

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume AA, Number 26

December 21, 2006

# Giving What Comes Naturally

By Ed Levy

The annual orgy of giving is here again, for better or worse. According to a nonprofit organization that tracks the patterns of charitable giving in the United States, 89% of all American households give to charity, an average of \$1,620 per household, to the tune of \$260.28 billion dollars in 2005. That amounts to 2.1% of the country's gross domestic product. Of that, businesses contribute 5.3%. Giving is also good business—as well as a tax deduction, a subtle form of advertising and a cheaper means of improving a compa-

ongoing non-seasonal gifts of food and labor in the neighborhood. Should it—can it—do more? Just how does the Coop stack up in the giving department?

According to General Coordinators Joe Holtz and Jess Robinson, the Coop takes its lead regarding charitable giving from the General Meeting, and over the years the GM has consistently opposed it. Appeals to the GM for food or money fail for a variety of reasons, Holtz said, but most of all because the diverse membership cannot agree on which charities are worthy of donations, and

since 1973 it has donated food that is edible but can no longer be sold to the soup kitchen Christian Help in Park Slope. And because the volume of food donated to CHIPS is far more than the soup kitchen can prepare with its own staff, the Coop provides it with labor in the form of more than 60 workers per month to prepare meals. The Coop also sends labor and food waste for compost to the garden on Union Street. City Harvest also takes food from the Coop that cannot be sold.

Aside from gifts of candy in previous years to the bank tellers who handled the Coop's accounts, Holtz remembers only one occasion when the General Coordinators made decisions about charitable giving without the consent of the General Meeting. That occurred just after the events of 9/11, five years ago, when practically all donations to charity were going to victims of the attacks and other charities were suffering. At that time, the General Coordinators made modest cash donations to CHIPS and City Harvest at their own initiative, and gave away a few hundred dollars worth of food to workers at Ground Zero. In the aftermath of the attacks the firemen at the station next door to the Coop were also granted honorary member status by the GM so that they could shop whenever they wished—more a gesture of neighborliness than it was of charity.

The Coop also sends 40 people to the Park Slope Community Council Civic Sweep twice every year, which spruces up the nearby community by painting mailboxes, sweeping and cleaning up trash. As part of the community contributing to the wear

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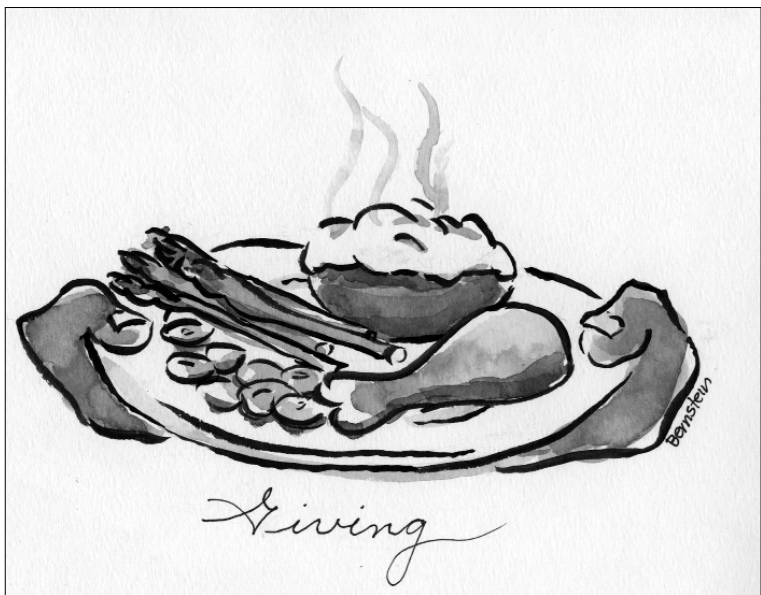


ILLUSTRATION BY LYNN BERNSTEIN

ny's branding than other forms of generosity. Wal-Mart, to take one example, the object of numerous lawsuits for its ungenerous policies toward employees, nevertheless leads the list of businesses giving grants in the United States. Companies that give to "non-commercial" public radio now get mini-advertisements disguised as announcements. Many small businesses, too, engage in charitable giving and benefit from it. The Coop, not easy to categorize by any means, largely engages in

because enough people usually object to any forms of largesse that will potentially raise Coop prices.

"People have come to me and said, 'This is a really great school,' or 'Could the Coop take out an ad in our newspaper,' but it has never worked out," Holtz told the *Gazette*.

### Organic Giving

On the other hand, the Coop does engage in forms of symbiotic giving naturally related to its presence in the Park Slope and New York communities. For example,

### Member Profile: Debbie Kaplan

## Public Health Programs That Work

By Frank Haberle



PHOTO BY ZOË KAPLAN-LEWIS

Strike up a conversation in the Coop checkout line. You might meet a community activist, or a proud mother, or a 30-year Coop member, or a singer in a choir, or a public health official who's changing the way reproductive health services are delivered in poor communities across the city.

And with a little luck, you might meet all five at once: Debbie Kaplan, Coop member number 693, and Assistant Commissioner for the New York City Department of Health and Mental Hygiene's (DOHMH) Bureau of Maternal, Infant & Reproductive Health.

For almost three decades, Debbie has worked to improve health services for underserved New Yorkers. She started as a physician assistant in an outpatient clinic at Jacobi Hospital, then worked at a methadone detox residential program, then launched a school-based health center. In the mid 80's she received her Master's in

Public Health from Hunter College, then returned to the field to monitor quality assurance and oversee clinical services for Planned Parenthood of New York City. In 2001 she joined the DOHMH, where she now applies her hands-on experience to preserve and expand programs that work.

"It's the best job I've ever had," Debbie says. "I get to do things on a city-wide scale that can help women and teens, mothers and babies. We've got four main goals: to reduce infant and maternal mortality, to lower teen and unintended pregnancy, to promote breast feeding and to address disparities in perinatal and reproductive health." The last is especially important in a city where babies born to black mothers are twice as likely to die in their first year as white babies, and black women are more than four times as likely to die during or after childbirth. Latina

CONTINUED ON PAGE 3

### Next General Meeting on January 30

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, January 30, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will appear in the next *Gazette* and will be available as a flyer in the entryway of the Coop beginning Wednesday, January 3. 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, Jan 4 • Food Class:** Sea Vegetables, 7:30 p.m.

**Fri, Jan 5 • Film Night:** Media That Matters—Short Films About Good Food, 7:00 p.m.

**Sat, Jan 6 • Sustainable New Year:** 4:30 p.m.

**Fri, Jan 19 • The Good Coffeehouse:** Swing Street, 8:00 p.m.

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

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# Giving What Comes Naturally

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and tear of the neighborhood, the General Coordinators pointed out, it makes sense for us to be part of maintaining it and to be well thought of.

Does the Coop need to engage in public relations or advertising in the community? In a sense, yes Holtz believes: The Coop has large turnover. Because it loses at least 20% of its membership every year (at current levels, about 2,600 members), amounting to a loss, it has to remain known and respected in the community in order to attract new members. At present there is no budget for

advertising at all, except for the line item that covers the cost of a PSFC string shopping bag that goes to every new member.

*The Coop, not easy to categorize by any means, largely engages in ongoing non-seasonal gifts of food and labor in the neighborhood. Should it—can it—do more?*

Technically and legally, the Coop is a cooperative corporation governed by a statute known as the New York State Cooperative Corporation Law.

Because it is not a nonprofit (it might more accurately be called a “no profit corporation”), donations to the Coop itself are not entitled to a tax write-off. Therefore, people who give items like computers and scanners to the Coop receive no tax deduction. The Coop could potentially receive a tax write-off for any donations it makes, but because its profit is so small, and in most years deliberately nonexistent, such a tax benefit would be negligible.

Holtz commented that a small annual profit would not necessarily be a bad thing for the Coop, as it could serve as a hedge against any decline in the investments supporting the defined pension plan for Coop employees. If there were such a decline, and the actuaries managing the plan determined it was necessary to add funds, a profit margin would serve as the reserve to guarantee its viability.

### Members’ Views

A brief informal survey of members on the issue of charity and the Coop elicited a variety of opinions. One member commented that “giving to charities strikes me as operating outside what the Coop is designed to do.... I pay a markup over Coop costs for my food to keep the Coop running, not to make cash donations to other causes, no matter how worthy. What if I or other members really disagreed with a charitable choice? Animal rights, certain types of research, supporting various kinds of civil rights, death penalty, reproductive choice—we have no consensus at the Coop on these points.”



ILLUSTRATION BY LYNN BERNSTEIN

Several other members said they strongly support the Coop’s helping other food Coops. As one put it, the Coop’s real gift to the world is sharing its accumulated knowledge of how other people can begin and run cooperative food stores, as is has been doing in East New York. Another member suggested that if the Coop did want to make charitable contributions, a committee of the General Meeting might be given an amount to award at its own discretion each year.

