

Established
1973



LINEWAITERS' GAZETTE



Volume AA, Number 22

October 26, 2006

A Halloween Primer

By Ed Levy



Mahayana Landowne displays her harvest.

Halloween is about to scare us once again. Thanks to marketing, this ancient Celtic holiday has now become the year's most profitable for merchants, next to Christmas. Last year it grossed \$53.3 billion, according to Wikipedia. Forget sheets with holes cut in them for eyes. Nowadays you can buy a complete foam graveyard for your front lawn, a fiber-optic jack o'lantern, or an inflatable spider two stories high to climb up the side of your house.

The Coop celebrated Halloween in usual fashion this year with its annual pumpkin sale on October 21, on the sidewalk in front of the building. The pumpkin sale takes place every year on a Saturday shortly before Halloween, and features not only organic pumpkins, which the public is invited to purchase, but face painting, clowns, free apples and cider. But why only organic pumpkins, when this item will likely just have a face carved into it? "Eating isn't the only or even best reason for organic produce," says

produce buyer and General Coordinator Allen Zimmerman. "Buying organic keeps the land and water clean, it's safer for the people who farm, it's just good stewardship of a piece of the planet. And organic farming doesn't support petrochemicals."

Other than the pumpkin festival, and the regular candy, fruit and gourds on sale, the Coop does not gear up for Halloween, or try to accommodate Trick or Treaters, like some businesses in the area. For one thing, explained Allen, "there simply isn't enough 'wiggle room' in the markup to give large amounts of food away."

Fair Trade Chocolate

Speaking of stewardship and Halloween, Liza Featherstone writes in a recent issue of The Nation that the scariest thing about this holiday may be not the faces on the masks but the chocolate. "...Not because it makes you fat," she writes, "but because almost half of it, according to the Organic Consumers' Association (OCA), is pro-

duced on West African plantations, where some 284,000 children are working under dangerous conditions, or have been trafficked." The OCA suggests that consumers buy and give away Fair Trade chocolate instead. Fair Trade chocolates come from small scale, shade grown and chemical free farms, grown by families on organic cocoa and sugar cooperatives in the Dominican Republic and Paraguay. Shade grown cocoa is cocoa that does not require the harmful practice of clear cutting large swaths of the rainforest. General Coordinator Janet Schumacher pointed out that Coop members can find Fair Trade stickers on the shelves next to, for example, Green & Black's Maya Gold, grown in Belize by Mayan Indian organic farmers, or Divine chocolate, grown at the Kuapa cooperative in Ghana, whose workers own one-third of the company and hold two places on the board of directors.

According to the OCA, the US chocolate industry says it

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If I Eat Enough Cookies, Can I Stop Global Warming? Social-Responsibility Branding Takes to the Coop Shelves

By Frank Haberle

To people trying to eat healthy and consume responsibly, today's supermarkets are like mine fields. Watch a parent try to steer a pre-schooler through a cereal aisle and you'll get the picture. Cartoon characters leap from every package, insisting that their sugar-soaked treat is more fun than the next, and packing healthy promises: "Loaded with vitamins!" "No trans fat!"

By quick comparison, the Coop's shelves are a quiet oasis. But there is a growing trend that affects our Coop shopping experience as well—packaging and messag-

ing that declares allegiance to environmental and social causes. These seem to particularly target parents. Cereals and cookies jump out with adorable rainforest animals, with bold letters ensuring that a percentage of their profits go to rainforest protection, or needy children, or fighting for peace.

In the United States of America, as the saying goes, you are what you consume. The social-responsibility marketing of the healthy products you see at the Coop seems benign, almost home-grown. Cause-related market-

CONTINUED ON PAGE 3



PHOTO BY ROD MORRISON

"Newman's Own" sets the bar for corporate giving, donating 100% of profits from various products to a range of charities.

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.

Coop Event Highlights

Thu, Nov 2 • Food Class: Vegetarian Thanksgiving Day Feast, 7:30 p.m.

Fri, Nov 3 • Film Night: 9/11: Press for Truth, 7:00 pm

Sat, Nov 11 • Game Night: 6:00 pm to 9:00 pm

Fri, Nov 17 • Coffeehouse: Singer-Songwriter Night, 8:00 pm

Fri, Nov 17 • Holiday Turkeys Arrive: No pre-ordering necessary

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

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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

\$4 materials fee

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

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.

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.

Halloween Primer

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is working to end abusive child labor on cocoa farms but has so far accomplished little in this regard. Huge companies like Nestlé USA, which enjoy their biggest sales to children at Halloween, still refuse to sell Fair Trade chocolate, although it has been four years since child labor practices on cocoa farms first became widely known, and Fair Trade chocolate is now widely available. A search of Nestlé company Web sites did not yield any information on this topic, although it did turn up this declaration: "The Group's investment decisions have always been based only on commercial and industrial viability, excluding political considerations."

Other organizations supporting Fair Trade chocolate include Global Exchange, the International Labor Rights Fund, Oxfam America, the Fair Trade Resource Network, Coop America and United Students for Fair Trade. OCA recommends that interested consumers phone Nestlé USA at 1-800-225-5570. Global Exchange also offers resources for teachers and children to raise awareness about this issue around Halloween. Contact Jamie Guzzi at 415-575-5538 or email Jamie@globalexchange.org.

The Back Story

But what is Halloween, anyway? Why the masks, the scary stuff, the skeletons and pumpkins? Originally a harvest festival, Halloween began as the Celtic festival of Samhain ("summer's end"). As the bright half of the year ends and the dark begins, the Celts believed the line dividing our world from the spirit world grows thinner. It's the time when the ancestors come back to visit—and so food was traditionally left by the door to attract them. And to frighten away the spirits you didn't want coming, people wore masks and—in an English variant of the holiday—lit jack o'lanterns made of turnips. Samhain was liminal time, the time between, and favorable for divinations about marriage, health and death. In North America, in the nineteenth century, unmarried women were told that if they looked in a mirror in a darkened room they would see their future husbands (an early form of online dating!). Much later, North Americans would make another contribution, the pumpkin, to the annual celebration.

As Europe Christianized, the papacy tried to replace Samhain with All Saints Day ("All Hallows Day,"), which was declared in 731 to fall forever after on November 1. But as has often been the case in Western civilization, the pagan energies refused to be

PHOTOS BY ETHAN PETTIT

Amusing Amanda invites people to "brush a pumkin".

