop doing up against the 52,000-square-foot "Giant" in Red Hook? Media predictions have been dire. So Lisa Hidem, Kevin O'Sullivan, Marty Stiglich and I took a quick trip to the Giant.

"We don't allow anyone to write down our prices," announced a suited male employee of the Giant. He was flanked by two other male employees. "But why," I inquired. "We heard your prices are great." Employee of Giant only repeated his order.

Hmmm. If the Giant's prices are so great, what's the nervousness? And anyway, how come we are so noticeable? Is it because there are almost no shoppers in the store on a Wednesday afternoon? But the parking lot looked half full—is that where the employees park too? There were indeed lots of employees, making orders, hanging signs, stocking shelves. Very expensive—how to pay for all that labor with cheap prices?

It took at least 20 minutes to get to the Giant from the Coop. It took even longer to get out of Red Hook.

Now for the nitty gritty: Lisa, Kevin and I managed to write the prices for about 100 items that are also sold at the Coop. These items averaged 25% more expensive at the Giant. (We did not include produce in this list.) Organic baby food and organic milk were cheaper at the Giant. They are typical "loss leaders" to entice you into the store. I could not find any organic butter or cheese at the Giant. My favorite Once Again raw organic almond butter was \$13.99 vs \$9.27 (Coop). The Coop's hottest product, GTS kombucha, was \$3.29 (Giant) vs \$2.31 (Coop).

A quick look at the small bulk area was a big disappointment—primarily mixes of oats and grains, sunflower seeds and a limited selection of dried fruits to customize granola. I could not find any bulk organic beans, lentils or grains. Giant's dried cherries cost \$9.99/lb vs Coop's at \$7.01. I didn't bother to compare spice prices—I only saw jars of spices, clearly much cheaper at the Coop. None of the bulk coffee was labeled Fair Trade, although Giant's coffee guy brazenly claimed

they all were Fair Trade—"Just look at the posters, we buy direct from all those farmers!"

Marty took a more relaxed approach to the price comparison concept and chatted with the Giant's minders. He did have his price list in hand and found all cheeses were more expensive at the Giant, although he did manage to find two that were close in price—only one dollar more. He was, however, envious of all the space given to cheese and couldn't resist buying an artisan cheese from a small village in Portugal. He also picked up his usual beverage, Pom pomegranate juice: \$3.46 at the Giant vs Coop \$2.82. Olives are sold in bulk, self-serve, with one price—\$5.40/lb for all varieties. Marty pointed out that most Coop olives are well under \$5.00/lb—the average price of our 18 bulk olives is \$3.76/lb, including three organic olives.

Being more than eight times as large, the Giant has a lot of room for extra products to sell. But then you have to keep track of all these products. How fresh is everything? There was a large selection of coffees sold in large open barrels, and not one shopper buying coffee. At the Coop, coffee remains in vacuum-sealed foil bags until poured into bins, which only hold 9 lbs and are refilled daily. There was a separate area for gluten-free products, and that is a goal for us to be able to clearly identify these products for shoppers at the Coop.

Clever design to force you to walk through 52,000 square feet of products before you can find a checkout. In fact, I have been there two times and was surprised to realize that I have yet to see the checkout area. Another staff member estimated that there are eight checkouts at the Giant vs 10 at the Coop. Entangling cul de sacs too. I found myself trapped in the vegetables while trying to find my way back to the yogurt.

Convenient? Even with Marty (native of Detroit, family of Ford) at the wheel and all passengers securely seat-belted, it took at least 20 minutes to get to the Giant from the Coop. It took even longer to get out of Red Hook. We were all happy to see the Coop's neon sign.

