

Established
1973

LINEWAITERS'

GAZETTE



Volume AA, Number 23

November 9, 2006

A Discussion: Planning for the Coop's Future

General Coordinator Joe Holtz shares his thoughts

By Ann Pappert

Gazette: As you're no doubt aware, with the opening of Fairway and the expected opening of Whole Foods in the next year or two, there has been a lot of discussion among our members about the long-term future of the Coop. Who has the responsibility for long-term planning at the Coop?

Joe: The seven General Coordinators usually have three meetings a week and long-term planning is part of these meetings. We have discussed what effect the opening of Fairway and Whole Foods and perhaps other new stores might have on the Coop. So far the Coop is in good shape. Regardless of who else is providing groceries, we know that the basic way for the Coop to both survive and thrive has always been to keep improving the Coop.

Gazette: What do you think are the three most important long-term issues for the Coop?

Joe: The top three long-term issues are: #1) Do our members understand the difference between the Coop and other food stores? Aside from the fact that our prices are usually lower, do they understand the other things that make us so different from other stores?

For example, do our members realize that we don't

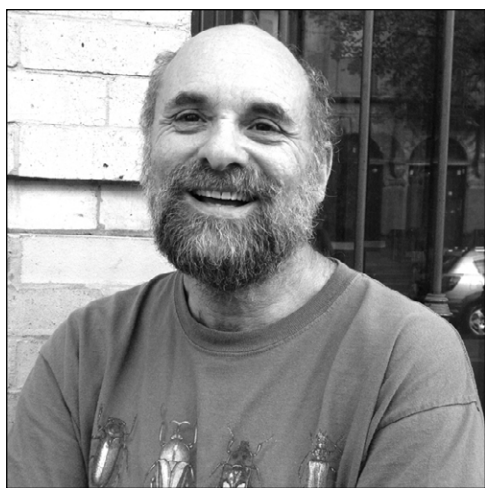


PHOTO BY KEVIN RYAN

A smiling Joe Holtz speaks affectionately about the Coop's future.

mislead them about the products we carry, something that is standard marketing practice at many other stores. We are not trying to make money by tricking our mem-

We need to get as many members as possible to embrace the idea that the Coop is about making the best food as affordable as possible to those who can least afford it—even if they themselves don't need to worry about price. Do they know that their participation helps make this a reality?

We need more members to embrace the excitement of being part of this unique cooperative as one of the reasons they continue their membership.

Long-term issue two: improving shopping conditions. We want to improve the entering, exiting, checkout and payment systems.

Long-term issue three: improving working conditions for members. This would include better clarification about the

work that needs to be done and modernizing our make-ups system so that it is more member friendly.

Gazette: What is being done to address these issues?

Joe: Now that we have finally begun to catch our breath after managing the growth of

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Gloves Are Off at Fourth Annual Peace Fair

By Hayley Gorenberg

"Can you sing until peace becomes the noise of the planet?" challenged Sonia Sanchez, who lectured, bellowed, and sang to kick off the keynote ceremonies of Brooklyn Parents for Peace's Fourth Annual Peace Fair by performing her work, "A Poem for Peace."

Author, poet and Granny Peace Brigade activist Sanchez joined Medea Benjamin, co-founder of Code Pink and Global Exchange, to deliver a keynote plenary, "Peaceful Resistance to War" on a day that also featured peace-themed music, art, workshops, and a peace parade led by the Samba School of Social Justice. Billed as "A Peace and Justice Extravaganza for Adults & Kids of All Ages!" this year's Peace Fair—organized by Coop members Molly Nolan, Amy Cohen and Eleanor Preiss, among others—took place on October 22 on the Brooklyn campus of Long Island University.

Rousing Speeches

"Peace must not be still; we must take it on the road!" Sanchez sang, and recounted the tale of a seventeen-year-old who raised questions about the path to peace and

was criticized for being terrorist. Beneath her soft purple cap and graying dreadlocks, she punctuated her recitation with choruses of "Where are



These boots help to tell the story.

the hands of peace? Where are the eyes of peace? Where are the children of peace? Where are the tongues of peace?"

She ranged from the historical, to the global, to the local: "A long time ago, someone said, 'I think, therefore I am.' Now we say, 'We make pre-emptive strikes,

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FTOP Workers Needed...

... in Receiving, Shopping and Food Processing to help with Thanksgiving.

Friday, November 17 through Sunday, November 26, the Coop needs lots of extra help to prepare for and re-stock after the Thanksgiving rush. All days of the week all times of the day. Please contact the Membership Office to sign up.

Coop Event Highlights

- Sat, Nov 11 •Game Night:** 6:00 p.m. - 9:00 p.m.
Fri, Nov 17 •Coffeehouse: Singer-Songwriter Night, 8:00 p.m.
Thu, Nov 30 •Wordsprouts: Alcohol Can Be a Gas, 7:30 p.m.
Fri, Dec 1 •Film Night: Occupation Dreamland & Dreams of Sparrow, two perspectives on Iraq, 7:00 p.m.
Sat, Dec 3 •Pub Night: Yule Be Welcome, 7:30 p.m. - 10 p.m.
Thu, Dec 7 •Food Class: Gluten-Free Italian, 7:30 p.m.

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

Next General Meeting on November 14th

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, November 14, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl. Please note that the meeting day is earlier than usual because of the holiday.

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.

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Planning

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the membership from 5,700 in spring of 2001 to 13,100 in the spring of 2006, we have begun to turn our attention to these long-term issues. On issue one—educating our members about the Coop philosophy; we will be developing better educational materials to heighten awareness of the Coop as a partici-

patory cooperative and what that means for our members. On the issue of improving shopping conditions; first and foremost we are looking forward to next year when we can finally let members pay by debit card so that they will not have to think ahead about bringing cash to shop at the Coop. In addition, paying by debit will provide the option of paying at the checkout. The General Coordinators are also working with a group

of members known as the “Exit Circulation Advisory Group” to consider plans for improving the entrance, exit, checkout and locker areas. One idea being considered is extending the front of the building out to the sidewalk. The group has reported to the General Meeting and will be reporting back again sometime in 2007. We have no grand plan to alleviate crowding in the grocery aisles. One thing we are doing is asking squads to pay closer attention to managing the checkouts so that the lines can move more quickly. Sometimes no one is paying attention. We need to convince more shopping squad workers that these practices are important for long-term shopping member satisfaction. There is also the possibility of adding more checkouts if we expand the front of the building. On the issue of improving working conditions for members; we anticipate consulting with squad leaders and others to develop a Coop-wide make-up system that will alleviate double make-ups for members who have established a good attendance record. We are also looking at the possibility of an incentive plan that would reward scheduled attendance. We also hope to continue to improve communications about what necessary work can be done at times when there are more workers than the usual work demands. Gazette: Will the Coop be using outside experts to help with long-term planning? Joe: The Coop does not usually hire consultants for basic long-term planning. We have sometimes used consultants

for specific projects. For example, we have been working with a local outside architect on the possible expansion out to the sidewalk. Gazette: Do you anticipate involving the members in long-term planning? If so, how? Joe: The Coop has frequently turned to our members for expertise and advice, and we will continue to tap into the skills and knowledge of our members. Right now, for example, several members who are professional planners are on the Exit Circulation Advisory Group. The group has been meeting for nearly two years and will hopefully stay with the project until its completion. Gazette: Do you think that the operating model of the Coop—for example, member workslots, membership and governing structure—will need to change to keep the Coop successful? Joe: I think it’s important to keep our member participatory work structure because I consider it a key part of the foundation of our success. I think the direct democracy of our governing structure fits well with the fact that we require everyone to work. We have no membership cap and I think capping the membership would severely harm the Coop. The failures of the waiting list 25 years ago are very instructive. Gazette: As you are aware, many of the most senior coordinators who have

worked at the Coop for many years are approaching retirement. Indeed, Linda Wheeler is about to retire at the end of the year. There is a real concern about losing their expertise and experience. How is the Coop dealing with this? Joe: I don’t think that there will be a mass retirement of General Coordinators in any one- or even two-year period. I know that succession planning is important. It is something that we have talked about at General Coordinator meetings and with the Personnel Committee, who are involved in this and other areas of long-term staff-related planning. We are working to spread responsibility among the staff—which in addition to the seven General Coordinators includes 50 other Coordinators in Receiving, Office, Bookkeeping and Software Engineering. Some exam-