Evy Rahmei paints her face while Youme Landowne holds the mirror steady.

suppressed. Samhain became known as "All Hallows Even" and by a number of other variants (including Pooky Night). Now it is celebrated throughout the United States, Canada and the British Isles. The Halloween parade here in New York, which began in 1973, attracts a couple of million participants and spectators, and countless millions more TV viewers, and is the largest participatory parade in the world. Begun by director Ralph Lee, it may be the only parade that has ever won an Obie Award.

Halloween Unmasked

In the deepest sense, psychologists and anthropologists argue, Halloween is about creating a safe, ritual moment to look at and embrace those aspects of reality that frighten us—pain, danger, death, the unseen. It is a ritual of reversal, when normally suppressed parts of our consciousness can come to the fore and release the stress built up by keeping them hidden. Like Mardi Gras or Sadie Hawkins Day, it is a time for transgression, when people can freely violate social codes, when workers become bosses, the poor become rich and the dead walk the earth. Such rituals have a dual function, experts

say; on the one hand they preserve the status quo by allowing it to "let off steam," and on the other, by actually admitting subversive material, if only for a short time, whose lingering effects can be eye-opening and empowering. The child who becomes Spiderman on Halloween keeps a little of the superhero with him when he takes off the costume.

A Halloween Glossary

- Ghost:** spirit of a dead person; a demon or apparition.
- Ghoul:** someone who delights in loathsome or revolting practices (plundering graves, feeding on corpses, stuff like that).
- Vampires:** reanimated corpses that suck the blood of sleeping people. Yuck.
- Goblin:** grotesque looking elfin creatures, named after a ghost who haunted Evreux, France in the 12th century.
- Witch:** someone who engages in magic or sorcery.
- Werewolf:** someone who can change into a wolf and then back into a human being (or not).
- Demon:** evil supernatural beings or forces usually evil, that can influence humans—or totally possess them, transforming a once-loving relative into an unrecognizable monster. ■

Cookies

CONTINUED FROM PAGE 1

ing may build awareness and support good causes, but it is, first and foremost, marketing—a small part of a big strategy. The packaging is designed the way it is to get you to buy the product.

For her upcoming book *Buy Baby: The Mass Production of Our Youngest Consumers and How It's Changing the American Family* (Houghton Mifflin), local author Suzanne Thomas spent years studying the complex marketing strategies that target "generation X" parents (parents born after 1965) and their children. Says Thomas: "They were the first generation of children to grow up after the equal rights amendment, so a larger percentage of these parents grew up in single parent households, or in large day care programs, or as latchkey kids. The blowback from this detachment is that, as parents, many generation Xers are hyper-attached to their children." Thomas points out that marketing experts believe that many generation Xers purchase things with their children—not only cookies and cereal but cars and homes—based on consensus with their children, so that everyone is happy. If the child likes the rainforest gorilla on the box, and if the parent knows the food is organic, they have reached consensus. And if part of the profits go to charity, all the better.

For many Coop parents, the social-responsibility packaging has limited impact. Lisa Cowan, a Coop member and mother who works with nonprofit organizations, agrees that it's at least eye-catching. "I buy based solely on the quality of the food," she says. "If part of the proceeds go to good causes, great. But if I support a cause, I want to give to it directly, not give my money to a food company so that they can give it to causes they choose."

Another longtime member and parent, Randy Ng, concurs. "It might register on an unconscious level that I'm part of an organization that shares my values. But does it influence my buying decisions? I'm not sure. As purchasing considerations I look for quality first, healthiness second, and price third. Whether profits go to a cause I support is probably the fourth consideration."

Two bright examples of companies that give their all—and do so, it should be noted, without hitting you over the head with it—are the well-known Newman's Own, and the lesser known My Family Farm. Actors Paul Newman and Joanne Woodward's brainchild, Newman's Own set the bar for corporations that exist for a cause,

with 100% of profits from pretzels, spaghetti sauces, cookies and popcorn going to a range of charities that apply for funding through an awards program. In the past two decades Newman's Own has put \$200 million to work in communities. In addition to the Hole in the Wall Gang Camp for children with cancer, recent awardees range from the Pen America Center's PEN/Newman's Own First Amendment Award to grants for soldiers' families (Fisher House) and a group developing adaptive clothing



Danielle McConnell and her children, Cosima and Oscar, discuss a cereal purchase.

for disabled men and women in VA centers (Sew Much Clothing).

Lesser known but equally committed is My Family Farm, with a line of baked products including polar bear cookies and cheese crackers. My Family Farm gives 100% of its proceeds to charitable causes that involve children. Most recently they are supporting Prevent Child Abuse America, a nationwide chapter group with a direct service program, Healthy Families America, reaching 100,000 families a year. In addition to direct funding they are running a campaign on the back of their boxes to raise nationwide awareness about child abuse. Other charitable organizations supported by My Family Farm focus on local nutrition education, domestic abuse awareness and service providers across the country.

The companies that give 100% are rare. They function essentially as public charities, raising awareness and funding for important causes. More common are groups that contribute some percentage of proceeds (10%, 1%) to support causes. The Coop shelves are lined with products showing levels of investment and levels of activism, as well as types of causes supported with their proceeds.

In addition to a green recycling program and a commitment to using no GMO



PHOTOS BY ROD MORRISON

"Peace Cereal" commits 10% of its proceeds to support three to four environmental-, hunger- and peace-related causes annually.

tect 1 million acres of farmland from development, the Action Sports Environment Coalition recruits celebrity athletes to focus attention on environmental issues: for example, having skateboarders encourage using recycled wood to develop skateboard parks. Stonyfield runs a campaign each year where consumers can "vote with their lids," sending yogurt lids in as votes for which charitable cause the company should support.

Peace Cereal is also committing 10% of its proceeds to support three to four environmental-, hunger- and peace-related causes annually. They also provide an annual woman of peace award. Recent grantees include Action Against Hunger and Medicines Global for their work helping tsunami victims. It never hurts to have the word "peace" in the company name, either. Other awardees include Peace X Peace, the Peace Center, and the Peace Company, a group

committed to marketing products with peace messages.

One example where the packaging takes front seat is Eco-Planet Cookies. The organic cookies are shaped like windmills or electric cars (with lightning bolts on the doors). The box directs you to Web sites where you can learn more about solar energy and organics. A badge on the cover declares that the company is a member of "1% for peace."

