

Established  
1973

# LINEWAITERS'

## GAZETTE

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Volume AA, Number 20

September 28, 2006



PHOTO BY HAZEL HANKIN

Firefighters of Squad 1 (L-R), Tommy DeAngelis, Eric Lynch, Hughie Lynch, Mike Ingham, and Brian Clark, pose on the five-year anniversary of 9-11.

## Difficult Anniversary for Our Squad 1 Neighbors

By Masha Hamilton

Look out the window while you're waiting in the cashier line and there you see the carving of three New York City firefighters hoisting an American flag from the rubble of the World Trade Center.

Walk out the door and often you spot the Squad 1 firefighters themselves, doors open, chatting in front of their engine. If you glance inside the station as you pass, you can pick out the wall plaque near the entrance that commemorates the 12 firefighters from Squad 1 who died on 9/11. Also memorialized are nine former Squad 1 members who died that day.

September 11, 2006 marked the fifth year since Squad 1, an elite rescue division, lost more than a third of its 29 members at the World Trade Towers. Five years ago, many Coop members felt they shared, in a small part, in this devastating loss suffered by

our neighbors. Many feel that now. But so many words have been spoken about what is, ultimately, nearly unspeakable, that it's hard to know what to say—or if anything should be said at all.

Squad 1 firefighters were always as close as the fingers on a single hand, and memories remain vital—firefighters with wives and children and nicknames and favorite foods. Firefighters recalled for their pranks, their hobbies and habits, the stories and laughs they shared over long hours in the station.

Hughie Lynch—an 18-year veteran of the department and one of the five remaining members who were serving with Squad 1 on that September day—is an expressive man who is passionate about his work. He comes up for retirement in two years but says there's no way he'll quit. Years before 9/11, he wrote the lyrics for a song called

"Tomorrow" for a friend who died fighting a fire, and his song has become an anthem of sort of New York City firefighters. "I turn the corner, fire's out of control / There's people dying—why I just don't know," the lyrics read, in part. "So I reach out my hand to do all that I can so that one might live tomorrow."

Asked if he could describe how he was feeling as the fifth anniversary of 9/11 approached, Lynch hesitated and then answered, "No."

"I've talked about it and talked about it," he said, shaking his head slowly, his eyes narrowing. "And now, just...no." Then he glanced away.

On the first anniversary of the collapse of the towers, Squad 1's new captain, Capt. Richard Portello, refused to let journalists interview his firefighters. He felt they needed privacy. This year, he

CONTINUED ON PAGE 2



## How to Meet People at the Coop

By Johannah Rodgers

For most members, meeting people at the Coop is about as difficult as walking in the front door. However, for single Coop members who are actively seeking like-minded potential partners, the issue takes on an added degree of difficulty.

Given the fact that the Coop brings together a large community of people with similar political and social interests, it seems like a perfect place to meet a potential mate.

And, in fact, the PSFC received a very high rating for its "pickup potential" in a 2001 Time Out New York guide to the best places to meet people in New York City. The only question, then, for those who are still looking, is just how one taps into the Coop's "bountiful harvest."

For better or worse, the Coop's narrow aisles and sometimes lengthy checkout lines make it fairly easy to start up a conversation. However, in terms of relationship success stories, it seems that members are more likely to find those during their work shifts or at Coop events.

In her September 2005 article "Love in the Coop," Masha Hamilton related the stories of three couples who had formed long-lasting partnerships after meeting at the Coop. Office Coordinator Karen Mancuso met her partner, Nora Kogan, four years ago when both were working a Wednesday night office shift. Stephanie Steinberg and Daniel Schachter, who are married and have a five-year-old daughter, met at a Coop dance. And, proving that issues do bring people

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### Next General Meeting on October 31

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, October 31, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop as of Wednesday, October 4 and will appear in the next issue of the Gazette. For more information about the GM and about Coop governance, please see the center of this issue.

\*Exceptions for November and December will be posted.

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## Coop Event Highlights

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

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

**Fri, Oct 20 • Coffeehouse:** Tomas Rodriguez & TrioVera, 8:00 p.m.

**Sat, Oct 21 • Pumpkin Day!** 8:00 a.m. until the pumpkins are gone.

**Oct 26–28 • Blood Drive**

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



# Difficult Anniversary

CONTINUED FROM PAGE 1

allowed a Coop reporter to talk with Hughie, but he remains protective of his men. “We realize we have to answer questions because it’s an anniversary and people want to talk about it,” he said. “But a piece of us does not want to relive it. It’s something you think about every single day, but you have to keep it at bay so you can go on with your life.”

“For the men here in the firehouse, there isn’t a day that goes by that we don’t think of those guys,” Lynch agreed. “It’s [the anniversary] not making it easier.” Part of the pain, Lynch said, comes from the knowledge that another terrorism attack in New York City is more than possible, and that Squad 1 will be called on again.

Firefighters who lost their comrades and brothers “suffered enormous survival guilt for many, many months,” said Warren Spielberg, a clinical psychologist and a Coop member for the last five years. Spielberg has worked with city firefighters to deal with the grief and emotional impact caused by the 9/11 trauma, and he serves as the Coop’s liaison with Squad 1.

He stressed that he has not worked directly with Squad 1 firefighters, and his observations are about New York City firefighters in general. “That group has suffered from anxiety, depression, family problems,” he said.

Health problems, specifically lung ailments, are also common. “More than 50 percent of the people I know who were down there for six months are developing lung problems,” Spielberg said.

This time of year is particularly hard because “the firefighters have become an icon,” he said, “and it’s unfair to make someone a hero. Once you call someone a hero, you don’t give them much help. That also puts pressure on them to act a certain way. They’ve been put on a pedestal and then reduced, and in some cases even scorned. How many articles have you seen about the drinking firefighter and abusive firefighter?”

September 11, 2001 had a lasting impact not only on the emotional and physical health of many firefighters, but also on their day-to-day activities. Since 9/11, Lynch said he makes an even



PHOTO BY HAZEL HANKIN

Flowers and candles grace the 9-11 memorial outside the Coop on the fifth anniversary.

greater effort to stay in touch with family. And Portello noted that the memory of that day still helps him determine priorities. “When I start to get twisted about something, I ask myself: Was that important on September 12th?” he said.

As they do every year, the Squad 1 firefighters held a memorial this year at St. Francis Xavier and later, a private brunch for the families. “We try to keep in touch,” said Portello, who was transferred to the Brooklyn firehouse from the Bronx after 9/11. “We’re here for them as long as they want us.”