Home Sweet Home! ■

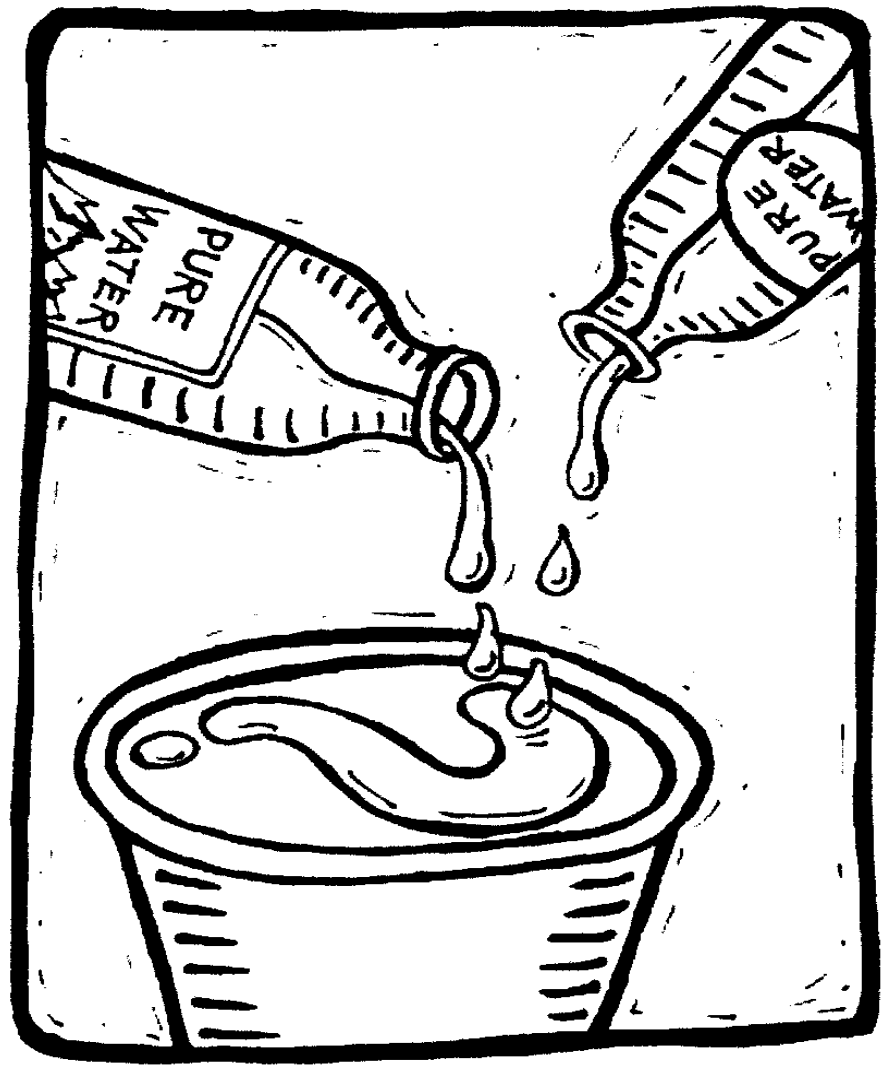


ILLUSTRATION BY SUSAN GREENSTEIN

ENVIRONMENTAL COMMITTEE REPORT

Bottled Water vs. Water Filters

Part II of two articles

By David Barouh

Dan's feet are sore, he's yearning for just one thing more than water, Cool water.

Like me, I guess, he'd like to rest where there's no quest for water, Cool water.

—Old cowboy song

It is said that the introduction of automobiles, which replaced horse-drawn carriages, benefited early urban environments by eliminating the horse manure that fouled streets, caused runoff that fouled water sources and caused dust and air pollution to choke teeming tenement neighborhoods. This irony should not be lost on anyone familiar with the pollution and climate change problems caused by the copious auto emissions being pumped daily into earth's atmosphere.

A current analogy might be our search for good water to drink, the dilemma faced by our old cowboys and more specifically by people buying bottled water thinking it is purer than tap water. A 1999 Natural Resources Defense Council study (NRDC: "Bottled Water, Pure Drink or Pure Hype"), found significant amounts of microbiological contamination among the brands they tested. It also found that tap water is far more regulated and held to higher standards than bottled water.

NRDC estimated that 25% of bottled water is actually tap water, some having received further treatment, and some

not. The two largest sellers, Coca-Cola's Dasani, and Pepsi's Aquafina, are both purified municipal water. And according to an article in E/The Environment Magazine /September/October 2003, Poland Spring Water, a subdivision of Nestlé, Inc., no longer comes from the original Poland Spring, which was closed in 1967, but rather from man-made wells.

Is the alternative to search for bottled water actually drawn from lakes, streams and aquifers? One might consider the appropriateness of giant multinationals draining our most precious but threatened public resource, usually free of charge, and selling it for huge profits. Consider too the pollution generated by the bottling and transporting of their product to market—the fuel burnt trucking heavy cases to market, and then transporting them home in cars. And consider the pollution created by the manufacture of tens of billions of plastic bottles each year in the US alone (plastic being a petroleum derivative), and their final location in the waste stream annually, together polluting the very water sources the bottled-water industry draws from.

Alternatives:

For people who would rather not support the stealth privatization, as it has been called, and commercial exploitation of water, or who would rather not pay the

price of bottled water and lug home the heavy bottles, but who are reluctant to drink tap water for either aesthetic or health reasons, there is much to recommend water filters.

The least expensive types are the carafe and faucet-mounted filters, which the Coop sells. The carafes are one-gallon pitchers with built-in filters. Water is poured through the filter and collects in the pitcher. The filter cartridge is periodically replaced after a predetermined volume of water (approximately 40 gallons), passes through it.

Faucet filters screw directly onto kitchen sink faucets in place of their aerators. The filters have bypass valves that allow water for uses other than drinking or cooking to bypass the filter. Faucet filters have a capacity of about 100-200 gallons but have been known to clog soon after being bought, from silt in tap water.