Social-responsibility branding has many positives—it helps build compassion and awareness for important issues in young and old and, if successful, it can only increase good corporate citizenship and stewardship. Beyond the package, a closer look at Web sites of companies and the nonprofit organizations they support can tell us a lot about how closely they align with our environmental and social concerns, and what more we can do to help. ■

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.**



Jugglers,
Clowns,
Children's
Entertainers

We are trying to build
a skills list for our
annual Pumpkin Day
and other events.

FTOP or make-up credit
is available for
your participation.
If you are interested,
please call Julie Monday
through Friday early
or email
Julie_Gabrielle@psfrc.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 501c(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



The PSFC Fun*Raising
Committee invites you to the
next Coop...

GAME NIGHT!

• Saturday, November 11 •
6:00 to 9:00 p.m.
in the meeting room at the Coop.

- FREE admission • All ages welcome •
- Bring your friends •
- Refreshments for sale •

Bring your favorite game(s):
• Scrabble • Taboo • chess • checkers • bridge • Nim •
Boggle • Candyland • Trouble • Stratego • Pictionary •
Monopoly • Trivial Pursuit...

Theater Games
in the childcare room



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.

Turkey News
No need to preorder

Turkeys will be available beginning...
Friday, November 17

Fingerlakes Farms Pasture-raised Heritage Breed*
8-20 lbs., \$3.99/lb.

Eberly Certified Organic
8-24 lbs., \$3.30/lb

Frozen Wise Kosher
Pasture-raised Certified Organic
12-24 lbs., \$3.30/lb

Cloonshee Farm
Pasture-raised Organically-fed
8-20 lbs., \$2.43/lb

Murray's
8-26 lbs., \$1.98/lb

All of the above are delivered FRESH
except for Wise Kosher.

All are locally raised, hormone- and antibiotic-free.

*Heritage breeds of turkeys are making a comeback at
the Park Slope Food Coop. The Fingerlakes Farms
birds are American Bronze, also known as Heritage
Bronze. Arriving on Monday, November 20.

Activism Profile: JFREJ—Jews for Racial and Economic Justice

By Alison Rose Levy

A progressive urge to better the world underlies the founding of coops like ours. And pursuing justice is a fundamental tenet of Judaism. Called *tzedek*, which means “justice work,” it’s prescribed in various Jewish texts with the dictate, “justice shall you pursue,” according to Coop member Dara Silver-

nificant role in politics, in business and in cultural life, and we feel the need for a progressive Jewish voice speaking up about areas of social concern in the greater New York area. As we’ve gotten more privileged, Jewish people (especially those of Ashkenazi descent) are seen as white, and have been pitted against lower income communities.” JFREJ aims to

economic justice,” says Silverman. JFREJ members (who range from high school students to octogenarians) are motivated to join in order to “live their politics,” she states. The most active members are typically in their 20s, 30s and 40s, and JFREJ also hosts events to build connection across the generations, such as their intergenerational study group, which meets once a month to read and discuss books by Jewish authors. Gayle Kirshenbaum, a Coop member and Park Slope resident who serves on JFREJ’s board, joined because “it’s a great integration of my politics and my Jewish identity. Our own experience helps Jews to move beyond victimization to support other fights against oppression.”

Over the years, JFREJ has spearheaded or participated in a variety of campaigns, including post-9/11 anti-racism workshops that helped people examine their own attitudes and prejudices. A 1994 campaign, conducted in coalition with the Chinese Staff and Workers Association (CSWA), targeted the well-known Chinatown restaurant, the Silver Palace, whose workers were subject to unfair working practices, including being paid less than the minimum wage and having back pay withheld (sometimes for years). In response to the CSWA/JFREJ picketing of the Lafayette Street restaurant, the Silver Palace became the first unionized restaurant in Chinatown.

Currently, the focus is on *Shalom Bayit*—which means “peace in the home”—a campaign conducted in coalition with Domestic Workers United (DWU) that aims to attain fair working practices for domestic workers, including housekeepers, nannies, home care workers for the elderly and other home-based service workers, many of whom don’t receive the minimum wage or benefits of any kind.

On the JFREJ website at www.jfrej.org/ShalomBayit2.html they offer downloadable recommendations for “best practices,” which employers can consult and put into effect. These include offering competitive wages, annual raises, options to be paid on the books, health insurance and written agreements. “This is a chance for employers of domestic workers to live their politics,” Silverman stresses. “Many want to do the right thing but lack information, so we provide that.”

“I employed a part-time domestic worker for help when my child was young,” recalls Gayle Kirshenbaum, who is active in the Shalom Bayit campaign. “I felt isolated and pretty confused about what it meant to be a domestic employer for the first time, and there were few resources that offered guidance and information about the rights of domestic workers.” For the last few years, teamed with a spokesperson for domestic workers, she has spoken at synagogues and other venues throughout the city and surrounding suburbs to inform and open up dialogue. “Employers get to hear about issues they wouldn’t usually hear since workers are afraid of rocking the boat for fear of losing their jobs.” A formalized respectful working relationship is good for both sides, Kirshenbaum maintains, and the earlier the employer recognizes him- or herself as employer and considers what a domestic worker would want, the better. DWU has created a standard contract (though not a binding legal agreement), which is available online at the JFREJ site. It provides for things like vacations and sick time, standard things that most working people want and need.

“Domestic workers depend on these jobs in a substantive way,” Kirshenbaum reminds her audiences. “If you go on vacation and don’t pay the worker while you are gone, it’s not so easy for them to find a one-week job. That worker has a family budget and is holding that time for you. But there’s a disconnect, and in a world economy where everyone’s feeling the

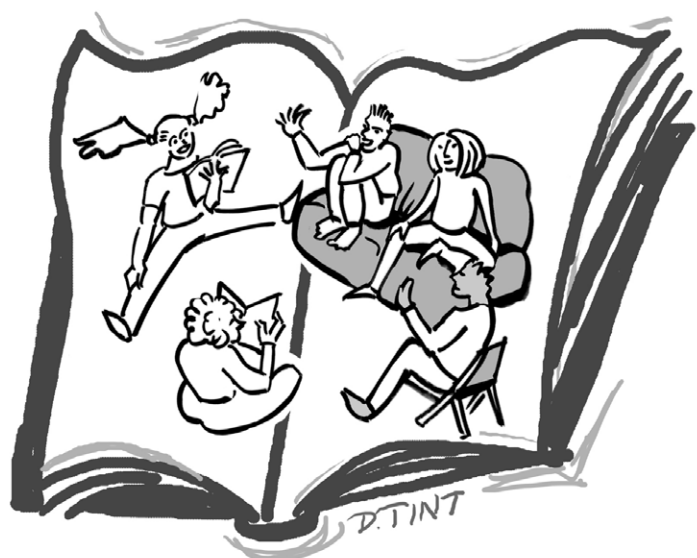
crunch, the downward pressure is carried most heavily by those with low incomes. Those of us who are professional or well-educated may not see ourselves as privileged, but we are.”

