

Volume BB, Number 4 March 1, 2007

Cleaning Cooperative Housecleaning Promotes Women's Self-Sufficiency



By Hayley Gorenberg

LLUSTRATION BY ROD MORRISON

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'A lot of people who use our service feel really good about paying a fair wage to the person who actually does the work.'

—Jill Birnbaum, MSW

'When we meet up after we have a job, everyone cheers.'

—Yes, We Can Do It! cooperative member Ilka Perez

n her job at the Center for Family Life, Jill Birnbaum heard stories of desperation and abuse from Spanish-speaking women trying to eke out a living for themselves and their children by cleaning homes in Brooklyn.

The newly-minted social worker, a Coop member since

2003, listened to women who earned perhaps six dollars an hour "for very hard work. Sometimes an employer would say, 'I don't like the work you did today, and I'm going to give you less money,' or 'I'm not going to pay you at all.' People didn't have any backup and had no strength



The Coop really needs workers Monday through Friday for shifts that begin at 1:00 and 3:30 pm.

If you are available for a regular or FTOP workslot at these times please contact the Membership Office at

718-622-0560

to negotiate for themselves."

"We started thinking about ways to help people organize a little," said Birnbaum. The Center for Family Life, based in Sunset Park, hosted an initial organizing meeting this summer, drawing about forty women from the neighborhood. "Some thought they would just get a job that day," said Birnbaum. "In reality, we were offering to help facilitate a ten-week planning and training and study of what is a cooperative business." About twenty of the women from the initial meeting went on to become founding members of the cooperative, regularly attending meetings.

"They had different ideas about what to do, but because many had done housecleaning and it didn't require the group to work together all the time—like a childcare business, which would be less independent"—they settled on a housecleaning cooperative. The arrangement would allow the women to work independently "but come together for marketing and training."

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Coop Event Highlights

Sat, Mar 10 • Adult Variety Show: 7:30 p.m. at Berkeley-Carroll School

Fri, Mar 16 • The Good Coffeehouse: 8:00 p.m., Robert Dick and Ursel Schlicht, and Todd Isler

Thurs, Apr 5 • Food Class—7:30 p.m. Vegan/Vegetarian Meals in 30 Minutes

Fri, Apr 6 • Film Night: 7:00 p.m. The Chances of the World Changing

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

March 10 Event on Urban Agriculture: "Going Green" at the Botanic Garden

By Wally Konrad

ark Slope Food Coop members have a great chance to learn how to go green in their own gardens, compost piles, kitchen pantries and even their neighborhoods at the 25th annual Make Brooklyn Bloom conference on March 10 from 10 a.m. to 4 p.m. at the Brooklyn Botanic Garden (BBG). The free event, called Garden-Wise Greening: Growing Healthy Soil, Food & Community, is presented by Brooklyn GreenBridge, the Community Horticulture program of the BBG that, among other things promotes community gardens and urban composting.

The conference will focus on urban agriculture in Brooklyn and the benefits that urban greening—including growing fresh organic food—has on our neighborhoods. Topname speakers will address health, food, and advocacy issues. Attendees can also choose from 15 different hands-on workshops covering everything from Best Heirloom Vegetables for Brooklyn to Lasagna Gardening: Layering Your Compost for Great Soil.

Robin Simmen, Manager of Brooklyn Greenbridge and PSFC member since 1980 (she is currently on the environ-

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Next General Meeting on March 27

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, March 27, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, March 8. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Monica Valerio, left and Jill Birnbaum.

Cleaning Cooperative

The group learned from models around the country, visiting a large coop at Project Hospitality on Staten Island and reading about the fifteen-year-old Workplace Project (Centro de Derechos Laborales) on Long Island, which supports men who work as day laborers and a women's cooperative: Unity Housecleaners.

They researched across the country, learning about California's WAGES (Women's Action to Gain Economic Security) cooperative in Oakland, which has helped women start businesses with a full financial infrastructure. "They're much more advanced, with women starting limited liability corporations, and amazing benefits, like three weeks of paid vacation," said Birnbaum.

By fall, the group had worked out a basic structure, democratic process for decision-making and a framework of rules for the cooperative to conduct business. They launched Yes, We Can Do It! Women's Cooperative (!Si, Se Puede!, in Spanish), last November. The organization draws its name from a rallying phrase popularized by Cesar Chavez, who organized Latino farm workers to secure just wages, increased health care and safer working conditions.

Ilka Perez happened into !Si, Se Puede! when she was in the process of making her own posters to get cleaning jobs herself. "What really caught my attention was the fact that it was going to be all female," she said. "It feels good being there, women uniting



together. We all have kids and we all share something in common," she said. "We're all struggling just to get by, the rent's so high in our neighborhood. When we meet up after we have a job, everyone cheers."

Indeed, the cooperative formed as a women's group "because of issues around power," said Birnbaum. "Men have a lot more avenues for getting work. There are more options. Day laborers have been organized fairly well. But women don't generally do day labor work because of safety issues. We felt there are a lot less options for women for safe work."

Perez works for Yes, We Can Do It! to supplement her wages from her job as a recreational specialist for disabled adults. Ultimately, she would like to work in a hospital. For now, she works both jobs and learns from the older women in the cooperative. "They're wiser," she said.

Marketing !Si, Se Puede! should take much of the cooperative's energy, Perez said. "We really need to get out there. We thought we were going to get lots of calls, but it's been moving really slow. I did this job back in December or January and that was my first and last job. I was nervous but so excited to get there. I put my shirt on that says our name and I was



Perez carries cards in her bag and gives them out every chance she gets.