Regardless of who else is providing groceries, we know that the basic way for the Coop to both survive and thrive has always been to keep improving the Coop.

ples: We are increasing the number of non-General Coordinators who are the staff liaison to member committees and are also increasingly involving non-General Coordinators in writing member and staff work instructions as well as occasionally writing for the Gazette. Not long ago if we needed to phone a squad leader it was invariably a General Coordinator who made the call. That is not true anymore. These types of steps strengthen our ability to deal with retirement. ■

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.

Pub Night
Yule be
welcome



ILLUSTRATION: BRUCE ZEINES

Folk Music Society of New York, The Pinewoods Folk Music Club and the Fun’Raising Committee of the Park Slope Food Coop jointly and proudly present...

A night of informal singing, dancing, partying, food and drink with your friends, old and new. Bring voices, instruments, friends, family, good cheer.

All ages welcome.
All songs, tunes, stories welcome.

Sunday, December 3, 7:00–10:00 p.m.
Tea Lounge • Union St. across from the Coop
FREE Admission!

Tea Lounge goodies available for sale.

GENETICALLY
MODIFIED FOOD:
WHY ARE WE
FIGHTING IT?

presented by
the Safe Food
Committee
of the
Park Slope
Food Coop



FREE
Non members welcome

AN EVENING OF FILM
Hidden Dangers in
Kids' Meals: Genetically
Engineered Foods

AND DISCUSSION
A discussion led by
Safe Food Committee
members will follow
the screening.

All welcome.
GMO-Free refreshments
will be served.

Tuesday, December 5
7:00 p.m. at the Coop

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

PEACE



ILLUSTRATIONS BY CATHY WASSYLENKO

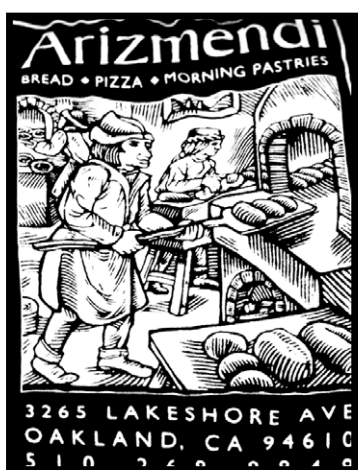
WORKER COOPS MEET IN MANHATTAN

By Wally Konrad

What if you took the same principles grounded in the Park Slope Food Coop—one member one vote, democratic leadership, a shared social consciousness—and applied them to big business? Could restaurants, retail outlets and even health-care companies successfully run on these principles and actually make a profit?

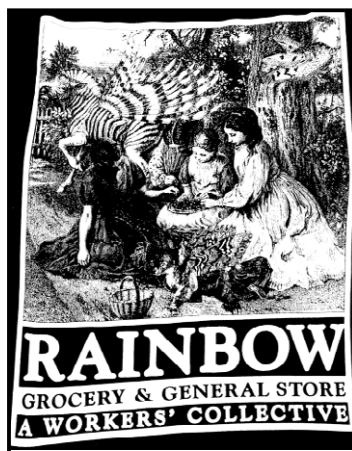
The answer at the first annual meeting of the U.S. Federation of Worker Cooperatives (and the Second National Conference on Workplace Democracy) held October 13 through 15th at Millennium High School in Manhattan's financial district was a resounding yes. Nearly 300 worker co-op members from throughout the U.S. and other countries attended. Several Park Slope Food Coop members and staffers lent a hand to the like-minded organization by helping with registration and other tasks.

supplied the coffee, tea, cocoa and sugar for the conference and the Equal Exchange label is a common sight on PSFC shelves. Colors, the worker owned NoHo restaurant started in 2004 by former Windows on the World employees, was also represented as were employees from Rene Pujol, the worker-owned theatre district eatery. In 2005, when Mr. Pujol retired, he helped his staff to form a cooperative in which every worker from the dishwasher to the chef has an equal stake in the business.



and a 1% to 2% profit margin. "We couldn't maximize our wages and benefits if we didn't have a healthy business," said Surpin, who started CHCA more than 20 years ago.

Running a business with



Clockwise from left: Arizmendi in Oakland, California, T-shirt, Rainbow Grocery T-shirt, T-shirt of the Food Coop of Portland, Oregon.

1,000 decision-makers isn't easy, says Surpin. "There were lots of protracted fights along the way. As we grew it got harder and harder to make every worker happy," he explained. "Most companies just make the administrative staff happy and don't worry about the workers. Cooperatives don't work that way."

Although Surpin has moved away from day-to-day operations, he is still working on and struggling with several big issues affecting CHCA. He's expanding the company into other areas, including a non-profit organization called Independence Care System that provides home health care to the disabled. But with that growth comes more management headaches as the company tries to hear every worker/ owner's voice.

In addition, CHCA recently agreed to unionize its workers, even though most CHCA employees are paid much better than union home health aides. As part of the union, Surpin says, CHCA will have more of a voice in negotiating and advocating for better Medicare and Medicaid home health care budgets, something that will benefit the company in the long run. In the meantime, Surpin is trying to improve relations with the union. Labor leaders were naturally antagonistic in the beginning, Surpin explained, because they didn't understand the unique structure of the company.

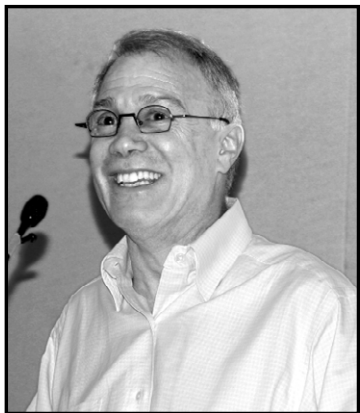
After the keynote, attendees moved to smaller workshops. In one, The ABCs of Worker Cooperatives, a group of about 75 attendees brainstormed about what it really means to be a worker cooper-

Immigrants and Worker Cooperatives and Coops and Social Movements. Attendees were also offered one-on-one consulting for specific concerns with worker coop experts throughout the day. The conference ended on Sunday with a screening of *The Take* at the Anthology Film Archives in the East Village. The award-winning documentary is about the 2001 collapse of Argentina's economy and the subsequent emergence of a worker coop movement that has helped thousands of Argentines rebuild their lives.

For more information on worker cooperatives visit the U.S. Federation of Worker Cooperative's website at www.usworker.coop. ■



Conference Coordinator Melissa Hoover, left, and Keynote speaker, Rick Surpin of the Cooperative Home Care Associates.



