

Established
1973



LINEWAITERS' GAZETTE



Volume AA, Number 16

September 14, 2006

Harvest Bounty: Fall Produce!

By Ann Pappert

A visit to the Coop in the late summer and early fall is a particular treat for anyone who loves fruit and vegetables. The abundance of produce of every type overflows the aisles and is enough to inspire even the most reluctant cook.

Last week I toured the produce department with long-time Coop produce buyer Allen Zimmerman. Allen is one of the most knowledgeable people on the subject of fruit and veggies that I've ever met. Over the years, he's introduced me to many veggies and fruits I had never tasted before and expanded my produce buying.

What follows is a list of some of Allen's favorite produce—some will only be available for a short time, while other produce should last into the winter months.

It's All About the Weather

When it comes to produce, this summer even more than usual, it's all about the weather. The extreme heat affected farms from coast to coast, devastating crops.

Watermelons are one of the most familiar summer fruits. But watermelons have been scarce this summer, victim to the awful heat. At a time when the Coop should be brimming with variety melons, the selection is limited. "The heat wave killed melons," Zimmerman explains. Some of our regular suppliers were only able to harvest their melons for a day or two, and then lost the whole crop. Things were so bad that one of our favorite suppliers in California had to plow under their entire crop—nothing was salvageable.

Only now has the Coop been able to find sugar baby watermelons from a new supplier in Pennsylvania, and watermelons from Hepworth Farms, the Coop's major



PHOTO BY KEVIN RYAN

A Coop Cornucopia

direct produce supplier, will arrive soon.

...And Fuel Costs

The enormous increase in the price of fuel has also had a major impact on Coop produce buying practices. Rising fuel costs are one of the reasons that Zimmerman has become more dedicated to buying local. In past years California produce was usually much cheaper for the Coop to buy than locally grown, but fuel costs have pushed up California prices to the point where local produce is less expensive.

The price lists posted at the front and back of the produce section are now highlighted in green to draw attention to locally grown produce. At this time of the year local produce overwhelms the selection—in fact most of what's missing are tropical fruits, which cannot be grown locally.

Amy Hepworth has been our major local produce supplier for many years. From apples to okra, Amy sells the Coop vast quantities of "minimally treated" fruit and organic vegetables produced on her

farm in Milton, New York. Amy was a pioneer of what the industry calls integrated pest management or low spray farming—using the least amount of toxic intervention to produce a crop. (several years ago I wrote a profile of Amy and her farm

for the Gazette, and I've been a huge fan of her produce ever since.)

Upwards of 75% of our local produce comes from Hepworth Farms. "She is every-

thing."

Looking for local tomatoes? Right now the Coop is overflowing with Hepworth tomatoes of every size, color and shape. At this time of the year, it's not unusual for the Coop to sell over 400 cases of tomatoes a week.

At our request, Amy planted okra, now on the shelves, along with four different types of red peppers. When Amy decided she needed to sell more eggplant, she lowered her price to us.

...And the Taste

When it comes to produce, the bottom line is taste. Zim-

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GM Debates Kiddy Carts and Make-Up Policy

By Hayley Gorenberg

The August 29th date of the most recent General Meeting didn't keep Coop members away. It drew almost 100 people who erupted over the question of toddler-sized shopping carts, and members learned about an informal workslot make-up practice that may become official Coop policy only for

Robinson. Murmurs of support responded to the member who suggested that pre-registration undermined the incentive to attend.

A disabled member whose roommate does not want to join the Coop pled for a change to the rule that requires all adult members of a household who share food to work. General Coordinator Linda Wheeler responded,



PHOTO BY LISA COHEN

August's general meeting—a great turn-out.

members who have owed shifts for long periods of time, and voted to raise Gazette ad prices.

Open Forum

A handful of questions popped up during the open forum, starting with why attendees are barred from receiving workslot credit unless they have signed up to attend the GM ahead of time. The issue is under discussion, and may be brought before a future GM, according to General Coordinator Jess

"One of the fundamental underlying reasons that we are alive now is that we have a principle that every member must contribute. If somebody's going to benefit from the Coop, they have to contribute to the Coop."

Remarking on the recent blackout that necessitated a frozen food giveaway, one member inquired about the feasibility of having the Coop buy a portable generator. General Coordinator Allen Zimmerman expressed doubt

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Next General Meeting on September 27

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, September 27, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

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

* Exceptions for November and December will be posted.

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Coop Event Highlights

Fri, Sep 15 •GM Food, Why Are We Fighting It?: video and discussion with the Safe Food Committee, 7:30 p.m.

Sat, Sep 16 •Clothing Exchange: adults, 10:00 a.m. -2:00 p.m.

Thu, Sep 28 •Wordsprouts: Richard Roundy and Marie Carter, 7:30 p.m.

Thu, Oct 5 •Food Class: Weird and Wild Produce, 7:30 p.m.

Fri, Oct 6 •Film Night: Call It Democracy, 7:00 p.m.

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

What Is That? How Do I Use It? Food Tours in the Coop

It's hard to keep up now
it seems we can't eat fast enough
all that the earth is pushing forth
beets beans behemoth baskets of lettuce
four kinds of cucumber, innumerable squash
every green thing asserts itself
with a kind of definitive tenacity
it's almost intimidating

But not.
People are nothing if not consumers
and eat we do—still
you might like to try something new
and make a meal to remember:
marinated tempeh, red cabbage, peppers
and cashews. How's that?

Better yet. Come tell me.
Regale me with your recipes
And I'll give you a tour
of all that's in season
and what from the bulk aisle
will make it really sing

Brought to you by Myra Klockenbrink
at the one, the only Park Slope Food Coop

Dates:
Friday, September 29
Friday, October 13 and 27

Hours:
12:00–1:00 & 1:30–2:30 p.m.

Harvest Bounty: Fall Produce!

CONTINUED FROM PAGE 1

merman firmly believes that Coop members judge produce by the quality and the appearance, not by the price.

That's one reason that he buys organic locally grown garlic every late summer and fall. For the last six months virtually all of the garlic sold at the Coop (as well as other food stores) comes from China. For years most of the American garlic sold in this country came from Gilroy, California. But over planting has so destroyed the soil in Gilroy that the California garlic crop is pretty much a thing of the past, and will take decades to recover.

The garlic from both California and China is called soft-neck garlic. It's good and cheap—easy to grow and harvest. But every year around this time, the Coop begins selling organic New York state garlic. The New York garlic is hard-necked—very labor intensive to grow. Every spring the garlic flowers (known to many Coop members as garlic scapes) must be removed by hand. Each bulb is planted by hand, and this variety cannot be harvested by machine, but must be hand-picked. More expensive than the soft necked variety, Allen points out that it's also juicier and more flavorful. And although the price is up to three times higher than soft-necked garlic, it is, after all, garlic, a relatively inexpensive product.

Sometimes looks can be deceiving. "Best tasting pear.

We are sorry they look ugly. Great tasting," reads a sign over the box of Harrow's Delight pears.

"Hold on," Allen said to me, as he poked through the box. "I want to make sure I find the absolutely ugliest pear for you," With it's brown spots and discolored skin, the pear he gave me looked more like it was ready for the

garbage than for eating.

If Allen hadn't pointed them out and pushed me to taste them, I would have passed them by, and would have wondered why the Coop was selling rotten fruit. One taste dispelled my qualms. A delight indeed—succulent, juicy and bursting with flavor, it was one of the best pears I've ever eaten. ■



PHOTO BY KEVIN RYAN

Thursday,
Oct. 5

7:30 p.m.
at the Coop

Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

Weird & Wild Produce

Join chef Michael Welch as he uncovers the mysteries of weird looking produce available at the Coop. He'll share recipes, demonstrate how to select and prepare the different items and get you excited about having a new array of veggies to add to your cooking repertoire.

RECIPES—TASTINGS TOO!

- That knobby celery root thing
- Burdock and Jerusalem artichokes
- Mustard greens
- Black radishes

Your pantry may look strange, but your dishes will taste incredible!

\$4 materials fee

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

Guest Chef: Michael Welch

Michael Welch is a personal chef, cooking instructor and health food coach based in Brooklyn. He is a graduate of The Natural Gourmet Institute for Health and Culinary Arts and the Institute for Integrative Nutrition. He specializes in health supportive meals for people looking to create wellness in their lives. He is a Coop member.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.



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.**

General Meeting Debates Kiddy Carts and Makeup Policy

CONTINUED FROM PAGE 1

PHOTOS BY LISA COHEN



From left to right: Childcare at the General Meeting. Please call the office a week beforehand to make arrangements for a particular meeting; Jason Platt Zolov introduces the item he submitted for discussion—toddler shopping carts; snacks are on hand.

about that option, stating, “a portable generator I think would not even run the lights” at the Coop. “The amount of power that would be necessary to power our freezer would be massive.” But given the “increasingly freaky climate” and questions about Con Edison’s infrastructure, he agreed that a back-up system might be worth considering.

New Health Insurance

In answer to a question, General Coordinator Tricia Leith, who reported on finances, said health insurance costs for the Coop declined over the 24 weeks ending July 16, 2006, due to a switch from Blue Cross Blue Shield to Aetna for preventive coverage at less cost.

Complicated Organic Picture

Galloping demand for organic food and debates about organic standards took center stage in a report by General Coordinator Janet Schumacher who discussed the controversy among dairy farmers about who is meeting standards, who is not, and how that affects Coop purchasing. Schumacher said that the United States does not produce enough organic milk to meet demand, noting that Stonyfield Farms has begun importing organic dried milk from New Zealand. “The U.S. is just really not growing enough food anymore,” said Schumacher. “The U.S. is not able to feed itself.”

“One of the fundamental underlying reasons that we are alive now is that we have a principle that every member must contribute. If somebody’s going to benefit from the Coop, they have to contribute to the Coop.”
— General Coordinator Linda Wheeler

Furthermore, some smaller dairy farms have been taken over by larger “factory” operations, which might arguably undermine some of the animal-friendly aspects of organic standards. Based upon these concerns, the Coop has replaced some Horizon organic milk products, supplied by some large farming

operations as well as small farms, with similar products from Organic Valley, which uses milk produced by smaller outfits, Schumacher said.

But complicated questions remain about the multiple impacts of organic practices—on food, on animals, and on people. For instance, Schumacher said, some observers have documented decreased pesticide exposure for farm workers on organic farms, but have noted that organic production requires more grueling work practices.

She concluded with a summary of the Coop’s beef-buying patterns, remarking that the Coop purchases whole grass-fed cows, and that stew cuts and shanks had begun to build up in the Coop’s freezer as members picked and chose other cuts. To cope with the imbalance, Schumacher said the Coop might order beef more sparingly and provide education on preparing tasty but slow-cooking cuts where “you can’t just throw it on the grill.”

Toddler-sized Shopping Carts

Member Jason Platt Zolov exhibited a modicum of bravery in presenting a discussion item where he advocated purchasing a few toddler-sized shopping carts for about sixty dollars each, which would allow children to join their parents on the Coop floor, perhaps during designated children’s hours.

Platt Zolov, who said he’d seen the carts in use at D’Agostino, suggested children would enjoy them, that children’s participation might help encourage responsible shopping, and that children’s presence with carts scaled for their use might “lighten and brighten” the mood and atmosphere at the Coop.