Under-the-counter filters attach to the cold-water line beneath a sink, either to a wall or cabinet back. Filtered water is drawn through a separate faucet on the countertop. The cartridges of these units last longer, filter more thoroughly and remove a wider range of impurities. They cost considerably more but are more economical in the long run, the per-gallon cost being a tiny fraction of that of bottled water.

CONTINUED ON PAGE 9

COOP HOURS

Office Hours:
Monday through Thursday
8:00 a.m. to 8:30 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:
Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

**Shoppers must be on a checkout line
15 minutes after closing time.*

Childcare Hours:
Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:
718-622-0560

Web address:
www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

Voluntary Articles: Maximum 750 words.

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

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

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

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

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

Printed by: Prompt Printing Press, Camden, NJ.



PHOTOGRAPHS BY ANNI ROSEN

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 12.

Cryptogram Topic: Spices

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 W E E Z O L E

A Z T I Z O L O

A L U W Z E I K U

E N J O K T

Y K Y Y K U

O Z A K

A B L C K

A N O W E

T W E T K U U L L J

Y L Y Y G F K K I

Z B B F Y W A K

Z E W U K U L L J

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Post Production: Becky Cassidy

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:

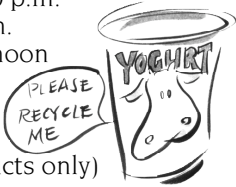
Aug 17 issue: 7:00 p.m., Mon, Aug 7
Aug 31 issue: 7:00 p.m., Mon, Aug 21

CLASSIFIED ADS DEADLINE:

Aug 17 issue: 10:00 p.m., Wed, Aug 9
Aug 31 issue: 10:00 p.m., Wed, Aug 23

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, AUG 29
GENERAL MEETING: 7:00 p.m. The agenda appears in this issue. Agenda flyers are available in the entryway of the Coop .

TUE, SEP 5
AGENDA SUBMISSIONS: 8:00 p.m.—Items submitted will be considered for the September 26 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).
If specific programming is available at press time, it will appear on the Community Calendar page overleaf.

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. ■



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, August 29, 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
- Submit Open Forum items
- Enjoy some Coop snacks
- 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' Reports
- Committee Report

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.

CREATIVE MEMBERS SOUGHT

The Park Slope Food Coop is creating a database of members who have the skills listed below to help us create instructional materials for our Coop. Any time spent working on the instructional videos will be counted for work credit on an hour-for-hour basis either for FTOP or make-up credit. If you're interested, email a short paragraph describing your experience and we will contact you when your expertise is needed. Contact: alexandra_zobel@hotmail.com
When responding, please write "Coop Database" in the subject field.

Skills and talents sought:

- | | |
|-----------------|--------------------|
| Musicians | Video Editor |
| Composers | Web Programmers |
| Gaffers | Actors |
| Comedians | Sound Experts |
| Animation | Storyboard Artists |
| Motion Graphics | Writers |

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, AUG 4

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Chinese Foot Binding: The Vanishing Lotus. A young girl's feet were broken and bound inwards along the instep, a process that caused excruciating pain. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SAT, AUG 5

ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Women in China. A two-part documentary on the conditions of women in today's economically oriented Chinese society. It visits four diverse parts of China. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

FRI, AUG 11

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, AUG 12

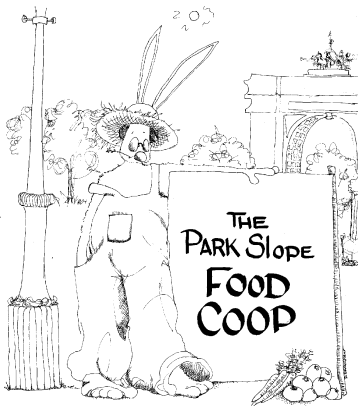
ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series. Sparrow Village. In a rural village of southwestern China a bevy of young girls yearn for an education. Their parents are poor and illiter-

ate... Beautifully photographed in the lush mountain greenery. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

SUN. SEPT 17

"GOODBYE to NYC" from KAREN GLEESON and PAUL SHERIDAN. We are moving to Maine! FREE Goodbye concert: Charlie King/Karen Brandow—political, satiric folk music; bring \$ for worthy fundraising and CD purchases. 12-4 PM, Old Stone House, in 3rd St/5th Ave park. Info: sheridan-pa@earthlink.net, karenglee@earthlin.net

Join the Street Squad



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

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

We invite you to join us if you are:

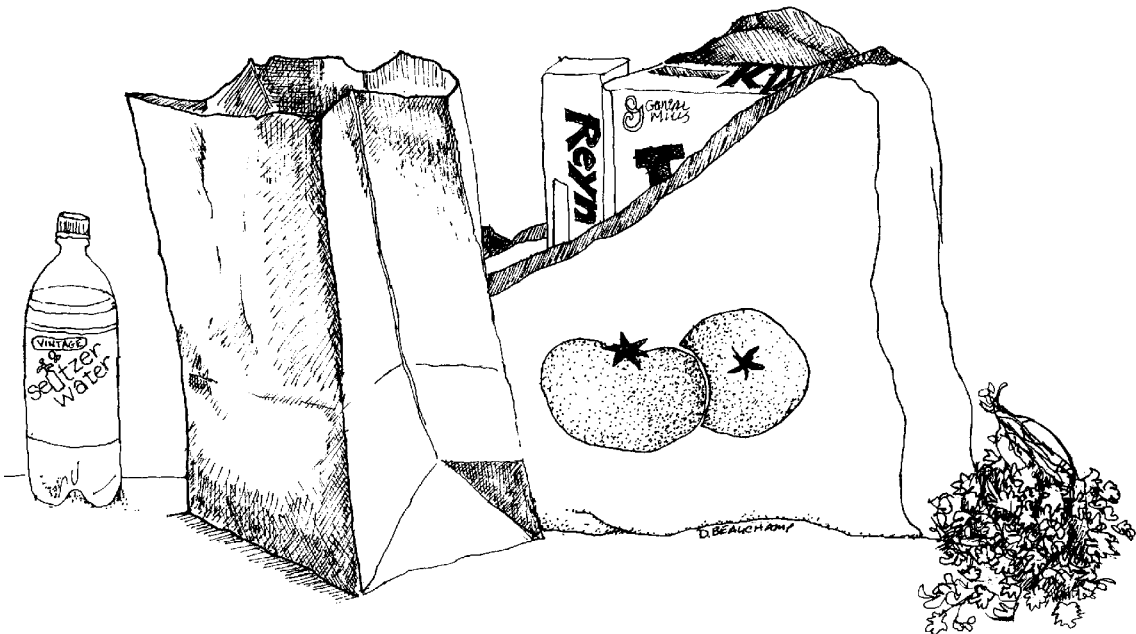
- ◆ a Coop member in good standing for at least six months
- ◆ friendly and upbeat with enthusiasm about the Coop

- ◆ knowledgeable of Coop procedures
- ◆ willing to work outdoors
- ◆ willing to work weekends during the spring, summer and fall
- ◆ reliable, responsible and able to work independently

New Street Squad members must attend a training session.

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

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



Friday, August 4 • 7:00 p.m.
at the Coop



POPAGANDA

THE ART AND CRIMES OF RON ENGLISH

Popaganda is a feature length documentary about the artist, **Ron English**, who first gained fame in 1982 by surreptitiously reworking billboards to critique American society, risking arrest in the process. His career has had a wide trajectory, incorporating neo-surrealist paintings, staged photographs, street art and music, and he has become one of the most famed culture jammers in the world. To date, English has created over 1,000 illicit billboards and signs and is recognized as one of the leaders of the subvertising movement.

Filmmaker (and Coop member) Pedro Carvajal was first drawn to the culture-jamming network as a filmmaker documenting the works of Ron English and ArtFux, a culture-jamming network active from 1989-1992. Inspired by the movement, Pedro moved from observer to participant and began defacing tobacco and alcohol ads in New York City to protest the industries' attempts to lure young people. Read more at: www.popaganda.com.

A discussion with the filmmaker will follow.

Film Night organizer, **Trish Dalton**, can be reached at mail@trishdalton.com or 718-398-5704/718.398.5704.

FREE
Non-members
welcome

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

Coops Helping Coops

Help a coop in formation in Brooklyn

FTOP credit available

In our continuing support of other coops in accordance with the sixth Principle of Cooperation, we frequently offer consultation. In addition, we have offered the newly forming East New York Food Coop help in the form of Park Slope Food Coop member workslots.



The East New York Food Coop has leased a space at 419 New Lots Avenue (between New Jersey Avenue and Vermont Street and welcomes PSFC members to assist in the final preparations for a September opening.

Volunteer-run committees will work on maintenance (cleaning, organizing, painting, assembling fixtures for the store), membership drives, and in the near future, running the store while membership builds. Locations are accessible by the A, J and 3 trains.

PSFC members may receive FTOP credit in exchange for their help. To receive workslot credit, you must have been a PSFC member for at least one year and have an excellent attendance record.

If you can help in these areas and would like to support our sister coop, please email ellen_weinstat@psfc.coop or call the office.



LETTERS TO THE EDITOR

ADS AND LETTERS DON'T MIX

TO THE EDITOR:

The letter in your July 6 issue, "Good Move" reminds me of how advertising has saturated every aspect of our lives. We cannot escape its intrusions. I am sure Mr. Martignetti was very satisfied with Top Hat Movers; it sounds like I would be too.

