

Established  
1973

# LINEWATERS'

## GAZETTE



Volume AA, Number 21

October 12, 2006

## Guru in the Produce Aisle

By D. S. Aronson

It is a quiet late-summer Friday afternoon and the Park Slope Food Coop produce aisle abounds with possibilities. The bounty is infinite: okra as vibrant as jade; a mountain of lustrous organic tomatoes, only 78 cents a pound; varieties enough of gleaming greens to build a tempting salad for every day of the week. Your mind happily embraces these possibilities. You want to sample them all, but then the pause—yes, but what would you do with the okra...or squash...or escarole?

If you were at the Coop one Friday early in September, you could have asked Myra Klockenbrink, who that day was stationed in our produce aisle, wearing a floral blouse, light blue jeans, and a sign encouraging you to ask questions about the four areas she specializes in for the tour: nutritional value; what's in season; buying and storage information; and meal plans and recipes.

The tour is fairly informal. Interested parties find Myra, and she answers questions by guiding members through the produce and bulk aisles, gently steering them to the choices that engage their interests and needs.

Myra's long-standing Coop involvement—her acquaintance with the Coop goes back to the 1980s—and training through the Institute for Integrative Nutrition gives Myra the ideal background to act as a fruit-and-veggie Virgil of the Coop's produce aisle. She taught cooking courses at the Coop: Eating with the Seasons and Kooking with Kids, in the 1990s.

*Myra diagnosed the food stand-off as "a classic problem—your daughter has figured out food is power."*

On the day of my tour, Myra was joined by several members, some finishing up an earlier tour, others assembling for the afternoon's second tour. Attendees included Melanie, who wanted to move beyond the tried and tired zucchini and squash stir fries and explore cooking with beets and cabbages, all in support of "having a good relationship with food." At her tour's finish, Melanie had a legal pad sheet filled with information she had jotted down, including a recipe from another member for pickled plums and fish, seasoned with ginger and scallions.

In a nod to cooler weather, James, another tour attendee, was in search of ingredients for minestrone soup. When I encountered him, James was enthusing about the "wonderful



PHOTO BY WILLIAM FARRINGTON

Myra Klockenbrink

pink salt" that could be found in the bulk section. Myra's description of the salt was "heaven on earth."

To add to the soup's nutrition, Myra suggested that James include sautéed kale. Creminis were the mushroom of choice, for their flavor. Myra steered James away from using portobellos in the soup because, she says, they would "kind of blacken your broth."

To store mushrooms, Myra recommends a paper bag instead of plastic to reduce the film stored mushrooms can develop. In general, Myra stressed, storing most vegetables damp is the enemy of maintaining freshness. She recommends blotting vegetables with a paper or cotton towel before storing. When the topic of storing herbs came up, Myra advised to either freeze or dry fresh herbs.

As we moved through the produce aisle, a steady challenge for James emerged: preparing meals his tween-aged daughter would happily eat. Summing up a perennial parent-child cuisine struggle, he described his daughter's tastes as being pleased if he would buy "things with chemicals." When dad suggests a gourmet Italian cheese, the daughter opts for American, preferably factory-sealed in plastic.

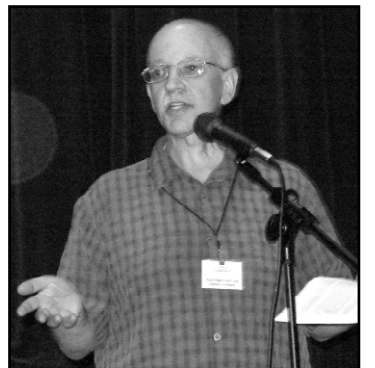
Myra diagnosed the food stand-off as "a classic problem—your daughter has figured out that food is power." Her guess was the daughter was using food choices to try to stake her independence. Myra recounted a similar episode with her own daughter, which involved a boast about eating ice cream served up in a verboten sugar cone. James countered with a story about his daughter's preferences regarding the classic kid dish: mac and cheese. The daughter wants what her friends eat, the

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## Warding off E.coli and Confusion

By Barbara Ensor

Again the General Meeting this month was well attended—with more than a hundred members present. Again the topic of getting work credit for attending meetings came up first. General Coordinator Jess Robinson clarified that Coop policy does allow one work credit for each attendance at a meeting. Further confusion may arise from the complicated rules surrounding FTOP work credit according to Robinson, who referred members to copies of those rules. Another member asked how best to locate health and beauty products, which others corroborated can be hard to find on the shelves. General Coordinator Allen Zimmerman explained that receiving coordinators are the only people who can definitely say



General Coordinator Allen Zimmerman

whether a product is in stock, and shoppers can always page them if they have a question. After a short discussion about why the aisle could not be better-labeled, Zimmerman said he would look into the matter. A proposal for a "doggie day care" work slot was suggested; a member whose workslot entails wheeling groceries

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PHOTOS BY JUDY JANDA

Michael Scudder chaired the meeting with Dorene Martinez and Imani O'Ryn.

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

\* Exceptions for November and December will be posted.

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## Coop Event Highlights

**Fri, 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**  
**Thu, Nov 2 • Food Class:** Vegetarian Thanksgiving Day Feast, 7:30 p.m.  
**Fri, Nov 3 • Film Night:** 9/11: Press for Truth

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



# Produce Guru

CONTINUED FROM PAGE 1

brand with, as James described it, the “powdery cheese,” while dad wants to make the dish with more healthful alternatives.

We thought about a dish James’s daughter might enjoy. I opined that a salad might have appeal because of its wide range of ingredients and hands-on assembly. I asked Myra what she would put in a salad. First on the list was a rich, crunchy component like seeds or nuts; Myra suggested sunflower seeds or pine nuts. For dairy, feta cheese was the top choice. Myra also suggested a surprise like a grain. One of her new favorites is kasha. From it she observed, with a gentle laugh, “you get the crunch.” Another salad ingredient she suggested was cubed, fresh bread. For dressing, Myra recommended a “really robust vinaigrette” with “garlic, Dijon mustard and salt.”

To add a spark of flavor in the greens department, James was advised to try to sneak in arugula, watercress, Asian greens or baby greens. The day we toured produce, the Coop was featuring organic, locally grown baby arugula. Myra highlighted how lucky we were to be able to have this fresh bounty by the “handful.” On our tour we tasted a little, and baby arugula is definitely the choice for Coop members who want this green, but with a little less zing.

James was also interested in Myra’s thoughts about what eggplant varietal to use in baba ganoush. Her advice was quick and emphatic: local organic. According to Myra, one eggplant usually yields less than a cup. She mentioned that round eggplants are also particularly nice to slice up and broil as a side dish.

Sparked by a member’s questions about okra, Myra lingered in front of a pyramid of this luminously green vegetable and observed with great gusto, “We’re so lucky to have okra! It usually comes from Mexico, usually isn’t organic and is heavily sprayed, and here we have local.” From the shipping crate, I saw that our okra was from Hepworth Farms.

True to her practical approach toward produce, Myra pointed out that okra is “very perishable, so you have to take it home, and eat it.” She recommends slicing okra into rounds and cooking it “quick and hot,” either in a stir fry, or by steaming it, a trick her babysitter shared. Not overcooking is also crucial. Then dress the okra with either lemon juice or umeboshi vinegar.