PHOTOS BY LISA COHEN

All Coops are member-owned, managed and governed. Members are workers who control the management, governance and ownership of their workplace. Nationwide, there are about 100 such businesses in sectors spanning from food retailers to energy companies, estimates the Federation, which works to advance the worker-owned business movement through education, advocacy and development.

The Park Slope Food Coop is considered a consumer coop—members all work to achieve a consumer goal, in our case good food at low prices—not a worker coop. Nonetheless consumer coops and worker coops share many of the same democratic principles and are sister-type organizations.

Many of the conference's attendees and sponsors may be familiar names to PSFC members. Equal Exchange, for example, a worker coop and the oldest and largest for-profit Fair-Trade company, was an active participant. It

Living proof that businesses can be worker-friendly and still be financially viable is Rick Surpin, the conference's keynote speaker and founder of Bronx-based Cooperative Home Care Associates. CHCA is the largest worker coop in the country with more than 1,000 member/workers and a leading provider of home health care attendants for New York City's elderly and seriously ill.

CHCA provides employees with wages at 20% above the industry average as well as benefits and many advancement opportunities. About 40% of the company's administrative staff were once care-providers. Workers also hold the majority of seats on the board of directors. Turnover, notoriously high among home health care aides, is only 18% to 20% at CHCA compared to the industry average of 42% to 60%, said Surpin.

In addition to treating workers fairly (in an industry that rarely does so) CHCA is highly successful with \$20 million in annual revenues



PSFC November GENERAL MEETING

Tuesday, November 14
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: New Make-up Rules Idea (60 minutes)

Discussion: We will soon have the capability in our computers to choose a different structure for keeping make-up records. One make-up for an absence on a regular basis does not provide the stability we need in squads. Two, although standard, seems onerous to many squads, and they are less likely to require it. What are our choices? What will best meet our needs? This will be the first full discussion. Before we make any decisions-and when the computer program is ready-we will have another discussion and hope to follow with a proposal at a third GM. —submitted by the General Coordinators

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.

Gloves Are Off

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themselves and the world up?” From these large-scale questions, she moved to her personal challenge to urban African-American high school students in violence-plagued neighborhoods, who she said acquire guns “like going to the corner for gum or beer,” to live another year, until she would visit with them again. “Walk away to have another day! Nobody smells like you. Nobody has your DNA.... Without your breath, the coming of spring will not satisfy our thirst!” She concluded, “This is an African prayer...in a place called Brooklyn.”

The ubiquitous Marty Markowitz followed Sanchez, invoking “the awesome power of the Brooklyn Borough President” to declare “Peace Day.” “Brooklyn is in the forefront of our efforts to see peace in our time,” Markowitz said, remarking on the vast contingent of Jewish and Muslim people in the borough, along with Catholics, Christians, and a “fast-growing” number of Buddhists, who “live together each day as brothers and sisters.”

Markowitz used the plat-

form to make clear his views on upcoming elections and national power. He said the nation is “in greater danger today than when Bush took over...There is no question about it. It’s going to be another two years till he goes back to his ranch. I wish it were tomorrow.”

He ceded the floor to Medea Benjamin, who was introduced as having acquired the distinction of being ejected from both the Democratic and Republican National Conventions for her peace activism. As the master of ceremonies put it, “She really rouses us rabble!”

Benjamin, who has traveled five times to Iraq, urged the audience to face up to the young people whose lives were being snuffed out daily in Iraq, describing Code Pink’s new “shoe campaign” displaying the shoes symbolizing Iraqi civilians, many of them children, who have died since the American-led invasion.

She quoted once-proud



Above, photographs of soldiers killed in Iraq, exhibit on the wall outside the Brooklyn Campus of Long Island University. Below left, Sonia Sanchez. Below right, a poster introducing the exhibit.



PHOTO BY DIANE GREENE LENT



PHOTO BY INGRID CUSSON

Iraqis who told her, face to face, “You have taken the cradle of civilization and turned it into a hellhole!”

An “illegal, immoral, irresponsible, unjustified war” must be met by a peace movement that is the responsibility of every House and Senate member, said Benjamin. She countered officials who have responded that it would be wrong to leave Iraq at this point with the words she said Iraqi parliamentarians had expressed to her, when they told her that there would be no possibility of peace without a fixed timetable for exit by the U.S. “We are not listening to them about solutions,” she cried, laying out points she said were presented to her in Iraq, including amnesty for attacking soldiers (but not civilians), compensation, and a ban on permanent U.S. military bases. To these she added the demand for rebuilding funds to be channeled to Iraqi-based entities—not American firms.

What could the U.S. fund with the billions it spends on war each week, Benjamin invited her audience to imagine. More of the micro-credit and tree-planting efforts that have earned Nobel Peace Prizes? Answers to poverty and disease?

Peace Contest Youth Prizes

Several winners of the Peace Fair’s middle school and high school rap contests and essay competitions followed Benjamin onto the stage, to receive awards and give readings and performances of songs with lines

like, “physical appearance is only an interference,” “sexual preference does not call for altercations,” “Children hurt, hear them crying. People killing, people dying. We can do it, we can make it if we try. Don’t you want to save a life?” and the rousing, “Yes, we can liberate!”

The Department of Peace, “Counter-Recruitment” and More

Multiple lines of workshops competed for attention throughout the day. One that shared notable thematic lines with the keynotes featured the nonprofit Department of Peace, whose members presented a campaign to create a Cabinet-level peace minister in the United States. Much of the message from the Department of Peace’s representatives echoed elements from Sanchez’s keynote presentation, where she countered W.E.B. Dubois’ quote, “The cause of war is the preparation of war,” with her own: “I say the cause of peace must be the preparation of peace.”

Supporters analogized their initiative to the creation of the environmental movement decades ago. They noted that a sound environment had once been assumed to exist by default. But with the understanding of the need to protect and plan for environmental health, environmental officials and departments came

into being, for the purpose of actively promoting environmental protection. Proponents of the Department of Peace asserted that, comparable to a healthful environment, peace must be promoted, planned for, and carried out affirmatively.

Longtime Coop member Molly Nolan ran a “counter-recruitment” workshop at the fair, in conjunction with her work as co-chair of the Brooklyn Parents for Peace (BPP) counter-recruitment committee, which warns high school students of the misleading promises made by military recruiters. She showed the War Resisters League documentary *Military Myths*, which features critiques from people who joined the military and who report that they never received promised help with employment and education. According to the League, the average net educational grant from the military totaled just \$2,151—and 29 percent of enlistees were ineligible for assistance due to early or other-than-honorable discharge.

Altogether an estimated 2,000 people participated in the Peace Fair’s 30 workshops and other program offerings. More than 100 community groups set up tables throughout the day and more than 250 children submitted art, writing and performance offerings in the youth peace contest, which Nolan described as “most exciting.” ■

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

The light is slow to light and warm vegetables sit and cure apples pomegranates and pears keep the creation has it all figured out-bring home these deep foods, store them and they will get you through the winter
Genius

Deep from under the earth: beets, celeriac, sweet potatoes deeply nourishing: dense diameters of squash kabocha, buttercup, hubbard, sweet dumpling, delicata and deep dished: pies, casseroles, soups and stews

Equals deep energy to fend off the cold to weather the dark to tend to our inner self to feed en famille the whole clan love packed in a pumpkin

Come tour the produce and bulk aisles with me Myra Klockenbrink and we'll if we can pull out Thanksgiving dinner
Friday, November 10 & 17
Friday, December 1 & 15
Noon and 1:30 tours
Or you can join in any time from noon to 2:30.