*What if I or other members really disagreed with a charitable choice?*

Could the Coop afford to give money away in charity

aside from what it already gives? “I think it could afford \$10-15,000.00 a year,” Holtz said, “if the members decided to do that.”

“To give away money is an easy matter and in any man’s power,” Aristotle wrote about 2,400 years ago. “But to decide to whom to give it, and how large, and when, and for what purpose and how, is neither in every man’s power nor an easy matter.” That, aside from the anachronistic pronouns, describes the obstacles the Coop community has encountered when attempting traditional forms of charitable giving. But another adage may describe the Coop’s organic style of ongoing generosity even better: “Charity begins at home, but doesn’t end there.” ■

## Do you have WINTER CLOTHES you can’t use?

**Someone else needs them!**

Bring adult and children’s winter clothes and outerwear to the Coop’s second floor starting on Monday, November 20th, through the end of January.



**Clothes must be clean and have working zippers & buttons! Winter clothing only, please.**

- Adult men’s clothing will go to CHIPS\*.
- Women’s and children’s clothing will go to the Village Care of NY Redhook Community Service Center, the Catherine St. Shelter in Manhattan or the homeless women’s shelter on 8th Ave. & 15th St. in Park Slope.

**Many Thanks!**

\*Christian Help in Park Slope, our local soup kitchen at 4th Ave. & Sacket.

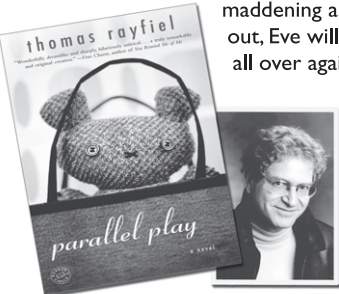
## WORDSPROUTS

### The Park Slope Food Coop’s Reading Series

Featuring  
**Thomas Rayfiel**

Thomas Rayfiel will read from his latest novel, *Parallel Play*, which finds Eve, the heroine of his previous novels (*Colony Girl* and *Eve in the City*) sitting in a suspiciously familiar Tot Spot, as well as other Park Slope locales, slowly going crazy as she fails in adjusting to motherhood.

Her husband is working twelve-hour shifts at the hospital, the women all around her seem intent on discussing strollers and infant formula, when who should happen on by but her former boyfriend, as intriguing and maddening as ever. By the time the story sorts itself out, Eve will be forced to put herself back together all over again, discovering who she truly is, and what she wants to be.



"Smart, dark, daring fare."  
*The Kirkus Review*

When not writing novels, Thomas Rayfiel works in the dairy cooler.

Books will be available for purchase.

**Thursday, January 25**  
**7:30 p.m. at the Coop**

**FREE** Non-Members Welcome  
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.

### AMAZING COOP SHOPPING FACTOIDS



Hey, our members love to cook! For the two-week period ending the Sunday after Thanksgiving (November 26), the Coop sold:

- |  |  |
|--|--|
| 1,160 three-pound bags of organic gala apples                | 1,300 bunches organic kale   |
| 3,150 pounds minimall treated honey crisp apples             | 1 ton of all mushrooms   |
| 7,700 valencia oranges                                       | 4 tons of all onions   |
| 3.5 tons organic bananas*                                    | 1,900 bunches of all types of parsley                                      |
| 1,200 bags organic cranberries                               | 4.4 tons of all potatoes   |
| 1,180 bags non-organic cranberries                           | over 4 tons of organic sweet potatoes                                      |
| 3,700 pounds. organic red seedless grapes                    | 1,000 pounds organic pumpkin   |
| 1,360 non-organic mangoes                                    | 2.5 tons organic winter squash (more than 1 ton of butternet squash alone) |
| 840 pounds persimmons  | 95 pounds of organic shallots  |
| 2,200 pounds organic green beans                             | 2,900 cups of all grape tomatoes   |
| 1,200 pounds organic loose beets                             | 685 packages of organic herbs  |
| 1,800 pounds loose organic broccoli                          | 1,400 packages non-organic herbs   |
| 1,400 bunches organic broccoli                               |  |
| 1,750 pounds non-organic brussel sprouts—but then we ran out |  |
| 2.7 tons of all carrots                                      |  |
| 2,400 bunches organic celery                                 |  |
| 610 bunches organic collards                                 |  |

and...

over 8 tons of turkey (Eberly: 5,500 pounds, Murrays: 6,000 pounds, Cloonshee Farms: 3,800 pounds and Heritage 2,000 pounds)



Public Health Programs That Work

CONTINUED FROM PAGE 1

mothers and babies are also at greater risk. These disparities are strongly related to social factors, including poverty, housing, education, access to good health care and racism. Debbie's bureau promotes programs that help assure healthy pregnancies and improve access to safe and effective birth control services.

*It's the best job I've ever had. I get to do things on a city-wide scale that can help women and teens, mothers and babies.*

As Assistant Commissioner, Debbie has spearheaded two high-impact programs. First is the Nurse-Family Partnership (NFP). "This program for low-income, first-time moms involves a nurse making frequent home visits starting as early as possible in pregnancy and continuing until the child is two years old," she says. "The nurse works with the mother on parenting skills, bonding and attachment issues, and on developing a support system." The NFP model has been in practice for 25 years; research has demonstrated that it reduces child abuse rates by nearly 50%, reduces childhood injuries, and that mothers delay second pregnancies in order to stay in school and develop greater independence. With a ringing endorsement from the Mayor's Office, Debbie and her staff will build the program, now serving 350 young mothers, to a projected enrollment of 4,000 by 2011. "Our long-term goal is to make NFP available to each of the 26,000 low-income, first-time mothers in the City," Debbie maintains. Currently, the program is available in the South Bronx, East and Central Harlem, Jamaica (Queens) and North and Central Brooklyn.

Debbie's second big initiative is the Family Planning Initiative, including the Healthy Teens Initiative and Emergency Contraception Education and Outreach. "Many teens do not know that they have the right to confidential sexual and reproductive health services, without

parental consent," she says, noting that communication with parents is encouraged when it is possible. "And unfortunately, when teens go to health care providers, they often don't feel these services are teen friendly. We are working with health care providers to help assure access to high-quality care for teens," she continues. "Last month Plan B (commonly known as emergency contraception or the morning-after pill) became available without a prescription," Debbie says. Plan B reduces the risk of pregnancy as much as 89% if taken within three days after unprotected sex. While it is now available over the counter in pharmacies, it costs \$40 to \$60, a high price to pay, especially for a low-income young woman, although it is covered by Medicaid. Debbie's team is working to make Plan B more available in schools and communities throughout New York City, and to make sure people know where to get it, especially when they can't afford to buy it at the pharmacy. Plan B is available free at every DOHMH STD (sexually transmitted disease) Clinic, and low cost at many health centers.

After long days of pushing the boundaries of the public health system, Debbie sometimes needs a change. Monday nights she sings in the Bella Voce Singers, the 32-member all-women choir that includes half a dozen Coop members. The choir came into Debbie's life almost magically, six months after her mother, a former chorus and folk singer, passed away. "It's been incredibly healing to be a part of," Debbie says. "And it has nothing to do with anything else in my life. It's a whole other part of my brain."

Still other parts of her brain are occupied by her

equally inspired family: her husband Erik, Director of LMC-TV, a public access television station; her daughter Emma, 21, following Debbie into the health profession, studying to be a physician through City College's Sophie Davis Medical Program (and who recently completed a summer internship at Planned Parenthood); her daughter Zoë, 18, a musician and freshman at Hunter College; and Raggs, the family standard poodle, who keeps an eye on things in their home in the South Slope.

Debbie has been a Coop member since 1973, and for all the changes it's been through—"When I started," she remembers, "a couple of hundred members ran the whole operation out of boxes on the second floor"—she still feels the Coop is an oasis of calm and respect in a chaotic world. She enjoys her weekly visits with Zoë, an active member who enjoys her growing role as the family's lead shopper and chef.

Debbie can also look at the Coop from a public health perspective and see the vibrant role it plays in the community. "It's important on so many levels," she points out. "Individuals can access affordable, fresh, healthy food, and learn to make healthy choices. On a community level, people come together for workshops and classes to learn to cook healthier, or about nutrition and health. Members provide labor at CHIPS. People come together to recycle at the Coop. On a city level, it has impact—members are helping the launch of the new Coop in East New York. With obesity growing as a public health concern, the Coop models alternatives. And on a policy level, the Coop is part of movements that build awareness on issues like GMOs.