"My neighborhood is mostly Spanish people, and the Mexican population is really big. I see a lot of the women selling food, and they stand there on the corner selling food with their children in strollers. I know that they want to do other things. They want to experience American society."

"A lot of them have gotten abused cleaning houses," said Perez. "Now that they're part of this collaborative, they're not afraid." She expressed hope that !Si, Se Puede! would expand to other business ventures. "We don't want to only be known for housekeepers. We want to expand in the future. We have different talents. But we're uniting, and hopefully we'll get to be really big and known. I would like that, especially knowing that we've started this in our neighborhood. It's like women-power. It feels really good just knowing that."

For the good of clients as well as housecleaners, !Si, Se Puede! suggests using as many eco-friendly products as possible, like white vinegar. Clients stock and keep the products, and Birnbaum has begun conversations with Seventh Generation about buying eco-friendly cleaning products in bulk.

She has done some of her research through the Park Slope Food Coop, and praised Joe Holtz for passing along resources on cooperative structures and laws in New York State. !Si, Se Puede! joined PSFC at a conference on cooperatives this past fall in Manhattan, sponsored by the National Federation of Democratic Workplaces. Some members spoke on a panel about immigrants' cooperative businesses and participated in a work session for people trying to start coops.

"The hardest part is helping the group really take on the work," said Birnbaum. "Lots of people have come from situations where they haven't had as much power as they do have or can have now." It's a new experience owning and operating and directing the business, she said. "Now when they go to jobs, they go with a contract, with a list. The job's been prescreened, and they know what the client requested and what they've agreed to do. Even on that level, there's more power. It shows when there's been any confusion on the job or things haven't been clear. A lot of times a worker will call the Coop from a job to try to get clarification or ask to help explain something they're not able to explain clearly." Birnbaum spends about a third of her work week on !Si Se Puede!, and is trying to improve her Spanish to facilitate the group better.

Two staff members from the adult employment program at the Center for Family Life also work with !Si, Se Puede!: a job developer at the center who speaks English takes calls from prospective clients, and another job developer who primarily speaks Spanish communicates the job to the next Coop member on the list, goes through the details of the job and its location, prints Mapquest maps for the Coop members, and provides other help and support as needed.

"It's going quite well," said Birnbaum. "Everyone has had a job, at least. Many of them now have

"I think people feel good hiring Yes, We Can Do It! because often when you look for a housekeeper you know whoever is running the business is getting two-thirds of the wage. A lot of people who use our service feel really good about paying a fair wage to the person who actually does the work."

To reach Yes, We Can Do It!/!Si, Se Puede! call the Center for Family Life at 718-788-3500.

Yes, We Can Do It! gives prospective clients an estimate before housecleaning, depending upon the number of bedrooms and bathrooms and the range of cleaning to be done. The first job is generally a "deep cleaning," "like a major spring cleaning, scrub down, in places that most people on a regular basis don't get to clean," said Birnbaum.

For one-bedroom the charge is approximately \$85, and for two bedrooms, approximately \$110, she said. "To clean on a regular basis, we discount about ten to fifteen percent off that. Right now 100 percent goes to the worker," she said.

The Center for Family Life has applied for grants to support administration and marketing for the cooperative.



Join the Street Squad

Do you love the Coop? Do you enjoy talking to friends, neighbors and strangers about the joys of Coop membership? The Street Squad may be the workslot for you. Work outdoors on Saturdays and Sundays from April to October, and help keep the Coop strong.



The Street Squad serves an important public relations role for the Coop. From tables set up outside the store, at local street fairs and special events, the Street Squad talks to current and prospective members, hands out literature, answers questions, gives tours of the Coop, and just generally offers people the chance to become familiar with our organization.

We invite you to join us if you are:

- a Coop member in good standing for at least six months
- friendly and upbeat with enthusiasm about the Coop
- ◆ knowledgeable of Coop procedures
- willing to work outdoors
- reliable, responsible and able to work independently

New Street Squad members must attend a training session.

If you are interested in joining the Street Squad, please contact:

Robin 718-230-7199 call before 9:00 p.m.

Looking Back, Looking Forward:

An Interview with Retired General **Coordinator Linda Wheeler**

By Ann Pappert

inda Wheeler was a Coop staffer for more than two decades. When she retired in January, she was a General Coordinator, with responsibility for working with the Gazette, the Orientation and Agenda Committees, and more recently, the Diversity & Equality and Fundraising Committees. Gazette reporter Ann Pappert interviewed Linda about her years

Gazette: When did you first start working for the Coop? What was your first job?

Linda: I was hired in April 1981 as a co-coordinator

the Coop, I had been a studio potter & pottery teacher at an alternative school on the Upper West Side of Manhattan. When the school lost its funding we organized a multicraft studio cooperative with other potters and artists called Artworkspace. It's still in existence but moved years ago to 17th Street.

Gazette: Had you been a Coop member before you were hired to work at the Coop?

Linda:Yes, I joined in Fall '79. I worked the Thursday morning receiving shift, which I loved. Receiving was then a couple of shifts on Thursday only. Joe Holtz would bring in a rental truck full of produce

the Coop have changed? **Linda**: I think that all of

think people's reasons for joining

your assumptions are true. Some people joined because of our prices, others for access to "health" food that was much less generally available than it is now. One of the wonderful things that happened over and over is that no matter why we first came, many of us soon adopted all or some of the other reasons. I think this is

Gazette: When you look back over the years you've worked at the Coop, what do you think about how the Coop has changed?