As we continued through the produce aisle, our tour touched on different seasonal possibilities, and Myra provided engaging and helpful tips or suggestions for each. When queried about corn, which was in abundance that late-summer afternoon, Myra shared a great way to cook it. Try standing the shucked corn ears up in a large covered pan with a little boiling water. This way the steam does

most of the cooking, and the corn will come out less waterlogged.

I asked about her favorite recipe using veggies available in late summer. Myra answered that her choice, which features stuffed escarole leaves, was inspired by Coop produce expert, Allen Zimmerman.

Myra rinses escarole leaves well to remove sand. Then she uses the wet leaves as a sort of wrapper, stuffing them with pine nuts, pitted black olives whole-clove garlic cooked in olive oil until brown and capers. The escarole wraps should be drizzled well with olive oil, then cooked in a heavy-bottomed covered pot over a medium low flame for about twenty minutes. It’s important not to dry the rinsed escarole leaves, since the wraps simmer in water from the rinsed escarole. Myra recommends serving the escarole wraps with cannellini or cranberry beans or with a risotto. If fresh cranberry beans are used, they can be cooked with the wraps and extra water, to make a brothy dish.

Another seasonal ensemble Myra shared was squash cooked with onion and corn. Start by cooking one chopped medium onion in a large skillet. Then add the kernels removed from two ears of corn, and two diced summer squash and cook until squash and corn are soft; for a little sizzle, minced jalapeño may be added. The dish may be finished with finely diced cilantro leaves.

If you’d like more tips and a reawakened appreciation for the Park Slope Food Coop’s produce aisle, Myra Klockenbrink is scheduled for tours on October 27, November 10 and November 17. For the time and for future dates, watch the *Linewaiters’ Gazette* for announcements, which are worded as ever-changing poems! ■



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

Have you noticed  
how the sun’s slanting light  
makes the tall grass shine  
how it sets the fall leaves alight

The winds will be here soon  
setting off a blizzard of color  
and finishing off the vines  
to leave the pumpkins ripe and rotund

It’s a small thrill to bring one in  
to light up the place  
But, you know, pumpkin is very good cooked  
cut up in wedges  
drizzled with olive oil and scattered with  
the fresh thyme that grows free and rife  
in enlightened lawns  
a little pepper some good salt  
(break out the fleur de sel)  
and baked in a slow oven until tender

You can have it along side your usual fare  
or put it front and center and make pancakes  
with wild rice and herbs and a red cabbage slaw  
while it’s in the oven

Eat outside one last time  
sit like royalty on a wool blanket in the gold grass  
and watch the birds flock past  
the colored leaves spiraling down at your feet

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

### Dates:


Friday, October 13 and 27,  
Friday, November 10 and 17

### Hours:

12:00–1:00 & 1:30–2:30 p.m.

## We Want to Expand the Availability of Food Tours...

### ...to other days and times.



Are you broadly knowledgeable  
about foods? produce, bulk,  
condiments?

Would you like to  
become a tour leader?

Call Linda Wheeler during  
office hours.

Thursday,  
Nov. 2

7:30 p.m.  
at the Coop



Susan Baldassano  
coordinator

PARK SLOPE FOOD COOP

Vegetarian  
Thanksgiving Day Feast



Chef Pete will demonstrate a festive, satisfying and easy to prepare vegetarian dinner. This will be a complete meal that will allow you to spend time with your family and guests.

RECIPES—TASTINGS TOO!

- Pan-fried Seitan with Roasted Mushroom and Barley Gravy
- Maple Glazed Sweet Potatoes
- Green Beans with Lemon and Pine Nuts

Guest Chef  
Pete Solomita

Pete Solomita is a graduate of The Institute for Health and Culinary Arts. He is an instructor at The Institute for Food and Health in New York City. He is the owner of Little Buddy's Biscuits based in Brooklyn. Pete is a long-time 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.

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 & Commercially Packaged Foods  
Canned Fish  
Canned Fruits & Vegetables  
Pasta & Pasta Sauce  
Pre-packaged Rice  
Pre-packaged 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

The  
Park Slope  
Food Coop



Saturday  
October 21

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

hundreds of  
organic pumpkins  
will be available for sale,  
right in front of the Coop!

PLUS

clowns, face-painting  
all day long

non-members  
welcome!

Organic pumpkins  
at member prices

ILLUSTRATION BY LYNN BERNSTEIN



# To Eat or Not to Eat

## Why Some People Fast in a World of Mass Consumption

By Katie Benner

**F**asting. Let's begin with the conventional and commonsense reasons to say no to a self-imposed period of starvation.

It's nearly impossible to find a traditional physician who does not believe that it's bad to deprive the body of food. As with a car, they say it's not a good idea to run the machine without any fuel.

Fasting also seems a wacky and dangerous thing to promote in a world where we struggle with a nationwide schizophrenia about eating. On the one hand, American obesity rates soar and we grow accustomed to a fatter, unhealthier nation, where business is booming for makers of super-sized coffins and steel reinforced double king-sized beds. On the other, the country continues to fetishize underweight, gaunt stars and is swept away on each successive fad diet.

In fact, men and women at downtown Manhattan lunch spots unabashedly told me about the diet extremes they've gone to in order to be thin. Some even say eating only one meal a day or eating only when passing out is the other option. However, they seemed turned off by the idea of fasting, as though it were merely an extreme version of their more socially acceptable and slight food-intake regimens.

But fasting happens—despite the fact that your average doctor will say it's too extreme to be healthy and your average citizen still regards it with suspicion. People choose to abstain from food for a set period of time for myriad reasons—from spiritual introspection

to physical cleansing—often with the support and guidance of a natural healer, holistic physician or a set of religious proscriptions.

For those thinking about fasting for the first time, Coop member Dr. Lori Gilman gives this caveat emptor:

"Fast under a doctor's care so you can do it right and successfully," she says. "If you're an elder you need to be careful, as you should be if you're hypoglycemic or diabetic. Pregnant women should not fast at all."

### Faces of Fasting

Gandhi found that hunger strikes got his politics noticed, but few people these days are saying no to food to make a statement. "When you talk about fasting, there are so many different ways to fast and so many reasons why people choose to fast," says Coop member Dr. Lorna Barnett, a certified chiropractor who specializes in nutritional testing, detoxification and weight management. "A real fast is no food, and most people do not do that."

*...fasting can be a rejuvenating therapy because it decomposes and burns off damaged or diseased cells.*

Detoxification is one of the most popular reasons to fast, with fasters looking to clear out their colons, their livers or just better adjust their bodies to seasonal changes.

"In these cases, most people are still taking in nutrition through juices," says Barnett, "but you're still giving the body a rest from having to break down food in order to absorb nutrition. With a juice

fast, you're taking in nutrition in a different way."

A fast designed to sweep out the digestive system could also include the use of supplements, including psyllium husk and bentonite clay to sweep out the digestive tract and take the toxins off the walls of the large intestines. Some cleansing programs also recommend the use of colonics.

Some fast to rejuvenate their cells, or even keep degenerative disease and aging at bay.

"You're only as healthy as your cells are," says Gilman. "Your cells slow down when you get sick because of the accumulated waste products in your tissues that interfere with the oxygenation and nourishment of the cells."

"The body can naturally cleanse its cells without fasting, but a fast can increase healing of the deeper organs... It slows the body so it's operating at a lower cycle so you can improve your health."

Gilman also says that fasting can be a rejuvenatory therapy because it decomposes and burns off damaged or diseased cells. "The body feeds itself on tumors, dead cells and fat deposits, but the essential tissues and vital organs are not damaged," she says.