We want to expand the availability of Food Tours to other days and times.

Are you broadly knowledgable about foods?
Produce, bulk, condiments?
Would you like to become a tour leader?
Call Linda Wheeler during office hours.

Commune: Reflections on a Vision of Community

By Terry-Anya Hayes

I won't try to tell you that community began in the 1960s. But for me—just emerging from a family in which I, child of a previous marriage, held precarious tenure, in a small New England town where adults seemed uniformly inscrutable—it pretty much did. By 1966 things had shifted somewhat: I was still a loner, now the single mother of a biracial daughter, but as I listened to race riots pound past my Lower East Side window, it began to dawn on me that I couldn't create the world I wanted for us all by myself. As thousands of young and some not-so-young people of that time were doing, I began to search for others for whom our world had grown too small.

We came from every state and several continents, young men and women on fire with one thing and another: outrage against the war, the draft, racial and class inequalities. We wanted justice, sanctuary, a place to pour out ideas, art, music, writing, theater, architecture, and creative modalities awaiting discovery. We did our best to shed the past as we fanned out over a country that didn't yet know how much trouble it was in, coalescing in random groups around any of those ideas or no idea, and the hope of a better future. Some of us wanted to change the world

Some of us wanted to change the world and some of us just wanted to get away from it. But we all wanted to be part of a society that didn't Omake us sick.

and some of us just wanted to get away from it. But we all wanted to be part of a society that didn't make us sick.

Jonathan Berman's film brings it all back, chronicling the birth and evolution of Black Bear Ranch in the Siskiyou wilderness of California. *Commune* begins with documentary footage of protesters at the 1968 Democratic convention as a voice-over proclaims, "...we came here because we are opposed to the murder of Vietnamese..." Cut to an aerial view of endless tall trees and a river running full speed ahead. Between these dynamics, communes fruited like mushrooms on any available substrate.

In 1968, Elsa and Richard Marley founded this one around the idea of "free land for free people." The thirty-something couple soon found themselves a minority of two in a resident population of forty-odd teens and twenties. Shaking his head, the older Richard recalled his vision of Black Bear as a sanctuary "where our city warriors could rest up, learn skills, and ...make forays." But releasing the genie from the bottle, they quickly discovered it was bigger than they were and had

ideas of its own. Richard, a trade union organizer, attempted to restore order by installing a blackboard and pointer and donning a uniform, but those symbols of authority vanished overnight. "I was living with a bunch of anarchists," says Richard. The budding anarchists had their own rules. First and foremost was, everything for the group. Elsa, an artist, was told that art was a selfish, individual act and not to pursue it. Sexual experimentation was encouraged for all, but sleeping with the same person more than two nights in a row was forbidden; such behavior encouraged "coupling," a non-communal practice. Children, according to a young man who grew up at Black Bear, "would just kind of wander, like a bunch of goats..." Yet all were welcome, including a suspected FBI agent. "He was a pretty nice guy," a former member noted.

Among Black Bear residents over the years are names and faces you may recognize: The herbalist Michael Tierra, who got his start at Black Bear dosing ailing commune members with local plants and varying results. Harriet Beinfeld and Efrem Korngold, co-authors of a

classic text on traditional Chinese medicine, *Between Heaven and Earth*. And the actor Peter Coyote.

The film zigzags effectively between archival footage and interviews with participants grown older and perhaps wiser, documenting both the joy that comes from following our hearts and dreams and the painful lessons that life—any life (defined by the older, terminally ill Richard Marley as "that moment between emerging from the womb and

death")—has to offer.

Black Bear wasn't my commune, but it could have been. Did we make the world we wanted? Hardly. Did we change the world? I think we did.

Commune opens at the Cinema Village on November 3. If you experienced those days, brace yourself for flashbacks and enjoy the ride. If not, here is your opportunity to sample a little of the chaos, naiveté, and bravery that characterized them. ■



ILLUSTRATION BY DIANE MILLER

Eisteddfod-NY: Great Music

By Rosalie Friend

The Welsh Eisteddfod is "a gathering of bards and poets," but Eisteddfod-NY is a fantastic festival of traditional folk music from the U.S. and many other lands with lots of audience participation. On November 17-19 you can hear outstanding roots music, jam with other instrumentalists or singers, bring the kids to a free family concert, and browse a marketplace of CDs and crafts.

Performers include Mick Moloney, world famous expert on the music of Ireland as it has come to North America; Zie Mwea, a group of musicians and singers who perform the music of Northern Ghana and Cote D'Ivoire on a marimba-like instrument known as the Gyil; John Cohen, a founding member of the legendary New Lost City Ramblers, and one of the great artists of our time in the tradition of Appalachia; Serre L'Ecoule, from Canada who sing and play songs of the sea, rivers, and lakes from Canada and France;

Shepherd, Spiers, and Watson, fine singers and players of the ballad tradition from Scotland; Andy Cohen, brilliant bluesman; the Manhattan Sacred Harp Singers, a Southern tradition of shape note singing with breathtaking contrapuntal harmonies; the Elias Ladino Ensemble, playing spirited Ladino music; and many many more.

Eisteddfod-NY is presented by the Folk Music Society of N.Y., Inc./New York Pinewoods Folk Music Club and The Renaissance Charter School. The festival will be held at the school in Jackson Heights, near the 7 subway line.

Park Slope Food Coop members have long been involved in this music, and the Coop has put on music festivals, the Good Coffee House series, talent shows, etc. Indeed, the Coop and the Folk Music Society of N.Y., Inc. now collaborate on Pub Nights, under the direction of Jerry Epstein, Fun'Raising Committee member and Eisteddfod-NY director. One of the Eisteddfod-NY performers, Alan Friend, per-

Member Contribution

formed here at the Mon-goose, before it became the Coop. Maggie Bye, member of the Johnson Girls, and Julia Friend, who joined the Coop as a babe in arms, both left the Coop to move away, but will be back to perform in Eisteddfod-NY. In addition to listening or jamming, you are invited to participate by selling crafts in the Eisteddfod-NY marketplace, volunteering in return for free admission, or advertising in the souvenir program book. All festival admission is \$85, a single concert on Friday, Saturday, or Sunday is \$25, Saturday's workshops are \$25, Sunday's \$15. The Renaissance school is located at 35-59 81st Street in Queens. For travel directions, schedule, discounts for children, students, members of supporting organizations, etc. see www.eisteddfodny.org or call 212-957-8386. ■

Thursday,
Dec. 7

7:30 p.m.
at the Coop

Susan Baldassano
coordinator

PARK SLOPE FOOD COOP

Gluten-Free Italian

A balanced gluten free menu and discussion of some of the gluten-free ingredients at the Coop

MENU

- Shades of Red Sicilian Salad (vegan)
- Chickpea Panelle (Fritter) topped with mixed mushroom ragout (vegan)
- Sesame Seed Cookies (Eggs)

\$4 materials fee

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

Susan Baldassano is the owner of To Grandmother's House We Go Cooking Tours. Next Fall she will be offering a Gluten Free Tour To Sicily. She is the Director of Education at the Natural Gourmet Institute for Health and Culinary Arts and is a graduate of The Institute for Culinary Education (I.C.E). She has been coordinating the Food Class at the Park Slope Coop for over ten years.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

BEST ECO-CHOICE

Presented by the Environmental Committee

Natural Value Sponge

The Natural Value brand kitchen scrubber sponge is made with 50% post-consumer recycled materials. Close the recycling loop by buying recycled products!