While Platt Zolov said his survey of members on a Friday morning yielded 40% support for the idea, the reception at the GM fell far short of that. Opponents lined up at the microphone to say that kids’ carts would add to “crowding and chaos,” interfere with heavy stocking periods, and lead to tension between members with children and those without. A member who described himself as “virulently opposed” to the idea rified that children might be better

“chained in the back” of the Coop rather than “giving them a weapon on wheels.”

Indeed, the discussion led one member who attended the GM with her baby on her hip to comment that even if the carts were available, she might elect not to use them “because of the hostility.”

A parent who said she had discussed the proposal with friends at a coop in Ithaca relayed their response: “Why wouldn’t you want them?” She then suggested that the patience and understanding carts for children’s use require could benefit the Coop, since “if it was only one hour a week, it would be an experiment in being human.”

Following soon on her heels, another member rose to say that the carts were “fantastic” but “not feasible,” since in his estimation, “I don’t know that the Coop is mature enough to handle this.”

The U.S. is just really not growing enough food anymore. The U.S. is not able to feed itself.”

— General Coordinator Janet Schumacher

General Coordinator Allen Zimmerman suggested that the manipulation of u-boats loaded with hundreds of pounds of products for stocking might pose a threat to small children moving around the Coop floor, and suggested upgrades to childcare, including more workshop programming for children during shopping hours.

Gazette Ad Prices Up

The *Linewaiters’ Gazette*, conceived as a break-even operation, has run over \$2,000 in the red for the past couple of years, according to General Coordinator Linda Wheeler, who serves as the staff liaison to the member publication.

Based on those figures, Wheeler proposed a 50% increase in members’ ads (the only ads accepted by the Coop), changing the price for a text or classified-type ad from \$10 to \$15, and raising the price for a business card advertisement from \$20 to \$30.

Responding to questions about the availability of any other savings measures, Wheeler said that the *Gazette*

had controlled costs by switching to newsprint in 1994 and that art costs had dropped with digital technology.

Wheeler projected that its possible advertising units would not drop significantly with the price hike, and suggested the increase would eliminate the need for more adjustments over the next few years. The proposal carried, 88-3.

“Overdue Makeups”

The final agenda item concerned formalizing a one-for-one makeup policy that would allow members owing fewer than seven makeups to steadily work down their owed shifts on a one-for-one basis while maintaining shopping privileges. To keep

shopping, the members would consistently have to work one makeup and their scheduled shift in a four week period.

The policy would formalize a system used commonly but not consistently in the office for quite some time, and would affect the bulk of suspended members, said General Coordinator Jess Robinson. “They come to work but can’t shop, and it’s a bummer.”

With the one-for-one system, members would remain on work alert while working down their owed shifts, and extensions of the timeframe for working down owed shifts would be limited to six work cycles. Currently, according to Robinson, extensions can be granted indefinitely, with the record for extensions held by a member who owed make-ups for four years.

The discussion that followed indicated that many members did not know that extensions on owed workslots could be procured by contacting the Coop office, and many members who spoke said they were convinced that the possibility of extensions was not consistently acknowledged—or perhaps even known—by squad leaders. ■

PSFC SEPTEMBER GENERAL MEETING Tuesday, September 26 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: Disciplinary Committee Election (40 minutes)

Election: The Disciplinary Committee will present candidates for the hearing officer and hearing administration committees. -submitted by the Disciplinary Hearing Committee

Item #2: GM Rules Committee (45 minutes)

Proposal: “The General Coordinators, Agenda Committee and Chair committee will each choose one member of the committee. Together, those three members will solicit interested Coop members to join the committee. From those who respond, they will choose three or four additional members, making the membership of the entire committee either six or seven. At its discretion, the committee will make progress reports to the General Meeting. Once the revised rules have been proposed to the General Meeting, and either accepted or rejected, the committee will disband, Members will receive workslot credit for their service on the committee.” -submitted by the GM Chair Committee

Future Agenda Information:

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

Computer & Electronics Recycling Day

By Cathryn Swan and Michael Rieser

Brooklynites are learning this lesson by heart; computer and electronic equipment can be recycled. No one wants to see old computer equipment crushed in a trash truck, burned in an incinerator, or buried in a landfill any more than they want to bury it in their backyard. The question has moved from, “Why should I recycle e-waste” to: How? Where, and When? Since electronics waste takes up 10% of landfill space and yet provides 70% of the toxicity in landfills, responsible electronics recycling just makes sense.

The quest for faster bandwidth that is delivered by DSL and Cable makes it possible for us to take advantage of media rich applications that eventually outstretch the capability of our existing PCs. On top of that, planned obsolescence by manufacturers makes our older computers at some point no longer functional. As a result, 20 million PCs become obsolete each year.

Because monitors are being replaced at a fast clip with flat panel screens, the byproduct is a virtual ocean of CRTs that are being disposed of at an unprecedented rate. Each cathode ray tube (CRT) contains an average of 6 pounds of lead. By estimating that 20 million monitors contain six pounds of lead each, that means 120 million pounds of lead needs to go somewhere—typically to landfills, incinerators, to export or recycling. Where does it all go?

Although New York City’s City Council is working on electronics waste recycling legislation, based on an Extended Producer Responsibility model, right now, all NYC’s electronics left for pick

up by the Department of Sanitation are getting landfilled or incinerated. There are many problems with this. Computers and electronics contain a variety of heavy metals and other toxic substances including lead, mercury, cadmium, hexavalent chromium, and bromated fire retardants. These toxins have been linked to kidney, liver and thyroid cancer. They are able to leach into the air and

water supply. California has banned the landfill disposal of electronic waste. There is nothing in a computer that you would want to find buried in your garden. Just imagine those tomatoes!

This computer electronic recycling day is sponsored by Recycle This!, a grassroots waste reduction & recycling activist group that works

Member Contribution

throughout the five boroughs of New York City. The group, which meets in Park Slope, utilizes creative approaches to bring the topic of trash—where it goes, and what to do about it—into the every-

Electronic waste will be handled by Per Scholas

Per Scholas does not send electronic waste overseas, bury in landfills, or burn it in incinerators. In fact, they reuse as many computers as

The Per Scholas Comp2Kids Program provides reconditioned computers to students who attend selected schools in the South Bronx and Harlem.

The Per Scholas ACCESS Program makes reconditioned computers available to students and families in low income communities at the lowest possible cost. And each computer comes with Windows 2000, Microsoft Office, lifetime technical support, and a one year guarantee.

Computers and electronic equipment that are too old to reuse, not working and not repairable are processed and sent to smelters who melt plastics, metals, and glass which is then returned to the manufacturing process.

Recycling computers is one thing that pretty much everyone agrees on. People genuinely appreciate the opportunity to dispose of their electronic equipment in an environmentally responsible way. Most people don’t really want to throw their old electronic equipment in the trash. They just don’t know that there is an alternative. Tell your friends about this upcoming event and help plan others. ■



day discussion. This is done by hosting film screenings & discussions (most notably, “Gone Tomorrow: The Hidden Life of Garbage,” a wonderful film by Brooklyn-based director and writer, Heather Rogers), creative actions, Freecycle ‘live’ Reuse events, Electronics Recycling and more. Recycle This! focuses on recycling,

possible. That’s what makes Per Scholas different from most recyclers.

Per Scholas thoroughly trains aspiring computer repair technicians from low income communities. They develop a highly sought after skill and prepare for the A+ Certification test so that they can get a job and earn a decent living.

COMPUTER AND ELECTRONICS RECYCLING DAY

JJ BYRNE PARK

5TH AVENUE AT 4TH STREET

PARK SLOPE BROOKLYN

SATURDAY SEPTEMBER 16 10 AM-3 PM

PROGRAMS

Friday, September 15 through Sunday, September 17

The following programs will happen within four days of publication of this issue. For full ads, please look at the August 17 or 31 issues or pick up copies of the flyers in the Coop.

Friday, September 15
7:30 Genetically Modified Food: Why Are We Fighting It?

Saturday, September 16
10:00 Clothing Exchange
4:00 The Zen of Computer Maintenance

Sunday, September 17
12:00 Personal Power, Balance and Energy for the Busy New Yorker

Eating for Energy in Autumn

with Angelina Bertani
A one-hour interactive seminar.



Angelina Bertani is the founder of Roots of Wisdom, a certified Holistic Health Counselor, and a recent organic farmer. She guides clients in addressing weight loss, low energy, and health concerns by teaching people how eating seasonally enhances health, well-being, and life balance. She is a member of the Park Slope Food Coop.

FREE Non members welcome Sunday, September 24 12:00 at the Coop

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

Do you believe the earth has infinite wisdom?

Are you prepared for the mental, physical, and spiritual change that the autumn will bring?

Times of seasonal change are important as reorganizational periods, for increasing self-awareness and looking at life priorities.

• Prepare for the autumn equinox. Learn how autumn affects your body and how to enhance your energy by working with nature instead of against it.

Learn quick and easy food and lifestyle strategies that will provide you with a smooth seasonal transition.

ARE WE SAFE INSIDE?

with Carolyn Meiselbach

“Fifty percent (50%) of all illness is caused by indoor air pollution.” Environmental Protection Agency

Ask Yourself:

- Is that why our family has frequent colds?
- Is that why we suffer from allergies?
- What can we do about our pets?
- Is there something in our office making us sick, too?
- Why is our child coming home sick from daycare/school?
- Who said our inside air is worse than outside?
- Why is our tap water so dangerous?
- Why do so many NYC kids have asthma anyway?

Can we do anything about any of this?

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

Carolyn Meiselbach 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 effects our health and well-being.

FREE Non members welcome Tuesday, September 26 7:30 p.m. at the Coop

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

Coops Helping Coops Working with the East New York Food Coop

By Walecia Konrad

Should we share the wealth? In light of the overall success and recent increase in membership, some staffers and members are wondering whether the Park Slope Food Coop should get more involved in helping other organizations like ours get started.

The interest is clearly out there. “One week a couple of months ago, I had five different requests for help and information,” says General Coordinator Joe Holtz. In the past two year period, I’ve seen more interest in starting food coops than at any other time since we started in 1973,” said Holtz.

Perhaps the most important start-up is happening right in the PSFC’s backyard. After months of effort, The East New York Food Coop will be opening this month and, like the Park Slope Food Coop, it will operate with a majority of volunteer workers.

“I’ve seen more interest in starting food coops than at any other time since we started in 1973”
—Joe Holtz

During the week that Holtz described, he was approached by a member moving to California who wanted to start a food coop when he got there, another member who had a friend three hours away who needed help with a start up, a group from Port Arthur, Texas, who had gotten a grant to start a food coop in the wake of Hurricane Rita damage, and a group from Chester, Pennsylvania whose efforts were just getting off the ground.

While that was an exceptionally busy week, Holtz says he routinely gets calls from people interested in starting coops. Initially he sends a package of information detailing how to get start up grants, loans and other funding, how to make sure you’ve got the right group of people working together, food coop economics, finances and philosophies, ethical food sources, and specifics on the Park Slope Food Coop model of member workers. Until East New York, the PSFC was the only coop in the country that relied on its members for about 75% of the work needed to run the place. Keeping paid staff to a minimum is what saves the Coop money and allows the prices to be so low. If another fledgling coop is looking for information on member workers, the PSFC is the only source of information available.