Barnett adds weight loss to the roster of reasons people fast.

"People in general eat too much—sometimes too many fats or too many carbs. We just tend to eat too much of something," she says. "When you fast you're not only taking a break from breaking down food, you're taking a break from these bad habits."



ILLUSTRATION BY DIAN E MILLER

If you're fasting for a specific health issue, the fast should not be something that is too extreme, or it won't make a lasting impact on your overall health.

"You don't want to shock the body too much with extreme treatments because it will just bounce back to its former condition," says Gilman.

Barnett adds that it is inevitable that some bad habits will creep back in, and that little by little most people will find themselves needing to fast again in order to cleanse their bodies or realter the way that they think about food. Even so, she says, that feeling that you've accomplished something can be powerful and lifestyle changing.

### Final Fasting Thoughts

I embarked on my first fast a few years ago to clean out my digestive track, but when I fast now, it has very little to do with my physical self.

After no solid food for seven days, many bad eating habits are broken and I feel

light, rejuvenated and healthier. More important, fasting forces me to face my life.

When I fast, the ways that I use food or alcohol at that time as a distraction become clear; and I find myself more inclined to extricate myself from the consumer and social temptations, or demands, that come with life in New York City.

As my system slows to accommodate the fact that I'm not taking in as many calories, I spend more time with my thoughts.

And the discipline necessary to fast translates often to discipline in other aspects of my life.

Little wonder then that so many religions prescribe fasting along with contemplation, atonement, spiritual renewal and reflection.

Fasting is a physical event, "but it starts in the mind," says Barnett. "If you do not really decide and prepare for the fact that you're going to fast, if you do not truly understand your purpose in fasting, nine out of 10 times you will fail." ■

# 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 • 11:00 a.m. – 6:00 p.m.

☞ Saturday, October 28 • 11:00 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

## 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

## Exchange: Costume Jewelry & More



Trade new and gently used hats, gloves, scarves, hair adornments, costume jewelry and jewelry boxes.

This exchange is a community event that is ecologically responsible and fun. You can have items that have already been cherished.

BRING ONLY INEXPENSIVE costume jewelry, jewelry boxes, hair clips, barrettes, hats, gloves, scarves, rings, earrings, necklaces pins, watches, brooches and anklets in good repair that others might enjoy.

Please...

• DO NOT leave anything in the Coop before 10:00 a.m. Friday, November 3.

• DO bring inexpensive new & gently used things in good repair.

(Items left at 2:00 p.m. will be donated to a local 501(c)(3).)

**FREE**  
Non members welcome

**Friday, November 3**  
**10 a.m.-2:00 p.m. at the Coop**

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



# E.coli etc.

CONTINUED FROM PAGE 1

through the sidewalks of Park Slope to help members with home delivery noted that softer tires on the carts would protect eggs and other fragile groceries.

General Coordinator Mike Eakin’s financial report compared the Coop’s bottom line on September 10, 2006 with that of a year ago. Although sales are up by 8.5% this year, expenses are also up by half a percent, he explained, creating a slight loss. This is not uncommon after the slower summer months—but nevertheless not something the Coop showed last year. Membership grew at a modest three percent, compared to the whopping 11% increase to last year’s membership. Perhaps “we are arriving at capacity and hopefully equilibrium,” Eakin speculated.

Next we were treated to a dramatic account of the recent E.coli spinach scare, as it affected one man’s life: Zimmerman, who is the Coop produce buyer. When news that nationally, a hundred people

were ill and at least one fatality had been caused by tainted spinach, Zimmerman re-alled he was unflustered. He had been alerted to the growing health crisis three days earlier (by members who showed him an article in the New York Post.) Careful research had already told him this was a California problem, not anything that put the local spinach crop or the health of Coop shoppers in jeopardy.

But as news and panic began to spread throughout the land, “every fifteen minutes or so” the situation was changing, Zimmerman recalled. When it emerged that Natural Selection was implicated (the company that packages about half of the Coop’s spinach as well as that of numerous other organic and non organic growers nationwide) Zimmerman decided to pull the Coop’s spinach from the shelves. It was a relief when shortly after that the company announced it would offer full refunds on all returns. The spinach packets had to be wrapped as a quarantine precaution. Zimmerman scarcely had time to scratch

his head in amazement at the notion of organic spinach becoming a health hazard because by now, he says, his phone was ringing “about once a minute.”

*Next we were treated to a dramatic account of the recent E.coli spinach scare as it affected one man’s life: Zimmerman... the produce buyer.*

Next the FDA issued a warning to the public not to eat spinach of any kind, no matter how it was or wasn’t packaged. “I took that to mean not even local spinach from local farmers that we trusted,” explains Zimmerman. As the source of the E.coli 0157:H7 outbreak became more specifically identified with three California counties, the purpose of the national ban became increasingly nonsensical. “Would I have had the gall to carry local spinach without the FDA releasing these restraints. I like to think I would,” says Zimmerman. “But,” he admits “I was waffling.” Much to his relief, that very morning the FDA had lifted the ban. An order for loose spinach had been placed from a farm in Hillsdale New York just hours ago, which he told the meeting “will be on our shelves on Thursday.” “I know some people will be afraid to buy it,” he said, suggesting this drama may not be over yet.

Zimmerman then drew our attention to a recent Op Ed piece in the *New York Times* in which green market advocate Nina Planck suggests the health issue “probably has little do with the folks who grow and package your greens.” Instead, she suggests, bacteria-prone “manure from...grain-fed cattle...contaminates the groundwater and spreads the bacteria to produce, like spinach, growing on neighboring farms.” Increasingly cows are fed grain instead of grass all over the country, so this is not exactly reassuring news. But assuming she is correct Planck points out that a change in diet quickly eliminates the presence of the dangerous bacteria in the animals feces. As further background, Zimmerman noted that that the Park

Slope Food Coop exclusively buys primarily grass-fed beef.

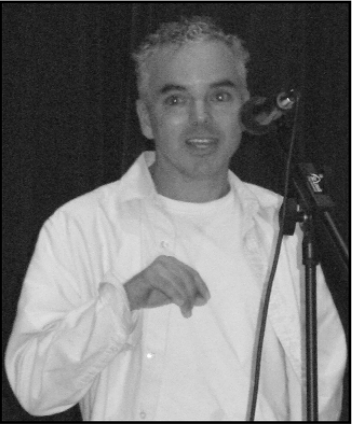
Next the meeting turned to the more local matter of electing members to two new committees, the Hearing Officer Committee and the Hearing Administration Committee. These offshoots of the Disciplinary Committee will be called into action when a disciplinary issue calls for a hearing, which on average seems to happen about once a year. Cara Tuzzolino-Werben of the Disciplinary Committee explained that putting notices in the *Gazette* and posting signs around the Coop had generated some interest. Sending letters to FTOP workers in good standing worked better still. From the small pool of Coop members who said they would be interested, about half were selected. Screening took place with phone conversation, followed by an interview. In response to questions from the membership about what criteria were used to screen members, Andy Feldman of the disciplinary committee explained that the process had been largely self selecting. Rarely was anyone who showed interest turned away, he explained. Some concern was expressed by several members that the committees did not reflect the diversity of the Coop as a whole. Noting that this has been a source of frustration to the Disciplinary Committee as well Andy Feldman encouraged candidates to step forward, particularly people of color.