Linda: It's hard not to marvel at then and now at the Coop—from my parttime work in an office that was open three days a week and had about 100 members doing shifts, to the current six days of membership office hours, an office coordinating staff of 20 and office committee members of close to 700; from annual sales that wouldn't reach a million dollars for many years, to our current annual sales of more than \$27 million; from three coordinators to seven general coordinators, 2 1/2 programmers/IT positions, and 50 office, receiving and bookkeeping coordinators; from one building to three; from calculators and wooden checkouts to scanning and soon debit cards. Just thinking about these numbers is



Retired General Coordinator Linda Wheeler

mind-boggling. The membership now is almost exactly 10 times what it was then.

Gazette: You took retirement early—what are your plans? Will you still have some connection with the Coop?

Linda: I don't have to do a workslot for myself—if I choose, I can have one year without a workslot for every year on the job. [It's a no-cost job benefit that the Coop is able to give its GCs based roughly on the premise that each of us worked at least 36 hours "overtime" during each year of employment.] By then, I'll be 88 and can opt for elder status if I want to.

During the next six months, I will have some transition responsibilities and will be paid as a consultant for any work I do. But I'll probably take on a project at the Coop as a member just because I want to, and I will also bank a couple of FTOP shifts for each of my kids & their families so they can be members when they are in town.

I'm finding it a lot easier to separate from the Coop than I might have imagined. I suspect that a huge element of that is the talents and competence of the various coordinators who have taken specific areas for which I used to be responsible.

Right now, I'm enjoying getting caught up on all sorts of projects that have been pushed aside at home—or if not pushed aside, had to fight with the job for my attention or my sleep—looking forward to traveling to see sibs and kids more, spending time with grand-kids. Two big projects will dominate the spring: some home renovations and producing the Brooklyn Pride Guide. I'll be spending three months of the summer working part-time at the World Fellowship Center in New Hampshire where I have vacationed for the last 21 years. I don't plan to get back into pottery during the first year, but it's definitely coming.



Linda with General Coordinator Joe Holtz

part-time for 25.5 hours a week. I was responsible for the Coop office. Originally, the office was an L.L. Bean bag carried by Joe Holtz plus a telephone in Louise Sheets' home. By the time I came onto the job, the store was on the main floor, and the membership office was a small room on the second floor with a member committee of office workers.

At the time, the work openings listings were on sheets of paper in a file drawer, no computers in the office and few, if any, written instructions for the various member office jobs.

In those days, the Gazette was typed, laid out by hand, had no photos and was printed on letter-sized paper.

Gazette: What did you do before you worked at the Coop?

Linda: Before coming to

from a night of shopping at Hunt's Point. Our squad formed a human chain to get the produce upstairs to the walk-in cooler where Andie and Jess' desks are now.

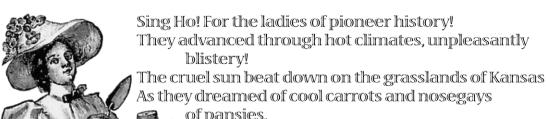
Gazette: What were some of the biggest issues for the Coop back then?

Linda: Some of the big issues of the time were expanding into the ground floor (we had been on the second floor only), and the decision not to elect and reelect coordinators but to hire

Gazette: How do you think the membership has changed over the years—for example, when you started working did the majority of people who joined become members because they were committed to the idea of a cooperative? Did they join because they were unhappy with the food market choices in the neighborhood? Did they join for cheap food? Over the years, do you







In their wake came fresh lettuce and poppies bright red, know,

Their wagons (Con'stoga) were knee-deep in Fedco!



Pioneer SEEDSWOMAN of America

Keeping urban gardeners' needs in mind, we have ordered many compact and container - friendly varietals! Look no further for your Spring, Summer, and Fall seed needs!



Adult Clothing Exchange

Have you noticed that Coop members are great dressers!

> The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear.

A clothing exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can wear clothes that have already been well loved.

Bring items that you think others might enjoy-and a snack to share.

> Saturday, March 10 9:30 a.m. – 1:30 p.m. in the meeting room

To bring Clothes...

- Do not leave clothing in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean clothing that you are proud to be able to exchange with it's new owner.

(Unchosen clothing will be donated to a local shelter.)

Urban Agriculture

CONTINUED FROM PAGE I

mental committee) says the event is designed to remind people that amid all the talk of green buildings, green businesses and green energy, the mother of all greening is the land. The conference, she says, will try to bring green back to the garden and empower city folks to make their neighborhoods greener, healthier places

Simmen is also hoping this year's conference will bring an increased awareness of the



iar with—how the Garden of Union community garden was built with Food Coop compost. The Garden of Union now serves as a prime example for other community gardens looking to partner with food scrap sources to develop pure, organic soil.

Several gardening and greening groups will have exhibits set up at the conference and attendees will have the chance to watch an episode of the new PBS series Edens Lost & Found on how activists in Philadelphia successfully made that city a greener place to live.

For PSFC members who want to get involved in making Brooklyn a greener place

> too, Simmen suggests listening to Maura Lott from the advocacy group New Yorkers for Parks. She'll be talking about how we can all help preserve green space in Brooklyn, including getting the City Council to pony up more money. "New York City spends only three-tenths of 1 percent of its budget on parks," says Simmen, "compared to a city like Chicago

> > which spends 4 percent."

RIGHT: A Coop compost bin. BELOW: The Garden of **Union viewed** through the gates.