"The Coop looks at all

these issues on all these levels," Debbie concludes. "People are trying to be responsible around their own, and their neighbor's, health needs—particularly around what they eat. There's real concern around how food impacts on our bodies. You have the right to know what you're buying. You can make responsible choices, for yourself and for

your community." For more information on the Nurse-Family Partnership, visit [www.nyc.gov/health/maternity](http://www.nyc.gov/health/maternity) or call the city's 311 information line. For more information about Plan B, or for the location of the nearest clinic, call 311. For the Bella Voce Singers' concert and audition schedules, visit [www.bellevoocesingers.com](http://www.bellevoocesingers.com). ■

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

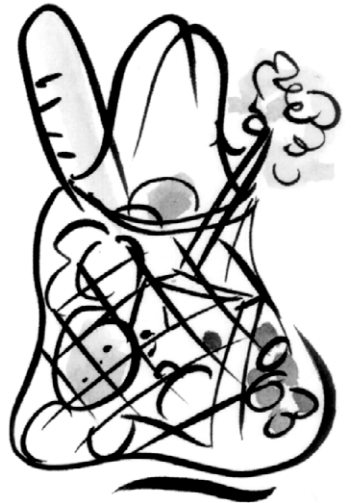
The light is slow to light and warm  
vegetables sit and cure  
apples pomegranates and pears keep  
the creation has it all figured out—  
bring home these deep foods, store them  
and they will get you through  
the winter  
Genius

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.

**Mondays, January 15 and 29**  
**Noon and 1:30 tours**  
**Wednesdays, January 17 and February 14**  
**5:00 and 6:30 p.m. tours (B week)**  
**Or you can join in any time during a tour.**



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. We meet monthly on the second Thursday at 6:00 p.m. at the Coop or to reach us at [diversecoop@yahoo.com](mailto:diversecoop@yahoo.com). Leave your name and contact information and let us know what skills and/or experience you bring.



Thursday,  
Jan 4  
7:30 p.m.  
at the Coop



Susan Baldassano  
coordinator

PARK SLOPE FOOD COOP

Sea Vegetables  
A Treasure Trove of  
Flavor and Health



RECIPES—TASTINGS TOO!

- Cleansing Broth
- Dulce and Black Sesame Seed Cracker
- Millet Cakes with Hijiki-Orange Relish
- Sweet Bean Red Date and Seaweed Soup

\$4 materials fee

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

**Guest Chef**  
**Annie Kunjappy** is a graduate of the Institute for Health and Culinary Arts. Her approach to food is deeply connected to her long-term study of yoga and traditional Chinese healing practices, and integrates the belief that our bodies needs change seasonally. This winter menu explores the underwater treasure trove of nutrition found in Sea Vegetables and strengthens the body during the cold dark season.

MEMBERS &  
NON-MEMBERS  
WELCOME.

Come early  
to ensure a seat.



Recycling Drivers Needed

Wednesday, time to be arranged.

The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers needed to work Wednesday during the daytime. The time can be arranged with Jessica Robinson but the work needs to be completed between the hours of 8:00 a.m. to 3:00 p.m. when the recycling facility is open. Drivers must have a large capacity vehicle (van or truck) for the volume of recycling collected. You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. If interested please contact General Coordinator Jessica Robinson at jess\_robinson@psfc.coop or drop by the Membership Office to speak to her.

Listserve Expert Needed

The Safe Food Committee is looking for a Listserve Expert. As part of our outreach, food action alerts, and lobbying efforts, we need a person to create and maintain a listserve. This will enable both coop members as well as the public at large to opt in for emails regarding genetic modification of foods and other food issues, and to be informed about actions, such as signing petitions and letters to political reps. requesting bills that would require labeling of GE foods.

—Person would need to know how to set up the listserve, input all opt-ins, as well as send out announcements, news, action alerts.

—Person needs to have been a coop member for at least six months.

If interested, please contact Margaret Maugenest at Mmaugenest@aol.com.

Artist/Calligrapher Needed

The **Signage Committee** needs an illustrator to draw up Coop information and/or announcements on a chalkboard planned for the cashier area. The member-artist would work free-hand from copy prepared by the staff and use graphic guidelines provided by the Signage Committee. News items would rotate periodically, generally once every four weeks. Work can be done on an FTOP basis, but we need someone who can commit to work on the project for at least six work cycles. Work will take place at the Coop, Monday-Friday. The exact day and time are flexible, though early in the morning availability is a big plus. Please reply only if you have at least six months of Coop membership and an excellent attendance record. Contact Jess Robinson via e-mail at jess\_robinson@psfc.coop or via phone at the Coop's main number (718) 622-0560.



FELIX TEITELBAUM

Root Vegetable Renaissance

By Robin Ostfeld, Blue Heron Farm

*This article was originally written for Greenleaf, the newsletter of GreenStar Cooperative Market in Ithaca. It is reprinted here with permission. According to Produce Buyer and General Coordinator Allen Zimmerman, Robin Ostfeld has been an important organic farmer for the Park Slope Food Coop for many years, our premium root vegetable grower.*

Seasonal changes affect us more than we think. As the days get shorter, leaves fall to the ground, squirrels gather their winter caches of food, and humans feel the urge to fatten up and put food away for the winter. It's a lot like getting a supply of firewood to ward off the cold and snow. There's a unique satisfaction in preparing for winter.

In November, other farms are wrapping up the season, while we at Blue Heron are running at full tilt. My phone rings off the hook and my email inbox fills up with inquiries about our winter produce subscription. It's cold and muddy as we sprint toward the finish line, which for us is frozen ground and temps in the 20s. Our crop availability list is longer than ever. When we're not picking hardy greens, such as collards, kale, spinach and arugula we're cutting broccoli, cabbage, Brussels sprouts and cauliflower. Leeks are shoveled up and trimmed. And then there are the root vegetables, from beets and carrots to rutabagas and turnips. Days on end are spent pulling and topping vegetables, and filling the walk-in coolers.

Onions and garlic, harvested at the peak of summer, have cured in the barn for months. Now they're put away in an insulated storage room.

Potatoes were dug in September, and stored in

the cold dark with the field dirt attached.

Winter squash was picked before the first frost, and has been cured in the warm greenhouses before being put in another insulated, rodent-proof, warm storage room.

All of these will be taken out of storage, washed, prepped, and delivered to GreenStar and our winter produce subscribers throughout the winter.

Actually growing anything during central New York's winter is really challenging. But here at Blue Heron, challenge is our middle name. We've experimented with many different ways of growing greens in the winter without artificial heat or light. The short days signal plants to shut down and produce sugars to keep from freezing. In early winter, it's sometimes possible to keep lettuce and spinach going with the minimal protection of fabric row covers. We've tried transplanting kale and collards, the hardiest greens, into high tunnel greenhouses, with some success.

This year we have a new, double-skinned, passive solar greenhouse. By late January, as the days get longer and (with hope) sunnier, we're attempting to produce enough kale in the new greenhouse to supply the members of our winter produce subscription. Wish us luck.

It's not hard to store your own food for the winter. Root cellars were common 100 years ago, and they're making a comeback. Several good books are available on that topic. An extra refrigerator is a simple

CONTINUED ON PAGE 10

Announcing Auditions  
for the third  
ADULT Coop Variety Show



**AUDITIONS:**

**Saturday, January 22**  
2:00–4:00 p.m.

**Sunday, January 28**  
12:00–2:00 p.m.

**Coop second floor meeting room**

**You must audition to be in the show.**

■ Polished act not required for audition; we can help you polish it.

■ Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please)

**We look forward to hearing from you!**

**PERFORMANCE DATE:**  
**Saturday, March 10**  
7:30 p.m.  
at the Old First Church

**To reserve an audition spot contact:**  
**Martha Siegel 718-965-3916 or**  
**msiegel105@earthlink.net**

**Presented by the PSFC Fun/Raising Committee**

**Fun for all**

There is No Joy  
Without Health

with Carolyn Meiselbach Circles



Learn the solutions to your mind and body pollutions

The air we breathe, the water we drink, the food and supplements we ingest, the movements we take and the emotions we feel, directly affect the state of our health and our level of functionality.

This evening's audience will receive valuable information, see and participate in various demonstrations, and take away recommendations and proven techniques that will improve their health and increase their joy.

Carolyn Meiselbach Circles is a decade-long PSFC member, Indoor Environmentalist, Health and Nutrition Coach and in certification for Energy Psychology Master Practitioner

**FREE**  
Non members welcome

**Friday, December 29**  
7:00 p.m. at the Coop

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.

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, January 6**  
10:30 a.m. at the Coop

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



# Holiday Cookbooks

By Alison Rose Levy

As you round the corner with your holiday shopping cart, right before you line up to wait for a cashier, pause by the two tall bookshelves burgeoning with cookbooks. But wait, if you're planning a holiday celebration, you might want to first stop here to select a cookbook and some recipes, and make sure to purchase both the book and the ingredients you'll need. The diverse selection of cookbooks on sale at the Coop offer ample recipe ideas for dishes and feasts to remember; and whatever your celebration or culinary preference, there's a cookbook for you. In this selective overview, I'll highlight a variety of options, noting some unusual recipes.

*Saving Dinner for the Holidays* by Leanne Ely (Ballantine Books 2005), offers menus and meals for Chanukah, Christmas and New Year's Eve. Its kid-friendly, mainstream and slightly predictable recipes cover basics like roast beef (which the book dubs *roast beast* on page 52), as well as a shepherds' pie you can make with the leftovers on page 71.