The first election was for members of the Hearing Officer Committee. Five people were up for election, of whom four were present. The committee will need between five and nine people to fulfill its mission of administering disciplinary hearings in an orderly and democratic way. Candidates briefly explained individually why they felt they could handle the job. For example, Mel Spain, a Coop member for eighteen years, said that having presided over two hearings, he volunteers to serve, although he is of an age where he does not need to do a workslot. Wendy Ferguson, a nurse who manages a team of employees, explained that she is interested in cooperative behavior and “glad to be

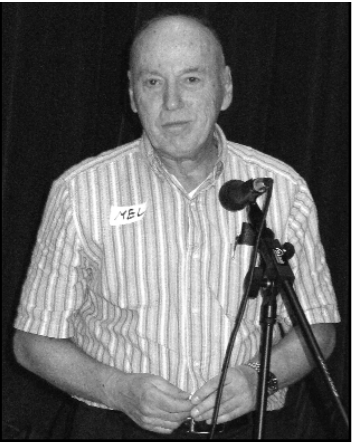
## Four Newly-Elected Hearing Officers



Wendy Ferguson



Liam Malanaphy



Mel Spain



Victoria Brush

a part of a process” that exercises those values. Members attending the general meeting filled in paper ballots, which were collected and counted.

The process of electing members to serve on the Hearing Administration

CONTINUED ON PAGE 5

## Three Newly-Elected Hearing Administration Committee Members



Rachel Garber



Gail Rosentrauch



Barbara Mrozik

## PSFC OCTOBER GENERAL MEETING Tuesday, October 31 7:00 p.m.

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

### AGENDA:

#### Item #1: Annual Agenda Committee Election (30 minutes)

**Election:** “Four two-year terms are open. There is also an opening for a term that ends in one year. Nominations are being accepted now and will be accepted on the floor of the GM. Four members whose terms have expired are seeking reelection. Nominations may also be made from the floor.” — submitted by the Agenda Committee

#### Item #2: Amend Coop Employee Retirement Benefits (30 minutes)

**Proposal:** “To amend the eligibility requirements as follows: delete ‘At the time of retirement from the Coop, the employee is 60 and has had 15 years of service,’ and replace it with ‘Rule of 75: At the time of retirement from the Coop, the employee’s age plus years of service is equal to 75 or more.’” — submitted by the Personnel Committee & the General Coordinators

#### Item #3: Rescind Out-of-date Employee Policy (30 minutes)

**Proposal:** “To rescind the Complaint, Grievance, and Arbitration Procedure that was passed at the February 28, 1989 General Meeting.” —submitted by the Personnel Committee

### Future Agenda Information:

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



## SAFE FOOD COMMITTEE REPORT

# Safe, Sustainable Sustenance Or Avoiding Known Unknowns, and Unknown Unknowns

By Louise Maher-Johnson (PSFC Safe Food Committee)

**R**eports that say that something hasn't happened are always interesting to me, because as we know, there are known knowns: there are things we know we know. We also know there are known unknowns: that is to say, we know there are some things we do not know. But there are also unknown unknowns—the ones we don't know we don't know."

Rumsfeld's wordplay about what "we don't know we don't know" could be code for our industrialized chemical food system.

The big picture about food is really the unlabeled and untested (so twice unknown) artificial chemicals and toxins in fruits, veggies, grains, and animal products, and the unknown, certainly un-nutritious effects of chemical build-up in the soil and groundwater. And the big picture is also how those basic foods get processed, by combining the farmers' pesticides and artificial growth hormones with the processors' sundry chemical ingredients (with big names but more unknowns), and then get packaged in plastic and sold as breads, sauces, dressings, frozen dinners, desserts.

Could these known and unknown unknowns, especially in combination and over time in our bodies, be associated with spikes in allergies and asthma, irritated bowel syndrome and diabetes, high blood pressure and cholesterol, cancer and heart disease, and early puberty and fertility problems?

Good news is we can eat to sustain ourselves and to sustain the health of everyone's soil, water, and air by avoiding the unknowns in food. Just opt out of this uncontrolled chemical food experiment!

And the bonus is: By avoiding unknowns, you are avoiding empty calories and unnecessary pounds (a bargain!).

## So, Take Care To...

Avoid pesticides, especially foods found to be highest in pesticide residues, e.g., potatoes, spinach, celery, bell peppers, apples, cherries, strawberries, nectarines, peaches, red raspberries, pears, and grapes. Buy these organic or pesticide-free! This means eating not only organic apples and potatoes, but baking your own organic pies and home fries. (Home cooking!)

Avoid genetically modified foods—most important, SOY or anything with tofu, soy lecithin, oil, or flour (unless organic or non-GMO). Also avoid corn and corn products, potatoes, canola and vegetable oil, long-grain rice, papaya (unless organic or non-GMO). Also steer clear of meat, eggs and dairy from grain-fed animals, since most GM soy and corn are used for animal feed. (And GM corn is also used for artificial high-fructose corn sweeteners; see [www.westonaprice.org/motherlinda/corn-syrup.htm](http://www.westonaprice.org/motherlinda/corn-syrup.htm)).

All these "foods" are either modified to allow limitless herbicide to be sprayed on them or to contain their own built-into-every-cell insecticide (food literally brought to you by the pesticide industry).

To engineer the food cell's DNA requires also invading the cell with viral and bacterial genes. These unnatural toxin-producing and other novel genes will propagate and mutate in the living food system forever. These "foods" are patented and increase pesticide use while threatening biodiversity, and now GM soy and corn are being grown

for biodiesel, when Greg Pahl, in his book *BIODiesel*, asserts that algae and canola are better suited, due to their higher oil content. In addition, GM soy, sadly, is being aggressively farmed in the fast-receding Amazon forests, the earth's lungs (see [www.commondreams.org](http://www.commondreams.org)).

Avoid high-fructose corn sweetener (HFCS) in just about everything processed, not just sodas, juices, cakes, cookies. It confuses your liver and hormones, explains nutritionist/author Linda Forristal. Also note that one soda contains the USDA suggested daily sugar intake. According to *New York Times* contributor



and author Michael Pollan, HFCS contains more fructose and is cheaper than sugar, and these cheap, fattening calories are underwritten by tax subsidies for monoculture corn.

Avoid growth hormones and antibiotics in most meats and some dairy. Beef, chicken and pork in the US come mostly from feedlot operations, considered by many to be high-polluting animal "sweatshop/prisons." Also, the artificial growth hormones used to soup-up dairy cows are genetically engineered and often sicken cows, and so boost the use of antibiotics. (Also, every cell of every GM food contains an antibiotic-resistant gene!

Charles Benbrook, science advisor for three presidents, admits that scientists are troubled by the use of this gene in food.) So, kudos to stores that sell meat and milk from farms "known" for precautionary, sustainable and humane practices.

Avoid trans-fats, a.k.a hydrogenated/partially-hydrogenated oils in margarine, breads, cookies, pastries, icings, etc., added for longer shelf life, but shorter heart function. (A really good idea is to really read ingredients.)

Avoid toxins which leach into food. For example, plastic containers leach toxins into water and into hot food, Teflon and aluminum cooking pans leach toxins into food during cooking, etc.

Don't buy household items containing chemicals that find their way into everywhere and everything. Treat yourself to a stainless steel water bottle! (See studies about hundreds of trace toxins found in blood of adults and newborns at [www.ewg.org](http://www.ewg.org))

Avoid empty calories—chips, almost anything processed (even pasta, energy bars, bread, flour) unless from whole grains and organic. (Eat real and stay regular.)