The Coop sent over a platter of food to mark the day and show support and sympathy. Portello said Squad 1 was grateful to the Coop in particular for giving permission to put the 9/11 carving, created by an Oregonian chain-saw artist and former volunteer fire chief from a four-ton hunk of Sitka spruce, in front of its building. “We’ve always had great relations with the Coop and we contin-

ue to,” Lynch said.

What else can Coop members do to show their neighborly support? “Say a prayer,” Portello said. “Whatever religion you are, say a prayer.”

“And don’t forget,” added Lynch. “Go on with your lives, but not to the point that you get blind.”

For his part, Spielberg said Coop members who want to be good neighbors can do something simple: don’t park your car in a spot where it might block exiting or entering fire engines. “Seriously,” he said. “That’s their main irritant.”


And emotionally, “give them space right now,” Spielberg said. “Everyone and their mother is coming up into the firehouse and expecting to have a long, serious chat. Say hi, wave, but give them space.”

Squad 1 firefighters, briefly remembered:

Capt. James Amato, a father of four and college wrestler who always wanted to be in the middle of the action. Brian Bilcher, recently

married and with an infant son, who was nicknamed Tugboat and played offensive lineman on the firefighters’ football team. Gary Box, a prankster who convinced his fellow firefighters that he’d been a barber in a funeral home, and began giving his colleagues haircuts. Thomas Butler, a jokester and military history buff who died two days after the christening of his youngest son. Peter Carroll, nicknamed “Pete the Painter” because he painted to make ends meet, who was always ready with a funny story. Robert Cordice, young and buff, who was chosen to have his picture appear in the 2002 Fire Department Hunks calendar. Lt. Michael A. Esposito, a Little League coach for his two adolescent sons. Lt. Edward D’Atri, who in his bodybuilding youth became Mr. Staten Island of 1987. Dave Fontana, a former lifeguard and trained sculptor who named his son Aidan, which in Gaelic means “Little Fire.” Matthew Garvey, who studied kung fu, climbed to the summit of Mt. Rainier, and had recently been accepted to law school. Lt. Mike Russo, known as the Squad’s “free spirit,” who found beauty in the oldest, simplest things. Stephen Siller, off duty and on his way to play golf when the planes hit, who ran to join up with his colleagues. ■

**BEST ECO-CHOICE**




*Presented by the Environmental Committee*

## Ecover Non-Chlorine Bleach

This is a safe, natural alternative to toxic bleaches. It contains no chlorine. It is better for you and as well as the environment.

**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!

**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.

**\$4 materials fee**

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

## Diversity and Equality Committee Seeks Members with Data Skills

The Diversity and Equality Committee (DEC) is pleased to report that some PSFC members have responded to our call for new members. New members will help to safeguard our Coop as a respectful and enjoyable place for all to shop. At this time we’re seeking members with computer and data base creation and management skills. This new member will help to order, store, track and access internal committee documents and incoming data.

Interested Coop members are invited to attend our next meeting on Thursday, October 12th, at 6:00 pm at the Coop or to reach us at [diversecoop@yahoo.com](mailto:diversecoop@yahoo.com). Leave your name and contact information and let us know what skills and/or experience you bring.







# Peaceful Youth

## A Contest for Brooklyn's Kids and a Peace Fair for All Ages

By David Boyer

The fighting in Iraq rages on. Tension between Israelis, Palestinians and Hezbollah have boiled over. And the president continues to bait Iran and North Korea with overwrought rhetoric. While we can hope this is the beginning of the end of the "war on terror," it's more likely that today's children will be dealing with this mess for years to come. Thankfully, Brooklyn Parents for Peace is helping to inspire the next generation of peace activists with, among other projects, the Second Annual Youth Peace Contest.

According to the organization's spokesperson, Nora Gordon, "The goal of the contest is to get kids to start thinking about ways to bring justice to their communities. Kids may feel that they have no control and no power to change society. This gets them thinking about what they can do and how they can take part in promoting peace."

### Enter the Contest Now

So how can Brooklyn's kids enter the contest? Students in grades 3 through 12 can submit an essay, a piece of artwork or a rap on one of several peace-related topics. [See box for info and rules.]

Last year, more than 75 kids participated in the contest. Many more are expected this year, because local teachers have gotten on board and made the contest a part of their curriculum and because art and rap have been added to the mix.

Explains Amy Gordon, a Peace Contest planner, "Last year it was mostly essays, but this year we've expanded the contest to include art and rap to appeal to a wider, more diverse audience." In addition to the announcement of the winners of the essay and art portion of the contest, contestants will perform their raps at the Fourth Annual Brooklyn Peace Fair on October 22 at Long Island University's downtown Brooklyn campus. All winners will receive \$100 savings bonds.

### All About the Fair

More than 2,000 people turned out for last year's Peace Fair and to hear peace activist Cindy Sheehan speak. This year, the free daylong festival will feature an impressive and eclectic roster of participants and guests, including rap star Talib Kweli (tentatively scheduled to judge the youth rap contest), author Sonia Sanchez of the Granny Peace Brigade, Medea Benjamin of Code Pink (who successfully unfurled a message of peace on the floor of the 2004 Republican Conven-

tion), as well as Roger Toussaint, president of the Transit Workers Union.

The day, which is the largest peace and justice networking event in New York, will also feature scores of workshops on everything from the plight of women in Afghanistan and possible ways to exit Iraq to "Community Organizing 101" and conflict resolution. One workshop that may be of particular interest to Coop members is titled, "The Peaceful Palette." It will explore how what you eat can affect the world and promote peace.

There's plenty of fun and games on the schedule, too. There will be performances by Evelyn Harris of Sweet Honey in the Rock, folk singer Jeffrey Lewis and recording artist Beans. In addition, there will be a "Peace Dance," arts and crafts activities and face painting for kids and free childcare all day long.

### The Coop Connection

As you might imagine, many of the Coop's 12,000-plus members are involved in the peace movement and, more specifically, in Brooklyn Parents for Peace. "We have over 4,000 members and a lot of them are Coop members," notes Gordon. In fact, three Coop members—Eleanor Preiss, Amy Cohen and Molly Nolan—are on the Parents for Peace board. Jokes Gordon, "They're the ones saying, 'I can't come to that meeting, I have to work my Coop shift.'"

Coop member Cohen is also the chair of the Peace Fair Committee. "I became



Amy Cohen, Coop member, peace activist and mom, poses with Nora Gordon, spokesperson for Brooklyn Parents for Peace.

involved with Brooklyn Parents for Peace after 9/11. Like most New Yorkers, I was devastated, afraid and felt powerless. I was looking for a way to do something since I feared that an overreaction by the Bush administration would lead to conflict between East and West. With two young children, a Brooklyn-based organization that met near my home and provided free childcare at meetings was a perfect match," explains Cohen.