To enjoy *beast* for the holidays, with an eye to sustainability and the treatment of animals, check out Jay Weinstein's *The Ethical Gourmet* (Broadway Books,

lots and growth hormones, they're raised more humanely than most beef in America, says Weinstein. His Bison and Black Bean Chili on Wehani Rice (on page 184) is made with ground bison.

For those who prefer not to consume any *beast* whatsoever, *The Modern Vegetarian Kitchen* by Peter Berley (ReganBooks, 2006) provides some festive entrees, such as Tempeh and Mushroom Fricasse with Forty Cloves of Garlic (on page 277). This mix of exotic mushrooms, including cremini, port, shitake and oyster (most available in the produce aisle) is simmered stove-top. Berley's winter salads can spark your holiday menu; one standout is Celery Salad with Pickled Plum Vinaigrette and Toasted Walnuts (on page 92). Use the umeboshi paste you can get in the macrobiotic section.

*The Café Flora Cookbook* by Catherine Geier and Carol Brown (Berkeley, 2005) offers elegant vegetarian recipes from Seattle's award-winning restaurant. Geier's Black Forest Stew with Sage Bread Pudding (on page 130) is a savory blend of French lentils,



ILLUSTRATION & PHOTOS—ROD MORRISON

full of vitamin C and active enzymes, says Prentice, whose Quick Kraut (on page 252) ferments for one week. "Making sauerkraut is an artisanal process," she notes.

One of the most well-thumbed cookbooks at holiday time is *Moosewood Restaurant Celebrates* by the Moosewood Collective (Clarkson Potter, 2003), which covers the bases for vegetarian feasts.

Festive dishes include a Vegetable Pot Pie (on page 218), made with green beans, mushrooms and butternut squash in a havarti cheese dill-flavored sauce. Moosewood's Brussels Sprouts with Chestnut Beurre Blanc (on page 220) can be made with either fresh or bottled chestnuts, both offered at the Coop.

Kwanzaa, a seven-day festive celebration of Black Heritage, which incorporates Carribean, Cajun, African and other traditions, was first developed in 1966 by a professor of Black Studies. Moosewood's authors write that, "African ancestors remain a strong presence in our kitchens. We are the inheritors of the extraordinary simmering stew of rich and varied flavors and styles." Detailing a Kwanzaa karamu buffet on page 228, they feature a number of recipes. The Sweet Potato Stuffed Eggplant (on page 232) marries purple eggplants and sweet potatoes with a spicy peanut sauce made with crunchy "healthy" peanut butter, ginger root and molasses, all ingredients available at the Coop.

Losar, the Tibetan New Year occurs next year on February 19, 2007 (but why not plan ahead?). Tibetans traditionally drink yak butter tea, but they also enjoy spiced tea, so Moosewood offers a Tibetan-style Chai (on page 293). Go to the ground spices section and produce aisle for ginger root, cardamom seeds and whole cinnamon. Simmer them for 10 - 15 minutes with tea, milk and sugar.

Moosewood's Hanukkah recipe for Latkes (on page 200) offers a surprising variation on the traditional potato pancakes. Rutabaga and beets join the grated potatoes in this version, seasoned with parsley and dill.

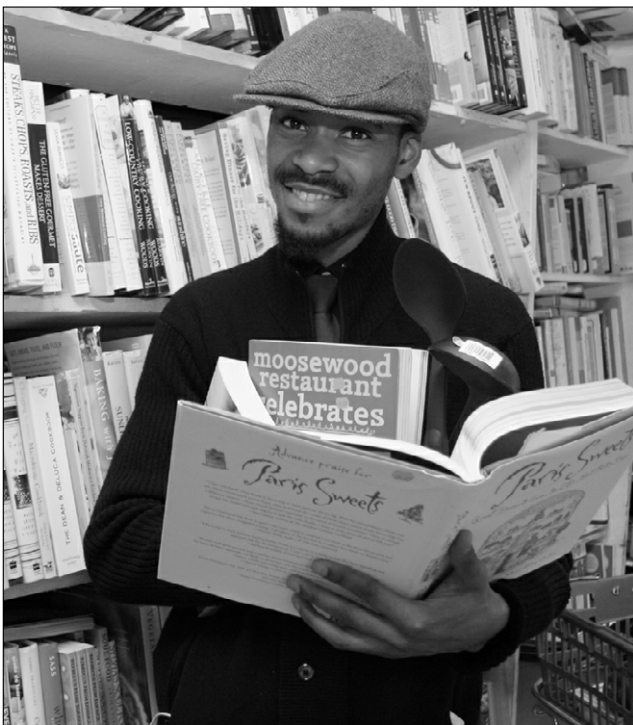
For a full feast of the Festival of Lights, readers might want to consult *The Book of Jewish Food* by Claudia Roden (Knopf, 1996) which features Jewish cuisine influenced by the many cultures where Jews have lived, everywhere from Yemen to Russia. This book offers main courses with a Middle Eastern influence, such as a Stew with Stuffed Chicken and Chickpeas (on page 433), flavored with almonds, dates, cinnamon and nutmeg. (Excuse the editorializing, but yum!) On page 175, you can travel into Hungarian cuisine to find the traditional lokshen kugel (noodle pudding) offered with a Hungarian flair—with poppy seeds. On page 177, you'll find a Palacskinken Torte (delicious crepe-thin pancakes) layered with apricot jam, and topped with meringue.

Our holiday dessert choices would not be complete without *Paris Sweets* by Dorie Greenspan (Broadway Books, 2004), which features countless rich delicacies to conclude a holiday celebration in the sweetest way. Who wouldn't be tempted by Chocolate Temptation (on page 155), a bittersweet chocolate ganache (rich pastry cream) layered with raspberry puree and heavy cream. Greenspan reports that when she first prepared this dish and brought it out to serve her guests, there was a chorus of ooh-la-las.

From the decadent to the traditional, whether your celebration is family-oriented, rambunctious, or reverent, take a look at the Coop's cookbooks to find the way to celebrate that suits you. ■



A member chooses from the Coop's wide assortment of cookbooks (top), including modern vegetarian, classic Mexican and low-glycemic-index recipes (right). A shopper checks out some offerings from the Moosewood Restaurant and Paris Sweets (below).



2006). It reveals how all forms of livestock are raised and treated, and offers recipes for the most ethical options, many of which are available in the Coop's frozen and fresh meat cases.

"Sheep have a better life than cattle. Few are subjected to the cruelties of factory dairy production," says Weinstein, who recommends grass-fed lamb "from sheep that were allowed to live in clean, pleasant environments with dignity." His Papardelle with Braised Lamb Shanks and Winter Vegetables (on page 166) also features parsnips, rutabaga and celery root for those seeking creative ways to prepare winter vegetables.

Since bison are not subject to confinement, feed-

creminis, Yukon gold potatoes and parsnips, served with egg rich pudding, perfect for a holiday meal. A less hearty dish is the Artichoke Croquettes (on page 120) with Lemon Cream Sauce, served with black lentils braised in shallots, garlic and thyme. For something spicy, try the Roasted Vegetable Vindaloo (on page 107), in which cauliflower, eggplants and other vegetables are adorned by an Indian spice blend.

The Vindaloo could be well complemented by a Lacto-fermented Raita, made with yogurt, cucumbers and toasted cumin and mint. This tangy dish can be found on page 255 of *Full Moon Feasts* by Jessica Prentice (Chelsea Green 2006).

In her book, Prentice goes through the cycle of the seasons to describe the foods and activities traditionally occurring in conjunction with the lunar cycles. According to her, now is the time of the Snow Moon, which marks the transition from autumn to winter. This is the time when the waterways and reservoirs freeze and the first snows fall. Although at this time, some New Yorkers can be seen on subways, carrying large shopping bags loaded with holiday gift purchases, in traditional societies, hunting and gathering took a different form. This was the last opportunity to preserve food and ensure that there would be adequate stores to last through the winter. That's why in Europe and Asia, people made sauerkraut, pickles, kimchi and other fermented foods,





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.

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 above. The Anonymity and Fairness policies appear on the letters page in most issues.

**Voluntary Articles:** Maximum 750 words.

**Submissions on Paper:** Typed or very legibly handwritten and placed in the wallpocket labeled "Editor" on the second floor at the base of the ramp.

**Submissions on Disk & by Email:** We welcome digital submissions. Drop disks in the wallpocket described above. The email address for submissions is [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop). Receipt of your submissions will be acknowledged on the deadline day.

**Classified & Display Ads:** Ads may only be placed by and on behalf of Coop members. 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 in a wallpocket on the first floor near the elevator). 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 \$23 per year to cover the cost of postage (at First Class rates because our volume is low).



Friday  
Jan 19  
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

Barry Bryson

SWING STREET

SWING STREET

A Great Big Band Sound from a Great Small Band

"Swing Street is a dance band with a rare ability: It provides stirring jazz and dance tempos without compromising either one," wrote Stuart Troup in *New York Newsday*.

Come join Barry Bryson, bandleader and trumpeter, with Coop musicians for a night of big band dance music, with special guest vocalist, Marje Wagner.