Also limit meat and meat products, even organic and grass-fed, because animal products take more time and energy to digest and they are not as sustainable for the planet as plant products. Remember that whole proteins (all the amino acids) are available in a vegetarian diet by combining a grain and a legume/nut, and by eating diverse foods. (Body builders can be vegetarians!)

## But Do Eat

For breakfast, try egg with veggies, or fresh fruit/fruit

smoothies. And avoid the empty calories of a bagel, toast or muffin, unless whole grain.

Lunch, dinner, snacks—keep on with the fresh, raw fruits and veggies (frozen, pickled or dried, never canned, if they can't be fresh), and some whole grain. Remember, a huge bowl of salad with lots of added options, like nuts and cheeses (but hold the junky croutons!) will satisfy any appetite with a fraction of the calories of another meal or of a dessert. A great goal: 50% raw or live food every day.

If you're eating an animal product for protein at a specific meal, grains, beans and nuts aren't necessary. Whole grains are what many speak of, but few people eat. White and refined isn't whole, and wheat is not the only grain (think diversity, i.e., rice, millet, oats, rye).

Drink lots of filtered water, in addition to teas and fresh-squeezed fruit and vegetable juices. Limit bottled juices.

## Be Simply Sustainable

Like Gandhi, live simply so others can simply live. Eat simply and without depleting natural resources. And eat locally, whenever possible. Our long distance, petroleum-based, chemical food system is a prime reason we are both at peak oil prices and at the onset of dramatic climate change. Support local farm markets, CSAs, food coops, and natural food stores and restaurants. Be aware that Wal-Mart's organic foods travel thousands of miles and undercut the fair price of local products. You can know your food better if it's local: support the grassroots "100 Mile Diet" ([www.100milediet.org](http://www.100milediet.org)).

Enjoy knowing, sustaining and eating. ■

## E-coli etc.

CONTINUED FROM PAGE 4

Committee, (the group that will be responsible for making phone calls to gather a randomly selected group of fifteen Coop members as a kind of jury) went forward in much the same way. This time three to five members are needed, and three of the five people whose names were on the ballot had shown up. Among those were Barbara Mrozik, a middle school administrator who humorously noted "my greatest offense is that I was born and raised in Park Slope but didn't join the Park Slope Food Coop until 2001." Ms Mrozik noted, "On any day any per-

son can make a mistake," saying she welcomed the opportunity to give members the "dignity that they deserve to have" when the need arises for a public examination of their conduct.

Before the results were announced, there was considerable debate about the possible implications of the fact that two members, one up for election on each committee, had not shown up, or called to say they were not coming. A member named John Urda pointed to a Coop rule applied just two months ago which says, as he put it, "You can't be elected unless you are here." A motion was made to waive the rule in this particular election

was not carried. After a certain amount of finger pointing, as different factions blamed one another for not knowing this basic procedural matter, it was determined that those who were not present could not be elected, regardless of the count. All the members present who stood for election were elected by a majority to sit on their respective committees. Both committees are looking for additional members who will accept FTOP credit.

The deliberation about the rules regarding this election, which had delayed the first item on the agenda, helped to speed up the passage of the second one. The question

before the meeting was whether to set up an ad hoc committee to review the rules for general meetings. There were a few questions, such as one from Andy Feldman as to whether the person or persons who had suggested this proposal might have had a particular rule change in mind. But this was quickly put to rest when Anne Monroe of the Chair Committee volunteered that the idea had been hers, "and 'I have no agenda.'" A further explanation as to why the rules ought to be studied was provided by Glenn Brill of the agenda committee who observed "There is a particular moment in almost every meeting

where there is a procedural matter which is difficult to clarify. Consequently there is a lot of confusion." Do you have any examples? asked the chair, (apparently without irony). "It becomes a blur," Brill eloquently replied.

The motion to form an ad hoc committee to study rules for the general meeting passed overwhelmingly.

An announcement was made that a memorial service will be held on October 22 for Israel Fishman. He was President of the Coop and attended nearly every meeting. "He had that title," explained Zimmerman, "but really he was somebody who was in love with the 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: Salad Greens

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.

U V H W G X C U

U Y S Q F U

W G J T J C W

S W Y S U C Q X Y

L U V H C J Y

K U Y Y U C

Q H U D U G C

C U P P J H U

M W P U G H G U V V

K G Q V U U

V H W C C Q X Y V

G W S Q H H A Q X

G X L W Q Y U

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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 26 issue: 7:00 p.m., Mon, Oct 16  
Nov 9 issue: 7:00 p.m., Mon, Oct 30

### CLASSIFIED ADS DEADLINE:

Oct 26 issue: 10:00 p.m., Wed, Oct 18  
Nov 9 issue: 10:00 p.m., Wed, Nov 1

## 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 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.

### TUE, NOV 7

AGENDA SUBMISSIONS: 8:00 p.m.—Items submitted will be considered for the November 14 GM.

## The Coop on Cable TV

"Inside the Park Slope Food Coop"

FRIDAYS 1:00 p.m. with a replay at 9:00 p.m.  
Channels: 56 (TimeWarner), 67 (CableVision).

If specific programming is available at press time, it will appear on the Community Calendar page overleaf.

# 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 Atten-

dance 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. ■



## 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)

(unless there is a vote to extend the meeting)

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

## BEST ECO-CHOICE



*Presented by the Environmental Committee*

## Ecover Toilet Bowl Cleaner

This is a safe alternative to toilet bowl cleansers, which generally contain toxic ingredients. It has no petrochemical ingredients, no residue of unnecessary chemicals and an optimum level of biodegradability.



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, 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. 7PM. 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. 7pm. Admission \$10.

FRI, OCT 20

AAWAA MOVIE SERIES: Asian American Women Artists Alliance presents *Seventeen Years*. Eng. Subtitles. A young girl is convicted of murder and sentenced to a long stay in Prison. After 17 years she is granted a special furlough for New Year. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

ONGOING SHOWS/EVENTS

TUESDAYS: OCT 17 & 24

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

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.

FAMILY COMMUNICATION: Doing More Than Blah, Blah Pt. II. The community is invited to a conference of a different kind. 9:30–3:30. Berean Baptist Church (1635 Bergen St. btw Rochester & Utica Aves). This FREE community conference, with keynote address by Hip Hop intellect Kevin Powell, aims out of the box for real talk & action around issues of concern to youth and the community. 718-467-5620/5574.

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. 7PM. 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.

SAT, OCT 21

DEVELOP, DON'T DESTROY BROOKLYN—WALKATHON: 12:00 n, Prospect Park Bandshell. Join community and walk to raise funds for the legal battle against eminent domain & Ratner's Skyscraper / Arena Superblock proposal. To Register: [DDDB.net/Walkathon](http://DDDB.net/Walkathon) or 718-362-4784.

A.G.A.S.T.: Annual Gowanus Artists Studio Tour. 1-6:00 p.m. [www.agastbrooklyn.com](http://www.agastbrooklyn.com) for map & full tour info.

SUN, OCT 22

FUN WALK '06: Bklyn Bureau of Community Service invites you to walk with us to celebrate the strength of the human spirit. Help raise funds to expand recreation programs for disabled adults. 8-11:00 a.m, Prospect Pk, 15th St entrance. Registration \$10, waived if you raise \$10 or more. [www.bbcs.org](http://www.bbcs.org)

A.G.A.S.T.: Annual Gowanus Artists Studio Tour. 1-6:00 p.m. [www.agastbrooklyn.com](http://www.agastbrooklyn.com) for map & full tour info.