Although Kirshenbaum reports that the reception to the campaign is mostly positive, sometimes people do feel defensive. “It’s not that you’re a bad person,” she reminds employers. “This is about understanding that you are not alone in this situation, and that you can always work at improving your practice as an employer by making one step up.”

For those interested in working on the Domestic Campaign or other ways to engage, there are opportunities aplenty. Right here in Park Slope on October 26 at 7 p.m. at the Kolot Chayeynu (a progressive Jewish congregation), JFREJ will offer a social action night in the church of Gethsemane (1012 Eighth Avenue, at 10th Street.)

In addition, every year

ILLUSTRATIONS BY DEBORAH TINT



man, director of JFREJ—Jews for Racial and Economic Justice. That tenet is foundational to JFREJ (pronounced “jay-fridge”), an activist organization launched in 1990 by community activist Donna Nevel and Marilyn Kleinberg Neimark, a producer and writer who to this day produces JFREJ’s weekly radio program, *Beyond the Pale*, which airs Sundays on WBAI.

In the aftermath of the well-known 1991 Crown Heights incident, in which conflicts between Hasidic Jews and African Americans erupted into violence, they conceived JFREJ as a way to reach out, form coalitions and undertake campaigns in partnership with low income groups and organizations representing diverse racial groups, as well as immigrant populations and workers. According to Silverman, “Over the last one hundred years in this city, Jews have had a sig-

counterbalance that through coalitions with organizations that represent disadvantaged communities or groups. JFREJ’s members range from observant Jews to nonaffiliated ones in all five boroughs, and 20% of its membership are non-Jews. One-third of all New York Jews are immigrants (today mostly from the former Soviet Union as well as such places as North Africa, Syria, Yemen and Ethiopia). And the remaining 70% are descended of immigrants, giving Jews a special solidarity with all immigrants. That’s why JFREJ’s 2,500 members (a large number of whom belong to the Coop, as does Silverman) step up to support campaigns and actions aimed at helping targeted groups make concrete strides toward fairness, economic justice and freedom from racism.

“Our core mission is advocating for systemic change that will win racial and eco-



JFREJ gives the Annual Rabbi Marshall T. Meyer Risk-Takers Award, a gala event to be held this year on November 16 at the Brotherhood Synagogue on Gramercy Park. Named for the Argentinean rabbi who spoke against repressive regimes in his native country and ultimately came to the U.S., where he revitalized Congregation Bnai Jeshurun on Manhattan’s Upper West Side, the award honors risk-takers. This year, Tony Kushner and Grace Paley will be honored. More information about this event can be found on the JFREJ website at www.jfrej.org. ■



A Special FTOP Opportunity for Members

as 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.
- Cancellations will NOT be accepted after 5:00 p.m. Friday, November 3.

BEST ECO-CHOICE



Presented by the Environmental Committee

Evert-Fresh Produce Bags

These reusable produce storage bags keep food fresh longer than regular plastic bags. To reuse, just rinse and air dry (they dry faster than regular plastic, too).

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 guidelines on the letters page.

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
Nov. 17
8:00 p.m.

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

OSCAR DE LA VEGA

ELISE KNUDSON has been moonlighting as a songwriter for three years and is now thoroughly addicted. She works by day as a modern dancer but sneaks into the boiler room by night to fabricate songs that call to mind Nick Drake, Sara McLaughlin and Suzanne Vega with edges. She will be appearing with her guitar.

OSCAR DE LA VEGA

REBECCA PRONSKY is a singer-songwriter based in Brooklyn, NY and is making waves in the folk/rock scene. Rebecca's sweet blend of styles is something new and yet something familiar. Her dark and clever lyrics are carried by her jazz-trained voice over the deep grooves produced by her extraordinarily talented band.

OSCAR DE LA VEGA

JENNIFER RICHMAN, a talented Brooklyn native, is dedicated to treating the disabled through music and has made this her mission for over six years. Recent appearances include The Cutting Room, Crash Mansion and the 2006 New York Autism Walk.

OSCAR DE LA VEGA

THE MULLIKENS are one of New York's most interesting—and most deceptively simple—folk outfits with Mary Mulliken's "whip-smart song-writing and vintage-country voice" and Rob Burger's utterly unique approach to Hawaiian lapsteel guitar. It's music for lovers, liars, luddites, and literates from two tiny people with a great big voice.

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: Christiana bold 11 pt
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.

H I G Z E H Z P D W

W K B X E D Z G B W G Z

Z H X D L Z R B X G Z X Z

V N S S Z F B X X Z

V H Q B X D Z Z S V Z

Z K D W R N S S D G I W

S N F I R

D K N L Z L

H A I W G B O

L A Z R B R D S S Z

L Z S N X F I S S Z

W N F Z S D Z

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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:

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

CLASSIFIED ADS DEADLINE:

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



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.

Attend a GM To Receive Work Credit...

Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet located in the ground floor elevator lobby. On the day of the meeting sign-ups are allowed until 5:00 p.m. and the sign-up sheets will be located in the Membership Office all day. On the day of the meeting, come to the Office to add your name to the list and to receive your information packet. Some restrictions to this program do apply. Please see below for details.

Two GM attendance credits per year:

Each member may take advantage of the General-Meeting-for-workslot-credit program two times per year.

Certain Squads are omitted from the Program:

You may attend the GM for credit only if you are a member of a Shopping, Receiving/Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committee. Other Squads are omitted either because covering absent members is too difficult or attendance at the GM is already part of the workslot's responsibility.

Attend the entire GM:

In order to earn workslot credit you must be present for the entire meeting. GMs typically run from 7:00 p.m.–9:45 p.m., though they occasionally run longer.

Childcare is provided at the General Meeting location:

To request that childcare be provided for your child at the meeting, you must notify a paid staff Office Coordinator in the Membership Office at least one week prior to the meeting date.