George Kanzler, *Newark Star Ledger*, says, "Not only are the musicians all committed to playing the music well, they're also dedicated to making it sound fresh and interesting, too."

Barry Bryson—Trumpet/Leader  
Sheila Cooper—Alto Saxophone  
Andy Middleton—Tenor Saxophone  
Rob Garcia—Drums  
Stefan Bauer—Vibraphone  
Matt Pavolka—Bass  
Marje Wagner—Vocals

Marje Wagner

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

Childcare is available from Brooklyn Society for Ethical Culture for a nominal fee.

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 10.

Cryptogram Topic: Cat Food

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.

Z O P M , A M O A X I L &  
K O C I S  
K J T G & S O A I  
B W S S O K K O A O E W P  
D S I J D P  
P I J Z E E F F O L L I S  
G I I Z & U M I J D H I S T  
B S I T O W T Z I J P D  
P I L O E S Z E S T W K J  
F S R B S I T O W T  
A J D A M E U P B I A O J K  
A J S I  
T J A X I S J K  
D W S X I R & P J K T E L

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WORKSLOT NEEDS

Inventory Data Entry  
Sunday, 9:15 to 11:00 pm

Help the Coop complete its weekly inventory. Familiarity and comfort working on computers required for this work slot. Reliability and good attendance are a must. Work slot requires a 6-month commitment.

Paper Recycling  
Wednesday, 6:00 to 8:00 am

Do you have a large vehicle and want to help the Coop be a good green citizen? Collect recycled paper from the Coop, bag it, load it into your vehicle and drive it to the paper recycling center. Reliability a must as you will be the only person coming to do this job on your day. If interested please contact General Coordinator

Jessica Robinson at jess\_robinson@psfc.coop or drop by the Membership Office to speak to her.

Office Setup  
Weekday mornings, 6:00 to 8:30 am

Need an early riser To do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Please speak to Adrianna in the Membership Office, Monday through Thursday, 8:00 am to 2:00 pm.

Office Data Entry  
Monday, 4:30 to 7:15 pm.

Are you detailed, accurate on the computer, and an independent worker? If this sounds like

you, then Office Data Entry will be your perfect shift. You will receive training and Coop staff will always be available to answer questions. Please speak to Rocco Arrigo in the Membership Office if you would like more information. Work slot requires a six-month commitment.

Maintenance Vacuuming Squad  
Wednesday, 1:00 to 3:00 pm

Learn to use a specialized vacuum (HEPA) to clean various, hard-to-reach areas of the Food Coop. Love of cleaning, a willingness to get dirty, and comfort with climbing ladders a must. Please speak to Mary Gerety in the Membership Office if this workslot appeals to your inner neat-freak! Work slot requires a 6-month commitment.

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:

Jan 4 issue: 7:00 p.m., Mon, Dec 25  
Jan 18 issue: 7:00 p.m., Mon, Jan 8

CLASSIFIED ADS DEADLINE:

Jan 4 issue: 10:00 p.m., Wed, Dec 27  
Jan 18 issue: 10:00 p.m., Wed, Jan 10

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, JAN 30

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, January 3

TUE, JAN 2

AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the January 30 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 at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, January 30, 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 Coop Community Corner bulletin board 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 posted at the Coop Community Corner 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.**



**Park Slope Food Coop's  
Safe Food Committee  
in conjunction with Green Thumb  
and ENY Farms! Invite you to...**

**Celebrate  
Local,  
Sustainable  
Agriculture  
and Food  
Sovereignty**

Join us, local farmers, artists and interested citizens in ushering in a more sustainable New Year 2007.

There will be a puppet show, film screening, live dance performance and participatory candle-lighting ceremony. Come learn what's at stake and what you can do.

At the United Community Center 613 New Lots Ave. at Schenck Ave. Take No. 3 Subway to Van Sicklen Avenue stop. After turnstiles, take stairs to the right and at bottom continue straight. At corner, turn left onto New Lots Avenue and walk two blocks to Schenck.

Location may change: subway directions remain the same, building may change due to construction.

**For information,  
call 917-680-6556.**

**FREE**  
Non members welcome

**Saturday, January 6  
4:30-6:30 p.m.**

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

**Eating Healthy on a  
New York Budget**

with Ameet Maturu



Food - it is one of our primary sources of nourishment, but also one of our largest expenses. Fortunately, eating well does not have to come at the cost of our paycheck. In this interactive workshop, we'll discuss the challenges of eating healthy on a budget, reveal how our food choices affect our mood and energy levels, and provide real solutions for busy New Yorkers.

Ameet Maturu, HHC is a chef, personal finance guru, and founder of The Intuitive Cook, a local holistic health counseling practice. He has worked for several years in the food industry and is a member of the Park Slope Food Coop.

**FREE**  
Non members welcome

**Sunday, January 7  
12:00 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 though the Wiess Institute.

**FREE**  
Non-members welcome

**Friday, January 12  
7:30 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, January 13  
11:00 a.m. at the Coop**

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

**Enhancing  
Fertility Naturally**

Reading our Body's Signals:  
What our Grandmothers Never Told Us

WITH LARA ROSENTHAL, L.A.C.

**UNDERSTANDING FERTILITY:**

- The energetics of reproduction

**TILLING THE SOIL: PREPARING THE  
BODY FOR THE RIGORS OF PREGNANCY**

- Nutrition and lifestyle choices for your body type

**OBSTACLES TO FERTILITY:**

- Chinese medicine patterns of imbalance
- "Unexplained infertility" explained

**WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:**

- Eastern and Western approaches side by side

Lara Rosenthal is a Licensed Acupuncturist and Board Certified Chinese Herbologist. She maintains a private practice in Manhattan specializing in Women's Health and Fertility and works at the NYU Hospital for Joint Diseases' Initiative for Women with Disabilities. She has a B.S. in Biological Sciences from Stanford University, is fluent in Chinese, and studied and worked in Taiwan for three years. She is a faculty member at Pacific College of Oriental Medicine and a Coop member.

**FREE**  
Non-members welcome

**Sunday, January 14  
12:00 p.m. at the Coop**

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



**Saturday, January 13  
2:00 p.m. at the Coop**

**FREE**  
Non members Welcome

**Simple Solutions for  
Organizing Your Life**

with Susan Kranberg

Is the clutter in your home or office causing you stress?  
Are you having trouble finding the space for everything that you own?



Certain papers and documents too emotionally charged to face?  
Moving date looming and you don't know what to keep or toss?

**Learn how to:**

- Prioritize
- Develop a task list
- Clear out clutter
- Create filing systems
- Find more time for fun

For the past ten years, **Susan Kranberg**, a professional organizer and experienced business consultant, has helped homeowners and professionals find relief from chronic clutter and disorganization. Susan is a Coop member.

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

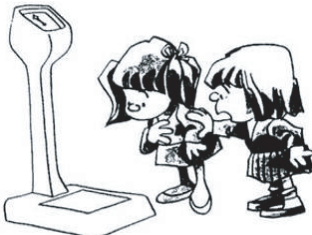
**Saturday, January 20  
10:00 a.m. at the coop**

**FREE**  
Non members Welcome

**Why You're Not  
Losing Weight:**

**Seven Reasons Those Pounds  
are Sticking Around  
With Coleen DeVol**

What many people don't seem to realize is that you can lose weight and still be unhealthy-which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your body in a state of calorie-burning health while at the same time



teaching you to prevent arthritis, heart problems, diabetes, fatigue, insomnia, mood disorders and other dis-ease. Find out how to become the shape you are meant to be! Find more time for fun

**Coleen DeVol** is a certified Holistic Health Counselor from the American Association of Drugless Practitioners and a certified yoga teacher. She runs a private wellness practice in Prospect Heights, Brooklyn and is a Coop member.

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

**FILM  
NIGHT**

**Friday, January 5 • 7:00 p.m.  
at the Coop**

**MEDIA THAT MATTERS  
Good Food**

ILLUSTRATION: CATHY VASSYLENKO

Ready for some film for thought? Arts Engine brings you a collection of short films on food and sustainability. From singing peanuts to teenage tomato-growers, these films will make you laugh, make you think and inspire you to take action for a healthy, sustainable and delicious future. Films include: *The Luckiest Nut in the World*, *Asparagus! (A Stalk-Umentary)*, *Food Justice*, *Recycle*, *Inch By Inch*, *Terminator Tomatoes*, *Young Agrarians*, *Profit Cola*, *Water Warriors*, *Don't Worry*, *One More Dead Fish* and *The Meatrix*. Total Running Time: 79 minutes. Curated by Coop member Wendy Cohen.

For more information about *Media That Matters: Good Food*, please visit [www.mediathatmatters-fest.org](http://www.mediathatmatters-fest.org).

A discussion with the festival curators, and some of the filmmakers will follow the screening.

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

**FREE  
Non-mem-  
bers  
welcome**

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

## SECOND HELPINGS

In the beginning God created the heavens and the earth,  
And the earth was organic, and  
nobody suffered from excess girth.  
Hark, the herald angels sing:  
“What we want for Yule is bling.”