TUE, OCT 24

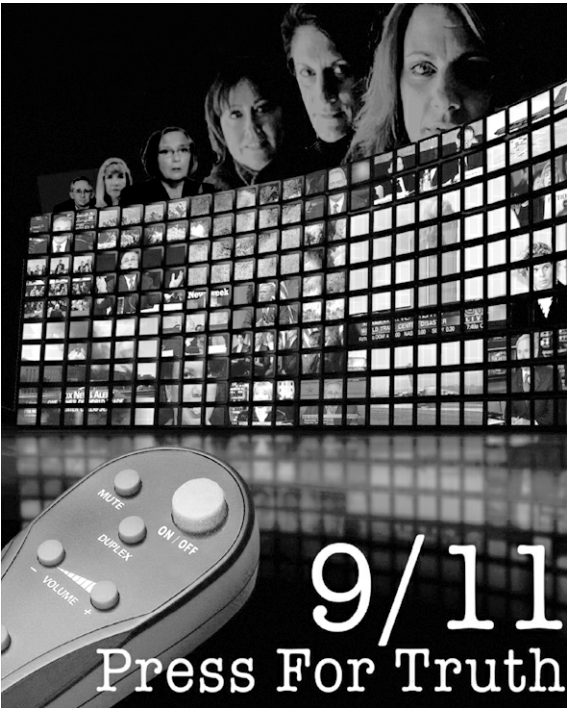
FREE! CAREGIVER STRESS REDUCTION workshop led by \*Joan Vega. Learn breath work, guided meditation, & visualization techniques to cope with the overwhelming demands of caregiving. Held at Leeza's Place at Pak Slope Geriatric Day Center, Tuesdays, 4-5:00 pm. RSVP necessary. Please call 347-296-2345 to 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. 7PM. By donations.



Friday, November 3 • 7:00 p.m.  
at the Coop



The film follows five of the most prominent members of the Family Steering Committee tell their story for the first time, providing the most powerful argument yet for why 9/11 still needs to be investigated. The documentary is based in part on Paul Thompson's *Complete 9/11 Timeline*. Read more at: [www.911pressfortruth.com](http://www.911pressfortruth.com)

**Rob Falotico** provided research and post-production sound restoration for **9/11 Press for Truth** and has been active in 9/11 research and activism since 2004. He has been a coop member for over three years.

A discussion with Rob will follow.

Film Night organizer, **Trish Dalton**, can be reached at [mail@trishdalton.com](mailto:mail@trishdalton.com) or 718-398-5704/718.398.5704.

Free Non-members welcome

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



A Special FTOP Opportunity for Members

The Park Slope Food Coop Joins in Partnership with the Park Slope Civic Council for their Semi-Annual "Park Slope Civic Sweep"

- Shifts are available from 10:00–12:00, 11:00–1:00 and 12:00–2:00
- To sign up for FTOP work credit, call the Coop during office hours..
- Members will report either ON TIME or EARLY to Seventh Avenue at Ninth Street
- The Civic Council will supply equipment: paint, brushes, brooms, litter bags, etc.
- If you have a Coop T-shirt or sweatshirt, please wear it.
- Cancelations will NOT be accepted after 5:00 p.m. Friday, November 3.

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.





LETTERS TO THE EDITOR

GM ATTENDANCE: PERHAPS LESS LAZY THAN LAISSEZ-FAIRE

DEAR EDITORS AND COOP,

As one of the 12,000-plus Coop members who does not attend monthly meetings, I would like to respond to a letter printed in the Sept. 28 *Linewaiters' Gazette*. Contrary to its author's assumption, the very first reason I have yet to attend a meeting (although I do plan to do so) is because I do indeed have a "conscious feeling of satisfaction with the way things are being run," with scheduling considerations a very close second. I hate to think what would happen to day-to-day operations at the Coop, which are surely its primary *raison d'etre*, if every one, or even most of its 12,000 members had a hand in the pie.

Katherine Bryski

BROOKLYN BOOK FESTIVAL: A VERSE ACCOUNT

DEAR EDITOR

Free-wheeling, free-living, free-versing Walt Whitman  
Was Brooklyn's pioneering lit man,  
A colossus bestriding the city of churches,  
His poems soaring above the birches.  
His man-among-men bravado and cheer  
Was sure to be felt at the festival here  
Amid the hard-working overnights  
Who live and work in the borough of writers.  
Walt's spirits hovered, and those beneath 'em  
Included the talented Jonathan Lethem,  
Who sang the praises of the old neighborhood  
Where life was rough though sometimes good.  
Also there was Jumpa Lahiri,  
Whose books are comically teary.  
And Colson Whitehead, essayist  
High up on the noted authors list,  
As is the fecund Phillip Lopate,  
Whose work flows out of his tidal flow pate.  
Gary Shteyngart, satirist,  
Gives life around him a Russian twist  
While life's a matter of Punch and Judy  
For the rollicking Rick Moody.  
Myla Goldberg was there for a reason:  
In Brooklyn she finds a joyful bee season,  
Just as the place's bagels and lox  
Give comfort and joy to Paula Fox.  
A newcomer who digs the dames  
Is the always-funny Jonathan Ames,  
Though he may not appeal to Katha Pollitt, who has other fish to gatha  
And is political, like Jennifer Egan, who's apt to run for sennifer.  
Now who's this vision that I see?  
Nicole Krauss—with baby makes three,  
When counting her prince of the author corps,  
Husband Jonathan Safran Foer.  
And finally, the tireless walker  
Of the city, the eminent talker  
And Brooklyn's favorite writing mammal,  
Walt Whitman's born-here heir, Pete Hamill.

Leon Freilich

Walk to Stop Eminent Domain Abuse on the Border of Park Slope

By Shabnam Merchant

On Saturday, October 21, Develop Don't Destroy Brooklyn will hold Walk Don't Destroy 2, a walkathon to raise money for litigation against the proposed "Atlantic Yards" development and its abuse of eminent domain.

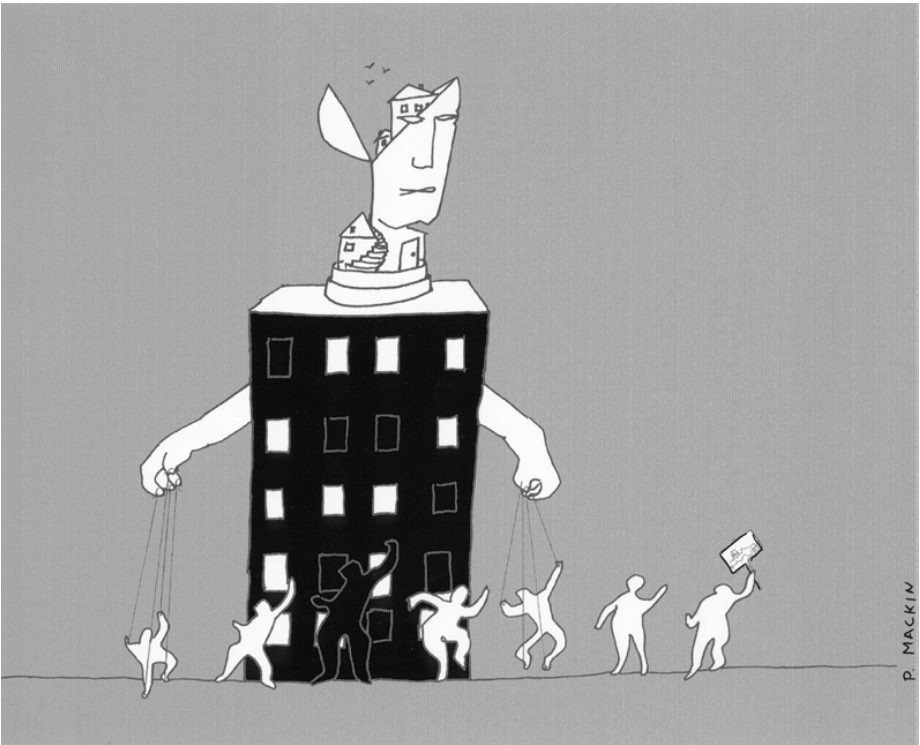
If built, "Atlantic Yards" would forever change the character and quality of life in Brooklyn. With a \$4.2 billion dollar price tag—almost half paid by taxpayers—"Atlantic Yards" would be privately owned by one developer, Forest City Ratner (FCR). The project is controlled by an unelected, unaccountable state authority, the Empire State Development Corporation, and bypasses ULURP-the city's Uniform Land Use Review Process, which mandates public hearings and a vote by the full City Council. As residents of the surrounding area, we have been locked out of decisions that will critically impact the future of our neighborhoods and our borough.