But is the letters page the right place for what amounts to advertising? Can you imagine if all the Coop members who ran businesses had friends or satisfied customers write letters saying how wonderful the business was? Even Albert Solomon would have to give way to all the endorsements, a.k.a. ads. Please don't start a trend of putting ads on your letters page!

Bill Miller

GARLIC

TO THE EDITOR:

My wife is convinced It's good for the heart; She's welcome to munch Till breath do us part.

Leon Frelich

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.

Bottled Water vs. Water Filters

CONTINUED FROM PAGE 5

Similar to under-the-counter models are countertop filters, which use the same high-quality cartridges but don't require plumbing; instead, they attach to the faucet by a hose and diverter valve. Less expensive than the under-the-counter models, countertop filters probably offer the best combination of value, convenience and water quality.

Reverse osmosis filters are big units that go under the counter and produce purified water slowly, storing the water in a holding tank. For every gallon produced, perhaps five gallons are discarded. They work by forcing water through ultra-fine semi-permeable membranes to produce very pure water, removing chlorine, chemicals, and organic matter. They also remove dissolved minerals that most other filters allow through. There is controversy over whether demineralized water is a good thing, some advocates saying trace minerals dissolved in water are essential to health, and others saying we can't absorb those minerals, that we get trace minerals in organic form from food and that the best water to drink is pure H₂O.

Water distillers also produce water close to pure H₂O by boiling water and then capturing the water that cools and condenses. This process is also slow and discards a lot of wastewater. And certain chemicals with boiling points below that of water will vaporize and recondense into the drinking water. To

make certain this doesn't happen, one would need to use already filtered water as the source.

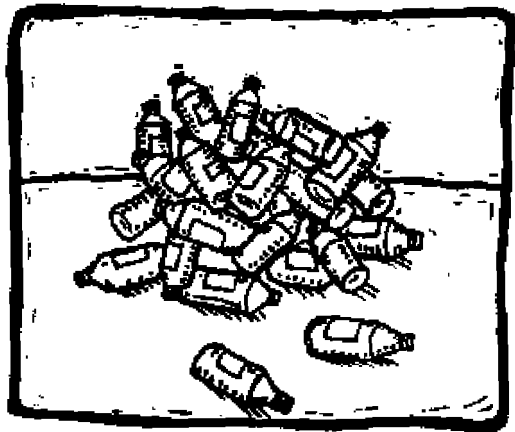
Articles that discuss water filters, like one in Consumer Reports' January/2003 issue, usually describe filters found only in retail outlets, ignoring the many models that can be ordered online or through private distributors, especially countertop models. A good place to search is Coop America's Green Pages, www.coopamerica.org/pubs/greenpages/results.cfm?category=W6. It has links to distributors of many quality filters.

Buy a filter that removes impurities known to be in your tap water. A major concern is lead, which can come from older types of plumbing. To request a free kit to test for lead,

one can call the city's 24-hour help line at 311, or 212-NEW-YORK. One can also test for other contaminants. Consumer Reports says people can have their water tested by independent laboratories for between \$25 and \$115. A list of state-certified labs can be found at the New York 311 help line. Additional information is available from the EPA's Safe

Drinking Water Hotline at 800-426-4791.

The Web is full of resources about the possible contaminants in water. Most of the important environmental advocacy organizations discuss it, as does the EPA website, and compromised though its science may be by the partisan White House administration, it is still a good place to start: www.epa.gov/ebtpages/water.html ■



SAVE A LIFE

Give Blood

Join the Blood Drive
at the Park Slope Food Coop

🗓 Thursday, August 24 • 3:00 – 8:00 p.m.

🗓 Friday, August 25 • 10:00 a.m. – 6:00 p.m.

🗓 Saturday, August 26 • 9:00 a.m. – 6:00 p.m.

In the second floor Meeting Room



FACT: Less than 3% of the population donates blood and 99% will use blood some time in their life.

• Park Slope Food Coop • 783 Union Street • Brooklyn, NY • 718-422-0300 •

• In cooperation with New York Methodist Hospital •

For further information about blood donation, call Stuart Rosenhaus, 782-3644

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.



Find peace from within by changing your personal Core Belief through:

Theta Healing

Saturday, August 5 5:00-7:00 p.m. at the Coop

with **Kokichi Yamamoto**

Kokichi Yamamoto is a Coop member and has practiced healing arts for over thirty years in Japan, Europe and the United States. He is dedicated to developing and practicing methods to assist in various situations of healing.

FREE
Non members welcome

■ **Theta Healing is a deep meditative state that slows down the mind and eliminates personal blockages and negative thoughts.**

■ **We will practice how to reach Theta State and receive guidance and healing energy from the Higher Self.**

The session will include live demonstrations of Theta Healing and Core Belief work.