After Holtz sends the orientation packet, he makes himself available by phone, email, and in person to answer questions and give advice. For example, he’s been working off and on for the past three years with a group in Missoula, Montana, who are starting a coop based on the member worker model. That coop is set to open in October or November. Holtz spent a good chunk of time helping the group with its initial financial statements, which because of the member worker model, are quite different from those of other coops. The Missoula group had initially approached one of the handful of coop consultants out there for help, but Holtz discouraged them from that idea. The consultants would have charged \$500 to look at the books and, most likely, would have tried to persuade them to follow a more traditional approach because they are not familiar with the PSFC structure.

Workslots at East New York Coop

Although new coops often seek out Holtz personally for advice, other members are also lending a helping hand. Donald Alexis, Receiving Coordinator, and member Melanie Chopko have both worked closely with the East New York Food Coop startup team. That number may increase substantially now that members can receive FTOP credit for working in the East New York store. (Interested members should email ellen_wein-stat@psfc.coop or call the office.) So far, a handful of members have already completed workslots helping the East New York store get ready for its opening. PSFC member Sean Elias spent a Saturday shift in August at the ENY Coop. “The space used to be a 99 cent store,” he says, “so it’s not real big but it is deep. I helped take old shelves out of the main area.” Elias hopes to do another shift at ENY in the future. “I’m 100 percent behind PSFC members getting workslot credit there. It’s great to help out.”

Helping other coops is one of the principles of cooperation that all food coops are based on, so answering questions and lending a hand is, essentially, part of the job. But now Holtz is wondering if the PSFC should be spreading the word about our member worker model in a more formal, organized way. At the June General Meeting, there was discussion about forming a committee to work specifically on this. Holtz is even wondering if the Coop should consider offering low-interest loans to qualified coop startups. “It’s something for us all to think about,” says Holtz. ■



Newly hired General Manager Damien Mercado with Salima Jones-Delay of the Local Development Corporation of East New York. Salima has been coordinating the development efforts.



The East New York Coop has found a location. The founders hope to have it ready in a month.



Salima reviews the progress of the construction.



ENVIRONMENTAL COMMITTEE REPORT

Green Cleaning Comes to New York

By Cynthia Blayer, for the Environmental Committee

We rely on cleaning products to keep us safe from dirt and germs. In recent years, it has come to light that many standard cleansers contain ingredients that are actually harmful to us. Although they take away dirt and germs, these cleansers can leave toxic residues on surfaces as well as release them into the air. Green or ecological cleansers, which don't contain harmful ingredients, give us a safer, healthier alternative. Increased interest in these green cleansers has lead to some positive changes in New York State policy.

Manufacturers of cleansers are not required to list all ingredients on the labels of their products, so they are not readily apparent to the average consumer. The popular cleansers Fantastik and Windex both contain butyl cellulose, which is neurotoxic. Many common cleansers contain asthmagens, which are ingredients that can cause asthmatic reactions. A 2001 study reported in the American Journal of Industrial Medicine found that janitorial workers have twice the rate of respiratory health problems as other workers. Some types of cleansers tend to contain more toxic chemicals than others. Disinfectants, for example, can contain chemicals such as cresol, phenol, ethanol, formaldehyde, ammonia and/or chlorine. These chemicals can cause central nervous system damage, the effects of which can be depression, hyperactivity, and/or irritability. Floor and furniture polish often contain phenol, nitrobenzene, acrylonitrile, ammonia, naphthalene and/or petroleum distillants, which can lead to cancer, genetic damage, and/or skin, heart, liver, kidney or central nervous system damage.

Children are particularly vulnerable to the effects of environmental toxins, in part because they are smaller than adults and their bodies are still developing.

Asthma has been a leading cause of school absenteeism in the United States; ingredients in



commonly used cleaning products can prompt asthma attacks.

Deirdre Imus, director of the Deirdre Imus Environmental Center for Pediatric Oncology, worked to educate Governor Pataki about the health hazards of many standard cleaning products. This resulted in New York State Education Law 409-1, which requires all public and non-public elementary and secondary schools to use environmentally sensitive cleaning and maintenance products. The law was signed by Governor Pataki in August 2005 and takes effect September 1, 2006. Specific information and guidelines about products and usage are available from the Office of General Services, www.ogs.state.ny.us/bldgadmin/environmental/default.html. This legislation will help to protect the health of school children as well as the adults who work in schools such as teachers, administrators and janitorial staff.

Green or ecological cleansers voluntarily disclose all ingredients on their labels and avoid any ingredients that are harmful to people or the environment. It is worth noting that cleansers affect the environment outside the home as well as inside. Cleaning residues go down the drain and are processed in

either sewage treatment plants or septic tanks. Not all chemicals that go through the sewage system are eliminated by the filtering process. There are situations where the chemical waste incapacitates the bacteria used to filter out pathogens. Paints, solvents, acids, drain cleaners, oils and pesticides can pass untreated through a sewage system and contaminate the groundwater. Products that are used outdoors, for cleaning a car or patio furniture don't even go through a filtering system. They go down driveways and into storm sewer systems, often ending up in a nearby creek or river.

The Coop has always carried a variety of cleansers, both green and otherwise, but has increasingly urged the use of green cleansers for maintenance workers. Maintenance squad workers as well as checkout workers and others who clean Coop counters, floors, and bathrooms are now required to use only green cleansers, such as Ecover, Seventh Generation, Lifetree or Planet. A perfectly fine effective alternative would be to use a solution of vinegar and water, which has been shown to kill 99% of germs and bacteria..

There are many green or ecological cleansers available today and prices have become competitive. Such cleansers, like those made by Ecover and Seventh Generation, have a policy of disclosing all ingredients on their labels. The ingredients they contain are both non-toxic and biodegradable.

The non-profit organization Greenseal (www.greenseal.org) provides information about the safety and efficacy of many green cleansers as well as other products such as carpets, lighting, paper, and tires. With the many alternatives available today for the health conscious consumer, particularly those who are members of the Park Slope Food Coop, it is nice to know how easily we can be both clean and green. ■

ILLUSTRATION BY ROD MORRISON



Meet Your Mind

WITH ALLAN NOVICK

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

Meditation opens and calms the mind.

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

Allan Novick, has practiced meditation in the Shambhala Buddhist tradition since 1975 and is a certified meditation instructor in that tradition. He lives in Park Slope, has been a Coop member for 14 years, and works as a psychologist for the NYC Dep. of Education

FREE
Non-members welcome

Friday, September 29
7:30 p.m. at the Coop

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

Striking Balance with a Busy Lifestyle: Eating for Energy

with Michelle Zassenhaus

- Are you a busy person with a lot to do?
- Do you find you have lapses in energy that hold you back?

In this 90-minute interactive workshop, we'll explore ways to increase your energy and keep a healthful balance when you have a "full plate."

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, September 30
10:00 a.m. at the Coop

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

Never Spend Another Penny

with Charmaine Johnson and Guest Michael Neal

Make all your dreams come through including learning how to fund them.

You've tried...

- ...To get out of debt
- ...To invest and save your way to a fortune
- ...No money down real estate courses
- ...Tax liens courses
- ...And More...

Can you change financially? The answer is a resounding YES !!

Come to this workshop to learn revolutionary techniques that will change your financial situation and lifestyle.

Come prepared to learn how to use:

- Credit cards, debt reduction and the credit scoring game
- Bank resources
- Buying, investing and owning real estate
- Starting and maintaining a profitable business
- Taxes and how to get them to work for you

Charmaine Johnson is a Coop Member, Licensed Real Estate Salesperson and Real Estate Investor.

FREE
Non members welcome

Saturday, September 30
4:00 p.m. at the Coop

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

Mysteries of Aisle 4

Remedies from the Flower

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

What are those cute little glass dropper bottles that sit on a rack on the back shelf of Aisle 4 opposite the dairy case? Names like Elm, Pine, Scleranthus and Red Chestnut are some of the 38 essences that make up the Bach Flower Remedies. These remedies are formulated to restore emotional balance.

Dr. Edward Bach was a renowned physician in London. For many years he had sought a natural and pure way to heal himself and his patients. In 1928, Dr. Bach discovered the first of the 38 Bach Flower Remedies. Dr. Bach potentized the remedies by placing the flowers in a bowl of spring water and leaving them in the sun. He claimed that the healing essence of the flowers would be extracted into the water by

the sun. He then treated his patients with the water.

The philosophy behind the Bach Flower Essences is that disease is a way for our body to tell us that we are doing something that goes against our soul and personality. Dr. Bach believed that a conflict or disease arises when “our personalities are led astray from the path laid down by the soul.” When prescribing the Essences, Dr. Bach would look at the patient’s emotional health and not the disease, since he believed disease to be caused by emotional imbalances. The Essences would then be chosen to correspond with their emotional outlook on life, which allowed them to be in harmony with themselves and their soul and therefore regain health. For example, a remedy such as Larch would be given

Member Contribution

to a person Dr. Bach felt suffered from low self-esteem, Mimulus to someone who was fearful and Pine for someone who felt guilt. Rescue Remedy, the most known of the Essences, is a compilation of five flowers: Rock Rose, Star of Bethlehem, Impatiens, Cherry Plum and Clematis. Dr. Bach created this remedy as an emergency combination to be used for shock or trauma situations or even for just an upsetting day. Practitioners and clients alike have seen its efficacy in dealing with anxiety and stress. We recommend 10 drops of Rescue Remedy in

your water bottle daily as a great antidote for coping with daily stress. Rescue Remedy also comes in a cream that can be applied topically to calm skin traumas or wounds.

The Bach Essences are made from 100% natural spring water infused with wild flowers either by the sun-steeping method or by boiling. Essences are hand produced exclusively in England without the aid of mechanical devices. Their power is exponential; therefore, the small stock bottles at the Coop go a long way. They can be diluted by pouring spring water into 1 oz. or 2 oz. dropper bottles and then adding four or seven drops respectively of the stock bottle remedy into the spring water. A small amount of brandy can be added to the diluted solution as a preservative. Remedies are generally taken one dropperful four times a day.

The remedies can also be

taken straight from the stock bottles or can simply be put into a glass of water each time used. Bach flower remedies are used with children, animals and even plants. Although when diluted the alcohol content is negligible, those with alcohol sensitivities for any reasons may want to be cautious.