Listen my children and you shall hear  
Of the latest kid drink—it is called lite  
beer.

Much have I traveled in the realms of  
gold

And hope to return the day I’m  
paroled.

Whose woods these are I think I know;  
The owner’s Henry David Thoreau.  
It was the best of times, it was the  
worst of times,

Ideal for sitcoms and nursery rhymes.  
A rose is a rose is a rose is a rose,  
And a pose is a pose is a pose is a  
pose.

Once upon a midnight dreary,  
Poe-try cured me of being cheery.  
To be or not to be; that is the ques-  
tion.

But first, waddya got for indigestion?  
I have always depended on the kind-  
ness of strangers;

I can hardly say as much for the New  
York Rangers.

In the room the women come and go,  
Wondering which guy’s a gigolo.

If winter comes, can spring be far  
behind?

And why are optimists so very blind?  
She walks in beauty like the night,  
Swaying slightly, high as a kite.

Of all the gin joints in all the towns in  
all the world, she walks into mine.  
How was I to know her only interest  
was selling interior design?

Fools rush in where angels fear to  
tread,

Obviously fated to be wed.

Once upon a midnight dreary,  
Poe-etry cured me of being cheery.

A thing of beauty is a joy forever,  
Unlike the clown who can’t leave off  
being clever.

April is the cruellest month;  
Raining on ‘most everyoneth.

Leon Freilich

VEGAN RESTAURANT  
RECOMMENDATION

## DEAR FELLOW COOP

## MEMBERS,

Consider this a public service  
announcement. There is a delicious  
new vegan restaurant (Park Slope’s  
only one) that just opened minutes  
from the Coop called the V Spot. It is  
located on 5<sup>th</sup> Avenue between Dou-  
glass and Degraw.

I highly recommend their spaghetti  
with meatballs or meat sauce (whole  
wheat and wheat free pastas are avail-  
able upon request), vegetable quinoa  
platter (I’m a huge quinoa lover),  
summer rolls with peanut sauce, rice  
and beans with sautéed veggies or  
chorizo sausage, chicken parmesan  
hero or pasta, pasta a la vodka (excel-  
lent with the chicken), beef or chicken  
empanadas, nachos with meat sauce,  
chicken cutlet hero, lasagna, chicken  
burrito, BBQ seitan, honey mustard  
chicken on a whole wheat bun, buffalo  
chicken wings and the chicken  
nuggets. Make sure to order the side  
of sweet potato fries with any of the  
sandwiches.

The V Spot also serves a wonderful  
brunch on the weekends, which  
includes a tofu scramble, a breakfast  
burrito and fruit empanadas.

Additionally, the desserts at the V  
Spot are incredible, with a wide array  
of vegan cakes (chocolate-covered  
strawberry shortcake is my favorite),  
cheesecakes, brownies, ice creams  
and assorted raw desserts.

Lastly, and equally important to  
Coop members, the food is very rea-  
sonably priced. The menu is decep-  
tive because the tax is included in the  
price on the menu.

So, check out their website at  
www.thevspotcafe.com, but more  
importantly, go to the restaurant!

Bon Appetite,

David Cahn

## COOP FUTURE, WBAI

## TO THE EDITOR:

I had the December 7<sup>th</sup> *Gazette*. But  
now I can’t find it. Zo I’ll just look at  
the November 9<sup>th</sup>, 2006 issue—  
except for Page 3, which says January  
19<sup>th</sup>, 2006 (evidently our dear editorz  
have an amazing power of teleporta-  
tion)—to see what pleasurz it haz to  
offer! Azide from the astonishing tele-  
portation, there is “A Discussion:  
Planning for the Coop’s Future” by  
Ann Pappert interviewing Executive  
Director (ED) Joe Holtz.

Joe’s “top three long-term issues”  
include: (1) “Do our members under-  
stand the difference between the  
Coop and other food stores?” fol-  
lowed by a ramble including the hon-  
esty of the staff and “we need to  
educate our members who don’t  
appreciate the beauty and integrity of  
member-ownership and collective  
action.” Do you appreciate that? I like  
the Co-Op, but I don’t think I or any-  
body needs to be *educated* to appreci-  
ate democracy. If we have to be  
educated to appreciate it, it ain’t  
there!

She azgz the ED a poignant qwezht-  
sh’n, “Do you think that the operating  
model of the coop—for example,  
member workslots, membership and  
governing zdrugj’r—will need to  
change to keep the Coop zugzezv’l?  
[z’s, d’s and g’s added].” Well you all  
know what we think about the Co-  
Op’s governing structure—many of  
the coordinators must think the lack  
of democracy is one of the main rea-  
sons for our success: The lack of real  
discussion or transparency, the ability  
of the Rulers to derail or suppress  
anything they feel threatens their real  
goals. For example, the control of the  
design of the New Building, and our  
Wonderfully Jerky Policy on Item Pric-  
ing.

The Rulers make no bones about it  
to anyone who cares to look at their  
statements over time: Their policy is  
that we are a food store and not a  
social experiment. “Someday we’ll  
give the people power” is the real  
message.

Maybe it’s a good thing that the  
*Gazette* only prints 3,000 copies!

At WBAI, again thanxz 4 yr votz!  
New Interim General Manager Robert  
Scott Adams at lez’d haz some good  
experience in radio management. And  
as I neglected to say in my lazd letter,  
Our Zide haz gain’d two seatz. We now  
are 11-13 rather than 9-15. Whatever it  
is, this is the Third Station Board  
under the New Democracy! How  
chaotic real democracy can be!

We’re carefully checking the video-  
tape for the last (November 29<sup>th</sup>)  
meeting, where the election resuldz  
were already known. Believe me,  
thin’z have chang’d already! Adamz  
was like a bull inna china zhop—as if  
he thought the meeting was for  
\*him!\* But he’ll learn. Democracy is  
something we have to *learn* but it’s not  
*education*. It’s more like falling down  
and getting picked up again.

I’ve even found an alternative to  
Robert’s Rules of Order called Rober-  
ta’s Rules, by Alice Collier Cochran.  
Get it! An’ to zee the *video*’z look at that  
webzite below.

VENCEREMOS!

Albert b’Solomon  
www.PACVID1.COM  
Microzymian Philosopher  
Hom,opathic Visionary  
Singin’ Candydate for 2007 WBAI-LSB

## WARNING???

## TO THE EDITOR:

Every time I walk down aisle 7, I  
can’t avoid the “WARNING” signs in  
front of cereals and other products  
containing genetically modified food  
products. Can’t we use a less con-  
frontational term like attention or  
FYI? Not all of us are convinced that  
genetically modified foods pose the  
threat that some suggest they do and  
until the long term studies are com-  
pleted, we won’t know their true  
effect. Why should I be made to feel  
like I’m doing something horrible if  
I’ve made an educated decision and  
still choose to purchase these prod-  
ucts? I know the Food Coop has a  
vested interest in getting people to  
make healthy food choices and also  
to get members involved in the poli-  
tics of food. But the jury is still out on  
genetically modified foods. Until  
there is an unquestionable  
conclusion  
of the long  
term studies  
on genetical-  
ly modified

foods, might we take a gentler tone in  
aisle 7? What’s next, signs in front of  
the meat freezer warning us about  
heart disease or cholesterol warning  
signs in front of the butter or warning  
of the deleterious effects of refined  
wheat in front of white bread?

Steve Kastenbaum

## WBAI (99.5 FM) UPDATE

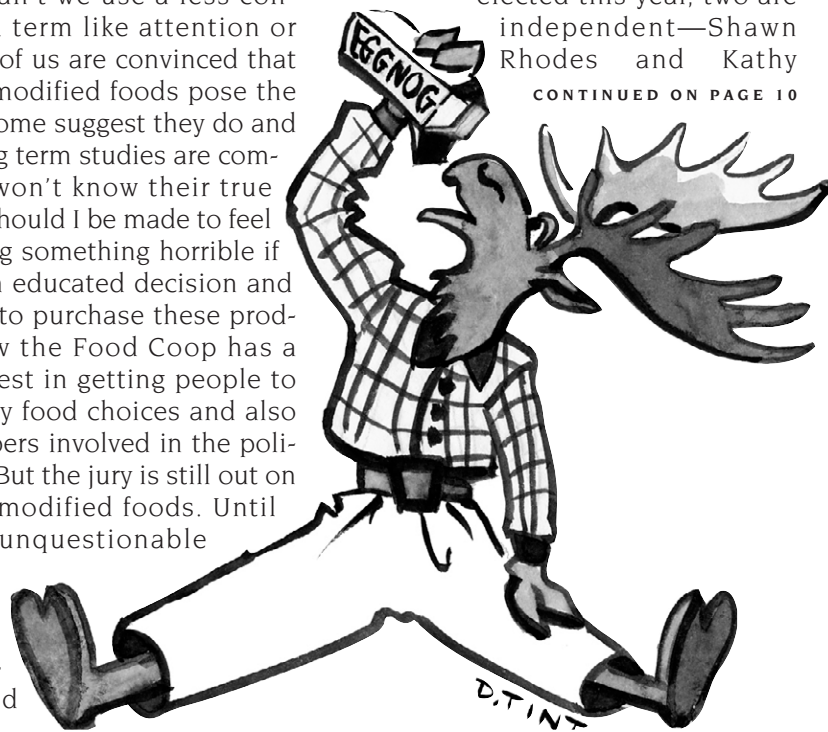
## TO THE EDITOR:

Thanks to the many Coop members  
who participated in the WBAI Local  
Station Board elections. The first  
meeting of the new board will take  
place on December 27<sup>th</sup>, and you are  
welcome to attend.