Sign the Attendance Sheets at the Meeting:

During the GM an attendance book will make its way around the room. Please sign

your name in this book. After the meeting the Chair will provide the Workslot Credit Attendance Sheet. You must also sign this sheet in order to receive credit.

Being Absent from the GM:

There is no penalty if you sign up for the meeting and then cannot attend. We do ask that you try to keep the sign-up sheet current and remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

If you are on an ABCorD shift and are "ACTIVE" for work on the night of the meeting:

You will be given one FTOP credit for attendance at the meeting. You are not required to use this credit at a particular time. However, to use this credit you must follow the Coop's rules for "Using Banked FTOP Time" that are explained in a flier available in the elevator lobby literature racks and in the Membership Office.

If you are on an ABCorD shift and owe a make-up on the night of the meeting:

The GM attendance credit will automatically be applied as a make-up.

If you are on FTOP:

Recording of your attendance at the meeting and an FTOP shift credit will be applied to your FTOP record after you have attended the meeting.

Consider making a report to your Squad after you attend the meeting:

You can help inform other members about current Coop issues, the GM in general and the GM-for-credit program in particular by making a brief report about your GM experience. You can make this report the next time you meet with your squad or, if you are on FTOP, the next time you work on any Squad. Generally these reports work best as part of a squad end-of-shift meeting. ■



COMMUNITY CALENDAR

Community calendar listings are free. Please submit your listings in 50 words or less by mail, the mailslot in the entry vestibule, or GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

*Denotes a Coop member.

FRI, OCT 27

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

SAT, OCT 28

PEOPLES’ VOICE CAFE: Phil Ochs Song Night. 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. 7PM. Admission:\$10.

SAT, NOV 1

FOLK OPEN SING: Come sing with us. Bring voice, instruments, friends.Children welcome. Co-hosted by the Folk Music Society of NY, the Society for Ethical Culture and the Good Coffeehouse.

PEOPLES’ VOICE CAFE: John Flynn and Dave Lippman. 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.

SAT, NOV 11

PEOPLES’ VOICE CAFE: Alix Dobkin and Blanche Weisen Cook. 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.

SAT, NOV 18

PEOPLES’ VOICE CAFE: Theater of the Oppressed. 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.

ONGOING SHOWS/EVENTS

FRIDAYS: OCT 27, NOV 3 & 10, DEC 1, 8, 15 & 22

Dancing for Animals, Inc., a non-profit organization, is holding Friday night dances at Dance Times Square, 156 W. 44th St., 3rd Floor. Introductory dance class 9 - 9:30 p.m. General dancing 9:30 - 12:00 a.m. Come enjoy an evening of dancing and help animal welfare organizations at the same time!! 212-946-1824 www.dancingforanimals.org.

TUESDAYS, NOV 7, 21 & 28, DEC 5, 12 & 19

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.

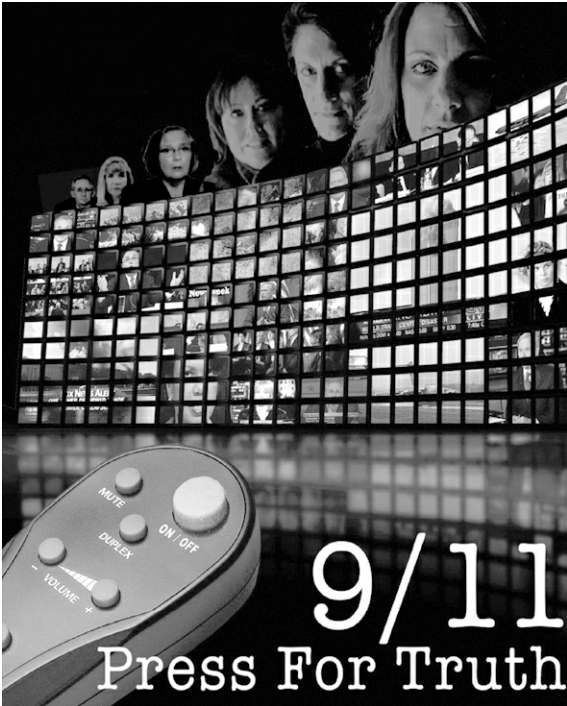
Save these Dates!

The **Fun’Raising Committee** has plenty of events for you and your friends, Coop members or not. Display ads for each will appear in the *Gazette* as each event approaches.

Saturday, November 11	Game Night (see ad in this issue)
Sunday, December 3	Pub Night
Saturday, January 11	Adult Variety Show-auditions
Sunday, January 28	Adult Variety Show-auditions
Sunday, February 4	Spoken Word
Saturday, March 1	Adult Variety Show
Saturday, April 21	Earth Day World Beat Fiesta
Saturday, May 19.....	Game Night



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

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 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

PROGRAMS

Thursday, October 26 through
Sunday, October 29

The following programs will happen within four days of publication of this issue. For full ads, please look at the September 28 or October 12 issues or pick up copies of the flyers in the Coop.

Thursday, October 26

3:00 pm–8:00 pm Blood Drive

Friday, October 27

11:00 am–6:00 pm Blood Drive

Saturday, October 28

9:00 am–5:00 pm Food Drive

11:00 am–6:00 pm Blood Drive

7:00 pm Fair Trade
Chocolate Tasting

Sunday, October 29

9:00 am–5:00 pm Food Drive

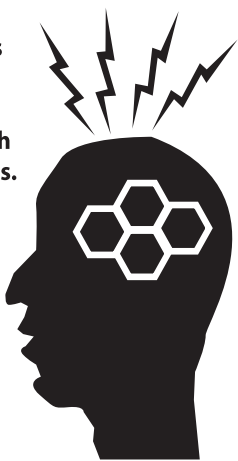
12:00 pm Effective Tools for Rapid
Personal Transformation

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

L E T T E R S T O T H E E D I T O R

RECYCLING
CONTRADICTION

TO THE EDITOR:

This morning I was asked to work on the team that helps transfer products from a truck to our basement. I was floored by the amount of plastics we stock in our Coop: bottled water, seltzer, juice, margarine, salad dressing, yogurt, detergents, etc.

Our mission statement, in part, says: "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."

A June 22, 2006 *Linewaiters' Gazette* article, "Survival for Sale: The Privatization of Water" by David Barouh stated:

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

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

Clearly, there is no current way out of stocking some of these products for our members, but we need to begin objecting to the corporate use of plastic packaging for the sake of our environment and the sake of our health.