People attend two onehour workshops one at 11 a.m. and one at 3 p.m., but you must register for the workshops on the day of the

WHAT IS THAT? HOW DO I USE IT? Food Tours in the Coop

It's a simple thing, a carrot a long tap root that grows below ground and sends up a fountain of ferny leaves above ground they're common, they're popular and completely taken for granted

the thing is—they're orange a vibrant, certifiably saturated color no matter how you eat it how does orange come out of the blackness of the earth (it's easier to understand the green leaves growing in the warmth and light of the sun) but orange out of black is a powerful and creative living assertion: Carrot

When we eat that carrot it becomes us indeed it is becoming of us to eat a carrot we take that orange living thing into the mysterious darkness of our bodies and by holding its vitality we too are carrot

the ordinary, magically orange carrot

don't let all we have lost blind us to all that lies at our feet before us

come share your favorite way to eat a carrot and I'll share mine where else but at the Park Slope Food Coop

Mondays, March 12 (B Week) and March 26 (D Week) Noon to 1 p.m. and 1:30 to 2:30 p.m.

Wednesdays, March 14 April 12 (B Weeks) 5:00 to 6:00 p.m. and 6:30 to 7:30 p.m.

Or you can join in any time during a tour.

link between public health and green communities. "That's a tremendously overlooked and incredibly important reality in our lives. Bad air and bad soil are really big health issues," she says. To that end, Simmen recommends Coop members attend the panel discussion on Greening for Healthy Communities, which includes Dr. Karen Benker, a SUNY Downstate Medical Center physician who will discuss how community gardening and greening can help fight common urban ailments such as asthma, diabetes, melanoma and obesity.

This year's keynote speaker is Joan Dye Gussow, a professor at Columbia University and author of This Organic Life: Confessions of a Suburban Homesteader. (The book is sold at the Coop and is beloved by many members.) One of the leaders of the locally-grown food movement, Gussow writes in her book about her and her hus-

band's efforts to grow as much of their own food as possible and buy the rest from local farmers. This will be Gussow's first speaking engagement in Brooklyn and she plans to talk about "Global Reflections on Eating from Home." She will also hold a book signing.

Claudia Ioseph. President of the Garden of Union and Coop member will hold a workshop on something many PSFC members are famil-

COMING MONDAY???

event. For the green thumbs out there it will be hard to choose between "Making Your Rooftop Bloom" and "Canning to Preserve the Harvest" or "Jump-Start Your Salad Bowl with Cold Frames" and "Seed Saving Made Easy". Be sure to arrive at 10 a.m. to register, so you won't get shut out of your favorite topic. For more information and a full schedule, go to www.bbg.org.



FOOD COMMITTEE

Sign Up for New Safe Food Action Listsery

By Adam Rabiner

→ pinach, scallions and green onions are generally thought to be healthful and nutritious foods, and they are. But outbreaks of e-coli in 2006 that sickened many Americans and have been linked to these vegetables may forever change the way people think about them. And that may not be an entirely bad thing.

Most people take it for granted that the food they eat is safe. But these incidents, and other trends taking place in the food industries such as cloning, irradiation, and genetic modification, suggest that this assumption may no longer be valid. The fact that many more Americans are now

somewhat circumspect about what and how they consume, is a positive outcome of otherwise unfortunate events.

But understanding the complexities of all of these issues is not easy. Because of this, the Park Slope Coop's Safe Food Committee has created a consumer education email listserv to help coop members and others become aware of the issues. The listserv will provide

timely, accurate, and factual information supplied by members of the Committee, as well as other listserve members. In addition, the Yahoo Group website will contain articles; directories of nonprofit organizations and government agencies focused on food safety, health, and nutrition; and other useful information such as farmers market locations and lists of books and movies on the subject

The listserv is called Safe Food Action. If you want to help ensure that what you and your family are eating is indeed safe, please subscribe to it by emailing safefoodaction-subscribe@yahoogroups.com.

Please note, this is an information source, not a discussion board. We will not flood your in-box! Emails from this listserv will be periodic, informative and brief.

Coop Plastics Recycling

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

What plastics do we accept?

- •#1 and #2 non-bottle shaped containers and #1 and #2 labeled lids. Mouths of containers must be equal width or wider than the body of the container.
- •All #4 plastic and #4 labeled lids.
- •#5 plastic clups and tubs and #5 labeled lids and bottle/jug caps, clear and opaque and with all paper labels completely removed.
- •Plastic film, such as shopping bags, cry cleaning shrouds, etc. Okay if not labeled.

When?

- •Second Saturday of each month: 12:00–2:00 p.m.
- •Third Thursday of each month: 7:00 p.m.-9:00 p.m.
- •Last Sunday of each month: 10:00-12:00 p.m.

Where?

On the sidewalk in front of the receiving area at the Park Slope Food Coop.

ENVIRONMENTAL COMMITTEE REPORT

NOFA-NY Conference, Part 2

By Marion Stein

n the last issue of the Gazette, I told you about the focus on local foods. In this part, let's learn about a special farm/school/store community in Columbia County that is doing things that may serve as models for us here at PSFC. This place is Hawthorne Valley Farm in Ghent, NY.

The community is based on the ideas of Rudolf Steiner and the farm is based on biodynamic principals in addition to being organic. They base their work plan on the dictum: "Agriculture must be a focal point and foundation within the larger socio-economic context". According to Steiner, agriculture touches on every aspect of human life. The whole farm is a living organism, and every farm is

The students in the school, which is part of the Hawthorne Valley Community, have first hand knowledge of what goes into growing food and maintaining the quality of the soil and the health of the animals on the farm. They also see how the products create funds for the community in the Farm Store which sells many products from their own farm and from other local producers. This is surely a place worth a detour to see and experience.