We have included a list of the Essences and a brief description of their uses. There is a booklet sold in the Coop entitled “The 38 Bach Flower Essences” by Wigmore Publications which will give more detail (usually found by the Rescue Remedy in Aisle 4). The brown bottles for dilution are also available at the Coop in Aisle 4. If you are interested in further study, there are many books written about Dr. Bach and the Bach Flower Remedies. The booklet mentioned above gives many references. You can also go to an online website: www.bach-flower.com. ■

BACH FLOWER ESSENCES

Compiled by Andrea Auerbach and Carol Patti

Agrimony	mental torture behind a cheerful face
Aspen	fear of unknown things
Beech	intolerance
Centaury	the inability to say no
Cerato	lack of trust in one's own decisions
Cherry Plum	fear of the mind giving way
Chestnut Bud	failure to learn from mistakes
Chicory	selfish, possessive love
Clematis	dreaming of the future without working in the present
Crab Apple	the cleansing remedy, also for self-hatred
Elm	overwhelmed by responsibility
Gentian	discouragement after a setback
Gorse	hopelessness and despair
Heather	self-centeredness and self-concern
Holly	hatred, envy and jealousy
Honeysuckle	living in the past
Hornbeam	procrastination, tiredness at the thought of doing something
Impatiens	impatience
Larch	lack of confidence
Mimulus	fear of known things
Mustard	deep gloom for no reason
Oak	the plodder who keeps going past the point of exhaustion
Olive	exhaustion following mental or physical effort
Pine	guilt
Red Chestnut	overconcern for the welfare of loved ones
Rock Rose	terror and fright
Rock Water	self-denial, rigidity and self-repression
Scleranthus	inability to choose between alternatives

ILLUSTRATION BY ETHAN PETTIT

BEST ECO-CHOICE

Presented by the Environmental Committee

Eco-Tip: Non-Toxic Oven Cleaner

To clean an oven, cover the bottom 1/4 of an inch of baking soda. Spray the baking soda with water to create a paste. Leave it overnight. In the morning, the baking soda and accompanying oven grime can easily be wiped out with a sponge.

WORDSPROUTS

The Park Slope Food Coop's Reading Series
Featuring Richard Roundy & Marie Carter



Richard Roundy is the author of the poetry chapbook *The Other Kind of Vertigo*. His poems have appeared in journals such as *Verse*, *Shiny*, and *Hat* and he's given readings at St. Marks Poetry Project. Richard teaches at Hunter College High School and lives in Park Slope with his wife and daughter, Ella. He is currently hard at work on his first novel. He'll be reading from his chapbook and some new work as well.



Marie Carter is an Associate Editor at Hanging Loose Press and the editor of *Word Jig: New Fiction from Scotland* (Hanging Loose, 2003). She has had work published in Hanging Loose and The Brooklyn Rail among others and received a residency at the MacDowell Colony in 2006. She will be reading from her book of creative non-fiction called *The Trapeze Diaries*.

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

Bookings: P.J. Corso, paola_corso@hotmail.com

Thursday, September 28
7:30 p.m. at the Coop

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

COOP HOURS

Office Hours:

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

Shopping Hours:

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

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

Childcare Hours:

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

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS'
GAZETTE

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

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that 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 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.



ILLUSTRATION BY DEBORAH TINT

Puzzle Corner

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

Cryptogram Topic: Apples

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.

Q C H R Q Z C S

C U F H E L H E H

M U S H B C R R

J W S R A H G

L C H S S F A P W X N

C R T T R E W D W U Z A

P H D W S X U A N

N U S R F D C W A G

P H D U Z S

R P G W C R

P Z X A Z

G W S I E H T F

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COOP CALENDAR

New Member Orientations

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

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Sep 28 issue: 7:00 p.m., Mon, Sep 18
Oct 12 issue: 7:00 p.m., Mon, Oct 2

CLASSIFIED ADS DEADLINE:

Sep 28 issue: 10:00 p.m., Wed, Sep 20
Oct 12 issue: 10:00 p.m., Wed, Oct 4

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, SEP 26

GENERAL MEETING: 7:00 p.m. The agenda appears in this issue.

TUE, OCT 3

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.



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 in the Membership Office and at every General Meeting.

Next Meeting: Tuesday, September 26, 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 elevator 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 available as a flyer at the Coop entrance hall 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 5:00 p.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 one 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 the 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.

SAT, SEP 16

GOOD COFFEEHOUSE: 9th Annual Park Slope Bluegrass & Old-Time Musc Jamboree. Friday, 9/15, James Reams & the Barnstormers. 8:00 p.m. (doors open 7:30),\$10 adults, \$6 children. Saturday, 9/16, 12:30-10:00 p.m., \$4, workshops in banjo, fiddle, guitar, harmonica & bluegrass harmony singing plus all-day jamming. All acoustic. 718-965-8490, 917-514-5364, tina@jamesreams.com.

A CLEAR & DEFINITE PATH: Miami Beach yoga instructor Fred Busch presents his new book, A Clear & Definite Path: Enlightenment & Health with Yoga & Holistic Living. Integral Yoga Institute, 227 W 13 St, Manh. 1:00 p.m.

PEOPLES' VOICE CAFE: In Process..., an African-American women's a cappella quartet singing about issues of love, self-respect, family, substance abuse, etc, etc. Pam Parker, with a repertoire of songs of struggle, love & celebration, performs blues, swing, jazz, folk & R&B. DIFFERENT LOCATION, this concert only: Community Church, 40 E 35 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. 212-787-3903.

SUN, SEP 17

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

ATLANTIC ANTIC: Join the fun at this year's 32nd annual Atlantic Antic Street Festival. 10 a.m. - 6 p.m. on Atlantic Avenue between Fourth Avenue and Hicks Street. Activities for the whole family! Foods from around the world, handmade crafts, shopping, puppets, pony rides, belly dancers, eight live music stages! www.atlanticave.org.

MON, SEP 18

CD RELEASE SHOW: Peira Moinester and Devin Krug invite you to celebrate the CD release from their band In Flight Radio. They play original songs with a British Rock influence and are performing at Mercury Lounge at 9p.m.. You can hear them at www.inflightradio.net and on college radio nationwide.

WED, SEP 20

"SUSPENSEFUL, COMPELLING, HEARTFELT" Come hear author Ellen Dreyer read from her new young adult novel, THE GLOW STONE, at Barnes & Noble, 267 7th Avenue, Park Slope - 6:30 p.m. A Q&A and book signing will follow.

ONGOING SHOWS/EVENTS

TUESDAYS, SEP 19 & 26, OCT 3, 17 & 24

A.F.R.A.I.D.: A Musical Drama in two acts: New York City, August 1858. The weekly meeting of American Females for Righteousness Abasement Ignorance & Docility was called to order by its venerable President, Mrs. Senza Bliss. After singing the national A.F.R.A.I.D. anthem, the meeting was delightfully disrupted by a group of Women's Righters, Abolitionists, Suffragists, Spinsters, Domestic, Fallen Doves, Lunatics and yours truly, Fanny Fern. (Office Coordinator Kathleen Keske* is Senza Bliss.) 7:30 p.m., The Brooklyn Lyceum, 227 4th Ave. @President St, \$20, students/srs \$10, groups 6+ \$15. Info & tickets: www.bropera.org.

For more information please visit Ellen's website, www.ellendreyer.com. *Ellen was an avid coop member before she moved out of state!

FRI, SEP 22

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Mah Jong Orphan. This real life film focuses on the widening chasm between a Chinese mother, Suzan, a first generation immigrant, and her daughter Lilly, eager to assimilate. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

SAT, SEP 23

MOVIE SERIES: Asian American Women Artists Alliance presents Just One Look. A romantic comedy drama set in 1970's Hong Kong, which pays homage to classic martial arts films. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7P.M.. By donations.

TUE, SEP 26

FREE! CAREGIVER STRESS REDUCTION workshop led by *Joan Vega. Learn breath work, guided meditation, and visualization techniques to cope with the overwhelming demands of caregiving. Held at Leeza's Place at Park Slope Geriatric Day Center, Tuesdays, 4-5:00 p.m. RSVP necessary. Please call 347-296-2345 to register.

FRI, SEP 29

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Under the Willow Tree. Using old photographs and interviews, this film tells the remarkable tale of the courageous Asian women who left their families and all that was familiar to settle in the New World and marry men they had never met. The men had come to build the transcontinental railroad. The film is a testimony to the strength, resourcefulness and dignity of these women. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

SAT, SEP 30

PEOPLES' VOICE CAFE: Matt Jones 70th B'day Bash Concert. Celebrate & honor a Freedom Fighter, Freedom Singer, prolific songwriter & composer. Matt Jones is a former Field Secretary of the Student Non-violent Coordinating Committee (SNCC) & a former director of the SNCC Freedom Singers. He composed & arranged over 500 freedom songs & ballads, including "The Ballad of Medgar Evers," which can be heard in Rob Reiner's film "Ghosts of Mississippi." Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. \$12, more if you choose, less if you can't. 212-787-3903.

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents The Japanese Nightmare. More and more young Japanese women are rebelling against the societal norm. Instead, these "single parasites" pursue careers and live with their parents, with dramatic impact on the economy and on demographics. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

FRI, OCT 6

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Modern Heroes, Modern Slaves. Each day, thousands of women leave underdeveloped countries to seek work as domestics in more prosperous places. This film shows the human and sometimes tragic side of their stories. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

SAT, OCT 7

PEOPLES' VOICE CAFE: Eric Andersen recounts his experiences among the Beat poets and writers of San Francisco on the evening of President Kennedy's assassination. "Andersen...is powered by the singular mix of irony and high romanticism that fuels his classic work."—Rolling Stone. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. \$12, more if you choose, less if you can't. 212-787-3903.

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Chinese Classic animations. Free for Brooklyn neighborhood communities. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m.

SUN, OCT 8

MILES FOR MIDWIVES: Celebrate National Midwifery Week at 10am with our 4th annual 5k run/walk in Prospect Park (Bartel-Pritchard Square, 15th St & PPW). Adults \$12 advance/\$15 day-of, children \$3/\$5. Applications & more info available at www.nycmidwives.org/miles.html. Or arrive 8-9:30 a.m. to register on race day. Milesfor Midwives@yahoo.com for questions.

Wall Chart Updating

Sundays, 8:00–10:45 a.m. This is the perfect job for a detail-oriented person who likes a quiet and pleasant work environment. You will be trained by a staff person who will always be available to answer questions. You are part of a team of two to three people, but you will work on your own. Please speak to Judy Nikolai if you would like more information. Call her on Sunday, 8:00 a.m–4:00 p.m., or Monday–Thursday evenings, 6:00–10:00 p.m.

Laundry

PART 1: Sunday, 2:00–4:00 p.m. Laundry and a few other light maintenance tasks. Gather laundry from the ground floor and basement, preparing it (check pockets, typing apron strings, etc.), take it across the street to the Laundromat and put it in washers. Return to the Coop. For the remainder of the shift time, you will do some light maintenance tasks assigned by a Receiving Coordinator. During this time, return briefly to the Laundromat to transfer loads to dryers.

PART 2: Sunday, 4:00–6:00 p.m. Pick up laundry from the Laundromat. Sort

clean aprons, towels, gloves, etc., and put everything away around the Coop. For remainder of the shift, do additional light maintenance tasks under the supervision of a staff person.

Toy Cleaning

Monday, 8:30-10:30 p.m. This job entails cleaning all plastic toys in the childcare room with soap and water. Wipe down all wooden toys; clean small chairs and tables; straighten the book shelves. In addition to cleaning, sort out anything that is visibly broken and throw it out.

Office Close

Wednesday 8:30-11:00 p.m. Our openings are on Wednesday at the moment, but if you like this kind of work, keep an eye out or ask about other days. The job is mainly data entry inputting changes generated by the make-up recorders, attendance workers, and evening office workers.

Office Supplies

Thursday, 8:30-11:00 p.m. Working with a multi-page list, count and replenish supplies in all the second-floor offices.