"For me, the Peace Fair is a unique event and the perfect vehicle in which to invest my energy," adds Cohen. "The Fair convenes activists from hundreds of different groups, helping to build a movement for peace and justice in New York and beyond. It also encourages those who may not be involved to learn more about a wide array of issues. Most important, it brings together Brooklynites of all ages from throughout the borough—black, white, Latino, Arab, Jewish, Christian, gay, straight, immigrants and American-born—a truly inspiring feat in these divisive times." Mark your calendar now for October 22! ■

### YOUTH CONTEST INFO and RULES

Students in grades 3 through 12 are invited to submit an essay, a piece of artwork, or a rap on one of the following topics:

- What would you do to bring justice to your school, your community or the world?
- Tell about a person you know who works for peace.
- Describe a time when you solved a conflict peacefully.
- Imagine a world without violence and hatred; what would that world be like?

Students can also choose their own topic. All entries must be the work of the applicant alone. Essays for grades three through five must be 150 words or less. Essays for grades six through eight must be 300 words or less. Essays for grades nine through 12 must be 300 words or more. Essays may be neatly handwritten or typed.

Artwork submitted for the contest can be two- or three-dimensional, but can be no larger than 30 inches high or wide. Artists are asked to submit a title for their work.

The rap must be an original work of three minutes or less and can be performed with props, costumes or musical accompaniment.

Students are asked to submit essays, artwork and/or interest in competing in the live rap contest by October 1st to Brooklyn Parents for Peace, 41 Schermerhorn St., PMB 106, Brooklyn, NY 11201 or by email to youthpeacecontest@brooklynpeace.org. Please include the applicant's name, school, grade, age, name of parent or guardian, address and telephone number.

One winner from each age group in each expression category (essay, art and rap) will receive a \$100 savings bond. The three age groups for the judging are grades three through five, grades six through eight, grades nine through 12.

# SAVE A LIFE

## Give Blood

Join the Blood Drive  
at the Park Slope Food Coop

- ☞ Thursday, October 26 • 3:00 – 8:00 p.m.
- ☞ Friday, October 27 • 10:00 a.m. – 6:00 p.m.
- ☞ Saturday, October 28 • 9:00 a.m. – 6:00 p.m.

In the second floor Meeting Room



**FACT:** Less than 3% of the population donates blood and 90% will use blood some time in their life.

• Park Slope Food Coop • 782 Union Street •  
• Brooklyn, NY • 718-622-0560 •

• In cooperation with New York Methodist Hospital •

For further information about blood donation, call Stuart Rosenhaus, 780-3644

## FOOD DRIVE to benefit CHIPS Soup Kitchen

Saturday, October 28  
Sunday, October 29  
from 9:00 – 5:00



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

### Do Contribute

Non-Perishable Foods and  
Commercially Packaged Foods

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

### Don't Contribute

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

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



How to Meet People at the Coop

CONTINUED FROM PAGE 1

together, another couple profiled by Hamilton met at an anti-nuclear meeting that was being held in one of the Coop's upstairs meeting rooms.

Events organized specifically to bring singles together

have had mixed success at the Coop. A woman-to-woman event drew a respectable crowd, but mixers for gay men and heterosexuals were a lot less successful.

One lesser-known resource for meeting like-minded single members at the Coop is the Linewaiters' Gazette.

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.**

Though the Gazette designates a section of its classified ads "People Meeting People," this section has, according to General Coordinator Linda Wheeler, "been very occasionally—far less than once a year—used for personal ads."

However, with Internet dating becoming a common practice and more and more couples meeting through personal ads either online or in print, the Gazette decided to ask ten members whether they might be interested in

using the Coop newsletter as a way to meet people.

Member response to the idea was very positive, and none of those interviewed were aware that it is currently possible to list a personal ad in the "People Meeting People" section of the Gazette. "I think it would be a good idea, why not? I think a lot of people would be interested," commented Nanette, whose openness to the idea was echoed by all ten members who were asked to consider the issue.

Lisa, a shopping squad leader, believed that the Coop might be a place to meet not only like-minded individuals, but responsible ones. "It's everywhere, so why not here at the Coop. I don't think it is frivolous if you're interested in community and health issues. The whole thing about the Coop is that you have to work to be a member, so you're already dealing with a pretty responsible group of people," she commented.

A member of the street squad concurred: "I think it would be a good idea because a certain kind of person joins the PSFC and I think those are the kinds of people I'd like to be with," she commented, adding, "it narrows the pool and it sounds better than other types of personal ads. I think you would get to meet people who have similar political beliefs."

Members did, however, voice a few concerns about the possibility. "It would need to have the right tone and tenor," commented Richard Amdur, who pointed to The New York Review of Books as a publication in which personal ads are not only common, but stylistically congruent with the magazine's editorial content.

Benjamin Stokes suggested that such listings might be "perhaps better online," and cautioned that whether in print or online, for the ads to be frequently utilized, the Coop might need to establish a way for members to contact other members without disclosing their actual telephone numbers or e-mail addresses, i.e., through an alias e-mail address or voice mailbox.

And Miriam Eusebio, a Receiving Coordinator, liked the idea but also felt there were more selective and possibly effective ways to meet people at the Coop: "The Coop is so much about organizing around issues that it might be better for members who are interested in meeting people to attend committee meetings or other Coop events."

Any members interested in posting personals in the Linewaiters' Gazette can list them for free in the "People Meeting People" section, which appears only when such listings have been submitted. ■

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.

IN CELEBRATION OF FAIR  
TRADE MONTH!

CHOCOLATE TASTING

BROUGHT TO YOU BY THE FAIR TRADE ACTION COMMITTEE  
During October, Fair Trade advocates and supporters around the country are hosting hundreds of events to celebrate the surging Fair Trade movement.

Please join us for a free Fair Trade chocolate tasting and learn everything you always wanted to know about chocolate.



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

**FREE**  
Non-members welcome

**Saturday, October 28  
7:00 p.m. at the Coop**

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

The  
Park Slope  
Food Coop  
Pumpkin  
Day!

hundreds of  
organic pumpkins  
will be available for sale,  
right in front of the Coop!  
PLUS  
clowns, face-painting  
all day long

Saturday  
October 21  
from 8:00 a.m.  
'til all pumpkins are gone!



non-members  
welcome!  
Organic pumpkins  
at member prices

ILLUSTRATION BY LYNN BERNSTEIN





# Tea & Me

By Ella Nemcow

## Member Contribution

tree-lined block and a Park Slope stoop.