In closing, here are some thoughts for building on the excellent work that PSFC does every day:

We are constantly looking for innovative ways of utiliz-



ing our collective energies and talents—why not give workslot credit for implementing a new program? We have cooking classes for credit, why not organizing trips to local farms (within 100 miles)? We might partner with Northeast Organic Farming Association of New York (NOFA-NY)—the Coop is a member, after all—by having a column in the Gazette informing members of upcoming farm visits planned by NOFA-NY. Participating in these visits has been a great inspiration to me. There must be a certain number of us who garden and for whom such an outing would be a treat. What a great way to deepen our children's understanding of where our food comes from.

Another idea: Bring a NOFA-NY farmer to the Coop for a talk. We could decide on a topic of interest and then find a farmer who is a good raconteur to lead a discussion. I already have one person in mind. She would have the attendees rolling in the aisles; she is so funny but at the same time knowledgeable and informative. Her passion is contagious.

If you can get away for two or three days in January, please consider attending a NOFA-NY convention. It is great fun. You get to meet the people behind some of our best Coop buys



AT JUNIOR'S RESTAURANT

We were eating pastrami and matzo ball soup, A critical couple one night,

When the crusty waiter came over and asked, "Is anything all right?"

Leon Freilich



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



PARK SLOPE FOOD COOP

Vegan/Vegetarian Meals in just 30 minutes!

Delicious, vegan/vegetarian complete meals in just 30 minutes! Explore three different meals full of flavor using ingredients easy to find at the coop.

MENU

- Soba Noodles with Edamame, Japanese Turnips and Carrots in a Ginger Shoyu Sauce, with a side of Spicy Greens
- Chickpeas, Seitan, Green Olives, Pine Nuts, Roasted Tomato Stew and Couscous, with Grilled Zucchini in a Lemon Mint Dressing with Optional Feta Cheese
- Sweet Corn Soup with Black Beans, Potatoes with Chipotle and Optional Creme Fraiche, with a Jicama

\$4 materials fee

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop. Peter Solomita is a graduate of Natural Gourmet Institute for Health . He has worked as a chef for Tuller Premium Foods and as a chef/business manager for Venture Catering. Owner of Groovalicious Inc., he is a caterer, personal chef, teaches public classes at Natural Gourmet, The Park Slope Food Coop and teaches individualized cooking classes. He is also owner of Little Buddy Biscuit Company, selling premium handcrafted cookies at cafe's in Brooklyn and through mail order.

MEMBERS & **NON-MEMBERS** WELCOME.

Come early to ensure a seat.

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

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. 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.

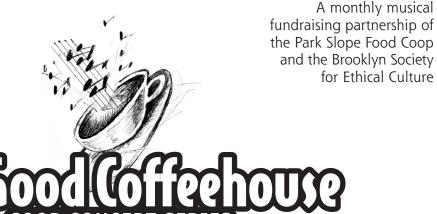
Subscriptions: The Gazette is available free to members in the store. Subscriptions are available by mail at \$23 per year to cover the cost of postage (at First Class rates because our volume is low).



Printed by: Prompt Printing Press, Camden, NJ.



Mar. 16 8:00 p.m.





Robert Dick and Ursel Schlicht

Robert Dick on flutes and Ursel Schlicht at the piano are two virtuosi whose talent for stretching their instruments and minds allows them to paint with more colors and textures than flute and piano have any right to expect. A common pairing in classical music, flute-piano duos are rare in improvised music. But as they roam the territory between jazz, new music, and world music, Dick and Schlicht field a host of unusual sonics and techniques so startling that they open new panoramas. At times you may wonder just what you're hearing.

Todd Isler

Long-time coop member and drummer/percussionist Todd Isler brings his unique brand of world jazz to the series. He'll be presenting works from the upcoming CD, "Soul Drums".

Todd Isler-Drums/Percussion, Stefan Bauer-Vibes, Adam Kolker-Saxes, Marco Panacia-Acoustic Bass



53 Prospect Park West [at 2nd Street] - \$10 - 8:00 p.m. [doors open at 7:45] **Performers** are Park Slope Food Coop members and receive Coop workslot credit. **Booking:** Bev Grant, 718-230-4999

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 14.

Cryptogram Topic: Sea Vegetables

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.

VPVBX

JMCMEM

EUBAZ

W U P M

LVEVBX

SZHNX

EXHK QPUWSN

V H V P M V N X V

OXYXFVAHX

This Issue Prepared By:

Coordinating Editors: Stephanie Golden

Erik Lewis

Editor (development): Phyllis Eckhaus

Tom Moore

Reporters: Hayley Gorenberg

Wally Konrad Ann Pappert

Art Director (development): Mike Miranda

Illustrators: Rod Morrison

Cathy Wassylenko

Photographers: Lisa Cohen

Ingrid Cusson Kevin Ryan

Traffic Manager: Monona Yin

Classified Ads Prep: Heather Cottrell

Saturday Coordinator: Deborah Alperin Text Converters: Joanne Guralnick

Peter Benton

Proofreader: Margaret Benton

Thumbnails: Saeri Yoo Park Photoshop: Bill Kontzias

Preproduction: Susan Louie

Art Director (production): Doug Popovich

Desktop Publishing: Lee Schere

Andrea Summers Maxwell Taylor

Editor (production): Nancy Rosenberg Final Proofreader: Isabelle Sulek

Post Production: Jessica Tolliver-Shaw

Index: Len Neufeld

Cash Received Bookkeeping

Tuesday, 6:00 to 8:45 pm

Are you a stickler for details, accurate on the computer, and like working independently? This workslot involves verifying cashier report data and inputing data into an Excel worksheet. The position requires good attendance and a sixmonth commitment to the workslot. Please contact Michele Weimer in the Membership Office if you are interested in the position.