FILM NIGHT

Friday, October 6 • 7:00 p.m.
at the Coop

Call It Democracy thoughtfully probes events surrounding the U.S. presidential elections of 2000 and 2004. Far from being another attack on the election's much-disputed results, it's an illuminating and engrossing non-partisan look at the longstanding need to address issues including voters' rights and election reform. Blending man-on-the-street comments with reflections from legal and political experts and journalists from all sides of the spectrum, **Call it Democracy** operates from the premise that with an Electoral College system the candidate with the most votes does not always win.

Commentators including Alan Dershowitz, Vincent Bugliosi and former Senator Birch Bayh (D-IN) examine important historical events, including the 1960 Kennedy vs. Nixon campaign, George Wallace's attempted manipulation of the Electoral College in 1968, and prior elections when the popular vote did not prevail. Read more at: www.callitdemocracy.com

Matthew Kohn is the writer, director, researcher, and producer. Kohn's short film, **Rosa X Rays Joe**, featuring Drama Desk Nominee Anita Durst, was awarded the title of Best Experimental Film at SinCine2002. In 1999, Kohn's **Sea Level Inferno**, featuring live music by William Hooker screened at festivals, galleries, and alternative screens across the United States. Matt has created music videos for Stephanie Sayers, Thurston Moore, William Hooker and others. Currently, Matt is developing his debut narrative feature, a semi-autobiographic story set in the shadow of 9/11 about a man who uncovers the secret behind a dark hoax. A discussion with Matthew will follow.

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

Non-members welcome

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

WORKSLOT NEEDS

Flooding Statistics and One Farm's Reality

By Sarah Johnston, Executive Director, Northeast Organic Farming Association

This article originally appeared in the Mid-Summer 2006 issue of *Organic Farms, Folks & Foods*. It is reprinted with permission.

The flooding that took place in late June has been devastating to farmers in the Mohawk, Delaware and Susquehanna River basins. According to the NYS Dept. of Agriculture and Markets, losses for crops alone are up to \$40 million in the 20 counties designed as Presidential Disaster Areas. USDA estimates 290,250 acres of crops were destroyed by flooding, along with 28,250 acres of land. Structurally, New York farmers sustained damage to 60 barns, 115 farm structures including silos, and 122 pieces of farm equipment.

The highly unusual flooding occurred on top of an unusually wet spring and summer, which has made the season a difficult one for many farmers. The weather service's totals for 48-hour rainfalls were around 6 inches for the counties of Herkimer, Hamilton, Fulton and Montgomery, with isolated amounts of up to 8 and 9 inches observed by Doppler radar in spots in Hamilton and Greene Counties. The 23 designated counties are: Broome, Chenango, Columbia, Cortland, Delaware, Fulton, Greene, Hamilton, Herkimer, Madison, Montgomery, Oneida, Orange, Otsego, Rensselaer, Saratoga, Schoharie, Schoharie, Sullivan, Tioga, Tompkins, Ulster and Warren.

Good soils, along with the water needed to make crops grow, are located in the flood plains of rivers and streams. Flooding is nothing new, but weather patterns this spring and summer caused what seems to be a flood that can be expected only once every 200 years. This is hardly reassuring, since several parts of the state have suffered 100-year floods several times in the last 10 years.

We know that Richard and Holley Giles at Lucky Dog Farm in Delaware County, and Wes and Amy Gillingham at Wild Roots Farm in Sullivan County, were hit particularly hard. John Gorzynski and Greg Swartz were also hit hard. For those removed from the areas of flood damage and the business of being dependent on the weather for one's livelihood, here is one family's story.

Kevin and Lisa Engelbert and their three sons, Kris, Joe, and John, farm in Nichols, NY, and the family farm is located in the flood plain of the Susquehanna. Their crop losses are staggering.

When I asked the Engelberts about how they were doing with available assistance, Lisa wrote back. Her reply was so detailed and so descriptive of the plight of

farmers, I asked her if we could repeat her story here:

I spent a totally wasted afternoon in Owego at the disaster assistance center talking to the NYS Dept. of Labor (DOL) (the only help we seem to qualify for is a \$5000 grant through DOL, but I already knew about that from Farm Bureau—have application filled out), FEMA, SBA, Disaster Mitigation (that was really a joke), and Social Services. SS offered us \$506 in food stamps, but I told them that there are families that really need that kind of assistance—we don't unless we can use the food stamps to buy feed for our cows. FEMA told me that they can do absolutely nothing for us since our house wasn't affected. They aren't dealing with businesses and certainly not farms. NYS is working with business, but not farms. SBA will offer you low interest loans, only after you are turned down elsewhere—we wouldn't be turned down.

Basically, we will have to hope the USDA comes through with some farm aid. I think they will, but it will be months before we see anything and it won't come close to covering our losses.

Our mortgage requires us to have flood insurance, but it covers mainly structural damage, which we don't get. We don't get water current here at the farm, we get backwater. Our bank realizes this and suggested that we get the lowest amount of coverage and the highest deductible. That's what we did. Even if we had a higher coverage, it wouldn't pay for the damage we have to crops and lost milk income, or most of the other damage.

Aside from the above, the organic community has been phenomenal! We have had calls, emails, offers of help, hay, etc. We had several loads of hay donated to us by some of our organic farming friends. I have MANY thank-you notes to write! We continue to count our blessings that no one was hurt, but it will take a long time. Also our local FSA office and Farm Bureau have been incredible. What a great bunch of folks! They are yet another blessing.

There are many farmers in our area and through the state that have suffered almost crippling losses. Two factors are contributing to the problem—DEC won't allow gravel to be removed from the rivers and streams, so it has been building up for 20 years or so; and all of the development upstream. People need to be aware that farms provide more than food and pretty open space—that open space slows the water down. Blacktop doesn't. I would like to see some legislation giving tax breaks to farmers who keep the land in agriculture. We are providing a huge service to everyone; unfortunately most people don't have a clue.

Federal Government Farm Crops & Disaster Relief

Will it happen? How much will it be? Both Senator

Charles Schumer and Hillary Clinton have called upon the Secretary of Agriculture to release funds for critical programs that could provide some relief for New York farmers hard hit by recent flooding. The senators also asked for consideration of a crop indemnity program similar to the one provided for farmers who suffered losses during Hurricane Katrina. NOFA-NY has written letters to Senators and to our congressional representatives, urging that they do everything they are able to provide the needed disaster relief that will keep farmers farming.

Farm Aid & NY Farm Bureau Help

Both the NYS Dept of Agriculture and Markets and the NY Farm Bureau websites and offices are providing lists of available relief, including providing listings of any new developments. On August 10, Farm Aid announced that it is granting emergency resources to farmers in New York, Pennsylvania (21 counties) and Vermont (the entire state) in the amount of \$20,000. Grants are limited to \$300 per family farm operation. For New York farmers, applications for funds can be made through the Glynwood Center, located in Cold Spring, NY. Their website is: www.glynwood.org. Their phone number is: 845-265-3338.

For those wishing to help, donations can also be made to Farm Aid for farm disaster relief. Individuals and companies can contribute to Farm Aid's Family Farm Disaster Fund online at www.farmaid.org. For more information, call them at 1-800-327-6243. Or send your check to: 11 Ward Street, Suite 200, Somerville, MA 02143. Let them know that you want the money to go to NYS farmers. The NY Farm Bureau is also providing an opportunity for people to give to aid farm flood victims. Donations can be made to their Feed & Forage Fund, aimed to help farmers recovering from June and July flood damage cover the costs of transporting replacement hay and other feed. Donations to the fund can be made by calling the New York Farm Bureau Foundation at 1-800-342-4143. Their mailing address is: PO Box 5330, Albany, NY 12205. Both organizations are tax exempt, so your contributions are tax deductible. Please consider giving generously if you are able. These efforts will help farmers.

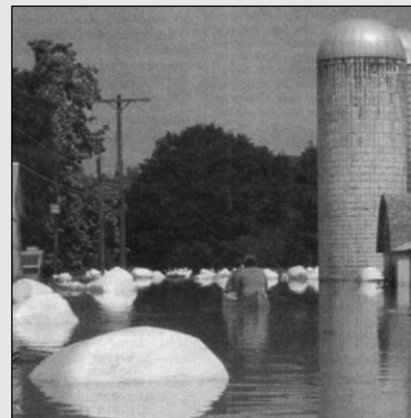
NOFA-NY Certified Organic, LLC staff and committee members wish to extend their heartfelt thoughts and prayers to those affected by

the flood of 2006.

Certification for land involved in the flood of 2006 will not be in jeopardy. Flooding is considered a natural

disaster and out of a producer's control. Please make sure all records are kept regarding lost crops and fields affected by the flooding.

FLOODING LOSSES—ENGELBERT FARMS

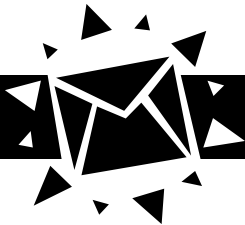


The Susquehanna River crested 32 inches higher than ever before, causing devastating damage to our facility and crops. Here is what we estimate we have lost so far:

- 64 acres of field corn, \$65,000, 3T to 4T/acre shelled corn @ \$250.00 to \$300.00 per ton.
- 10 acres soybeans, \$10,000, 45 to 50 bushels/acre @ \$18.00 to \$22.00 per bushel.
- 52 acres of pasture, \$52,000, maybe more—this is at least 50-60% of our summer forage. We are not sure if it will come back, what quality it will be if it does come back or if we will have to reseed it. Intensive rotational grazing system—cows rotate through paddocks 8 to 10 times per year.
- 70 acres alfalfa/ clover second cutting—\$20,000. Five 4x4 bales per acre @ \$60 per bale. Plus there is a possibility that it will have to be reseeded, which means we have lost third and fourth cuttings as well.
- 60 acres new seeding alfalfa/clover lost. Still can't get to most of the field to assess damage. Cost to establish seeding was about \$250/acre. We would have had three cuttings off this field and anticipated yields as noted above. At least \$60,000 loss, including lost feed and reseeding costs.
- 15 acres new seeding alfalfa/clover damaged or lost. The Elsbree field west of Nichols has two holes at least 3 to 4 feet deep and 10'x20' wide. We are guessing at dimensions, since it is still filled with water. (This field has never had water on it before). Cost to establish seeding was about \$250.00/acre. There would have been three cuttings from this field and we anticipated yields as noted above. At least \$15,000 loss, including lost feed and reseeding costs. Figure does not include filling holes and repairing field. New seeding fields will have to be brush hogged and we will determine if it all has to be reseeded, or just what has drowned out and/or washed.
- 400 first cutting bales lost, \$24,000, \$60.00 per bale.
- Lost milk production is at least \$150.00 per day. Twelve cows dried themselves off about 8 weeks early and the rest are far below normal production. Hard to measure production loss because we have lost the production from the twelve that dried themselves off (most would have milked for two more months), and the rest are below normal production. Milk has been dumped for the past two weeks due to high bacteria counts.
- Clean up costs will be astronomical once we can get on the fields. The barns are full of mud. There appears to be damage to the manure pit walls, and possibly to our milkhous wastewater system. Our farm well is contaminated with coliform bacteria, and has been treated two times with no results.
- There is damage to our fences, we had to replace/repair milking equipment, electrical components of water pump.
- Organic feed costs a great deal more than conventional feed. It will be problematic for us to purchase feed because: 1) availability of organic feed, 2) proximity of organic feed (none available locally), 3) cost.