### Iced Jasmine Green Tea

- 8 teaspoons of jasmine
- green tea leaves
- 2 cups of boiling water
- Filtered water (about 6 cups)
- Ice

Pour about 2 cups of boiling water into a heatproof container with the tea leaves. Let brew for about 5 minutes. Strain into a large pitcher filled with 6 cups of cool water. Refrigerate. This can be made sweet with a judicious addition of honey or sugar, but green tea is traditionally enjoyed as is. You may choose to make the brew stronger if you plan on serving it over ice.

Years ago at a Moroccan restaurant, peppermint tea stirred my senses for the first time. Was it the rose petals or drinking from a gold-lace-embossed tea glass? At the restaurant, I spent around \$5.00 for a pot for two—tea banditry! The Coop will sell you a small bag of dried peppermint tea leaves for \$0.35. With that bag you can quench the thirst of about 30 people. Peppermint tea is herbal and doesn't have caffeine or the antioxidant properties of greens and blacks. It does, however, provide a time-treasured cooling effect. Even as ancient remedy for nausea and stomach discomfort, colicky discomfort and a bacteria inhibitor, it is the oldest and most popular flavoring for confectionary (think gum and candy canes).

The minty cool of this tea makes it my favorite summer iced tea. If you're feeling a lit-

tle wild, throw some dried spearmint tea leaves into the mix or adorn your glass with fresh mint leaves. While that's just for show, you can make a fresh mint tea by pouring boiling water over a handful of de-stemmed mint leaves. Make sure to crush the leaves a little (with a pestle or spoon) to help them release their flavor. Try this recipe for about \$0.50 a pitcher if sweetened:

### Cool Peppermint Tea

- 8 teaspoons of peppermint tea leaves
- 2 cups of boiling water
- Filtered water (about 6 cups)
- Sugar is optional (to taste)
- Honey is better, though also optional
- Fresh mint (optional but gorgeous)

Pour 2 cups of boiling water into a heatproof container with the tea leaves. Let brew for about 5 minutes. Strain into a large pitcher filled with 6 cups of cool water. You may add sugar or honey to sweeten it up, but it is great unsweetened and chilled. Enjoy!

There are many other teas in the spice section to play with, in addition to the battalion of packaged teas in Aisle 5. For cost, efficiency and environmentalism, nothing beats the teas in our own Coop packaging. Mix brewed, chilled green tea with fruit juice like apple, cranberry or grape for an especially refreshing, vitamin-boosting twist on tea. I love Kukicha twig tea with pomegranate juice in equal proportions. Surprise guests with a mix of your own.

Note: In Asia, it is considered rude to pour yourself tea before anyone else, and the teapot is ever present on the table. No wonder the average life span of Asia surpasses that of the Western world. ■

## FAIR TRADE COMMITTEE REPORT

### The Struggle for Fair Trade Coffee Comes to Life in Black Gold

By David M. Leon, on behalf of the PSFC Fair Trade Committee

In recent years, as the global trade in produce has grown, producers and farmers from less industrialized nations have consistently received only a tiny fraction of the retail value of their products in global commodities markets. To alleviate the plight of developing-world agricultural growers, the Park Slope Food Coop has taken up the cause of Fair Trade. The concept of Fair Trade is grounded in the principle that these producers and farmers should receive directly a more equitable share of the profits derived from the goods they grow, and that fairly traded goods provide sustainable benefits greater than those of foreign aid.

October is Fair Trade Month, and a new documentary film entitled Black Gold is bringing national attention to the Fair Trade movement by illustrating the struggle of an Ethiopian coffee farmer to find a fair price for his coffee beans.

According to the Black Gold press release, four multinational food companies—Kraft, Nestle, Proctor and Gamble and Sara Lee—control most of the world's coffee market. Coffee is an industry worth over \$80 billion, making it the most valuable trading commodity in the world after oil. However, over the last few years the price of coffee reached a 30-year low, and on average a coffee farmer receives less than 10 cents for a kilo of coffee beans.

It is in this context that the film's protagonist, Tadesse Meskela, operates. He is the manager of the Oromia Coffee Farmers Cooperative Union, an Ethiopian collective representing over 70,000 farmers. The film follows him on his quest to bypass the conventional international trading system by finding buyers who would pay him directly a fair price for his high-quality coffee. The film travels to New York and London, where the prices for coffee are established on the floors of major commodities exchanges, and Seattle, where Tadesse attended the largest coffee trade show in the world, trying to find new buyers for his farmers' coffee.

The film also travels to Mexico, where, at the meetings of the World Trade Organization, representatives of developing countries refused to sign trade agreements that they determined were against their interests. African trade ministers interviewed for the film said that they didn't want more aid; they wanted a more fair trade system.

In documenting Tadesse's encounters with the enormous power of the multinational players that dominate the world's coffee trade, directors and producers Nick Francis and Marc Francis have made a film that illustrates how the American consumer lifestyle and the industrialized-nation trade regime impact the small agricultural producers in the developing world.

Black Gold opens October 6 at Cinema Village, 22 E. 12th Street, Manhattan. To buy tickets, go to [www.cinemavillage.com](http://www.cinemavillage.com). For more information about Black Gold and the Fair Trade movement, visit [www.blackgoldmovie.com](http://www.blackgoldmovie.com).

The Fair Trade Committee is working to increase the Coop's Fair Trade offerings. To buy Fair Trade products at the Coop, look for the fluorescent yellow Fair Trade labels next to the products' shelf labels. ■

### PROGRAMS

**Friday, September 29 through Sunday, October 1**

The following programs will happen within four days of publication of this issue. For full ads, please look at the August 31 or September 14 issues or pick up copies of the flyers in the Coop.

### Friday, September 29

7:30 Meet Your Mind: Meditation Instruction in the Shambhala Buddhist Tradition

### Saturday, September 30

10:00 Striking Balance with a Busy Lifestyle: Eating for Energy  
4:00 Never Spend Another Penny  
7:00 Permaculture: An Introduction

### 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 and 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

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 \$15 per insertion, business card ads at \$30. (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.



Friday  
Oct. 20  
8:00 p.m.

very

The Good Coffeehouse

COOP CONCERT SERIES

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

TOMÁS RODRIGUEZ

Guitarist Tomás Rodríguez, Bassist/Cellist Barry Kornhauser and percussionist Urbano Sanchez team up for a cross-cultural musical celebration, paying homage to musical treasures from Spain, West Africa, and South America, while introducing original compositions that invoke the soulful musical dialogue of the Americas—a musical dialogue to span the hemispheres encompassing the geography of spiritual imagination.