Gazette Ad Prep

Thursday, A and C weeks, 10:00 to 11:15 am

Are you available to work two shorter shifts twice per 4-week cycle? One member needed to help complete preparatory work for classified submissions to the Linewaiters' Gazette. Work slot

requires legible handwriting, good attention to detail, comfort working with computers, and reliable attendance. A 6-month commitment is required. Contact Rocco Arrigo at 718-622-0560 or rocco_arrigo@psfc.coop if interested. The first day to work will be Thursday, March 8th.

Soup Prep

Friday, 7:00 to 9:45 am

Do you have a strong social conscience? Do you hate waste? You can help the Coop rescue slightly damaged food and turn it into ingredients for nutritious meals. You will be sorting and packing food by category (vegetables, fruit, eggs, milk, etc). You and a partner will be asked to take a U-boat of food to CHIPS, the soup kitchen on 4th avenue (it's downhill all the way!)

The job involves some lifting and working in the walk-in refrigerator for part of the shift. You may be asked to help do produce preparation if you finish the soup kitchen tasks early. On-the-workslot training with receiving coordinator Hilton Horwitz. Help the cooks at the soup kitchen get a head start in their efforts to feed the hungry.

Refrigerator Cleaning

Monday or Wednesday mornings, 9:00 to 11:00 a.m.

This position requires a desire to do physical work, enjoy cleaning, and organize refrigerators. You will thoroughly clean the refrigerator, removing all movable parts and cleaning them, label food items, and discard old or out-ofdate products.

CO: OF 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:

Mar 15 issue 7:00 p.m., Mon, Mar 5 Mar 29 issue: 7:00 p.m., Mon, Mar 19

CLASSIFIED ADS DEADLINE:

Mar 15 issue: 10:00 p.m., Wed, Mar 7 Mar 29 issue: 10:00 p.m., Wed, Mar 21

General Meeting

TUE, MAR 6

AGENDA SUBMISSIONS: 8:00 p.m. Submissions will be considered for the March 27 GM.



TUE, MAR 27

page overleaf.

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

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

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-forworkslot-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-forworkslot-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

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 mem**ber-owned and operated food store**—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support nontoxic, 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, earthfriendly 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

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, March 27, 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.

COMMUNITY CALENDAR

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

THU, MAR 1

SOUL CONTROL WITH DJ INSTRU-MENTAL. Afrobeat, soul, funk, motown and hip hop every first Thursday @ Royale in Park Slope. FREE. 8 p.m. - late. 506 5th Ave. btw 12th and 13th Sts. (718) 840-0089.

FRI, MAR 2

ASIAN AMERICAN WOMEN ARTISTS ALLIANCE MOVIE SERIES: The Living Tree by Flora Moon, 26 min. info@aawaa.org 718-788-6170.

SUN, MAR 4

ZEEMEEUWSIC II: Sunday concerts at the Old Stone House. Schubert Octet, chamber music with strings & winds. Programmed by *Martha Siegel. JJ Byrne Park, 5th Av btw 3rd/4th Sts. 2:00 p.m. \$10

MON, MAR 5

KRAV MAGA-ISRAELI MARTIAL ARTS 6:30-8:30 p.m. A Self Defense Class Sponsored by: Hadassah Brooklyn Region Young Women/Young Leaders. Donation: \$20, or \$18 if pre-paid before March 1. Hadassah House, 50 W. 58 Street, NY 10019. Pre-registration required. RSVP to (718) 382-6454 or Brooklyn@hadassah.org. www.brooklyn.hadassah.org

TUE, MAR 6

GOWANUS CANAL WATER QUALI-TY SUMMIT sponsored by teh Gowanus Canal Conservancy (718.858.0557). Session 2: Causes & Potential Solutions to Water Quality Problems, such as combined sewage outfalls. 6:30-9:30 p.m. at Polytechnic University, Dibner Library, Room LC 400, 333 Jay St. Free.

WED, MAR 7

FOLK OPEN SING. 6:30-10:00 p.m. The Folk Music Society of NY, Inc. & The Ethical Culture Society invite you to join us for a monthly songswap. Children welcome. 53 Prospect Park West, bsmnt. Info: Allison Kelley, (718) 636-6341.

FRI, MAR 9

THE EBONY HILLBILLIES presents African-American old-time mountain music from the subways of NYC! 7:30 p.m. Community Church, 40 E. 35th St., NYC. \$20. Discount for seniors, students and youth. Tickets at door or online at folkconcert2.evenbrite.com. Info at folkmusicny.org.

SAT, MAR 10

BROOKLYN BOTANIC GARDEN: "Garden-Wise Greening: Growing Healthy Soil, Food & Community," the 25th Anniversary of Making

Brooklyn Bloom. 10 a.m.-4 p.m. Exhibits and workshops covering sustainable gardening and food security. Free. Arrive at 10 a.m. at 1000 Washington Ave. to register for workshops. www.bbg.org

PEOPLE'S VOICE CAFE: Steve Suffet; Holly GoAnarchy. At the Workmen's Circle, 45 E 33 St. (btw Madison & Park) Wheelchairaccessible. (212) 787-3903, www.peoplesvoicecafe.org. Suggested donation: \$12 general, \$9 members, more if you choose, less if you can't, no one turned away.