The figures do not include future structural issues with buildings because of rot, etc. They don't include figures to fix manure pit, milkhous wastewater system or milkhous repairs. Also doesn't include any estimate from our farm well, which is contaminated with coliform. It is getting better but it is still high. At least they can actually measure the coliform—before today it was off the chart. The estimates are based on replanting costs and/or lost feed for the year based on organic prices. We can't really put a figure on lost milk production.

LETTERS TO THE EDITOR



ORGANIC FOOD –
A PRIVILEGE

DEAR GAZETTE,
I really enjoyed Katie Brenner’s article, What We Talk About When We Talk About Food. As a member, I sometimes take the Coop and the access it provides to reasonably priced organic food for granted. It’s sad that most people do not have access to this same privilege—which ought to be a right. It’s sadder still that organic food might be increasingly viewed as a luxury indulgence. Brenner’s suggestion that we stop grumbling as much about our work slots and celebrate them as a way to extend access to—and awareness of—healthful, planet-friendly food is right on target. Coop participation not only helps us care of ourselves, but it is also allows us to contribute to the larger community. Thanks for publishing this article.
Robin Campbell

BULK AISLE
PRICE LIST

DEAR GAZETTE,
I am a huge fan of the bulk aisle! I purchase rice, beans, nuts and coffee with regularity. One suggestion: just occasionally I am surprised by the price of an item once I get to the checkout. Might there be a better way to label items in the bulk aisle so that prices are more apparent? I realize there is a printed list up on the wall, but I must say that on more than one occasion, I have had trouble finding the PLU number on the list. With regards to the coffee bins in particular, I don’t really mind what flavor or strength I buy. However, I would like to clarify the cost of different coffee beans per pound. Just a suggestion!

Best regards,
Chrissie Dugan

RATNER AND
BROOKLYN LAGER

DEAR GAZETTE,
This article [appears top of next column]in the current issue of the *Independent* newspaper has me thinking twice about buying a product sold at the Coop which I once enjoyed, Brooklyn Brewery Beer. With so much effort going into the campaign Develop Don’t Destroy Brooklyn, it would be working against us to carry this beer.
Victoria Booth

The Beer You Like Supports the Developer You Can’t Stand

By Scott M. X. Turner
Brooklyn Brewery, a heretofore favorite with Brooklyn-philes, has been a vociferous cheerleader for Bruce Ratner’s Atlantic Yards project. Owner Steve Hindy, who built his business on the back of Brooklyn’s history and mythology, backs a project that would overrun the borough’s special qualities with box-store blandness. In February, the political sports fans’ group Fans For Fair Play launched a boycott of Brooklyn Brewery. The “Think Before You Drink” campaign intends to keep consumers who oppose Ratner from inadvertently aiding him. Brooklyn Lager is a sponsor of Ratner’s New Jersey Nets basketball team, has hosted parties for the Nets, and owner Hindy has spoken publicly in support of Ratner’s luxury development. Fans For Fair Play and Develop Don’t Destroy Brooklyn met with Hindy, walked him through the neighborhood targeted by Ratner and presented him with evidence that Ratner’s skyscrapers and arena are bad for Brooklyn. The next day Hindy told the press he was 100 percent behind Ratner. So much for loving Brooklyn. Brooklyn bars have stopped selling Hindy’s beer, including Freddy’s, the community pub that would be destroyed if Ratner gets his way. These days, “whattya got that isn’t Brooklyn Lager?” is being heard more and more.

THANK YOU COOP!

DEAR GAZETTE,
When my mother was diagnosed with terminal cancer, I came to the PSFC staff to take a temporary leave of absence. I could hardly manage my primary care-giving responsibilities for my mom and my full time job. I knew that I needed to find small healthy ways for caring for myself during this sad and stressful time, but I could not imagine how I would get through. The COOP staff said that policy allowed a care-giver to take a temporary leave with shopping privilege and a doctor’s note. PSFC offered real support—good nutritious healthy food with kind consideration of my situation. Thank you so much. My mom passed away this summer and I look forward to full return. I deeply appreciate the thoughtful policy of the PSFC. This is one important reason why I have been a member since 1979 and will continue as long as I can.

Sincere thanks,
Susan Perlstein

SAFER SMOOTHIES

DEAR GAZETTE,
I recently purchased two bottles of Stonyfield smoothies. The first bottle

I opened had a cap-seal and an inner foil seal over the mouth of the bottle. When I opened the second bottle I opened the cap-seal but was surprised to see that there was no foil seal over the mouth of the bottle. I felt a little confused and torn between trusting the Coop and Stonyfield and not wanting to risk getting sick from a contaminated product. I turned the smoothie over to the squad leader explaining my concerns and I got another smoothie which it turns out also did not have an inner seal. It was suggested that I take the bottle to receiving and ask for some guidance from the receiving squad leader. I was assured that since the bottle had a cap-seal that it was probably ok to drink. I requested that Stonyfield be contacted to get verification that it was no problem with the bottle having no inner foil seal. Since it was mid afternoon I assumed that I would get an answer by that day. I checked in with receiving a few hours later and was told that Stonyfield had still not been contacted. The receiving person said she would drink the smoothie to show me that it was ok. I left the Coop after my shift ended without ever having received a reply to my inquiry. I thought about this incident for a few days and decided to contact Stonyfield and relate my concerns. I received the following email response:

Dear Mr. Rivera,
Thank you for taking the time to contact us. We always welcome comments and questions from our yogurt lovers and are grateful when someone takes the time to let us know what they think of our company and products. We apologize for the confusion regarding the lack of safety seals on some our smoothies. Please don’t be alarmed! Thanks to smoothie lovers like yourself, the sales of our organic smoothies have been growing and growing. As a result, we’ve recently had to add a

new production line to meet consumer needs. The new line uses a cap that includes a foil safety seal. Our other lines use a different cap, which includes safety and quality safeguards without the use of a seal. As long as the outer safety ring is in tact the product is fine. We are working toward using the same type of cap/seal on all bottles, but it is likely that the two different caps—with and without foil—will continue to be available this year. If I can be of further assistance, please feel free to contact me at 1-800-PRO-COWS (776-2697) M-F 9-5 EST. We are passionately committed to producing the best tasting, healthiest yogurts available, and trying to do some good in the world while we’re at it. Please visit our web site at Stonyfield.com to learn more.

Sincerely,
Diana Godbout
Consumer Relations Coordinator
For all the folks at Stonyfield Farm

A KID’S
COMFORT FOOD

Feeling blue
As blue can be,
I reach out for
My remedy:
—Peanut butter!

Dad caught a peek
Of my online pal,
Asked, “That a guy
that a gal?”
—Peanut butter!

Mom found
somethingIn my drawer
her socks
And dropped her jaw.
—Peanut butter!

LETTERS CONTINUED ON PAGE 15

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 that 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.

Save the Date

Memorial Service for Israel Fishman

Sunday, October 22, 2006, 12:30 p.m.
Union Temple, 17 Eastern Pkwy at Grand Army Plaza
A reception will follow.

Come and celebrate the life of Israel Fishman,
president of the Coop, friend, teacher.
We will have a special guest from Toronto, Canada.

Permaculture: An Introduction

WITH PHILIP BOTWINICK

Permaculture is...

- Permanent culture/agriculture • A sustainable lifestyle
- A way of building community

Permaculture promotes...

- Care for the earth • Care for people • Sharing the surplus

Permaculture can be found in...

- Backyards • Deserts • Flooded New Orleans

There will also be a screening of "The Power of Community: How Cuba survived Peak Oil."



Philip Botwinick is a Coop member who has completed the Permaculture Design Certification course. Andrew Philips is founder of Hancock Permaculture in Hancock, NY.

FREE
Non-members welcome

Saturday, September 30
7:00 pm at the Coop

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

CREATIVE SURVIVAL FOR ARTIST PARENTS

with Rahti Gorfien



Develop strategies to cultivate the time, inspiration and resources needed to reclaim your creative life. Taught by an artist parent who believes that maintaining one's work as an artist is integral to being able to connect to and be present with one's family.

In this workshop, we will explore such topics as:

- How to make your family an ally to your work
- How to make your day-job a patron of your art
- Your work is your baby too: What boundaries and elements are needed to protect and nurture it?
- Making meaning: The key to why your work matters.

Rahti Gorfien is a member of PSFC has been acting and writing for the theater for over 30 years. As an Artist Coach, her mandate is to help artists identify, prioritize, and manifest the work they feel most passionate about.

FREE
Non members welcome

Saturday, October 7
11:00 am–12:30 pm at the Coop

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

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

FREE
Non-members welcome

Saturday, October 7
3–5:00 p.m. at the Coop

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

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

Theta Healing

Saturday,
October 7
6:00–8:00 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 overall emotional healing.

FREE
Non members welcome

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

■ 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 HigherSelf.

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 HigherSelf, and I do not deserve to be happy" into positive thoughts such as "I love myself, I believe in HigherSelf, and I deserve to be happy."

Public Speaking for Everyone

WITH JEZRA KAYE

Do your speeches drive results?

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

Learn how to:

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



PHOTO BY JHAZEL HANKIN

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

Friday, October 13
7:30 p.m. at the Coop

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

Tarot and Creative Writing Workshop

with Marie Carter

Tarot cards are a great source of writing inspiration or an aid for writer's block. In this workshop we'll learn how to use tarot cards intuitively for writing through a variety of writing exercises for poetry and fiction.

Bring a pen and notebook. Writers of all experience are welcome.

An assortment of tarot packs will be used.



Marie Carter is an Associate Editor at Hanging Loose Press and editor of Word Jig: New Fiction from Scotland (Hanging Loose Press, 2003). She has been published in a variety of journals and recently completed a residency at the MacDowell Colony. She is a Food Coop member.

FREE
Non members welcome

Saturday, October 14
1:00 p.m. at the Coop

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

Primal Connections

A workshop to heal the body, mind and soul
with Heidi McClure

We will create a safe space where we will dance to awaken all parts of our bodies.

This will be followed by drawing our body images, sharing that with each other and taking what we've discovered and—guided by the expertise of the group leader—offer bodywork to each other specifically tailored to our own bodies' needs.

Each person will be encouraged to share what they have discovered in their healing session. By sharing with the community, your life experience will be compassionately honored.

We will end with a healing ritual, a closing of the sacred space we created.

Heidi McClure is a licensed dance educator, expressive arts therapist with an emphasis in dance/movement therapy massage therapist. She has had a private practice for 25 years. She is also a Coop member, wife, and mother of two boys.

FREE
Non members welcome

Saturday, October 14
4:00 p.m. at the Coop

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

MINDBODY MEDICINE

Lasting Relief for Chronic Stress

WITH ALBERT SPERANZA, MD

➡ Do you ever feel that your life would be wonderful if only you did not have to deal with a particular problem which doesn't seem to get better?

➡ Did you know that chronic stress resulting from such difficulties causes detrimental health effects?

➡ Do you believe that you just have to put up with this problem?



The truth is: No one has to suffer with chronic stress.

There is a solution to your problem. Your MindBody holds the solution.

Join us to find out how you can find relief. There will be a presentation, open discussion and a guided meditation. Bring an open mind and open heart.