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
Nov. 17
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

Singer–Songwriter Night

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.

THE MULLIKENS

are one of New York’s most interesting—and most deceptively simple—folk outfits with Mary Mulliken’s “whip-smart songwriting 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.

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.

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.

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: Crackers
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.

P M M L T C U H X P N C B M

G U N L I U H T X G U K N E

I U N I Y K E X K X X K U

G H T I V H C T

I U K N P

N P N U N L C Q Z U N Q N P T

U H I K T L N X T

X N X X N E V P

T C M L K E F Q K N C C Q H L T

Q H Z Q A N L E K U

M N C I N Y K T

Z N U A H I G U K N E T C H I Y T

N D – P N D

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WORKSLOT NEEDS

Urgent Need to Fill Two Gazette Positions

Art Director for Development

Work with four or five illustrators and photographers. Much of the work can be done from home. Work with a larger team of Editors, Reporters, and production workers for the equivalent of a double workslot on an eight-week cycle.

About four weeks before your publication date, you will talk to the editor about which reporters are covering what; plan which illustrator or photographer would best handle each particular assignment; discuss assignments with your team members; and finalize the assignments. At the end of the production week, you will receive their work, give feedback maybe, choose among photos for which to use, etc.

Final Proofreader

Be the fourth and final level of proofreading. The work is on a four-week cycle. Pick up a printout of the issue on Monday, read and proof every single word, and call it in by Tuesday afternoon.

INTERESTED IN EITHER OF THESE JOBS? Please call Linda Wheeler in the Coop office or email Linda_Wheeler@psfc.coop.

Bookkeeping

Update individual cashier histories from the weekly chronological records. Six week evening cycle with some flexibility. Call the office.

Drivers Needed

The Plastics Recycling Squads need drivers to transport plastic recycled at the Coop to the recycling plant in Brooklyn. One driver is needed for each of the Saturday and Sunday recycling shifts. The schedule is in the calendar below. Drivers must have a *large capacity vehicle (van or truck)* for the volume of recycling material collected. Drivers must be prepared to store recycling collected in their vehicle or home until the recycling center opens on Monday.

Drivers are reimbursed for mileage according to IRS reimbursement rates. Interested? Contact Kim Nadel, 718-369-2578 or kim@design-niche.com.

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 23 issue: 7:00 p.m., Mon, Nov 13
Dec 7 issue: 7:00 p.m., Mon, Nov 27

CLASSIFIED ADS DEADLINE:
Nov 23 issue: 10:00 p.m., Wed, Nov 15
Dec 7 issue: 10:00 p.m., Wed, Nov 25

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, NOV 14
GENERAL MEETING: 7:00 p.m. The agenda is in this issue and available as a flyer in the entryway.

TUE, DEC 5
AGENDA SUBMISSIONS: 8:00 p.m. Submissions will be considered for the December 19 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, November 28, 7:00 p.m.

The GM 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.)**
- Enjoy some Coop snacks
 - Meet the Coordinators
 - 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 and 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.

Following is an outline of the program. *For full details, see the instruction sheets by the sign-up board.*

- **Advance Sign-up Required:**
To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby. 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 GM-for-workslot-credit program two times per calendaryear.
- **Certain Squads not eligible:**
Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)
- **Attend the entire GM:**
In order to earn workslot credit you must be present for the *entire* meeting.
- **Childcare can be provided at GMs:**
Please notify an Office Coordinator in the Membership Office at least one week prior to the meeting date.
- **Signing in at the Meeting:**
 1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.
 2. Please also sign in the attendance book that is passed around during the meeting.
- **Being Absent from the GM:**
It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.
- **Is it FTOP or a Make-up?**
It depends on your work status at the time of the meeting.
- **Consider making a report...**
...to your Squad after you attend the meeting.

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 pro-cessed 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.

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, listed in the Coop Calendar, center of this issue. *Denotes a Coop member.

FRI, NOV 10

GOOD COFFEEHOUSE: Doug & Telisha Williams – Fuel-Injected Folk. Brooklyn Ethical Culture Society. \$10 adults, \$6 children. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, NOV 11

PEOPLES' VOICE CAFE: Alix Dobkin; Blanche Wiesen 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.

SUN, NOV 12

MUSIC DIVINE—A TOUR OF RENAISSANCE EUROPE: Cerddorion's Fall concert. 4:00 p.m. at the Oratory Church of St. Boniface, Willoughby & Duffield. \$20, \$15 for students or seniors. Subscriptions available, www.cerddorion.net.

FRI, NOV 17

GOOD COFFEEHOUSE-THIRD FRIDAY COOP NIGHT: Singer/Songwriter Night: Rebecca Pronsky,

Jennifer Richman, The Mullikens, Ladybug. Brooklyn Ethical Culture Society. \$10 adults, \$6 children. 8:00 p.m. 53 Prospect Pk W. 768-2972.

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.

MUSIC DIVINE—A TOUR OF RENAISSANCE EUROPE: Cerddorion's Fall concert. 8:00 p.m. at The Church of St. Luke in the Fields, 487 Hudson St, Manh. \$20, \$15 for students or seniors. Subscriptions available, www.cerddorion.net.

SAT, DEC 2

PEOPLES' VOICE CAFE: Charlie King & Karen Brandow. 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.

FRI, DEC 1

GOOD COFFEEHOUSE: Blues/bluegrass/folk musician/songwriter David LaFleur. Brooklyn Ethical Culture Society. \$10 adults, \$6 children. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SUN, DEC 3

PEOPLE WITH AGING PARENTS and friends Support Group: Discussion, refreshments with author & geriatric care manager, Dr. Marion Somers, a leading eldercare expert with over 30 yrs experience. 1:00 pm. Park Slope United Methodist Church, 6th Ave & 8th St. Info: 718-288-687

FRI, DEC 8

GOOD COFFEEHOUSE: Roots music with Fitzgerald & Beach. Brooklyn Ethical Culture Society. \$10 adults, \$6 children. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, DEC 15

GOOD COFFEEHOUSE-THIRD FRIDAY COOP NIGHT: Hip hop activist, artist & educator Toni Blackman; Rene Collins weaving together songs of spiritual progress, love & nature. Brooklyn Ethical Culture Society. \$10 adults, \$6 children. 8:00 p.m. 53 Prospect Pk W. 768-2972.

ONGOING SHOWS/EVENTS

FRIDAYS: NOV 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.

FRI/SAT/SUN, NOV 17-19

FESTIVAL OF TRADITIONAL MUSIC, Eisteddfod-NY, Outstanding singers and virtuosos on guitar, banjo, concertina, fiddle, mandolin, and gyl. FRIDAY: concert, 7:30; SATURDAY: Family Concert 11:30, performer workshops, informal singing, 10-5:30, & evening concert, 7:30; SUNDAY: more workshops & jamming, concert 2:15. Renaissance School, 35-59 81st St., Jackson Heights, Queens. Info www.eisteddfod-ny.org or (212) 957-8386.

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

A.F.R.A.I.D.: A Musical Drama in two acts: NYC, August 1858. The weekly meeting of American Females for Righteousness Abasement Ignorance & Docility (AFRAID) was called to order by its venerable President, Mrs. Senza Bliss. Shortly after, the meeting was delightfully disrupted by a group of Women's Righters, Abolitionists, Suffragists, Spinsters, Domestic, Fallen Doves, and Lunatics. (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 3Pub Night
- Saturday, January 11Adult Variety Show-auditions
- Sunday, January 28Adult Variety Show-auditions
- Sunday, February 4Spoken Word
- Saturday, March 1Adult Variety Show
- Saturday, April 21Earth Day World Beat Fiesta
- Saturday, May 19Game Night

Classified Ads

CONTINUED FROM PAGE 11

SERVICES-HEALTH

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.