The 2,654 listener-members of  
WBAI who cast ballots voted to restore  
balance to the Board. Five indepen-  
dent listener-reps were elected—  
Steve Brown, Carolyn Birden, Coop  
member Mitchel Cohen, Alex Stein-  
berg and Andrea Fishman—and four  
members of the Justice & Unity fac-  
tion—Lawrence Lucas, Nia Bediako,  
Ray Laforest and Bertha Silva.

Of the three staff representatives  
elected this year, two are  
independent—Shawn  
Rhodes and Kathy

CONTINUED ON PAGE 10



## LETTERS POLICY

We welcome letters from members.  
Submission deadlines appear in the  
Coop Calendar. All letters will be  
printed if they conform to the pub-  
lished guidelines. We will not know-  
ingly 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. Edi-  
tors 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.

## Anonymity

Unattributed letters will not be  
published unless the *Gazette* knows  
the identity of the writer, and there-  
fore 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 embar-  
rassment or difficulty. Such letters  
must relate to Coop issues and avoid  
any non-constructive, non-coopera-  
tive language.

## Fairness

In order to provide fair, comprehen-  
sive, 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 sub-  
stantiated by factual assertions.

3. Copies of submissions that make  
substantive accusations against spe-  
cific individuals will be given to those  
persons to enable them to write a  
response, and both submissions and  
response will be published simultane-  
ously. 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.





LETTERS TO THE EDITOR

CONTINUED ON PAGE 10

Davis—and one is a member of the J&U—Bob Lederer.

For those like myself running as independents, this was a far better result than I'd expected. The WBAI membership clearly is concerned with the precarious financial situation of the station and rejected those candidates who sought to minimize it; they also want a greater listener role in selecting the next general manager at WBAI.

The Pacifica Executive Director also has appointed a new interim General Manager, Robert Scott Adams. He takes the place of Indra Har-dat, who returns as Business Manager.



Mr. Adams needs our help; if you have a few moments it is worth calling the station at 212-209-2800, and welcoming him. Be sure to ask for Robert Scott Adams directly or your call may be misdirected. Ask him what you can do to help out.

Finally, the old Board approved an absurdly expansive budget for the station. I expect the Pacifica National Board to reject this budget and to impose some sort of strict fiscal oversight committee, which is necessary due to the irresponsibility of the majority Justice & Unity faction on the Local Station Board. The problem with overblown budgets is that when the financial goals are

not met—and they probably will not be, if records for the past 5 years are any indication—paid staff at the station will most likely be laid off. A more modest, responsible budget that shows where the income will come from in reality to meet salary requirements, would have avoided such a terrible eventuality, but the misnamed Justice & Unity members on the Board apparently could care less about that.

There will be another election next year to fill the other 9 Listener and 3 Staff seats, and voters will no doubt keep this in mind while casting their votes.

Again, I thank all who voted—regardless of whom you voted for—for your interest in helping to save WBAI (and, of course, thank you for voting for the independent candidates). Please do not

forget to send in at least the minimum \$25 to renew your membership for the next year, which helps to sustain the station and entitles you to vote in the next election.

Thanks!  
Mitchel Cohen  
Independent Listener  
Representative  
WBAI Local Station Board

DEVELOP DON'T DESTROY: HOUSE PARTY

DEAR FELLOW COOPERATORS,  
Mark your calendar. On Saturday night, January 13<sup>th</sup>, between 8 p.m. and 2 a.m., there will be a fundraising

party to benefit the legal case that 13 plaintiffs filed to prevent Forest City Ratner Corporation (FCRC) from using NY state eminent domain laws to seize properties near the Atlantic train yards (AY) and hand them over to build skyscrapers and make millions for Bruce Ratner and his investors. If the properties are taken, the terrain would become skyscraper city, including a 20,000-seat arena and a humungous sculptural building called Ms. Brooklyn, wearing a gigantic neon advertisement.

The scale and pace of Brooklyn makes this part of the city a neighborhood. That's what the FCRC wants to exploit and destroy.

The Supreme Court recently decided that the process is legal if it is open, transparent and inclusive of all sectors of the community. And the neighborhood must be condemned. The word used is "blighted," which is commonly defined as a slum, a place that is dangerous and dirty. Prospect Heights is not blighted, and the tainted process has blatantly favored this developer since the NY Times announced his plan as a fait accompli in December 2003.

From that moment and with admirable consistency and integrity, a core group of volunteers (Thank you Shabnam Merchant, Lucy Koteen and Candace Carponter, among others) along with many, many of us who do what we can, are fighting against the government collusion with theft of territory from property owners to transfer it to a corporate developer with more money and influence. Develop Don't Destroy Brooklyn (dddb) has become a vehicle for the struggle. Daniel Goldstein evolved as the prin-



cipal spokesperson. He refuses to move from his co-op in the art deco building on Pacific Street whose other owners sold to FCRC and promised not to talk about the terms.

On January 13<sup>th</sup> I invite you to my home at 409 Park Place (between Underhill and Washington) for an old-fashioned neighborhood brownstone dancing and talking fest. You will find out all about dddb and share your ideas for achieving the planned organic development our region needs and

deserves. And you can make the most generous donation that you can afford to the lawsuit. \$25 per person is the suggested donation. Please come and contribute what you can—your ideas, talent, time and contacts as well as your money.

In Brooklyn we have neither oil nor gold. We have real estate. As all local populations, we have a right to participate in the decision about how our resource is used. If we don't want this monstrosity in our midst, we must oppose it with fierceness. We are fighting for the coming generation to enjoy the community that we built here in central Brooklyn.

Faithfully,  
Susan Metz

**BEST Eco-CHOICE**

*Presented by the Environmental Committee*

### Seventh Generation Carpet Cleaner

This product is a safe, natural way to clean spots on carpets. It is completely non-toxic and biodegradable; contains no chlorine, no petroleum based solvents, no phosphates, and no glycol ethers. Not tested on animals.

### Vinegar

Vinegar kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses). You can use a solution of vinegar with some water to clean surfaces. Try putting the vinegar and water in spray bottles sold by the Coop. A touch of essential oil can be added for scent.

**Answer to Puzzle on page 6**

Fish, Chicken & Liver, Lamb & Rice, Purrilicious Treats, Seafood Dinner, Beef & Wheat Germ, Premium Feast, Senior Formula, Dry Premium, Cat Chow Special Care, Mackerel, Turkey & Salmon

Root Vegetable Renaissance

CONTINUED FROM PAGE 4

way to store local apples or root vegetables, but they shouldn't be stored together. Apples produce ethylene gas, which causes root vegetable's quality to deteriorate faster than normal. Winter squash, garlic and onions are easily stored at room temperature for several months. In the garden, it's worth a try to keep some kale (which can get sweeter and more tender as it is exposed to the cold weather), leeks or spinach in the ground, covered with wire hoops and plastic. Success depends on the weather, of course, but the reward is well worth the risk.

We're so used to eating whatever we want, whenever we want it, that eating locally (especially during winter) seems like abject deprivation to some. But it doesn't need to be that way. I'm not promoting a fundamentalist approach to food. I enjoy citrus and avocados as much as anyone does. But some simple changes can pave the way to a predominately local winter diet. Here are a few suggestions.

1. Salads don't have to be based on lettuce. Cabbage, grated roots, (such as carrots, celeriac and winter radishes) make a very satisfying salad.
2. Growing your own sprouts is the most fool-

proof kind of winter gardening. Many types of seeds (some of which are being grown locally and are available at GreenStar) can be sprouted in just a few days, and they're very nutritious. Alfalfa, lentil, mung bean and radish are my favorites.

3. Canning or freezing summer surpluses is another great route to take. In the summer, anyone with a garden is overrun with tomatoes, and local farms have bumper crops of easy-to-freeze berries, peaches, etc. Even starting small, with one or two items, would save some inefficient cross-country hauling of canned and frozen products.

4. Be brave and try unfamiliar foods and be creative; prepare them in new ways. Choose whole foods instead of processed and packaged items. I'm always looking for recipes to help my customers use some of



the unfamiliar vegetables we grow. It takes a bit more effort, but again, the reward is usually worth it.