Dr. Albert Speranza is a Coop member since 2004. He is a board certified psychiatrist who has been practicing MindBody Medicine and Psychiatry since 1993.

FREE
Non-members welcome

Saturday, October 14
10:30–noon at the Coop

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

with Phyllis Kanti Berg

Vibrational Healing = Energy Medicine

Alternative Techniques for Accelerated Healing

- ? Do You Want to Make (Major) Changes In Your Life
- ? Are You Struggling With Old Unresolved Issues
- ? Do You Find It Hard to Let Go of the Past

Healing Occurs through Resonance and Vibration. Learn about cutting-edge breakthrough technology that accelerates your personal growth, improves your health, and rapidly transforms you towards your fullest potential.

Shift Happens

In this part discussion/part experiential workshop we will explore the powerful techniques of sound, color, light=laser therapies.


Phyllis Kanti Berg is an intuitive healer and a certified Integrative Yoga Therapist teaching yoga since 1985. Her holistic approach to health and healing is both innovative and unique combining ancient techniques with breakthrough technology. She is the founder of Mind-Body Balance Yoga & Healing Arts in Park Slope and a Coop member since 1990.

FREE
Non members welcome


Sunday, October 15
12:00 p.m. at the Coop


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

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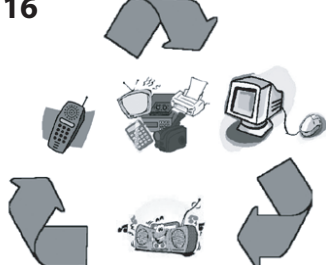
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Recycle This! presents . . .

Recycle Your Electronics Day

Saturday, September 16
10 a.m.-3:00 p.m.
J. J. Byrne Park
(5th Ave. and 4th St.)
Brooklyn, NY



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"Goodbye to New York"-- We are moving to Maine
KAREN GLEESON and PAUL SHERIDAN

A free benefit concert/party with Charlie King and Karen Brandon
Sunday, September 17th, 12 noon to 4 PM
at The Old Stone House, inside park, 3rd St at 5th Ave. Park Slope

The Concert is free, but bring a checkbook or cash to donate to groups
& purchase CDs. Among the Beneficiaries: Friends of Dean Street
Playground, Park Slope Safe Homes Project, Kings County Green Party,
Brooklyn College Art Department Fund, The Old Stone House,
New Caucus of the Professional Staff Congress-CUNY,
Develop Don't Destroy Brooklyn-DDDB, Lower East Side Ecology
Center

More info: sheridanpa@earthlink.net or karenglee@earthlink.net

jesse hendrich, m. div.
wedding officiant
phone 718 783 4711
e-mail rev.hendrich@gmail.com

To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$10 per inser-
tion, business card ads at \$20. (Ads in the "Merchandise-Non-commercial" category are free.) All
ads must be written on a submission form. Classified ads may be up to 315 characters and spaces.
Display ads must be camera-ready and business card size (2" x 3.5" horizontal).
Submission forms are available in a pocket on the front wall of the Coop near the exit door.

BED & BREAKFAST

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.

CHILD CARE

OUR LOVING AND RESPONSIBLE BABYSITTER seeks a new position. Myrthlyn cared for our children and tended our house for about 7 years. Now that our children are teens, we no longer require her services. If you would like to interview Myrthlyn, call Nancy or Phil at 718-940-2627 or Myrthlyn at 718-346-4255.

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.

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.

WANT YOUR DREAMS TO COME TRUE? Want to be happy? Afraid to try new things? Feel stuck at work? Home? Tired of feeling lonely? You can make positive changes and better decisions. This group will help you. Free phone consult with experienced psychotherapist, Helen Nemes, LCSW, 646-325-5756.

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.

COMMERCIAL SPACE NEEDED IN PARK SLOPE for Colon Hydrotherapy and Nutrition Center. Please contact Michael Perrine at 718-788-0885.

EMPLOYMENT

SEEKING LICENSED/EXPERIENCED social workers. Progressive, established family services agency seeks social workers to work based in Manhattan & Brooklyn offices. Competitive salary & benefits, strong supervision and rewarding client

work. For details 212-766-4522 x128, www.thefamilycenter.org/contact/job s.php.

HOUSING AVAILABLE

FOR SALE BY OWNER! All credit considered! Beautiful beach house, 3% credit towards closing costs. Call today, 347-789-5656. Also gated community house and horse farm, all in New Jersey. Email: branchbillions@optonline.net.

MERCHANDISE FOR

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 718-636-4900 x115.

TEMPUR-PEDIC MATTRESSES, NECK pillows, comfort products & accessories. Mattress comes with a 20-year guarantee & a 3-month trial period. The ultimate in comfort & pressure relief. Truly will improve the quality of your sleep. Call Janet Mackin at Patrick Mackin Custom Furniture—a T-P dealer for 10 yrs, 718-237-2592.

IMAC COMPUTER for sale. Power PC G3. OS 9.1. Great condition. Price negotiable. 718-499-9630.

WINDOW GATE FOR SECURITY. Fire Safe, opens and shuts w/o key. Painted white, nice iron \$150.00. e-mail: tojonapie@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.

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-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.

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.

LANGUAGE PROFESSIONAL: Spanish to English translation, copyediting, web project management, including bilingual websites. Looking for new non-profit and small business clients. www.auralanguage.com or email: nltranslation@yahoo.com, 917-385-0267.

HAIRCUTS HAIRCUTS HAIRCUTS. Adults, kids, in the convenience of your home or mine. Adults: \$30.00. Kids: \$15.00. Call Leonora, 718-857-2215.

DAILY MONEY MANAGER - Lack time or skill for handling your daily monetary affairs, call for a free phone consultation and receive a personal and private look at how you can better manage your daily monetary affairs 718-771-1177 or e-mail: LBR0265@aol.com. Let us simplify your life.

CLEAN SLATE ORGANIZING SERVICES. Organizing since 1999, Eleanor helps busy parents and professionals to streamline and simplify their lives. Services include time and paper management, filing systems, goal setting, and clutter control. Increase your peace of mind! Call 718-858-1529.

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.

HOLISTIC DOCTOR in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with home-

opathy, 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.

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.

PET LOSS BEREAVEMENT counseling and general psychotherapy issues. Surviving serious illness of pet. Expression and validation of grief. Healing/discovering the legacy of your pet. Licensed clinical social worker. 25 years experience. Brooklyn & Manhattan offices. Terry Cramer, LCSW, 917-744-3895.

ACUPUNCTURE, HERBS, CUPPING THERAPY. Specializing in Meridian diagnosis and treatment. Grand Army Plaza location. Insurance reimbursable. Call Steven Guidi, LAC for appointment at 718-789-8020.

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.

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

LETTERS TO THE EDITOR

LETTERS CONTINUED FROM PAGE 12

Arithmetic,
Arithmetic,
It makes me sob,
makes me sick.
—Peanut butter!

Why'd I shout,
"Mrs. Pell
Is the designated
Teacher from hell?"
—Peanut butter!

I called the schoolguard
A dizzy dame.
I hope she doesn't
Know my name.
—Peanut butter!

My best friend talked
Behind my back,
Told all the kids
I'm a sad sack.
—Peanut butter!

Will I marry
And divorce
Like the neighbors?
Horrors! Of course.
—Peanut butter

My worst enemy,
I hate to admit,
Is twice as smart
And twice as fit.
—Peanut butter!

No one knows
the troubles I'll see.
But if they do—
DO NOT TELL ME.
—Peanut butter!
—Peanut butter!

Leon Freilich

THE PSFC AND DEMOCRACY

TO MY DEAR COMRADES IN THE STRUGGLE FOR CO-OP DEMOCRACY:

Our Rulers of the Co-Op maintain a subtle deception wherein a small coterie of managers and their friends and appointees

1) Hoard all planning and pol-

icy decisions to themselves while

2) Claiming that each and every member has a say in this planning and policy. At the same time they

3) Insulate themselves from*even stating what these plans and policies are, with which they could never get away if there were any kind of a real democratic assembly in power.

Thus, our Co-Op Rulers have provided themselves with the most cushy, luxurious autocracy—all the while claiming the honor and credit they would deserve if they gave us the fairness and responsibility of democracy!

Periodically, our Luminous Rulers give out "The International Cooperative Alliance Statement of Cooperative Principles." The current one is dated September 1995. Let us see how we are allowing them to violate it.

The Statement has paragraphs called DEFINITION, VALUES and PRINCIPLES (the headings are capitalized) and then seven principles. Altogether there are ten paragraphs filling only one page. The DEFINITION says a Co-Op is a "democratically-controlled enterprise." Huh! The VALUES include "self-responsibility, democracy, equality, equity, and solidarity." Well, forget about democracy, equality and equity—you're okay unless you get into trouble; if they want you out their cop-like and unfriendly Disciplinary Hearing Complex will spit you out faster than you can say Jack Robinson—and humiliate you to boot! The PRINCIPLES paragraph only says that these are principles.

The principles themselves are

1) VOLUNTARY AND OPEN MEMBERSHIP

2) DEMOCRATIC MEMBER CONTROL

3) MEMBER ECONOMIC PARTICIPATION

4) AUTONOMY AND

INDEPENDENCE

5) EDUCATION, TRAINING AND INFORMATION

6) COOPERATION AMONG COOPERATIVES

7) CONCERN FOR THE COMMUNITY

We're okay on 1), but 2) says (our comments in square brackets []) "Cooperatives are democratic organizations controlled by their members [Hidden Rulers], who actively participate in [are never even told about] setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership.

[People come in and out of our meetings and vote without even giving their names. The Board of Directors, whom we do elect, has been neutralized for thirty years, essentially wasting our votes and allowing these same unnamed and unchosen people to speak for us.]

Number 3) says "Members contribute equitably to, and democratically control, the capital of the cooperative," and that surpluses should "[benefit] members in proportion to their transactions with the cooperative." I do not very well understand finances, and help would be welcome! But that said, we do know that Mr. Eakin, our CFO, regularly decides about our surpluses without asking us, often using them to pay down debts. As to our rule that expenses over \$10,000 must be taken to the General Meeting, he says that he does not consider these surpluses expenses, thus evading the issue of member control. Continued Part 2...

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

KIDS' KUTS

HAIRCUTS FOR CHILDREN

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REASONABLY PRICED!

LEONORA

718-857-2215



YOGA WORKSHOPS @ SPOKE THE HUB

Spoke the Hub offers a variety of morning, lunchtime, evening, and weekend yoga classes for the whole family with three of the finest teachers around, Mina Hamilton, Heidi Kinney, and Dolores Natividad. All classes are small, personalized, and welcome all ages and skill levels.

Our "Foundations of Yoga" series, taught by Heidi Kinney, is a 6 week introductory intensive designed for those brand new to yoga and for those practitioners who would like more detailed instruction as well as a refresher course on alignment and technique. Classes will focus on Asana (poses), Pranayama (breath), and Yoga Philosophy. Series starts September 17th, Sundays 3:00 – 5:00pm
Spoke the Hub, 748 Union Street, 718.408.3234 www.spokethehub.org

SPOKE THE HUB DANCING

Fall Classes Begin Monday
September 11th
REGISTER NOW!