Sincerely,
Lewis Friedman

COOK BOOK

TO THE EDITOR:

In a previous note, I was recommending we dump Jason toothpaste—so far, I unfortunately have no reason to change my view on that!

But not to be a nattering nabob, here I'd like to offer a suggestion for a marvelous book of recipes and insights entitled *The Ethical Gourmet* by Jay Weinstein. It is filled with thoughts on concepts near and dear to many members' hearts, including fair trade, local produce, regulation of organics and other topics related to living as well as we can in care of our planet. Plus, it is filled with recipes to apply these approaches practically and deliciously!

I hope the Coop will be able to add it to our book shelf!

George M. Carter

[Editor's note: The Coop does carry *The Ethical Gourmet*.]



A BRINE DAY LONG AGO

On Essex Street in the Lower East Side

My grandmother lived since she was a bride.

An immigrant who spoke mostly Yiddish,

She could never be mistaken for Briddish.

One day as she was out food-shopping,

From one pushcart to another hopping,

She stopped and pointed to a pickle; The vendor told her it cost a nickel.

Now, Grandma did not understand, So she shook her head and waved her hand,

And asked, "How much for this pickele?"

The savvy vendor answered, "Ah nickele."

"Ah nickele?" she said. "That I know. So why you wasn't saying so?"

Another adventure in the language!

And she served the pickle with a

sauage.

Leon Freilich

RICE

SIR / MADAME,

In his recent letter to the *Linewaiters' Gazette* (9/28), Tim Forker wonders why the Coop has switched from California to Indian rice. As a (discerning) rice eater from south India, I'm delighted that the Coop now stocks basmati rice from the country where it is grown. The California variety may have passed muster with some people, but it simply wasn't the genuine article! Now, if we could also arrange to have some of the Indian lentils that go so well with an aromatic basmati dish (moong, masoor, tuvar and channa dals), I would be able to cook that authentic Indian meal —washed down with Indian Tetley Tea, now on our Coop shelf. Thank you!

Bharati Sadasivam

ELECT ALBERT
SOLOMON NOW!

TO THE EDITOR:

Please help defeat the black supremacist junta that has taken over WBAI! They go under the name of the Justice and Unity Coalition (J&U or JUC). They do good work against police brutality, for immigrants, for Mumia Abu Jamal and in other fields, but they are poison at WBAI. (For example, the annual October 22nd march against police brutality steps off at 12 p.m., Sunday, October 22nd, from Union Square South, and I hope to be there.)

This year, I have branched out from agitating at the Co-Op to a wider forum: WBAI and the Pacifica network. As a candidate for WBAI's board of directors (Local Station Board or LSB), I beg of you to vote for the following candidates:

- 1 Steve Brown
- 2 Mitchel Cohen
- 3 Carolyn Birden
- 4 Paul DeRienzo
- 5 Carole Drake
- 6 Patricia Logan



frunch

- 7 Alex Steinberg
- 8 Andrea Fishman
- 9 Albert Solomon

Please rank them in exactly the order shown. Please do not rank any other candidates. Especially, please do not rank any candidates endorsed by J&U! For more info, see the independent flyer and the candidate statements in your ballot package. Above all, see our website PACVIDI.COM for unedited, unretouched videos of the acrimony and persecution that calls itself Board meetings. Also, please use our site at WBAI.NET and also subscribe to our list at

ASKTHECANDIDATES@YAHOOGR OUPS.COM

Notice I humbly put myself at the bottom of the list—but if you REALLY want to help me, just rank me Number 1 and move the others down a notch. If I get about 200 first choices I'll be assured to be elected to the Board. And then you'll be rid of me—at least for three years until I come up for reelection again.

Ballots should go out today as I am writhing, October 16th. (Oh, I meant "writing" but the other is true too!) So—to elect me or TO GET RID OF ME—please vote if you are a member! If elected, I promise I will never write to the *Gazette* or attend even one general meeting—for at least my first year! BTW, without Co-Op votes I have NO CHANCE AT ALL.

BTW—you must be a member of WBAI to vote, which means as of August 31st of this year.

P.S.: One has until November 15th to vote. Your ballot must be received by that date, not just postmarked. A word to the wise is sufficient. You know the rest...

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

LETTERS POLICY

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

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

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@

psfc.coop or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

Anonymity

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

non-cooperative language.

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.
2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.
3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both

submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

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



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

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.

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.

GROWING BOLDER WORKSHOP for women interested in awakening and reclaiming their voices, bodies, authority & passion to live authentic, choiceful lives. Through breathwork, movement, creative expression & more, we will explore how we get in our way of being bold, wild women selves. 11/11/06—718-857-0436.

COMMERCIAL

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.

HEALERS expand your practice in Bed-Stuy. Culturally appointed brownstone, close to major transportation and reasonably priced. Suitable for massage, acupuncture, Reiki and psychotherapy; group and individual session space is available. Please call 718-735-5079 for more information.

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

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

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

FOR SALE: Oak coffee table with middle drawer, height 19" depth 26-1/2", length 45-1/2". Phone 718-623-1275.

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.

SERVICES

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.auro-language.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.