We started Blue Heron Farm in 1981, 25 years ago. As new farmers, we took it for granted that many of our customers wanted bulk quantities of green beans for freezing, cucumbers for pickling, potatoes and beets for storing in the root cellar. As the years have gone by, we began to see fewer people who planned ahead to use local food for the winter. Instead, consumers (because of busy lives and limited kitchen or storage space) became

more and more focused on convenience. Despite this, around 1995, we decided to focus a large part of production at Blue Heron Farm on crops that could be stored and sold over the winter. We've been amazed at the growing interest in eating locally, and are proud to be a part of this root vegetable renaissance. ■



## 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 wallpocket near the elevator.



### BED & BREAKFAST

**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.

**FICTION, NOVEL, NONFICTION** and Post-MFA Writing Workshops at The Sackett St. Writers Workshop, Brooklyn. Taught by grads of Iowa, NYU & Columbia. Class limited to 8. Includes private conferences and a public reading. SSWW alumni now attend prestigious MFA programs and have published. [www.sackettworkshop.com](http://www.sackettworkshop.com).

### 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.

### MERCHANDISE

**THINKING OF BUYING A WATER FILTER?** Now is a great time to join lots of PSFCoopers using MULTI-PURE for drinking / ice / tooth brushing knowing lead / mercury / giardia / cysts / gasoline additives / particulate matter are removed from their water supply & plumbing. Ede Rothaus 212-989-8277. Ask for HOLIDAY SPECIAL and save \$50!

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**MONAVIE IS A PATENTED NEW** 100% Whole Juice blend of 19 rare and powerful fruits with its main ingredient Acai berry. MV increases energy, helps with chronic fatigue, controls cholesterol, strengthens immune system, lowers blood pressure, reduces arthritis pain. To place an order, get more info: [www.mymonavie.com/gb](http://www.mymonavie.com/gb).

### MERCHANDISE NONCOMMERCIAL

**FOR SALE: EXPANDING TABLE/DESK:** 48 L x 18 inches W closed, 48 x 36 inches opened, 20 inches H. Light unfinished wood, \$50. **SNACK BAR:** Light wood edges, white tiled surface. 54 3/8 L, 15 1/2 W, 36 11/8 H, \$35; goes with **BAR STOOLS**, light wood 26 1/2 H, fit under snack bar, \$15 each. **NIGHT STAND,** Bombay, blond wood, 18 L, 16 W, 28H. Call 718-965-2184.

**FOR SALE-CASHMERE COAT FROM SAKS,** great condition small ladies size camel color, \$200 obo; old coins and paper money including old gold mexican coin, shelving modules white mesh-make your own shelves; \$35 obo. Phone: 718-826-3254.

**EARLY AMERICAN CLASSICAL DRESSER** with detachable mirror, 2nd half 19th Century mahogany veneer on pine carcass asking \$700.00 Same piece at auction calls for \$1,800 to \$2,000. Call 917-833-8403 or email Lauren-Loukia3L@yahoo.com.

### 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.

**SPRING YOUR FLOORS TO LIFE** by sanding and refinishing! Floor mechanic will install, repair, refinish wooden floors. Reasonable prices. Good references. Call Tony—Cell phone: 917-658-7452.

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

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Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710.

### 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](http://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.

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### Chickpeas Child Care Center Open House Schedule for 9/07 Admissions

Wednesday, January 3, 2007 7:00 – 8:30 pm  
Saturday, January 6, 2007 10:30 am – noon  
Saturday, January 6, 2007 1:00 – 2:30 pm

**Chickpeas is a parent-run child care cooperative located in Park Slope, at 451 7th Ave. between 15<sup>th</sup> and 16<sup>th</sup> Streets We offer a full-day program for children 2 years and 9 months through 5 years of age. Chickpeas is a nondenominational preschool that welcomes children and families from diverse backgrounds. Children born in 2003 and 2004 will be eligible for admission in September 2007. No reservation is necessary for the Open Houses and children are welcome (although, not required) to attend. Please visit our website, [www.chickpeas.org](http://www.chickpeas.org) for more information**



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Mobile: 917-287-0283

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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.

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.

MINDBODY MEDICINE & PSYCHIATRY. Find lasting relief from the chronic stress in your life. Feel the freedom of more loving relationships and satisfying work. There is a solution to your difficulties! Please call Albert Speranza, MD 718-570-7701 or visit [www.parkwellnesscenter.com](http://www.parkwellnesscenter.com).

“THE CAREER SHRINK.” Empower yourself at work by managing your emotions and business savvy.

Change your responses to bosses and co-workers. LIC NYS psychotherapist and career counselor Raymond Reichenburg. Park Slope office. 917-627-6047.

EXPERIENTIAL PSYCHOTHERAPIST-Specializing in issues of Breast Cancer-works with people who are involved in awakening & reclaiming their voices and bodies & spirits, their authority & passion to live more authentic lives & explore what they want to create in the world. Offices in Brooklyn and Manhattan-call Gail-718-857-0436.

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.



Note: The Coop’s SHORTER Holiday Shopping Hours



Christmas Eve, Sunday 12/24  
Christmas Day, Monday 12/25

6:00 a.m. – 5:00 p.m.  
8:00 a.m. – 2:30 p.m.  
Membership Office Closed.

New Year's Eve, Sunday 12/31  
New Year's Day, Monday 1/1

6:00 a.m. – 5:00 p.m.  
10:30 a.m. – 5:00 p.m.  
Membership Office Closed.

All other Shopping and Office hours are normal.

Apologies for any inconvenience. Shorter hours due to severe lack of confirmed member workers for these four days.

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.

Masani Sandy Accime Cyrille Adam Max Akkerman Wassan Al-Khudhairi Carlos Alberto Rebecca Austern Maria Bacha Kelly Barlow Janie Barnett Charlie Bethel Dimitry Bezsmertny Zachary Birmingham Mary Boland Regina Bordieri Vanessa Brocato Emily Brown Lise Bruneau	Isabelle Bully Vincent Bully Ben Campbell Vincent Carter Patricia Cecil-Reed Denise Charles Astrid Chastka Priya Choo-Ying Robynne Clark Alexis Cohen Rosmund Cummings Diana Dakhllallah Christopher Davis Michael Drucker Chermelle Edwards Gabrielle Engh Kerri Evers Angelica Feigin Alicia Flanagan Tracy Forrester	Curtis Fox Briget Ganske Matt Geise Romina Giacone Kathryn Glass Raphi Gottesman Ethan Greenbaum Granger Greenbaum Amy Greenwood Meredith Griggs John Gunther Trevor Heehs Lisa Hoff Pam Hooks Andrea Hopkins Olen Hsu Meredith Kadet Roberta Kalmar Ippolytos Kalofonos Kizzy Knight	Vanessa Knight Katherine Koriakin Ralf Kremer Vlastimil Kriklava Lena Krzeminski Peter Lewison Liz Liguori Heather Lilleston Colleen Lynch Numi Mansdorf Kate Matlack Virginia McEvoy Clarisse Miller Laura Moy Steve Nadel Piper Nightingale Eleonora Ovsyannikova Matias Pelenur Justine Post	Jeffrey Pressman Aigul Rabidinova Todd Raffa Andrews Reindl Gaylor Rivera Mark Roth Susan Roth Dovid Rubashkin Faygy Rubashkin Moshe Rubashkin Rochel Rubashkin Joanie Russell Isis Saenz Eiko Saotome Asta Schuette Justine Seligman Katherine Shea Bucky Shelton Maya Sheppard Joseph Siegrist	Jennifer Sigall Adrienne Simmons Louise Sloan Lotje Sodderland Ursula Soroka Sergei Tcherepnin Helena Teply-Figman Heidi Teuscher Orlando Thompson Ed Throckmorton Jasmine Trabelsi Jennifer Turnbull Alejandro Varela David Voigt Robert Wagner Chris Weinstein Brian Wengrofsky Susie Williams Misha Zitser
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THANK YOU!

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

Abby Mark Amir Sini Anderson Jeffrey Aronowitz Lisa Auerbach Jeannie Bail Johanna Blokker Skyler Brickley Rebecca Carney Astrid Chastka Karrin Cheifetz	Melanie Chopko Sarah Cox Antje Croton Ian Dreiblatt Marie Dudoy April F. Sasha F. Brenna Farrell Amy Finkelstein Stephanie Flournoy Gary	Barry Gold Leslie Graves Gregory Logan H. Sarah Halloran Jeffrey Hatfield Joan Hilty Joe Holtz Hafsa Ibrahim Karen Inwald Chana Itkin	Kate Kendall Devin Krug Fakih Lama Corrine Lang Jenna Lanterman Stephen Lee Columbia McCaleb Eileen Moran Dolores Natividad Nubian Michael O'Regan	Chandra Oppenheim Karen Peterlin Mark Rancourt Tomas Rodriguez Christopher Rumbley Judith Sackoff Lauren Sargent Isaac Schapira Asta Schuette Nora Sherman	Elana Sigall Emily Sigall Ty Rebecca Utech Puja Vohra Gerrit Vooren Nichole Weddle Adam Yukelson Ilana Zablozki-Amir
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