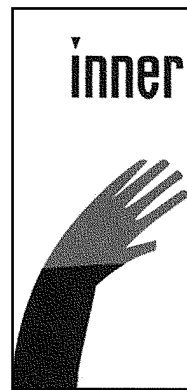
718.408-3234
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deborah@innerhealth.us
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ADVERTISE ON THE WEB

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

Answer to Puzzle on page 8

Braeburn, Royal Gala, Jonafree, Winesap, Granny Smith, Red Delicious, Macintosh, Honey Crisp, Macoun, Empire, Mutsu, Pink Lady

Ad Rate Increase

The August General Meeting authorized an increase in the cost of both classified and business card ads.

Beginning with the October 12 issue, classified ads will be \$15 per issue, and business card ads will be \$30 per issue.

REPORTER'S QUERY

We're working on a story about Coop members directly affected by Iraq/Afghanistan. Is there anyone out there who has taken a leave due to military service, or with a spouse or partner in Iraq or Afghanistan, or who has been affected in some other way? Please contact Masha Hamilton at mashahamil@aol.com or 917-821-6119. Thanks.

WELCOME!

A warm welcome to these new Coop members who have joined us in the last four weeks. We're glad you've decided to be a part of our community.

Anita Adalja	Diane Cluck	Sussan Giallombardo	Max Liebowitz	Corrine Proctor	Joseph Termini
Yuri Akiyama	Mitchell Cohn	Ernesto Gianella	Emily Lindsay	Katy Pyle	Nerissa Theobald
Mary Alexander	Bill Colavito	Kenrick Gihon	Jamie Lombardo	Gad(y) Ramon	Christy Thornton
Sandy Alexander	Chad Coleman	Carla Gittens	Lauren Loukia	Marganit Ramon	Tanya Tiangco
Sven Allebrand	Shara Collins	Lakinda Gittens	Frannie Lyons	Dan Ray	Melinda Tracy
Gavin Allen	Kristin Connor	Shelley Goldman	Patrick MacGowan	Elif Refig	Stephanie Trager
Jessica Almy	Melissa Conrad	Elizabeth Gonsiorowski	Sabrina Malach	Rosa Regincos	Alexander Trendelman
Alana Alpert	Nicole Conway	Sarah Green	Karen Malaga	Roddey Reid	Quassia Tukufu
Morgan Altman	Rebekah Cook-Mack	Lei Grismer	Meghan Manahan	Thomas Reilly Jr	Rebecca Utech
Evan Anderson	Hilary Corrigan	Chelsea Grogan	Wiesa Mancewicz	Jeff Repanick	Jennifer Utz
Emily Anthony	Patrick Courtney	Daniel Rodriguez	Stephen Mandiberg	Timothy Reynolds	Matt Van den Hangel
Laura Araman	Descha Daemgen	Guerra	Maura Marcheski	Mara Richard	Stephanie Van Winkle
Taiwan Armstrong	Jaimeson Daley	Taylor Lewis Guthrie	Katy Mastman	Anica Rissi	Jeanette Vargas
Diane Arndt	Rachel Dannefer	Hugo Gutierrez	Michael Mastman	Maritza Rivera	Lee Varian
Colleen Arnerich	Caryn Davidson	Joey Guttman	Breye Mata	Fabio Roberti	Nicolas Veroli
Samira Asas	Lisa Davis	Ginger Hargett	Amaris Matos	Clare O. Rocha	Amaranta Viera
Giovanna Assenso-Termini	Alexandra de Shazo	Aimee Hartmann	Sandy Mayson	Anita Rohra	Kate Waldeck
Geraldine Barneau	Emily Decker	Jody Heisler	David McCabe	Samuel Ronfard	Peter Waldman
Laurie Basloe	Andrew Deemer	Emily Hellman	Johanna McCarthy	Martin Ross	Bradley Walkes
Alexander Basson	Susan Deford	Silke Hermes	John McCutcheon	Renee Ross	Jared Walkowitz
Sara Beck	Michael Delfin	Corin Hewitt	Cricket McLeod	Avi Roth	Nathaniel Walsh
Arik Ben-Avi	Taylor Delhagen	Alyson Holsclaw	Rebecca Mehl	Elisheva Roth	Rachel Waltz
Elissa Berger	Elisabeth Demko	Uhuru "Bin" Howard	Katrina Meier	Hannnah Roth	Li-Wen Wang
Mariel Berger	Amanda Donnan	Christopher Huckfeldt	Margaret Middleton	Michael Rothman	Anna Weissman
Sylvia Binns	Casey Driskill	Stewart Isbell	Yoshiki Mishima	Mireia Rozas-Simon	Ashley Wenham
Andrea I. Blinth	Alex Driver	Peter Jenkins	Saeed Mody	Alison Sager	Daniel Werges
Lisa Bloom	Joanna Drusin	Elby Jones	Sara Mody	Clara Sala	Shana Wertheimer
Lawrence E. Bonk	Phan Dung	Pooja Joshi-O'Hanlon	Lisa Monda	Ann Marie Salmon	Nicholas Wexler
Rica Borich	Camden Dunning	Angela Juneau	Alba Morales	Inez Samuels	John White
Alisson Attwood	Bobbie Edwards	Deborah Kaplan	Anne Morgan	Paul Sanders	Tiffany White
Boudreau	Jenn Edwards	Wendy Kaplan	Daniel Morris	Elana Santo	Megan Whitney
Wil Boudreau	Janet Eisenband	Jennifer Karakat	Rachel Mosler	Anja Sautmann	Nyree Whittaker
David Bowman	Benelita Elie	Jessie Karsif	Tara Mulqueen	Christopher Schmitt	Sarah Jane Wick
Michael Branley	Alison Ellsworth	Stephan Kass	Soniya Munshi	Matthew Schneider-Mayerson	Nathalie Wiesner
Andrew Breck	Deniz Erkmén	Sara Keenan	Zenona Mystowska	Stuart Schrader	Jen Wilson
Kate Broad	Nuria Estape-Cot	Irene Kellogg	Iki Nakagawa	Cristina Schreckengost	Pablo Wolfe
Helena Brody	Evan Ewing	Annie Kelly	Nicholas Nappy	Beth Schwartzapfel	Aaron Wong
Gil Browdy	Zoya Eydelman	Kate Kendall	Amber Nelson	Francesca Sciandra	Annie Wong
Cheryl Brown	Charles Farre	Linda Kay Klein	Judith Nelson	Charley Scull	Howard Wong
Thomas Brown	Stephen Farrelly	Amelia Koethen	Mary Anne T. Nieves	Megan Selby	Benjamin Wood
Zachary Bruder	Scott Feiner	Paul Koors	Mary Rose Nieves	Eve Seltzer	Nancy Woodruff
Alexandra Budabin	Stacy Feldman	Tarikh Korula	Heather Nordstrom	Courtney Sheetz	Matthew Zablocki
Keo Bun	Kate Fenton	Shaunna Kotka	Michael O'Connell	Lisa Shepard	Josh Zelenka
Valentina Cadrobbi	Brenna Fischer	Natalie Kresen	Molly O'Connor	Donald Sheriff	Christopher Zimpleman
Anne Carkeet	Laura Fisher	Martina Kucerova-Levisohn	David O'Hanlon	Phyllis Sheriff	James Zito
Catherine Carruth	Eric Forman	Liz Kueffner	Anja Olsen	Michal Shilo	Rachel Zito
Elton Carter	Vivian Freund	Christopher Kuffner	Amallia Orman	Aysa Siddique	Joseph Zizzi
Rene Catano	David Friedman	Nicholas Kuhn	Oscar Owens	Alyssa Siegel	Rebecca Zuber
Sarah Caufield	Lezlie Frye	Virginie Ladisch	Carmen Pagan	Jason Siegel	
Sadelle Chain	Erin Fuchs	Christine Lagorio	Meredith Palmer	Ami Silkey	
Ana Champeny	Margaret Fullerton	Christine Lagorio	Christina Pasquest	Adam Simon	
Kevin Champeny	Jay Fung	Mark Lancaster	Brigitte Pauli	Aadika Singh	
Joseph Chick	Carly Gaebe	Tessa Landreau-Grasmuck	David Pedulla	Brooke Smith	
Michael Chladek	Catherine Gaffrey	Angela Larsen	Annie Pelletier	ELizabeth Snyder	
Susan Choi-Hausman	Genevieve Gagne-Hawes	Jeff Larson	Laura Pennington	Rhys Southan	
Ted Choi-Hausman	Luz Gandulla	Eleanor Leahy	Miriam Perez	Kathryn Spirer	
Maxwell Ciardullo	Michael Garcia-Montoya	Yumi Lee	Sylvia Pertzborn	Shoshanna Spitalny	
Abbe Dalton Clark	Vance Gathing	Anthony Leo	Peter Philips	Sophie Statzel	
Benjamin Clark	Jonathan Gaugler	Karen Levine	Dan Polito	Chae Sweet	
Christian Clarke	David Gersholowitz	Benjamin Levisohn	Adina Popescu	Laura Swindler	
Travis Clarke	Mairim Gersholowitz	Oriana Lewton-Leopold	Fabricia Prado	Michelle Swinehart	
Dana Clawson	Theresa Getchius	Jing Li	Elizabeth Pratt	Jasmine Sykes	
Jessica Clegg		Eric Liebman	Megan Prince	Adrienne Teleki	



THANK YOU!

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

Heidi E. Albee	Brian Edgar	Adam Graham-Silverman	Michael Mandiberg	Peter Philips	Aaron Streiter
Sarra Alpert	Thomas Eells	Morgan Hall	Mandy	Pony	Cory Styranko
Lourdes Amato	Tony Elitcher	Aneal Helms	Andrew McNamara	Nicole Possin	K. Young
Jacqueline Arasi	Tami Ephross	Megan Hertzig	Toni Melaas	Matthew Robinson	Zoe Sylvester
B.R.	Nicole Esquibel	Jacob Hodes	Carmichael Monaco	Bess Rogers	Andie Taras
Susan Baldassano	Maria Estrada	Carl Horowitz	Sharon Montoya	Heidi Ruffler	Alix Teleki
Myra Batchelder	Christopher Extine	Pier Imbriano	James Morris	Sam Sadigursky	Leah Tepper-Byrne
Lisa Benger	Meghan Falvey	Satinder Jawanda	Soniya Munshi	Avi Sharon	Emily Thuma
Vilasinee Bunnag	Erica Forrence	JoAnn	Mitchell Murdock	Alyson Shotz	Tod
Jean-Claude Chetrit	Amy Fullerton	Cameron Kane	Dolores Natividad	Gina Siepel	Jill Vinitsky
Matt Coffman	Ian Gaffney	Mary King	E. Wynne Noble	Josh Slater	Ana Wagner
Connor	Michael Garcia-Montoya	Devin Krugman	Rhea Nodel	Peter E. Solomita	Rachel Waltz
Rebekah Cook-Mack	Jack Garrett	Ian Kuhnert	Lindsay Nordell	Babak Somekh	Adam Weinstock
Jocelyn Davis	Meghann Gerber	Lise	David Nygren	Bill Spirer	Andre Williams
Jeffrey Domanski	Nancy Giallombardo	Meghan Manahan	Iris Packman	Paul Stanis	Sabrina Wu
Amy Dona			Max Perelman	Maunica Sthanki	Iwona Zych