The "Atlantic Yards" development would put 16 towers, up to 60 stories high, primarily for market rate-to-luxury housing, and a sports arena, at the foot of Prospect Heights. At more than 22 acres, its footprint would be 1 1/3 times that of the World Trade Center. 18,000 new residents would live in a six square block area, making it the most densely populated residential development in all of North America. One skyscraper will stand on the Park Slope side of Flatbush in place of Modell's and PC Richards, and an additional three skyscrapers have been proposed for the site of the struggling Atlantic Center Mall, bringing the total number of high-rises to 19. The project footprint could very well grow if more land is needed to mitigate traffic and parking issues and to accommodate more community facilities.

If the "Atlantic Yards" development goes forward, all of historical, low-rise Brooklyn will experience stress on its already overtaxed infrastructure. The project would generate 23,000 more vehicle trips per day, along with rising rates of pollution and asthma, and greater congestion, slowing down police, fire and ambulance response times. On at least 250 nights each year, 20,000 visitors and their cars would come to the arena and its surrounding neighborhoods. To date no new schools, hospitals, fire stations, police stations, security provisions, electrical grids or wastewater treatment plants have been planned to cope with the massive influx of new residents and visitors.

The Council of Brooklyn Neighborhoods, a coalition focused on overseeing the environmental review process also found that the project would result in rapid gentrification as the table below demonstrates.

Member Contribution



Household Income Band*	Proposed Atlantic Yards (AY)	Current (within 3/4 mile radius of AY footprint)
Less than \$21,270	0%	24%
\$21,270 - \$28,360	3%	10%
\$29,069-\$35,450	10%	16%
\$42,540 - \$70,900	7%	23%
\$71,609-\$99,260	7%	10%
\$99,969 - \$113,440	7%	6%
More than \$113,440	64%	11%

\*Income bands for current households (based on Census categories) are slightly different than the bands in the Atlantic Yards housing program (based on percentages of Area Median Income)

Despite what you may have heard, however, the "Atlantic Yards" project is not a done deal.

To build this project, FCR needs New York State to use its power of eminent domain. The Supreme Court ruled in June, 2005, in *Kelo vs. The City of New London*, that "economic development" is a legitimate "public use" and basis therefore for seizing private property. Yet the court also determined that an appropriate legislative process must be adhered to, and should not favor a single pre-selected developer. Not only has this project bypassed legislative oversight, but also Develop Don't Destroy Brooklyn legal counsel believes a very strong case can be made that the "Atlantic Yards" project has been developer-driven.

While the legal case to be made is strong, the cost of this suit will be high, against an opponent with deep pockets, and for this reason it is critical that people opposed to the arena and eminent domain abuse participate in the walkathon.

Please participate in Walk Don't Destroy 2 to seize back from the state a process in which we have had no representation. Together, we can ensure that site of the Vanderbilt Yards is developed in a way that is sound for our community and its future.

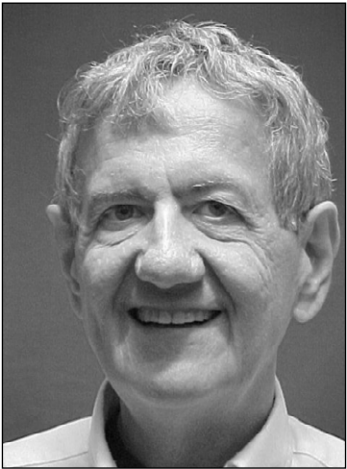
Register today and recruit sponsors for your walk at [DDDB.net/walkathon](http://DDDB.net/walkathon) or call 718-362-4784. ■

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.





PROGRAMS

Friday, October 13 through  
Sunday, October 15

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, October 13  
7:30 Public Speaking for Everyone

Saturday, October 14  
10:30 Mind Body Medicine  
Lasting Relief from Chronic Stress

1:00 Tarot and Creative Writing  
Workshop

4:00 Primal Connections

Saturday, October 15  
12:00 Vibrational Healing

Women & Money  
Learn How to Take  
Control of Your  
Money and Your  
Financial Future

with Jaime Pierre



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  
6:30 p.m. at the Coop

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

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.

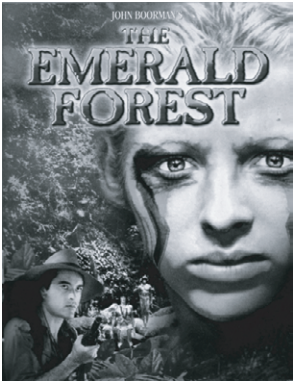
More and more women have stepped into the position of financial decision-maker and are seeking information to help them in this important role. Prepare yourself for a better financial future.

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

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 and 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

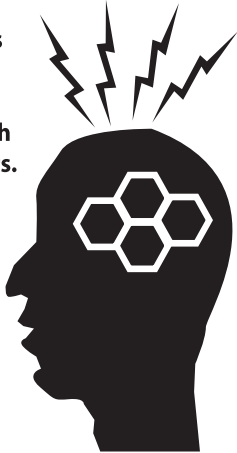
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

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



The Art of  
Managing Stress  
for super-busy, maxed-out Brooklynites

with Mina Hamilton

@ # % & @ !!!

In this part discussion/part experiential workshop, you'll learn simple stress-reduction techniques for your commute, workplace and home, including:

- Easy, calming breathing skills
- Simple and quick de-stressing stretches
- How to change a heart-pounding reaction of rage into a more appropriate response
- What to do before leaving your home in the morning
- Key facts about the physiology of stress
- How stress impacts on your health

Mina Hamilton has been teaching stress-reduction for 16 years, including workshops for staff at Long Island College of Medicine, Methodist Hospital and the New University. Her book, Serenity To Go: Calming Techniques for Your Hectic Life, has been translated into five languages.

**FREE**  
Non members welcome  
Saturday, November 4  
11:00 a.m. at the Coop

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

Holiday  
Cooking  
with  
Essential  
Oils

served by  
Teri Gorbea and  
Denise Galon



Prepare your next holiday affair with mouth-watering entrees that can be served as appetizers or as a main course. These recipes are prepared with fresh, organic ingredients offered at the PSFC and 100% Pure Organic Therapeutic Grade Essential Oils.. Here's to Good Healthy Holiday Treats.... Buon Appetit!!