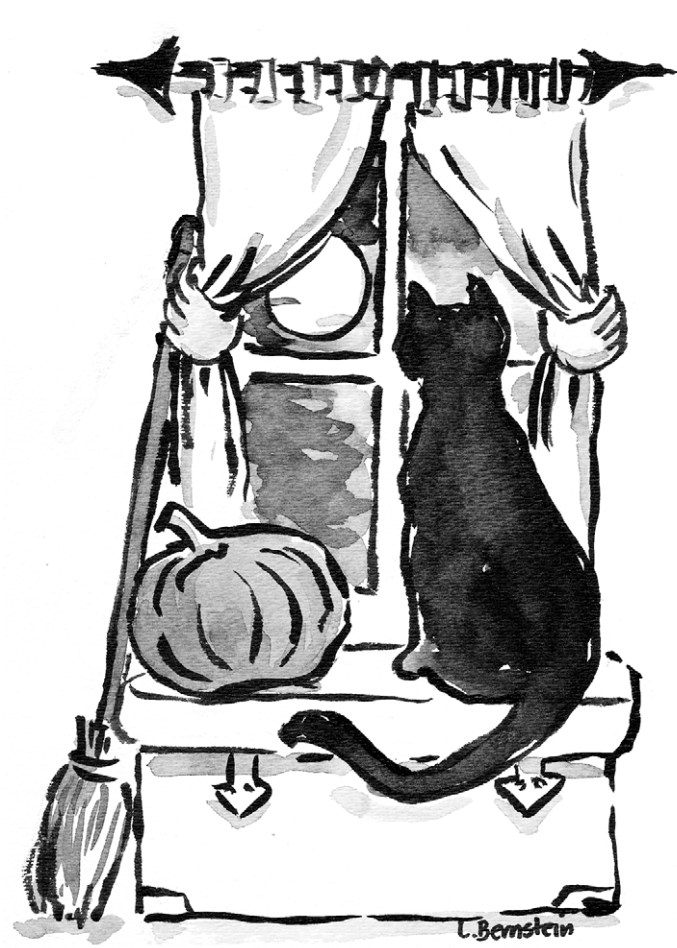
SERVICES-HEALTH

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

HOLISTIC PHYSICIAN with over 12 years experience using natural methods to treat a wide range of conditions including allergies, digestive disorders, endocrine conditions, female problems, depression, fatigue and cardiovascular problems. Insurance reimbursable. Medicare accepted. Margie Ordene, MD 258-7882.

HOLISTIC 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 &

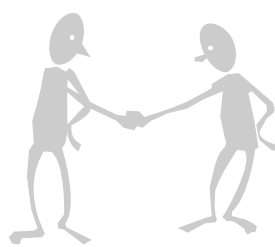


ALTERNATIVE DISPUTE RESOLUTION
FAMILY & DIVORCE
MEDIATION

WITH ANDREW GARY FELDMAN

In family matters...

- Resolve conflicts and differences which are causing stress.
- Improve relations between spouses, partners, parents and children, and brothers and sisters.
- This process is neither therapy nor psychological counseling.



In divorce...

- Instead of hiring lawyers and having a judge make decisions, couples work out their own agreement.

Andrew Gary Feldman joined the Coop in 1979 and has been mediating since 1998.

FREE
Non-members welcome

Friday, November 17
7:30 p.m. at the Coop

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

Past Life Regression
Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU
HAVE LIVED BEFORE?

Have you ever just met someone and felt like you have previously known them?

Are there other countries or cultures that seem familiar to you?

Well there might be an explanation for this.

Through hypnosis we can tap into the subconscious mind, as well as enter into a peaceful trance-like state to retrieve memories of our past lives.

Relax and take a journey within.

- Gain:**
- Realizations
 - A deeper understanding of who you are
 - Retrieve memories
 - Pass beyond death and back again

Bring: A blanket to lie down on or a comfortable lawn chair to relax into
A note book to write down anything that comes up

Jeffrey T. Carl, CHT, a Coop member, is a certified clinical hypnotherapist, and a member of I.A.C.T. Jeffrey is also certified in past regression through the Wiess Institute.

FREE
Non-members welcome

Sunday, November 19
12:00 p.m. at the Coop

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



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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

Ruta Gravis, Spongia Tosta, Arnica Montana,
Belladonna, Bryonia Alba, Apis Mellitus,
Ledum, Ipecac, Rhus Tox, Chamomilla, Calendulla,
Sedalia

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

GESTALT THERAPIST interested in working with people who want to 'snap out of' what limits, inhibits & blocks them from how they want to show up for their lives—for those who want to renew their passion & commitment for what they want to create in the world. Call Gail at 718-857-0436.

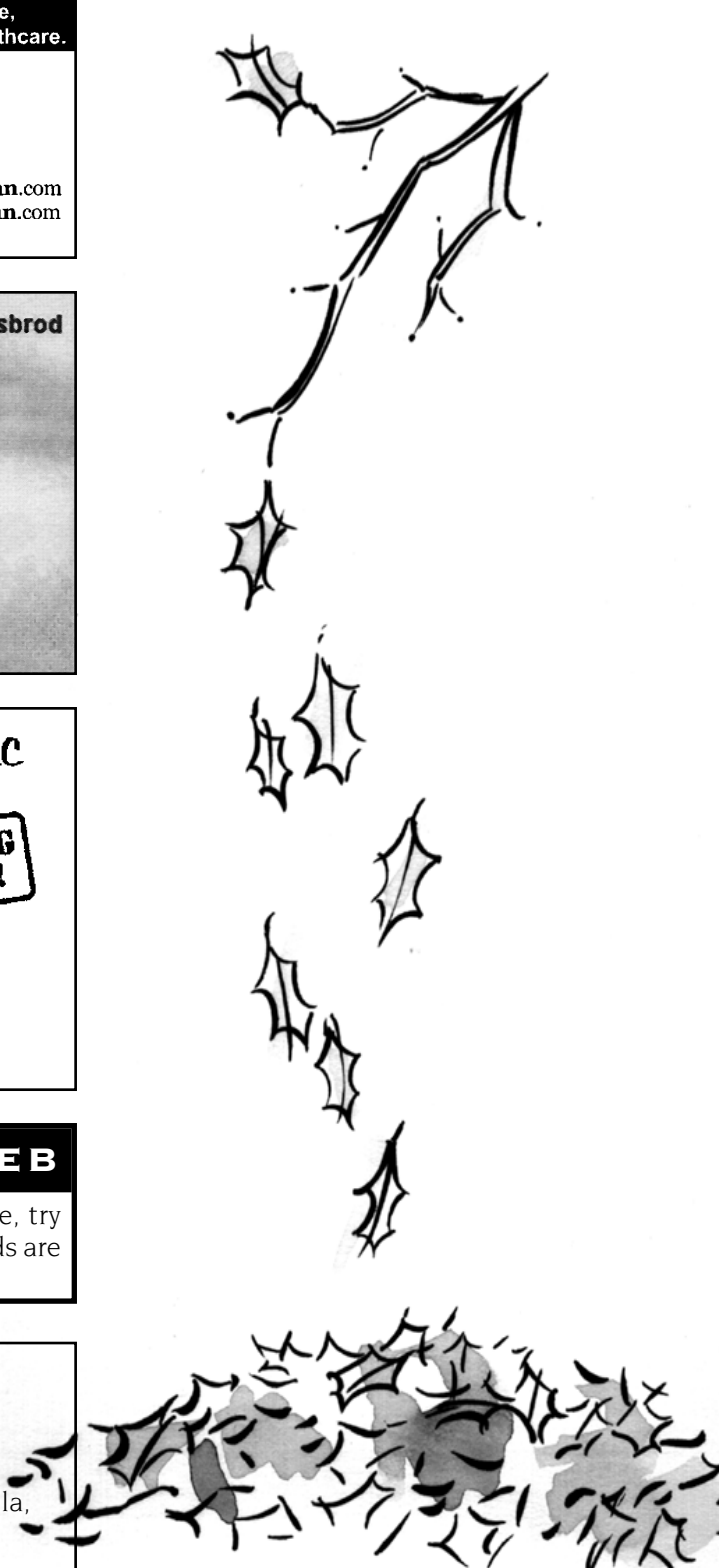
PSYCHO-EDUCATIONAL EVALUATIONS. Helen Wintrob, Ph.D, long-time Park Slope neighbor and Food Coop member, licensed psychologist, certified school psychologist, licensed teacher. 718-783-0913.