TRIO VERA

Funky, pulsating, joyful and sometimes tender, the music this New York City trio plays brings together the sounds of Brazilian Samba, Bossa Nova and Choro music with Jazz, Funk and even a bit of R&B. The two guitarists in this group, Jeff Raheb and Dave Acker, have been performing together for over 15 years and combine their acoustic jazz expertise with percussionist Emiliano Valerio, who adds his Latin and Flamenco drumming virtuosity.

53 Prospect Park West [at 2nd Street] • \$10 • 8:00 p.m. [doors open at 7:45]

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

Booking: Bev Grant, 718-230-4999

Puzzle Corner

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

Cryptogram Topic: Squash

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.

J A Q W I G K G

F P I I S W U W

O G K K B O G U

K P E Z G U

B A Q Q X V

N G Z X I S G

Y V A A K J P D O -

Q W U H

Z P K K A E U P K

O P D O N W U

G I X E U

Y O G H S A K K W

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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:

Oct 12 issue: 7:00 p.m., Mon, Oct 2  
Oct 26 issue: 7:00 p.m., Mon, Oct 16

### CLASSIFIED ADS DEADLINE:

Oct 12 issue: 10:00 p.m., Wed, Oct 4  
Oct 26 issue: 10:00 p.m., Wed, Oct 18

## 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, OCT 3

AGENDA SUBMISSIONS: 8:00 p.m.—Items submitted will be considered for the October 31 GM.

### TUE, OCT 31

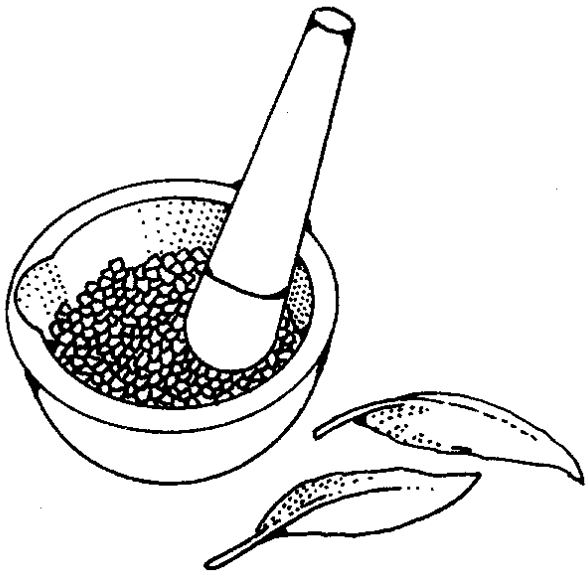
GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue and will be available as a flyer in the entryway on Wednesday, October 3.

## 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, October 31, 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 p.m.)

(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](mailto:GazetteSubmissions@psfc.coop). Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

*\*Denotes a Coop member.*

FRI, SEP 29

AAWAA MOVIE SERIES: Asian American Women Artists Alliance present 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

STOOP AND BAKE SALE BENEFIT for the Red Tent Women's Project! Rain or shine, 11 AM –5 P.M. 338 4th St. btwn 4th & 6th Aves. For more info call 718-866-5859.

PEOPLES' VOICE CAFE: Eric Andersen recounts his experiences among the Beat poets and writers of San Francisco on the evening of President Kennedy's assassina-

tion. "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 : [www.nycmidwives.org/miles.html](http://www.nycmidwives.org/miles.html). Or arrive 8-9:30 a.m. to register on race day. MilesforMidwives@yahoo.com for questions.

STOOP AND BAKE SALE BENEFIT for the Red Tent Women's Project! Rain or shine, 11 AM –5 P.M. 338 4th St. btwn 4th & 6th Aves. For more info call 718-866-5859.

FRI, OCT 13

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents A World Without Fathers or Husbands. The women of Mosuo Province, China, have enjoyed their matriarchal way of life. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

SAT, OCT 14

PEOPLES' VOICE CAFE: Disabled in Action Singers; Eric Levine. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. 212-787-3903.

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Madame X: An Absolute Ruler. A film by Ulrike Ottinger, 1977, 141 min., Color. Ulrike Ottinger has a larger body of work than almost any other lesbian filmmaker, and her rarely seen first feature contains most of the elements that make her work so unique and ahead of its time. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. Admission \$10.

FRI, OCT 20

AAWAA MOVIE SERIES: Asian American Women Artists Alliance present Seventeen Years. Eng. Subtitles. A young girl is convicted of murder and sentenced to a long stay in Prison. After 17 years she is granted a special furlough for New

Year. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

SAT, OCT 21

PEOPLES' VOICE CAFE: Magpie; \*Bev Grant & the Dissident Daughters. 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 Night Passage. Directed and produced by Trinh T. Minh-ha and Jean-Paul Bourdier, 2004, 98 min., Color. Made in homage to Kenji Miyazawa's children's sci-fi classic MILKY WAY RAILROAD, NIGHT PASSAGE is the latest experimental feature from celebrated film. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. Admission:\$10.

RED HOOK HARVEST FESTIVAL: Visit a 2.5 acre farm in Brooklyn & celebrate the harvest! Cider press, pumpkin carving, face painting, musical entertainment, farm tours, cooking demos & more. Delicious foods from local restaurants & the Red Hook Farmers' Market! 9:00–5:00, Red Hook Community Farm @ Columbia & Sigourney Sts, Bkln. 718-855-5531 [www.added-value.org](http://www.added-value.org)

TUE, OCT 24

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, OCT 27

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Nu Shu: A Hidden Language of Women in China. In Jianyong county, Hunan province, peasant women developed a separate written language, called Nu Shu, meaning "female writing." Believing women to be inferior, men disregarded this new script, and it remained unknown for centuries. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. By donations.

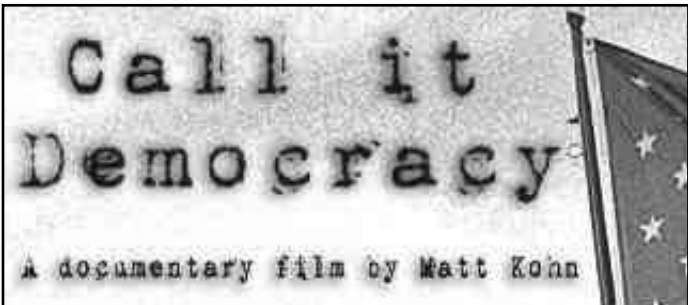
SAT, OCT 28

PEOPLES' VOICE CAFE: Phil Ochs Song Night. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. 212-787-3903.