Friday, December 1
7:00 pm

Occupation: Dreamland
and
Dreams of Sparrows



Two
films.

Two
perspectives
from
Iraq.



Discussion will follow
after the screening.

Occupation: Dreamland is an unflinchingly candid portrait of a squad of American soldiers deployed in the doomed Iraq city of Falluja during the winter of 2004. A collective study of the soldiers unfolds as they patrol an environment of low-intensity conflict creeping steadily towards catastrophe. Through the squad's activities, *Occupation: Dreamland* provides a vital glimpse into the last days of Falluja. The film documents the city's waning stability before a final series of military assaults began in the spring of 2004 that effectively destroyed it.

Dreams of Sparrows follows Iraqi director Hayder Mousa Daffar and his team of contributing filmmakers as they share their vision of life and the human condition in 2004 Baghdad, post war and pre reconstruction.

Michael Galinsky, of RUMUR RELEASING, is the distributor for *Occupation: Dreamland*. A Brooklyn-based distribution company, RUMUR RELEASING focuses on delivering thought-provoking documentaries and cutting-edge narrative feature films to audiences around the world. Their previous releases, *Horns and Halos*, *Radiation* and *Half-cocked*, all garnered international acclaim.

Aaron Raskin, *Dreams of Sparrows* producer, founded the Iraq Eye Group with Hayder in December of 2003—they have since produced several short news packages and short narrative films. The Soros Foundation just awarded a substantial grant to the group to continue its media empowerment project in Iraq.

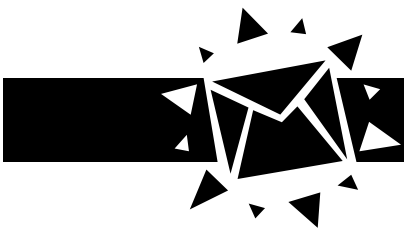
Film Night organizer, Trish Dalton, can be reached at mail@trishdalton.com or 718.398.5704.

FREE
Non-members welcome

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



LETTERS TO THE EDITOR



BEWARE OF PITS!

DEAR COOP,

A quick warning to fellow olive lovers.

About a month and a half ago I purchased a bag of our bulk “Olives—Calamata pitted.” While eating a home-made Greek salad, I bit down on an olive from this bag that in fact had a pit and immediately felt pain. I have since been diagnosed with a cracked tooth. I need more than \$3,000 in major dental work, involving many visits to my dentist and endodontist.

I still buy pitted olives, but now I check them carefully. This week alone I pulled three more olives with pits out of a newly purchased bag. So I suggest you ignore the “pitted” label. Perhaps they should be labeled “probably pitted,” “mostly pitted,” or “not quite pit-free.”

David Ruderman

PRUNES

Gramps says prunes have kept him a regular guy.
But when they flop and leave him high and dry,
Bran
Can.

Leon Freilich

MORE BIKE RACKS, PLEASE

TO THE EDITOR:

At a time when energy issues and decent social policies are so central to us, the Coop seems to be making some odd choices.

Many of us cycle to the Coop and more would likely do so were there any encouragement. I am sometimes compelled to search out metal poles on which to attach my bicycle. We are allowed a single bike rack (and that covered with stark warnings of imminent bike theft).

A few yards up the block sit our corps of delivery valets dressed in gaily colored vests. Their job is to wheel groceries directly to cars, most of which will then be driven a few blocks to shoppers’ homes. Can we look forward to bow ties and tips?

What is wrong with this picture? Why are we devoting hundreds of work hours each week to indulge suburban-style life habits and simultaneously neglecting better environmental and personal choices?

We need more racks and better security for bicycles, and we surely don’t need two, three or four workers per shift to push groceries to cars.

Jules Trachten

VOTING FOR WBAI BOARD

DEAR COOP MEMBERS,

If you are a member of WBAI-FM you have received three pieces of mail: A ballot, a letter from the ACE alliance (which is *us*) and a letter from Justice and Unity (which is *them*). Please vote exactly in this order:

1. Steve Brown
2. Carolyn Birden
3. Mitchel Cohen
4. Alex Steinberg
5. Carole Drake
6. Patricia Logan
7. Andrea Fishman
8. Paul DeRienzo
9. Blanca Diaz

If I get 160 first-choice votes, I will be assured of a seat, so please, *if you really want to see me on the Board*, put me as No. 1 and move the others down. There must be at least 160 Co-Op members who would support me—Thanks!

Here is just one of the horrible things these bumz have done to our precious station: 10-01-06 Minority report to the Pacifica National Board from the Local Station Board (LSB) minority:

http://wbai.net/pnb/pnb_wbai_lsb_minority_report10-1-06.html

“The bylaws direct the LSB to ‘screen and select a pool of candidates for the position of General Man-

ager’ (Article 7, Section 3B). WBAI’s previous GM gave notice in late 2004 and left in April 2005. But the LSB has still not provided a pool of candidates for GM. Further, while the bylaws allow the LSB to create a sub-committee for this purpose, the WBAI LSB created a new body to select general manager candidates; most of the members are neither members of the LSB nor chosen by the LSB. This action by the LSB violates Roberts Rules section on subcommittees [RONR p 480 line 11 ff], since this body is not responsible to the parent committee. Currently, this body’s process is questionable: it has been having meetings without quorums and members have complained they have not been told of meetings.”

Signed by LSB members Carolyn Birden*, Steve Brown*, Patty Heffley, Berthold Reimers and James Ross. * = Candidates for re-election.

This adds up to *taking away what is to me the most important power of the LSB and thus of the voters*: To hire and fire the general manager of the station!

LETTERS POLICY

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

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

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

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

This is the ultimate sledgehammer that voters and the delegates they elect can use to influence Management in all matters. For example, the Board could not fire the Program Director or the News Director or reverse a disastrous fiscal policy—but they (we) can threaten to fire the General Manager!

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

Members of WBAI have until Wednesday November 15th to vote. Your ballot must be received by that date, not just postmarked, which means that it must be in the mail no later than Monday, November 13th or to be safe, Thursday, November 9th, the very day this *Gazette* is printed. A word to the wise is sufficient. You know the rest...

Seriously, I remain
Albert Solomon
HOBCE@YAHOO.COM
718-768-9079

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.



PROGRAMS

**Friday, November 10 through
Sunday, November 12**

The following programs will happen within four days of publication of this issue. For full ads, please look at the October 12 or 26 issues or pick up copies of the flyers in the Coop.

Friday, November 10

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

Saturday, November 11

6:00 Game Night

Saturday, November 12

12:00 Top Seven Steps to Lose Weight

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

ALTERNATIVE DISPUTE RESOLUTION
FAMILY & DIVORCE
MEDIATION

WITH ANDREW GARY FELDMAN

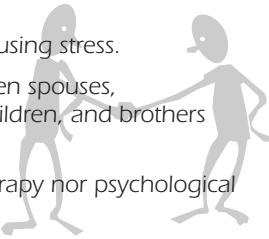
In family matters...

- 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

DIVERSITY AND EQUALITY COMMITTEE REPORT

Human Diversity: What’s the Problem?