RESISTANCE IN BROOKLYN invites you to the 12th Annual Poetry and Performance Evening for women and trans folks only. Brecht Forum, 451 W. St. btw Bank & Bethune. Featured performer: Sapphire. Donation \$10-\$20 to benefit The Organization of Women's Freedom in Iraq. For info: (347) 277-6619.

SUN, MAR 11

FREE WORKSHOP! SINUS RELIEF THE NATURAL WAY, Without medication: Learn acupressur techniques simple enough for parents to use on children and sophisticated enough for professionals. Led by Elizabeth Poole, LMT 718-707-1009 at the Midwood Martial Arts Center, 1302 Avenue H at E. 13th St. Sunday March 11th 2:00-4:00 p.m. www.midwoodmartialarts.com 718-258-5435



Experience the Thrills, Chills and Spills Park Slope Food Coop's Adult Variety Show!

> **Saturday** March 10, 2007 7:30 p.m.

at the Berkeley Carroll School 181 Lincoln Place between 7th and 8th Aves

REVEL IN THE UNMITIGATED TALENT STYLINGS OF:

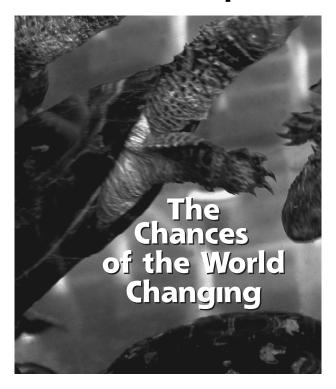
RICHARD ANTONE * ADELE ROLIDER * CHARLES LYNCH * BEV GRANT PHOENIX SOLEIL ★ MARA GOODMAN ★ MARTHA SIEGEL ★ TRACY FITZ JOAN STURGIS ★ MEKKA TIMBERLAKE ★ DONALD MURK ★ VINCENT FRISARI ALAN FRIEND * FELICIA GLUCKSMAN * BARRY SIMPSON * FIONA BICKET TASHA PALEY ★ SARAH SAFFORD ★ LEN HEISLER ★ ERIC KELLEY Dalienne Majors * Jessie Reiss * Lee Rogan * Albert Solomon GARY SHELTON ★ K.C. DUTCHER ★ JOEL BRAMBLE

Admission \$10 \$6 for children under 12 & limited income Refreshments will be for sale!





Friday, April 6 • 7:00 p.m. at the Coop



Ten years ago, Richard Ogust, a writer living in New York City, abandoned his life's work and began to acquire endangered turtles, driven by the appalling but little known fact that we are on the brink of losing a group of animals that have survived the ecological instability of the last 200 million years, including the great extinction that eliminated the dinosaurs.

Currently in China, hundreds of thousands of turtles are sold in food markets. Species are being taken from the wild at such an alarming rate that the situation has escalated into an environmental crisis. With a reasonable inheritance, Richard was able to build an ark, literally rescuing hundreds of endangered turtles. Eventually, Richard was sharing his giant penthouse in lower Manhattan with over 1,200 turtles and tortoises. But the weight of Richard's ark soon began to crush him.

The Chances of the World Changing is an extraordinary documentary about one man's unbelievable mission to save hundreds of turtles and tortoises from extinction an epic story of conservation, perseverance, love, and hope in the face of a global crisis.

Eric Daniel Metzgar (director, producer, editor, and photographer) is an award winning filmmaker, who was nominated for a 2007 Independent Spirit Award for his direction of The Chances. Eric also works as a freelance cinematographer. He has shot for Edet Belzberg (Oscarnominated director of Children Underground), Dana Adam Shapiro (Oscar-nominated director of Murderball), and Steven Cantor (Oscar-nominated director of Blood Ties: The Life and Work of Sally Mann).

Read more at: www.TheChancesOfTheWorldChanging.com and www.MerigoldMovingPictures.com

A discussion with Eric will follow.

FREE Non-members welcome

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



MAKE-UP RULES REMAIN NECESSARY

TO THE EDITOR:

My comments concern the cover article about the proposed "Two-For-One" policy (February 1, 2007).

As a very responsible and conscientious Sunday night maintenance squad leader, I realize the importance of adequate attendance to complete all tasks. Any food-handling establishment, such as the PSFC, requires high standards of sanitary conditions and cleanliness. Such tasks require that members reliably and consistently appear on designated days and times. Otherwise, there is too much to do and not enough members to do it.

Consequently, the work burden falls upon too few. Such similar situations that have occurred on our squad caused us hardships of work-session overload

The "two makeups for one absence" rule is the "best attendance incentive" available. It has an improved, positive effect on many squadder's attendance and especially those who miss ses-

In Memoriam

Carol Kropnick, devoted member of the Park Slope Food Coop, died on February 17, 2007. She was 54 years old. Carol joined the Coop in 1987 and was a firm believer in its principles.

Carol was noted for her art, her art collection and her skill as an art conservationist.

Carol died after a long struggle with lymphoma, according to her husband Maje Waldo. Carol and Maje appreciated the excellent support they received from Cancer Care. Donations can be made in Carol's name at CancerCare.org

sions too frequently. Without such a rule for all the maintenance squad, too many will miss more sessions, which is counterproductive to the purposes of the squad and goals of everyone's food coop.

> Cooperatively yours, Steve Solomon

WHY STOCK TOXIC PRODUCTS?

DEAR FELLOW COOP MEMBER

We have noted with concern many environmentally harmful cleaning and beauty products on the Coop shelves (Tide, Ajax, Dial, etc.), which seems to conflict with the strong environmental stance of our Mission Statement. Why are we selling these products at the Coop?