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents Night Passage. Directed and produced by Trinh T. Minh-ha and Jean-Paul Bourdier, 2004, 98 min., Color. Made in homage to Kenji Miyazawa's children's sci-fi classic MILKY WAY RAILROAD, NIGHT PASSAGE is the latest experimental feature from celebrated film. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7 p.m. Admission:\$10.



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](http://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.

Film Night organizer, **Trish Dalton**, can be reached at [mail@trishdalton.com](mailto:mail@trishdalton.com) or 718-398-5704.

**FREE**  
**Non-members**  
**welcome**

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

WORKSLOT NEEDS

Weekend Cashiers

Cashiers are needed particularly for Saturday and Sunday early morning shifts and Saturday evening shifts.

Environmental Committee

The Environmental Committee has room for new members. We particularly need people who are good at putting ideas into action. There is room for everyone, but leadership or organizational abilities will be put to good use.

Work for the environment while fulfilling your Coop workslot! For more information, call David at 718-338-9304 or email the Envi-ronmental Committee: [ecokvetch@yahoo.com](mailto:ecokvetch@yahoo.com).

Drivers Needed

Saturday and Sunday for Plastic Recycling

The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. One driver is needed for each of the Saturday and Sunday recycling shifts. The Saturday shift meets the second Saturday of each month. The Sunday recycling shift meets the last Sunday of each month.

Drivers must have a *large capacity vehicle (van or truck)* for the volume of recycling material collected. The member should be prepared to store recycling collected on Saturday or Sunday in their vehicle or home until the recycling center opens on Monday.

Drivers are reimbursed for mileage according to IRS reimbursement rates. If you are interested please contact Kim Nadel at 718-369-2578 or at [kim@design-niche.com](mailto:kim@design-niche.com).

ONGOING SHOWS/EVENTS

TUESDAYS: 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, Domestics, 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](http://www.bropera.org).



BROKEN DEMOCRACY

AWAKE, FELLOW BROOKLYNITES:

Yvette Clarke won the seat in the House representing Central Brooklyn with about 15,000 votes in the Democratic Primary last Tuesday. Greens, Working Families and Independence Party registrants, Republicans and Libertarians could not participate. Neither could folks who checked off independent. Even within the Democratic Party not everyone eligible actually voted. And 69 percent of those who did vote in the 11th CD did NOT choose Yvette Clarke.

Brooklyn is a one-party state and that party is dysfunctional.

Full disclosure: I worked for Chris Owens, whose integrity the NY Times and the Brooklyn Papers minimized, labeling him overly idealistic because he vociferously opposes Forest City Ratner's skyscraper city and the occupations of Afghanistan and Iraq.

I am terrified for our democracy.

We already know the 2000 presidential election was stolen and that the 2004 election was too. That amounts to a right-wing coup d'etat. We know that we are living under the Bush/Cheney regime: a junta of criminals who have no respect for national law (illegally wiretapping), treaty (redefining the Geneva Accords) or human rights (kidnapping and torturing suspects rather than trying them in open court).

Coming up in the NYS legislature is the decision about how to use the Help America Vote Act money, federal funds to purchase new types of voting machinery. The new computer-based types are manufactured by companies whose owners contribute substantial amounts to Republican coffers. They can be corrupted by a couple of hackers.

Kids, we are in deep doodoo. Drop your cell phone and your iPod. This is serious.

State power is ours to recapture. Ignore your rights and they go away.

Hasta la Victoria Siempre.  
Susan Metz thoughts on GM

THOUGHTS ON GM

DEAR EDITORS,

I'd like to respond to some comments made at the July GM, as reported in the Gazette of August 17. To Donald Murk: a meeting of 80 people out of a membership of 12,000-plus is beyond a minority; it's a miniscularity! To Carol Morey (hi, Carol): There are many reasons people don't come to meetings. I personally suspect that a conscious feeling of "satisfaction with the way things are being run" is pretty far down on a long list.

But as I've written before, suppose 500 of us showed up for a meeting. Could the room hold us? Could the moderators steer a meeting of that size? And even if we can answer "yes" to both of those questions, 500 people still represents only four percent of our membership.

There's got to be a better way.

Ardently,  
Mary Lou O'Brien

LESSONS IN DEMOCRACY

DEAR CO-OP

Part 2 of 2 of our dissection of the International Cooperative Alliance Statement of Cooperative Identity, which contains paragraphs called DEFINITION and VALUES in addition to—

- 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

After demolishing DEFINITION, VALUES and the first three principles in Part 1, we go to Principle 4) which says that any agreements we make

with governments or lenders should be made "on terms that ensure democratic control by their members and maintain their cooperative autonomy." Wehehell! Our agreement with our lender leaves them with a lot of control—they can even raise the markup!—and though Rulers brought it to the General Meeting there is no way to say that this agreement maintains our control!

On Training, Number 5): Laughable! Even I seem to know more of the rules than some of the squad leaders I've met! Rulers just find somebody who looks nice, put a keychain (collar!) around their neck and see if they say "Baaaa!" In fact there is a lot to know, especially about security, where members walk the money to the bank—the job of an armed guard!—and are asked to cluster around the exit door to prevent possibly armed robbers from leaving! In Child Care, where I work, most guardians are still signing the book themselves and doing much else against the rules. Is this the way to protect the membership?

Number 6) mandates cooperatives to "[work] together through local, national, regional and international structures." Others might have more to say, but the only thing I know is our General Manager Joe Holtz sort-of personally counsels people trying to form co-ops.

Number 7) mentions "sustainable development of [our community]." I guess we're okay on that, though the Environmental Committee might take exception.

So of nine points, not counting the PRINCIPLES paragraph, we're good on two—thanks to our Fine and High Rulers—mostly because anything relating to DEMOCRACY is deleted.

Questions I might ask for the September 26th GM—if you'd like to see me ask them send an email or leave a phone message. Thanks.

1) Management says we have now and always have had item pricing. What is happening with this policy

now? I see the yellow signs are no longer at the entrance door. Are they anywhere else? In the membership manual? Does this mean we are no longer following the policy?

2) In Robert's Rules committees do not act on their own, they advise and report to the parent body. How is this done at the Co-Op for, say, the Disciplinary Hearing Complex or the Agenda Committee?

3) Most corporations have an annual report including finances, plans for the future, and whether goals have been met. We report only finances. Would it be a good idea for us to include the other things?

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

WHY INDIA?

DEAR COOP COMMUNITY:

Yes, I realize it's a "global economy," but even so I find myself wondering... The Coop recently switched from bulk rice grown in California to rice from India. While neither is local produce, the distances are 2,500 miles vs. 8,000 miles (courtesy of my rough Google Earth estimate). Why is the Coop importing rice from the opposite side of the globe suddenly when we've had good rice from California all these years? I'd appreciate an explanation of the reasons for the change in the Gazette.