For example, we will change negative thoughts that manifest from deep within us, such as: "I do not love myself, I do not believe in Higher Self, and I do not deserve to be happy" into positive thoughts such as "I love myself, I believe in Higher Self, and I deserve to be happy."

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

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, August 11 7:30 p.m. at the Coop

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

Staying Cool for the Summer

with **Heather Cottrell**



Summer's long hot days can take their toll on even the greatest of sun lovers. In this workshop we'll learn about natural ways to cool down, keep hydrated and protect ourselves from the heat and sun of Summer. This is the season to think about the health of your heart and small intestines. Learn relaxation techniques and tips to lower your cholesterol. Learn the importance of eating seasonally and creating harmony with nature in our bodies.

Join us for this second workshop in a four-part Seasonal Health series.

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


FREE
Non members welcome

Saturday, August 12 12:00 at the Coop

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

ART AND SPIRITUALITY

with **Sarah Zahnstecher, LCAT**



Define what may be your spiritual nature now. Explore your spirituality through the use of art materials.

Experiment within the arts to reveal this side of yourself. Share what you wish in a comfortable and emotionally safe setting.

Gain a sense of connection in the group.

We will create an atmosphere of non-judgment and self acceptance in creative work so that each participant has an opportunity for understanding and satisfaction.

Sarah Zahnstecher is a New York State Licensed Creative Arts Therapist who works both in private practice as well as in a hospital setting and has been practicing for over 20 years. She is a Coop member.


FREE
Non members welcome

Friday, August 18 7:30 p.m. at the Coop
no entry after 7:40 p.m.

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

Daily Money Management for Everyday

with **Lalita Brockington**



This workshop is designed for individuals who may lack the time/skill for personal paperwork and/or handling their daily monetary affairs- individuals such as homemakers, retirees, creative artists, busy professionals or anyone else who may struggle with bill-paying, balancing checkbooks, negotiating with creditors, preparing spending or debt reduction plans, or who are just overwhelmed by finances in general.

Simplify your life by keeping your day-to-day monetary affairs in order with the use of simple daily money management strategies. In doing so, you can decrease your stress level and hopefully increase your leisure time.

Learn how to gain better control over your time and life by maintaining your financial affairs everyday.

Lalita Brockington has been a member of the Coop for over ten years. I am a professional daily money manager who provides assistance to individuals and entrepreneurs who want help managing their day-to day monetary affairs.

FREE
Non members welcome

Saturday, August 19 3:00 p.m. at the Coop

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

HELP FOR YOU AND YOUR FAMILY TO HAVE A BETTER FINANCIAL FUTURE!!

WITH **JAIME PIERRE**

Money Management Workshop

It's getting tougher every day to decide where to put your money to make it work more effectively for you. This workshop is designed to help you find the right answers.

We Will Cover:

- **Asset Management:** A savings plan that makes sense
- **Debt Management:** Lower your monthly cash outlay
- **Protection Management:** Cut your insurance costs

Jaime Pierre, a Coop member, has worked in financial services for many years to help average people create extraordinary financial results.

FREE
Non-members welcome

Saturday, August 19 6:00 pm at the Coop

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

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.

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Dr. Andrea Auerbach
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Carol Patti, MS Clinical Nutrition

Carol.Patti@andreaauerbach.com
196 Sixth Avenue, Brooklyn, NY 11217
Phone:(718)399-1111 Fax:(718)399-0182

ADVERTISE ON THE WEB

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

Answer to Puzzle on page 6

Cinnamon, Cardamom, Coriander, Nutmeg, Pepper, Mace, Clove, Cumin, Ginger Root, Poppy Seed, Allspice, Anise Seed

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.

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

BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights block has space with semiprivate bath, air conditioning, Cable TV & phone. Full breakfast provided in attractive smoke-free environment. Long & short stays accommodated. Reasonable rates. Call David Witbeck, 718-857-6066

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.

FREE HOMEBUYERS SEMINAR every Wednesday from 7:30 to 9:30 PM, 142 Prospect Park West (entrance on 9th St.). Special guest speaker and exciting door prizes! Knowledge is power. Admission is free. Valuable for 1st time and experienced homebuyers. Please call 646-442-0220.