By J. William Smith, for the Diversity and Equality Committee (DEC)

Why do we make such a problem of human diversity? Studies of human genetics show precious little difference between so-called “races” or “ethnicities.” Differences such as skin color, hair texture, nose and eye shapes, in which we have invested so much socio-political import, are superficial variations having nothing to do with intelligence, ability, or human character. They’re more like the beautiful variations of color, shape and texture in a rose garden. And yet we humans are conditioned to behaving in culturally biased ways towards people who look different from us—even at the Park Slope Food Coop, which is supposed to operate on the basis of cooperation and mutual respect. Unfortunately, noble intent is not always matched by actual conduct. Case in point: A Black man in the produce aisle waits politely to allow another shopper to gather her potatoes, then goes to select his. A white woman then imperiously steps in front of him, pushing her cart into him as if he isn’t there. After gathering her produce, she marches off haughtily with a toss of her head and not so much as an “excuse me.” What is the man to make of this? Is it just an incidence of New York City rudeness, someone having a bad day, the “I can’t see Black people” syndrome, or a blatant insult born of racial animus? Why should one even have to ask such questions while shopping? If it happens once, it might be explained

as an aberration; but when it occurs often, not just to one person, but to many people of color, it indicates a pattern of unacceptable behavior, and that we have a human diversity problem. Darmone Holland, a co-chair of the DEC, thought the Coop had a problem. She had brought her six-year-old daughter to childcare before going to shop, but had forgotten her membership card and had only the computer-generated admission slip. A white childcare worker told her, in what Holland perceived as a rude, hostile manner, that she could not leave her child there because she had no identification. Another white woman there, however, admitted that her child had been allowed entry with just the admission slip. Why the double standard? The nasty tone of the incident was upsetting to Ms. Holland’s daughter, who couldn’t understand why she and her mom were being treated so disrespectfully.

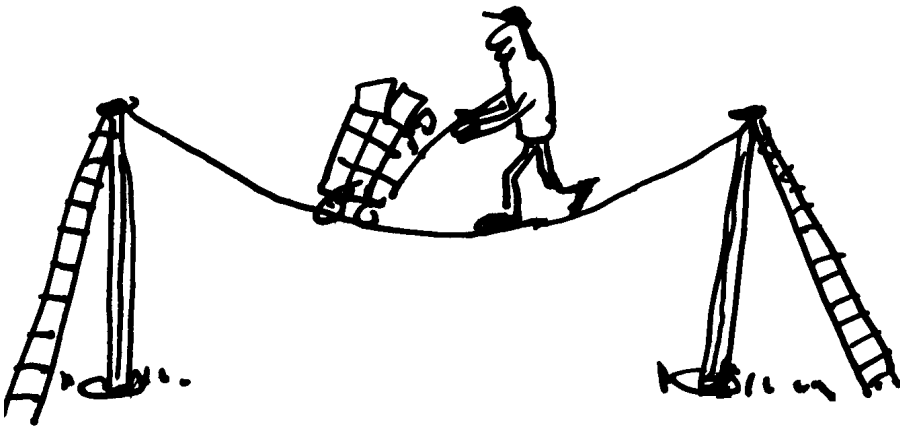


ILLUSTRATION BY ROD MORRISON

After the incident—which was for Holland the culminating insult of a series of similar encounters she and other African Americans she knew had experienced—Holland considered leaving the Coop. According to a longtime Coop member on the DEC, many people of color have quietly left the Coop after tiring of subtle, and sometimes

Diversity & Equality Committee. The DEC states that its mission is to uphold the mission of the PSFC by advancing the ideal of equality and social justice. “We believe that actions, beliefs, and/or attitudes which reflect racism, sexism, homophobia, ableism, classism, ageism and discrimination against individuals because of their sexual orientation or religion, threaten the mission of the Coop and disempower individual members from maximizing their participation.”

Having grown to 15 members, with authorization for 20, the DEC has developed a protocol through its Complaint Review Subcommittee, for registering bias complaints. It includes forms, an 800 number and e-mail address, a confidentiality policy and a process for mediation. If the member deems it necessary, the matter can be referred to the Disciplinary Committee. Bias

prevention through education is a major focus of the Committee. Sometimes bias is the result of ignorance, not malice, and most Coop members are persons of good will. Accordingly, in September the Education Subcommittee launched a series of workshops developed by human relations professionals on the DEC. These sessions are designed to inform and assist squad leaders in dealing with conflict and bias-related issues. The initial workshops were well received and three more are scheduled for December: Saturday the 9th at noon; Thursday the 21st at 7:30 and Thursday the 28th at 7:30 p.m. To register a bias complaint with the DEC call 888-204-0098 and leave a voicemail message with your contact information, or send e-mail to psfcdiversity-cpr@hotmail.com. Complaint forms can be obtained from the DEC slot in the racks by the elevator near the main entrance. The Diversity & Equality Committee can also be reached by mail, c/o PSFC. A survey is also being developed to measure perception of the quality of our human relationships in the Coop, and to track bias issues. It will be presented to a General Meeting for authorization soon. The DEC encourages anyone of any ethnicity to join, particularly, at this time, Asians and Hispanics, who are underrepresented. We also seek members with mediation and conflict-resolution skills, and computer data entry skills. ■

According to a longtime Coop member on the DEC, many people of color have quietly left the Coop after tiring of subtle, and sometimes overt, racial hostility.

But Ms. Holland is persevering. When her complaints to the Disciplinary Committee did not result in an effective remedy, she realized there was no organizational infrastructure in place to deal with bias-related issues and initiated a process in May 2004 that has resulted, with strong support from General Coordinators Jessica Robinson and Linda Wheeler, in the formation of the Park Slope Food Coop

Understanding what it takes to be a successful in business



Tuesday, November 28 7:30 p.m. at the Coop

with Susan Martin

Are you really good at what you do, but haven’t mastered running a business yet?

Do business problems keep you up at night?

Need More Clients?

Missing deadlines?

Feel overwhelmed and stressed?

FREE Non-Members Welcome

This workshop will help you: • Understand what it takes to run a successful business • Make more money • Get more clients • Map out a plan to hone your business skills • Run your business effectively Susan Martin designed the Business Sanity Program to help self-employed professionals and business owners make more money, have more fun, less stress and run their businesses more effectively.

She maintains a private coaching practice in Park Slope. Susan is a Coop member.

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

Public Speaking for Everyone

WITH JEZRA KAYE

Do your speeches drive results?

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

Learn how to:

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

All are welcome. No prior public speaking experience is needed. Wear comfortable clothes, and bring a notebook and pen.



PHOTO BY HAZEL HANKIN

Jezra Kaye is a professional speechwriter and presentation skills coach who works with business and non-profit leaders. She is active in Develop Don’t Destroy Brooklyn, which is fighting the 17-skyscraper Atlantic Yards Complex, and has been a PSFC member since 1981.

FREE Non-members welcome

Saturday, December 2 10:30 p.m. at the Coop

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

PARENTS Do your Children ever “Push your Buttons”?



Share stories and hear perspectives that can help you “keep your wits about you” while raising your children.


Sharon C. Peters, MA, is director of Parents Helping Parents and a step, birth, and adoptive parent. In her work she meets with individual families and leads workshops at her Park Slope office and for schools and community organizations throughout New York. She is a grateful long-time Coop member.