EXPERIENCED PSYCHOTHERAPIST. New York State license. Learn strategies for developing interpersonal relationships. Empower yourself with practical solutions and gain insights. Improve the quality of your home and work relationships. Raymond Reichenberg MS Park Slope office 917-627-6047.

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.



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 MANUEL GAVALES

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.

Manuel Gavales is a member of the Park Slope Food Coop. He is a Meditation Instructor at the New York Shambhala Center, a Buddhist Meditation Center in Manhattan, where he has been a member since 1975

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.

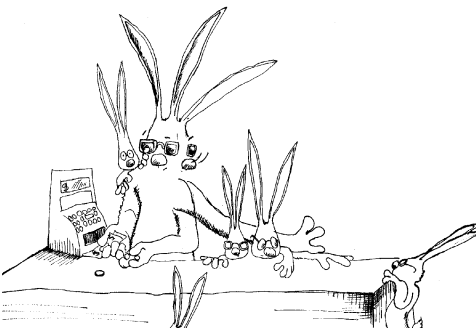
FREE
Non members welcome

**Sunday, November 12
12-1:00 at the Coop**

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

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 Environmental Committee: 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.

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. Leave your name and contact information and let us know what skills and/or experience you bring.



ILLUSTRATION BY LYNN BERNSTEIN



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.

Katherine Aceti	Flora Center	Sam Hicks	Elethea Little	Elodie Ottow	Lucas Shapiro
Rogach Aleksandr	Kevin Center	Jenny Hobson	Israel Lopez	Kassa Overall	Samara Shapiro
Maria Almstadt	Emily Chandler	Eric Holzman	Javier Alfredo Lopez	Zeynep Oz	Melinda Shopsin
Luevennia Anderson	Hazel Clark	Daniel Horn	Kathleen Marsh	Carol Paradis	Nathan Silberman
Ania Antoniak	Joel Clark	Carly Huelsenbeck	Norma Martin	Alex Pastor	Tracy Simon
Sasha Archibald	Elizabeth Cronin	Stephanie Huffaker	Riccardo Mazzei	Alexander Penley	David Snyder
Crichton Atkinson	Shaunak Deepak	Claire Hyland	Sean McClintock	Michael Perlberg	Paul Sonn
Nicole Balazs	Dave Della Costa	Matthew Israel	Montserrat Alegre	Diane Person	Rosemary Spano
Giuseppe Ballacci	Clive Dilnot	Maya Jacob	Mena	Jill Pierce	Jeanette Spencer
Dalit Ballen	Ian Douglas	Kenan Jaffe	Sarah-Rose Meredith	Michael Porter	Eric Steinbach
Sabine Bendenoun	Aaron Draper	Laura Kajtazi-Testa	Nikita Mikros	Wendy Powell	Angela Taormino
Jane Best	Joe Duignan	Michael Kanter	Boris Milin	Andrew Purcell	Mary Taylor
Courtney Best-Simpson	Alexandra Dumont	Elizabeth Knafo	Inna Milin	Anna Purinton	Andrew Testa
Ellery Biddle	Jesus Duran	Lara Knutson	Jason Miller	Kazimira Rachfal	Lisa Traxler
Kara Blossom	Gladys Evans	Jennifer Kolman	Derick Mitchell	Joel Rainey	Konrad Trewick
Tyra Bombetto	Caroline Flintoft	Paul Krebs	Frances Mitchell	Shivonna Randazzo	Jill Ulicney
Jonathan Bonanno	Jeremy Fonicello	Michelle LaBlanc	Jennifer Mitchell	Renee Razzano	Lyndon Valicenti
Eliza Boote	Boaz Frankel	Niko Land	Emily Mitchell-Marell	Erika Recordon	Alena Varjan
Joao Paulo Borghi	Zully Gieseken	Gabriel Larson	Emily Moeller	Elizabeth Reeds	Katelyn Virmalo
Claire Bourgeois	Sarah Glidden	Sarah Lavery	Dena Molnar	Christina Richardson	Athena Waligore
Hilary Bayley Brown	Micah Goldfus	Deborah Lawol	Rosa Morales	Colleen Richardson	Bobbie Watkins
Melissa Burkholder	Elizabeth Gould	Barbara Lawrence	David Moses	Henry Rollman	Rebecca Wender
Steven Burkholder	Daniel Hallahan	Jo-anne Lee	Melissa Noonan-	Serena Rosario	Christopher Wild
Sarah Cameron	Amos Hare	Martha Lees	Mazzei	Dana Rouse	Heather Woolley
Gabriel Caplan	Tyler Hegner	Michael Leinweber	Batya Novick	Lauren Sargent	Adam Yukelson
Gina Carducci	Kirk Henderson	Rachel Leinweber	Brian Olson	Elizabeth Schiffrin	Jamil Zaki

THANK YOU!

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

Asa Archibald	Fletcher Boote	Brienne Foley	Bryan-David Kee	Emily Mahon	Jenni Tonti
Rose Bartu	Hannah Burroughs	Liz Gilligan	Jennifer Kidwell	Brian McMullen	Kate Waldeck
Arika Beachy	Avrom Caplan	JoAn Gormley	Ananda La Vita	Michael Nesi	Kate Wimsatt
Barbara Bedick	Anila Churi	Diego Hadis	Robert LaBlanc	David Pastor	Gary Younge
Leah Beeferman	Cathy Clarke	Tai Jamar Hanna	Amy Larimer	Viera Pitonakova	
Ill Birnbaum	Frances Fayden	Geralyn Harry	Susan Kaplan Lee	Gabriel Rhodes	
Abby Block	Whitney Files	Kelly Hayes	Louise Levi	Asya Rogach	