Tim Forker

EDITOR'S NOTE:

Receiving Coordinator Ron Zisa, who manages the bulk area of the Coop, says the question applies specifically to basmati rice, both brown and white. He needed to find a supplier with better-quality rice who could also provide a consistent supply. He found it in the rice we carry now, which is Fair Trade in addition to being organic, consistently available and high grade.

LETTERS POLICY

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

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

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

Anonymity

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

unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Fairness

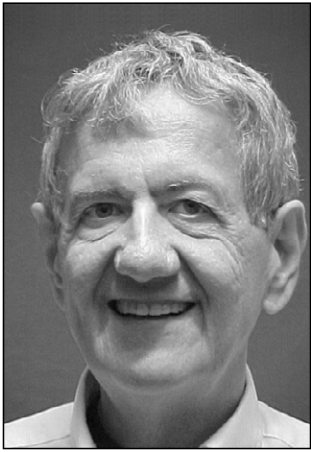
In order to provide fair, comprehensive, factual coverage:

- 1. The Gazette will not publish hearsay—that is, allegations not based on the author's first-hand observation.
- 2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.
- 3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

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

Celebrate the Life of Israel Fishman

February 21, 1938–June 14, 2006



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

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

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.



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 HAZEL 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.

# 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

# 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

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

# Women & Money

# Learn How to Take Control of Your Money and Your Financial Future

with Jaime Pierre



Do you know why women need to understand investing, even more than men do?

Learn how to build your retirement fund using existing dollars.

Do you feel overwhelmed at the thought of funding your children's college education? Find "hidden" money and put it to work for the future!

Do you wonder what all the talk about mutual funds is about?

Hear about the basics of mutual fund investing in simple everyday language.

More and more women have stepped into the position of financial decision-maker and are seeking information to help them in this important role. Prepare yourself for a better financial future.

Attend a free educational workshop that addresses the special needs and concerns of women and money.

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

**FREE**  
Non members welcome

**Friday, October 20**  
**7:30 p.m. at the Coop**

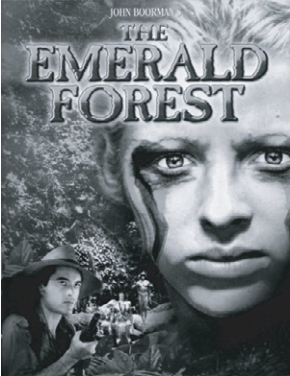
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

# The Triple Bottom Line Film Series

**Don't Miss the Trees for the Forest: The Emerald Forest**

with Mark Rego-Monteiro

Fair Trade, Organics and Socially Responsible, Cooperative Business are innovations serving to integrate modern society with Nature's ecological and psychological life support system. Get a closer look at the Rainforest in this thriller based on a true story. For ten years, engineer Bill Markham has searched tirelessly for his son Tommy who disappeared from the edge of the Brazilian rainforest. Incredibly, he finds the boy living among the reclusive Amazon tribe who had kidnapped d adopted him. Now embedded in the indigenous culture, Tommy challenges Bill's idea of true civilization and his notions about who needs rescuing.



Will include materials from Robert Bly, Clarissa Pinkola Estes, holistics, and activism, and an opportunity to discuss matters.

Mark Rego-Monteiro has been a PSFC member for years, has a degree in Biological Anthropology, professional experience in financial and social services, and is an artist and activist. He is a member of the NYC Fair Trade Coalition and founder of BlueGreenMarble.com/WakeUpDemocracy.org.

**FREE**  
Non members welcome

**Saturday, October 21**  
**7:00 p.m. at the Coop**

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


# Effective Tools for Rapid Personal Transformation

with Marija Santo and Susan March

**Learn simple techniques to let go of fear, anxiety, trauma and unforgiveness. The body is like a magnet and when these experiences are in cellular memory the body attracts the same experiences.**

Doctors and other professionals have used these techniques for daily stresses, eating disorders, robbery, rape and emotions such as anger, anxiety, fear and others. These remembrances can destroy the quality of life if not cleared.

This unique, life changing technology will be demonstrated.



Susan March and Marija Santo are Geotran practitioners.

**FREE**  
Non members welcome

**Sunday, October 29**  
**12:00 p.m. at the Coop**

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



## To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (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 wall near the elevator.

### 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 Whitbeck, 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.

### 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 at branchbilities@optonline.net.

### MERCHANDISE FOR SALE

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

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 at Patrick Mackin Custom Furniture—a T-P dealer for 10 yrs, 718-237-2592.

### MERCHANDISE-NONCOMMERCIAL

TWO FINISHED PINE bookcases, six shelves each. Height 80", width 34", depth 11". Great condition. Price Negotiable. Call Jessie: 718-788-0539.

### 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. Melissacesquire@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.auroralanguage.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.

### SERVICES-HEALTH

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

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

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 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.

LOTS OF FREE SOYMILK. Vitasoy Light Original and Light Chocolate. Richard. 718-282-6175.

### Answers to Puzzle on page 4

Delicata, Zucchini, Patty Pan, Turban, Yellow, Kabocha, Sweet Dumpling, Butternut, Pumpkin, Acorn, Spaghetti