FREE Non members welcome


Saturday, December 2 1:00 p.m. at the Coop

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

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729 Carroll Street, Brooklyn NY 11215 **718-857-2646**

- a fully licensed parent-run, teacher-taught coop pre-k for children aged 3 and 4 in the heart of Park Slope
- great indoor/outdoor playspace and garden
- caring nurturing environment
- UPK funded for 4 year olds

Tours :
November 1, 15, 21
Open House
TBA
Please call to join a tour!



ADVERTISE ON THE WEB

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

Answer to Puzzle on page 8

Moonstrip Matzo, Bran Crispbread, Cracked Pepper Biscuits, Cream, Amaranth Grahams, Rice Snaps, Pappadum, Stoned Wheat Thins, Highlander Oatcakes, Garlic Breadsticks, Ak-Mak

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.

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.

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.

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.

HOUSING AVAILABLE

PART-TIME APT SHARE available in N. Slope for mature nonsmoking female. Share w same plus 2 cats. Fairly small Apt, great location, 2nd Floor, quiet. Call 347-244-4510 btwn 10 a.m-10 p.m.

MERCHANDISE FOR

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

MERCHANDISE

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

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

FOR SALE: EXPANDING DINING TABLE: 48 L x 18 inches W closed, 48 x 36 inches opened, 20 inches H. Light unfinished wood. Good also as desk/couch table closed. \$50. Snack Bar: Light wood edges, white tiled surface. 54 3/8 L, 36 11/8 H, 15 1/2 deep, \$35 goes with Bar Stools, light wood 25 1/2 high, fit under snack bar, \$15 each. Call 718-965-2184.

PETS

ADOPT FUGAZ! Extremely sweet 7 yr. old male neutered cat who was rescued from the street. Tested negative for Feline Leukemia and FIV. Up to date on shots. Healthy. Med. size. White with brown and black patches. Name can be changed. Contact Victoria 914-443-9209 or haroldluvs-maude@aol.com. This is a great cat.

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.

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, 9 1 7 - 3 6 3 - 0 5 8 6 . 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.aurorallanguage.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.

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.

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

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

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

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.

SERVICES-HEALTH

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.

FUN'RAISING COMMITTEE REPORT

Singing in an English Pub—
or at the Coop Pub Night!

By Jerry Epstein, for the Fun'Raising Committee

The Coop is holding an informal singing and music gathering (our third) across the street at the Tea Lounge on Sunday December 3 at 7:00 p.m. These gatherings are loosely modeled on the social interaction in a small-town English Public House (Pub), so I thought I might provide a little background on what a wonderful institution these pubs can be.

There is nothing in the American social scene that plays the same role as the English pub. An American bar is really quite different. English pubs are changing, especially in the big cities, perhaps becoming more like bars, with canned music, potted palms, frozen patties, and other delicacies. But there are still many old fashioned pubs remaining, and we will do our best to reproduce this atmosphere at the Tea Lounge. A good old pub is a social center; it is where one goes for good chat, a game of checkers, some good old songs (with the music totally home-made), and a couple of pints of the best. It does not at all have the somewhat sleazy connotation one finds with "going down to the bar" in this country. Children can often be found there with their families (though of course they cannot drink alcohol), lots of stories are told, jokes, and some great and some dumb old songs are sung for the spontaneous entertainment and merriment of all. Nowadays there is often a football match (soc-

cer to us) on the telly, so the singers will retire to a second room in the back or upstairs in order to have some home-made music.

It was natural that when the English boom of interest in folk music hit in the early 1960s, the burgeoning folk club culture would find its home almost entirely in pubs. But there was singing in pubs on a regular basis for many generations before anyone ever heard of a folk club. It was just what people did. Some gatherings were seasonal—there is a tradition for at least 150 years in pubs around Sheffield of gathering on a specific night for an annual people's sing in a specific pub of songs related to the holiday season, everything from the religious to the totally silly. This remains a very live tradition today and these gatherings are truly remarkable events. It is hard to imagine a more warmth-producing and inspiring event than one of these carol sessions. But most gatherings could happen spontaneously on any night of the year, when a couple of

friends would start a song, and others would join in on the chorus, and then be reminded of another one that seemed to fit. It is the community that makes it work, and it has little or nothing to do with performance skill.

So, as December is getting into the heart of the holiday season, whatever your particular holiday, let's have our community have a night of celebration where WE make the music, of whatever kind (though we admit that songs people can participate in are especially valued). You don't need to play an instrument (though that is welcome). If you think you can't sing, you probably can, but you might be inspired to tell a story, a tall-tale, a good joke... anything that bonds the community. We are hoping this might just become an annual tradition. It sure couldn't be a more convenient location, so why not drop in? You can take a trip to an English pub without leaving Park Slope. As the title of the event suggest: "Yule Be Welcome." And yes you will. ■




WORDSPROUTS

The Park Slope Food Coop's Reading Series

Featuring **Michael Winks**, editor of the book,
Alcohol Can Be a Gas!
Fueling an Energy Revolution
by David Blume

Coop Member Michael Winks will discuss the story behind the publication of a controversial book on this timely subject and how he came to edit it. He'll talk about the challenges of the editor-writer relationship and how he worked to shape a polemic/instructional book into a more cohesive, yet comprehensive manuscript.



Michael Winks is a research editor at *Parenting Magazine*, a playwright, and now a non-fiction book editor. He has made presentations at the Coop on peak oil and ethanol.

Books will be available for purchase. **FREE** Non-Members Welcome

Thursday, November 30
7:30 p.m. at the Coop

All Wordsprout participants are Coop members.

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

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

Diversity and Equality Committee Seeks Members with Data Skills

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

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

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

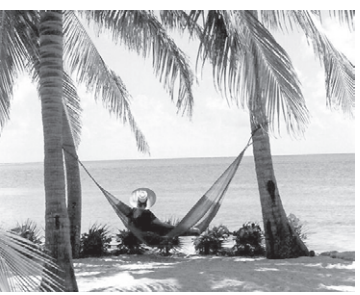
FREE
Non-members welcome

Saturday, December 2
3-5:00 p.m. at the Coop

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

Take Five: Body-Centered Tools to Transform Holiday Stress

with Jennifer Chafe



People...parties...presents...plane trips—
'tis the season to be stressed!

But it doesn't have to be—come to this experiential class and take home five tools to help you refresh and renew yourself in five minutes or less! These simple exercises will leave you feeling like you just took a mini vacation, and you'll be ready to enjoy the holidays knowing you have solutions for keeping stress at bay.

Jenny Chafe, MA is a body-centered wellness and creativity coach with nearly 12 years experience in using movement, voice, breath and imagery to bring forth one's authentic well-being and self-expression. Jenny is also a body-worker and a member of the Park Slope Food Coop.

FREE
Non members welcome

Saturday, December 9
3:00 p.m. at the Coop

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

Could there be a Great Plan for Humanity?...

with Cielito Pascual


...one in which hunger becomes obsolete and people have the freedom to realize their highest aspirations?

What part might we play in this greater scheme of things?

Despite the chaos in today's world, there is such a plan—extraordinary, yet simple. Should we choose to implement it, we will help usher in an era of unprecedented justice and peace.

"The problems of the world, are real but solvable. The solution lies within your grasp." —Maitreya, The World Teacher

Learn more. "The Emergence of Maitreya, the World Teacher, and the Masters of Wisdom." A non-denominational message of hope.



Cielito Pascual is a long-time Coop member concerned with peace and justice issues.

FREE
Non members welcome

Sunday, December 10
12:00 noon at the Coop

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