FALL YOGA CLASSES REGISTER NOW. Tone muscles, breathe, stretch, relax with gentle safe experienced teacher in a beautiful studio in Central Park Slope. Beginners particularly welcome. Classes fill quickly, register soon. Call Mina for more info 917-881-9855

COMMERCIAL SPACE

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

HOUSING AVAILABLE

FEMALE TO SHARE SPACIOUS TREE-LINED KENSINGTON APT. Huge bdrm, lots of closet space, EIK, new bathroom. Share with 40+ Jewishly active female, Sabbath observant. Kosher dairy only kitchen. Please be mature responsible, clean, smokeless & pet less. Rent for \$600/mo + sec. dep. + 1/2 util. 347-678-2619

HOUSING WANTED

APT. SHARE OR ROOM NEEDED FOR SEPT. 06 to AUG. 07 for German student-20 yr. old male-volunteer at social service agency. Program pays rent (450-500) student purchases and prepares own food. Need kitchen privileges. Contact Matthias Hass, Action Reconciliation Service for Peace: info@actionreconciliation.org

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

MOST COMFORTABLE SHOES. A consumer guide recommending the worlds most comfortable brands of anatomically-correct shoes for men, women and children. Comfortable shoes, boots, sandals and clogs for dress, casual and work activities. www.most-comfortable-shoes.com

ANTIQUE SEWING MACHINE, STUDENT FLUTE for sale. Please call 718-407-0670. Also available: Botanical Prints.

MERCHANDISE-NONCOMMERCIAL

NEW ALFANI size 8 silk blouses. New Alfani size Medium coats. Call Marlene at 718-485-2943

PETS

DOG DAYS OF SUMMER 5K - Fun Run/Walk w/ or w/o your dog; Sun. 8/20,8am; Prospect Park; All proceeds benefit Infinite Hope animal rescue and adoption. For more info or to register, stop by Slope Sports, 70 7th Ave. (bet. Lincoln + Berkeley), 718-230-4686; or visit www.slopesports.com.

HAZEL WANTS YOU to foster or adopt her. Found on the streets of Brooklyn, she's a sweet and gentle young tortie cat who loves to cuddle. Healthy and spayed. Gets along well with people and other cats. See her photo on www.slopestreetcats.com or call 917-733-0283.

SERVICES

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

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

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

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 Szulflita 718-781-1928.

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

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.

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

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. Melissacook@aol.com. Discount for Coop members.

SOMETHING FRESH AND NEW! Freelance taper-plasterer-skim coater-painter (in that order). Small jobs only. Flat minimum rate no matter what the job and free overall estimate on labor cost-need flexible time in work schedule. Cash basis only. Call Tellok 347-789-8274 or 718-789-8274. Email: tellok@yahoo.com.

DO YOU NEED someone to look after your cat? Reliable teenager and her mom available for cat sitting. Call Julie Wintrob at 917-974-3889. \$20 a day.

FINE ART PAINTER available for commission work. Paintings on canvas, panels or murals. Cartoon characters painted on your child's wall. Paintings done from photographs. Please visit website: www.michael-ruffo.com for viewing samples of work. Michael Ruffo 718-448-7310

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

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.

SERVICE-HEALTH

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 tracyatkinson@gmail.com.

RELIEVE: Lower back and neck pain, shoulder chronic tension and stiffness, poor digestion, headaches, insomnia, stress. Rejuvenate body mind and spirit. Special 1st session offer (valid until Sept 21): \$80. Claudia Copparoni over 12 yrs experience. Email clcoppa@hotmail.com, 718-938-5573

WHAT'S FOR FREE

FREE INITIAL ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly mini-

mized 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.

FREE FREE STANDING BASKETBALL HOOP, the kind you fill with sand. Ideal for backyard or community youth group. Call 718-853-0750.



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

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.