Prompt & Courteous  
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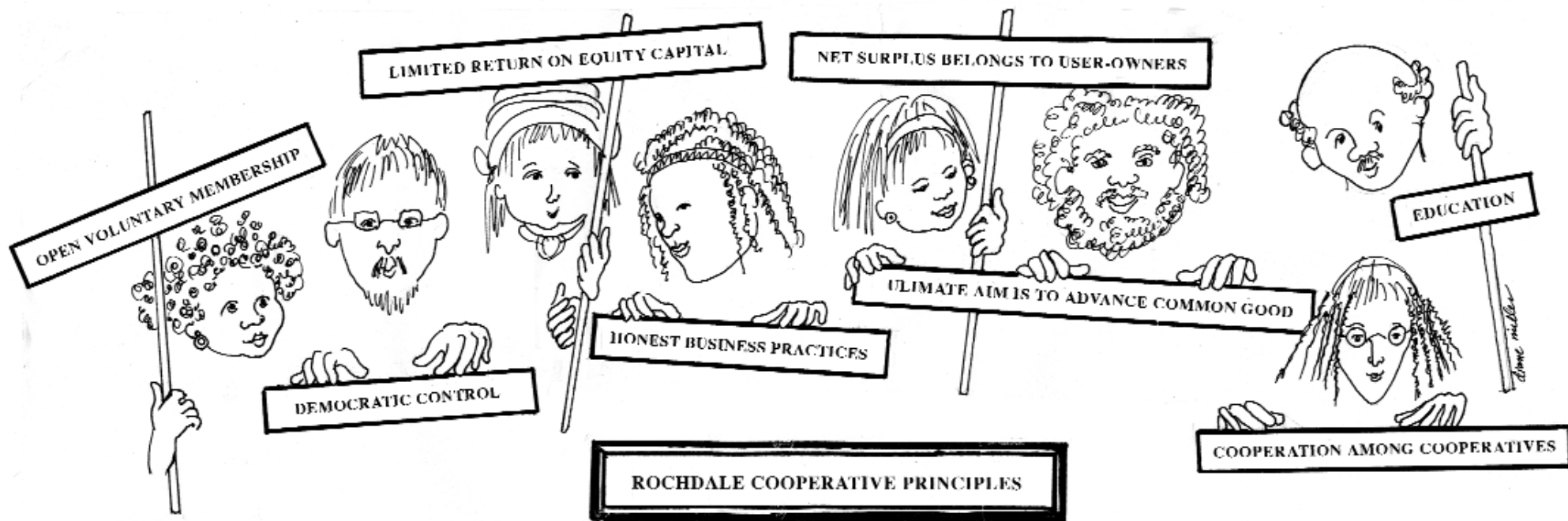


jesse hendrich, m. div.  
wedding officiant

phone 718 783 4711  
e-mail rev.hendrich@gmail.com



# October is Coop Month



## WELCOME!

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

|                     |                    |                       |                    |                        |                     |
|---------------------|--------------------|-----------------------|--------------------|------------------------|---------------------|
| Arnie Abrahamsen    | Nicole Champagne   | Barbara Gajdos        | Aaron Lackman      | Henriette Ohno         | Laurie Soskis       |
| Joyce Abrahamsen    | Sara Ciarelli      | Michael Galinsky      | Augustine Lambkin  | Kazuo Ohno             | Kate Soto           |
| Dyami Allen         | Linda Crovella     | Carly Gelfond         | Christiana Lambkin | Gerrie Oraegbu         | Jesse Stacken       |
| Emily Alpren        | Meghan Currier     | Tavet Gillson         | Mark Lane          | Lillian Paulina        | Katherine Stanfield |
| Neeta Kamlawattie   | Fanya Cutler       | Greg Gipson           | Molly Law          | Kavita Pawria          | Zach Stern          |
| Ambrosino           | Rohini D'Silva     | Pascale Giroux        | Dorit Leavitt      | Stephen Pepper         | Ruti Talmor         |
| Matt Amsden         | Laurel Daen        | Anne S. Grant         | Hanna Lessinger    | Kris Percval           | Elana Taylor        |
| Emily Archer        | Paul Daily         | Kate Greenberg        | Leslie Lessinger   | Sarah Proeschner       | Ashley Tellis       |
| Maia Armaleo        | Marcus Dalbro      | Doron Gura            | Brion Lewis        | Luis Quehl             | Jessica Tuck        |
| Britt Aronovich     | Mickhael Dawes     | Devin Harner          | Elaine Liebenbaum  | Daniel Rendon          | Keri Tyler          |
| Nazneen Ayyub-Wood  | Amanda de Jesus    | Garrett Hartman       | Tom Long           | Juliette Richey        | Elizabeth Urschel   |
| Mette Bahde         | Edwina DeGrant     | Andrea Hatchitt       | Shannon MacMillan  | William Rigby          | Noortje Van Schie   |
| Lucy Baker          | Jim Dekoning       | Brady Heiner          | Jessica MacNamara  | Nick Rigg              | Jennifer Vande      |
| Kelly Barbieri      | Laurence Devore    | Bryce Hejtmancik      | Cynthia Madansky   | Catalina Rio-Fernandez | n Bosch             |
| Jessica Barthel     | Katy Dunn          | Charles Hendee        | Claire Mannle      | Gabriel Rogers         | Laura Waldman       |
| Tricia Bassett      | Samantha duPont    | Irene Horowitz        | Stephen Marche     | William Rogers         | Rachel Walsh        |
| Jamie Beran         | Amy Duquette       | Suk Howly             | Jeffrey Marcucio   | Katriana Roh           | Jennifer Waryas     |
| Meredith Berkowitz  | Andrew Edwards     | D. Tyler Huff         | Erin McCreless     | Grace Rollins          | Beccah Watson       |
| Dino Blanche        | Yasmin Edwards     | Meghan Hurley         | Alaska McFadden    | Karen Rose             | Ana Weibgen         |
| Tai Blanche         | Eric Eichelberger  | Brenda James          | Michael McLaughlin | Gloria Ross            | Tom Wentworth       |
| Cara Blouin         | Adrian Eisenhower  | Dumisani Kambi-Shamba | Amy Merrill        | Christy Sacks          | Lynley Wheaton      |
| Marc Bouvier        | Rudj Escobar       | Nina Kassa            | Cooper Miller      | Stephen Sacks          | Kyle Whyte          |
| Emily Brown         | Rebecca Fasman     | Ryan Kautz            | Karen Miller       | Vanessa Salle          | Elizabeth Willard   |
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| Meriah Burke-Raines | Michael Finkler    | Joseph Keehn          | Estar Mizrachi     | Sandra Scher           | Sarah Williams      |
| Amy Bzdak           | Andrew Fitch       | Austin Kennedy        | James Monroe       | Karen Schoellkopf      | Jennifer Williford  |
| Camilla Cadier      | Nathan Ford        | Sabrina Kenny         | Jorge Morales      | Scott Selberg          | Jeremy Wood         |
| Patricia Cadogan    | Simon Foster       | Natalie Kimmelman     | Forrest Mulcahy    | Tracy Shaw             | Rebecca Wood        |
| Claudia Cannizzaro  | Jeremiah Fox       | Caroline Kinneberg    | Veda Myers         | Elon Shore             | Elizabeth Wyckoff   |
| Elizabeth Casey     | Patricia Fox       | Steve Knight          | Elie Naor          | Leslie Simitch         | Pamela Wye          |
| Aly Cayer           | Juny E. Francois   | David Koffman         | Shaheen Nazerali   | Gary Small             |                     |
| Ariel Celeste       | Max Friend         | Casey Koppelson       | Christine Newkirk  | Ellen Smith            |                     |
|                     | Sarah Fulford      | Jeffrey Kruse         | Sean O'Hanlon      | Husband Smith          |                     |

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