Holiday Menu

- Squash Apple Soup
- Spinach Salad with Orange Ginger Dressing
- Quiche Trio Supreme
- Eggplant Pizza
- Dumpling Surprise
- Sweet Potato Chips with Salsa
- Lavendar Choco Mousse

Beverages

- Cinnamon Cider
- Eggnog Delight

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

**FREE**  
Non members welcome  
Sunday, November 5  
12:00 p.m. at the Coop

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

Meet Your  
Mind

WITH ALLAN NOVICK

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

Meditation opens and calms the mind.

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

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

**FREE**  
Non-members welcome  
Friday, November 10  
7:30 p.m. at the Coop

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

Top 7 Steps to  
Losing Weight  
Without Losing  
Your Integrity

with Jena la Flamme



- Wondering how you can lose weight without feeling like you are in prison?
- Looking for weight loss solutions not oriented to deprivation and denial?
- Sick of feeling in a rut of cravings and poor food choices?

If you are someone who has no tolerance for diet culture and its messages that disempower women, yet want to lose weight in a healthy, sustainable manner that supports who you are, then this is for you.

Learn quick and easy strategies to lose weight, increase your energy levels, decrease your cravings, and allow you to feel better. Discover how you can achieve sustainable weight loss through eating the right foods and improving your relationship with food and your body. Learn concrete ideas you can incorporate immediately into your busy New York schedule.

Jena la Flamme is the director of the Jena Wellness Group, a certified Holistic Health Counselor, yoga teacher and published columnist. She guides clients in addressing weight loss, low energy and other health concerns through a fun, easy and pleasurable approach to nutrition and lifestyle choices. She is a member of the Park Slope Food Coop.

**FREE**  
Non members welcome  
Sunday, November 12  
12-1:00 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 Witbeck, 718-857-6066

CHILD CARE

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

CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A safe, open, co-ed forum to improve communication; deepen self-understanding; reduce isolation; and explore how you can have more rewarding relationships. Led by an experienced psychotherapist. To learn more, call Gary Singer, LCSW, at 718-783-1561.

MUSIC SALON STARTING—will meet on Sunday afternoon beginning in October. Each person will perform one piece. Baldwin piano, drum set and electric organ available. All levels welcome. May also be a pot luck. \$7 donation to cover costs. 718-768-0792.

LEARN HOW to do voice-overs from industry professional. Learn from award-winning producer/casting director the basic skills for reading copy, narration or even a child's book. Learn how to keep your listeners listening. Beginner or experienced for touch-ups. Call for rates. 646-263-3826.

COMMERCIAL SPACE

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

ADVERTISE ON THE WEB

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

Answer to Puzzle on page 6

Escarole, Endive, Arugula, Dandelion, Mesclun, Fennel, Iceberg Lettuce, Watercress, Frisee, Scallions, Radicchio, Romaine

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. branchbillions@optonline.net.

MERCHANDISE

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.

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

DOES YOUR DOG eat Wysong Maintenance? Call for my allergic dog's left-overs. 347-581-3722.

GREAT DESIGNER SHOES—brand new Joan & David, Vaneli, others. Size 8-1/2, \$25-\$40. Call Carol 718-436-5359.

ROLLERBLADES—New “Crossfire” model, \$175 New; Used 3 times. \$125. Donnie Rotkin. 718-768-1797

PEOPLE MEETING

SMALL BUSINESS Women's Group forming for networking, information and support. Must have ongoing full-time small business. Will meet every 4-6 weeks for 1-1/2 hours in Park Slope. 718-638-9444.

SERVICES

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

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

IF IT'S NOT BROKE don't fix it! But, if it is “Call Bob” - every kind of fix-it. Carpentry-Plaster Work-Plumbing-

Tiles-Phone Lines. Also: shelves, closets, doors hung, etc. If it's broke, call 718-788-0004. Free Estimate.

ATTORNEY-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.

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.aurora-language.com or email: ntranslation@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.

NEED IN-HOME CHILDCARE? Our baby sitter of over seven years is available. Our baby sitter has done a great job of caring for our two kids and dogs. She is mature, loving and responsible. Call Phil or Nancy at 718-940-2627 for details.

SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporo-mandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

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.

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Need help figuring out what you can afford?  
Looking for the best mortgage rate?  
Neighbors Helping Neighbors can help!!

We are non-profit housing agency serving first-time homebuyers. We provide financial counseling and act as a non-profit mortgage broker. We have access to completely legitimate, low-interest loans for people moving to developing areas such as Sunset Park.

Call 718-686-7946 to find out about our regular orientation sessions.

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CONTINUED ON PAGE 12



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 analy-

sis & more. Research Director. 20 years exp. As Featured in Allure Magazine. Dr. Gilman, call: 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 experi-



ence. Brooklyn & Manhattan offices. Terry Cramer, LCSW, 917- 744-3895.

PET LOSS BEREAVEMENT groups forming. Surviving serious illness of pet. Expression and validation of grief. Healing/discovering the legacy of your pet. Individual sessions available, as well. Licensed clinical social worker. 25 years experience. Brooklyn and Manhattan offices. Terry Cramer, LCSW, 917-744-3895.

WHAT'S FOR FREE

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

FREE TICKETS for concerts for true classical music lovers only. Lincoln Ct., Carnegie, etc., on short notice sometimes. 10-20 concerts available each year. \$10/yr management fee. For more info, call: 212-802-7456.

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).

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

WELCOME!

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

Camille Abasali	Sandy Cleary	Ben Gould	Laura Kropffcausa	Brittany Nickerson	Micah Sherman
Wendy Andringa	Annette Colon	Marlene Granger	Esther Ku	Kevin O'Connor	Tammy Shoham
Patricia Arthur	Brooke Conley	Jyllian Gunther	Erica Kubersky	Mary Parr	Jerome Smith
Nadia Asancheyev	Jillian Conrad	Thomas Hahn	Justin Iamb	Kai Parrott-Wolfe	Kathryn Smith
Christopher Baldwin	Jake Cumsky-Whitlock	Christen Haughton	Sarah Langan	Michael Paulonis	Veena Srinivasa
Ann Ballantine	David A. Daniels	Christopher Haughton	Michael Lear	Karen Perolman	Janice Stern
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Alexandra Beatty	Chris Dickson	Sandra Holmes	Amy Long	Claudia Radist	Ruben Valentin Jr.
Travis Beck	Tilda Doscher	Jacqueline Hosey	Deena Maerowitz	Kate Rath	Aisling Wharton
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Rebecca Block	Erin Durkin	Katrina Ilchuk	Shelly Makleff	Jennifer Ridgley	Christopher Wilenta
Theresa Bloise	Ozioma Egwuonwu	Yuki Inoue	Haendel Mathieu	Tony Rookard	Jennifer Wilenta
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Karyn Bradfield	James Fox	Maria Joseph	Thomas McPherson	Charlotte Royer	Paul Wilson
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Eliza Calhoun	Maya Gat	Amre Klimchak	Kimberly Mora-Buckridge	Rebecca Schwarz	Margaret Wright
Andrew Camp	Laura Geer	Kate Klonick	Yocheved Moskovits	Rosalie Schwarz	Poy Yee
Ezra Carmichael	Yara Ghossein	Kelly Knaub	David Moss	Bermd Schwarz	
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