Esther Abadi	Bonnie Emerick	Christopher Johnson	Robert Monn	Sarah Reilein	Paul Swetow
Leon Abadi	Michael Epstein	Casey Johnston	Jojo Monson	Avi Reinharz	Paula Szuchman
Ian Adelman	Tawnya Fay	Rachel Kahn	China Moore	Maud Rohrer	Susan Elaine Targas
Lindsey Adelman	Sharon Feder	Melissa Kelsey-Taber	Pauline Moore	Surendra Rose	Brian Trzeciak
Robert Adkins	Julie Finefrock	Hari Khalsa	Ayana Morali	Joshua Saul	Candice Urban
Kenny Auyeung	Clara Flikstein	Patrick Knight	Bob Moron	Imrana Sayed	Kelsey Versteeg
Mentor Belalla	Erin Foster	Suzanne Ko	Akiko Murata	Isaac Schapira	Marc Vigliotti
Iyala Berley	Wendy Fox	Adam Kolsrud	Yaniv Nord	Rebeca Schiller	Dorothy Vitalis
Michael Bokowitz	Amy Fullerton	Alex Linsker	Wick O'Brien	David Schmidt	Rafiah Vitalis
Seth Brown	Elizabeth Gillander	Alan Malter	Sariya Okoye	Leah Schwartz Molnar	Zoe Ward
Stacy Burnett	Karen Gomyo	Rebecca Malter	Jeffrey Opdyke	Isabella Scott	Sarah Wefald
Kristen Bush	Daniel Green	Daniel Matarazzo	Ade Oyerinde	Paul Seeman	David Weinberg
Sarah Callaway	Julie Greenwood	Natasha McLeod	Kristan Palazzo	Rochel Serebryanski	Kate Whittum
Jessica Chen	Sun Gretener	Frances Melgarejo	John Park	Manjusha Shandler	Hisun Won
Anila Churi	Berk Hale	Shadira Mercado	Dakin Parker	Michael Shelley	Litjiun Wong
Gideon D'Arcangelo	Nick Hershman	Kim Meyerer	Diana Parrington	Geoffrey Sherman	Michelle Yarwood
Walton Dale	Courtney Hinson	Daniel Meyerson	Larry Parrington	Anatoly Shustero	Vera Zago
Roberto de Leon	Donna J. Howard	Frances Miley	Kevin Pena	Gregory Silverman	Iwona Zych
Boranna Drozd	Donna V. Howard	Sarah Miller	Jill Perakis	Steve Omar Simon	Piotr Zych
Jan Drozd	Lalena Howard	Anna Miner	Megan Petrizio	Allison Solish	
James H. Drummond	William Howard	Jason Miner	Uli Piest	Denise Solomon	
Jeffrey Duval	Julie Hyman	Jeff Mohlenbrok	Birgit Poniatowski	Michael Sowiski	
Evan Eisman	Catherine Ingraham	Wallace Mohlenbrok	Thomas Provan	Erin Stark	
Cynthia Emanuel	Nina Jafferji	Jennifer Monn	Robin Puskas	Maureen Swetow	

THANK YOU!

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

Christine Abelman	Janet Cantler	Craig Howarth	Emi Lesure	Kevin O'Sullivan	Anna Solomon
Natalie D. Anav	Jay Cardinale	Robert Jack	Rose Liebman	Lisa Ochs	Rebecca Stein
Candice Anderson	Dana Caulkins	Jaji	Fran Levy	Safiyyah Okoye	Diana Stevens
Chris Anderson	Celeste	Sarah Jensen	Aimee Light	Andrea Paluso	Anna Stevenson
Andie Andrews	Atom Cianfarani	Jim	Ive Ludwig	Nicole Perlman	Miriam Stone
Kira Appelhans	Scott Codey	Susan Kaner	Gail Maceda	Christine Peterson	Lillian Sullivan
Neda Arabshahi	Jennie Correia	Nina Kang	Gladys Mandalaoui	Anthony Pinciotti	Tammy Swaine
Dana Archer-Rosenthal	Eric Diamon	Bianca Kaprielian	Jake Marble	Robin Puskas	Alix Thelemaque
Asami	Alison Depass	Michelle Kay	Jen Meagher	Gary Raheb	Yvette Thompson
Mariana Aslan	Chris Eberhardt	David Kennedy	Lisa Medoff	John Ramirez	Jeffrey Trigilio
Elinoar Astrinsky	Lena Eson	Kevin & Emily	Melora	Eric Rochow	Erica Turnipseed
Vladimir Bakaleynik	Mariann Fedele	Aaron Kirtz	Helena Miller	Trish Deitch Rohrer	Rebecca Utton
Robin Basalla	Naomi Finkelstein	Deborah Klein	Nita Moore	Philip Rosenbloom	Mary Vonckx
Nikola Berger	Samuel Freeman	Carisma Koenig	Whitney Moore	Richard Roundy	Radha Webley
Blair	Lori Ganz	Terri Kohler	Nashay Morris	Richard Roundy	Susan Wefald
Lisa Bodo	Brian Gillander	Carlyn Kolker	Marina Morrow	Lorenzo Sanguedolce	Eric White
Sarah Borsody	Katie Glick	Alissa Kronovet	James Mulry	Sarah	Mera White
Emma Bowen	Katie Glick	Alissa Kronovet	James Mulry	Stefan Schaefer	Saasha Wilson
Susan Brennan	Allison Greene	Peter Krasny	Orly Nadler	Eddy Schoeffmann	Heather Wolin
Thomas Brennan	Chloe Hawkins	Devin Krugman	Nancy	Jill Schoolman	Monika Wuhler
Anna Brickman	Deana Headley-Acheson	Alexandra Kuperman	Nilofer Naqvi	Cliff Schuman	
Dawn Brighid	Louise Heit	Izabel Lam	Darryl Nau	Ruth Seliger	
Herbert Britton	Hannah Hirschland	Eva Lansberry	Sara Niccoli	Cecile Serrano	
Lisa Bruno	Hope	Chenta Laury	Brianna Nichols	Pankti Sevak	
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		Abby Lesnick	Hisahi Oguchi	Adam Sohmer	