> Sarah Hill Charles Ramsey Brian Wilson

CHILDCARE SECURITY

DEAR EDITORZ:

For yearz as a childcare worker I have struggled to have adequate identity checking in Childcare. Though what IIIIIIIIIIIII had recommended, an entrance computer monitor in Childcare, was not done, an adequate method has been in force for several years now. To wit, to leave kids in Childcare one must have a photo ID. Period. That seems odd, since we have to identify ourselves to enter the Co-Op anyway, but for years I kept insisting that this is not adequate for Childcare, and finally they fixed it. I say this especially for Amina Munoz Ali, who brought a discussion item on entrance security, so that she might know that at least one entrance problem is taken care of.

As to getting upstairs without an ID, fahgeddibaddit! I have never had to identify myself when going up to Childcare, and that's about thirteen years of stairclimbing. I'd be willing to sign in, but since I'm usually in a rush I'm also glad not to sign in. I've heard it said that ID is not needed upstairs

Saturday, March 10

because the only place to go is the office, and also because there's also a hall monitor (and nowadays two phone monitors as well). Whaaa? And it's worth noting, Amina, as I'm sure you're aware, that once one person gets in, any number can get in through the door at the foot of the stairz. I'm not sure upstairs access is really a problem, but at least let's be clear that right now it's "like a sieve."

H

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As for the magical ability of our Ruling Class to pull the wool over our eyes, in the last (February 15th) issue we have the spectre of a "staff member" saying that we have 2,000 unfilled workslots during the week, while everyone can see hundreds of new workslots or reduced hours all around us. Remember that one job adds up to about 140 workslots if you multiply it by five shifts a day times 28 days in a cycle. So that's about 560 workslots counting four workers on each Street Squad, 280 workslots for the two new

"upstairs phone bank workers" or whatever they call them, not to mention all the cleaners who now work two hours instead of two and threequarters. And who knows, this may just be a drop in the bucket.

Finally, the same Gazette mentions our turnover rate, how low it is and how wonderful that is, and how difficult it would be to have an outside warehouse because of the complexities of running a trucking service, etc. But I don't remember voting for this policy, and that is the problem. Policy decisions are rarely brought to the General Meeting or even discussed in this paper. That is one reason why an assembly of elected delegates might be an enduring reform that would put the Co-Op on a path of consensual development, rather than the smoke and mirrors we now misname as our "governmental structure."

> Sincerely, Albert B. Solomon

LETTERS POLICY

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

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

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

Thursday, March 1 through Sunday, March 4

The following programs will happen within four days of publication of this issue. For full ads, please look at the February 1 or 15 issues or pick up copies of the flyers in the

Thu, Mar 1

7:30 Food Class-Spring Cleaning

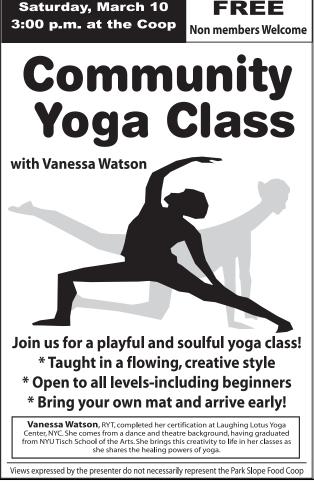
Fri, Mar 2

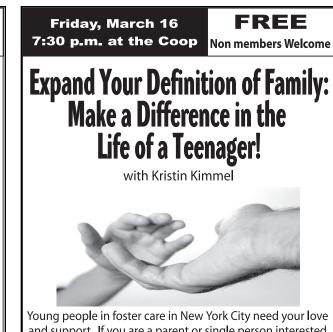
7:00 Film Night-Contested Streets

Sat, Mar 3

11:00 Children's Book and Toy Swap

3:30 Who Am I Listening To?





and support. If you are a parent or single person interested in helping a lesbian, gay, bisexual, transgender or questioning ("LGBTQ") youth in foster care, OR if you are an LGBT parent or single person interested in helping a youth in foster care, please join us for a presentation and discussion about mentoring, foster parenting, and adoption.

> Kristin Kimmel is a member of the Coop and the Director of the LGBTQ Project at Lawyers for Children, an organization that represents children in foster care in New York City.

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

Saturday, March 17 2:00 p.m. at the Coop

FREE

Non members Welcome

Stop the 3 p.m. Slump: The Top 7 Steps to **Double Your Energy** in 7 Weeks

with Jena la Flamme

Tired of being tired in the morning or mid-afternoon?

Do you want more physical and mental energy? Sick of using caffeine and sugar to prop you up?

Learn quick and easy strategies to increase your energy levels, decrease your cravings and allow you to feel and look better. Discover the tricks that will help you achieve more energy by eating foods and making choices that will consistently recharge your batteries. Learn to have more energy, better sleep, weight loss and better stress management.



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

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

Enjoying Difficult People— Including Yourself

An Introduction to Compassionate, **Nonviolent Communication** WITH DIAN KILLIAN

- How do you respond to "difficult" people and situations?
- How do you ensure that your own needs are met in ways you don't regret later?

Learn how to enjoy greater connection and understanding in even the most trying situations.

This workshop is based on the skills of Nonviolent Communication (sm) as developed by Marshall

Rosenberg, Ph.D. Nonviolent Communication is used around the world by couples, families, schools, and organizations to create shared understanding, resolve conflicts, and discover strategies that address everyone's needs.

Dian Killian, Ph.D., is a member of the Food Coop, co-author of Connecting across Differences, A Guide to Compassionate, Nonviolent Communication and a graduate of the NVC North American Leadership Training program. She is founder and Director of Brooklyn Nonviolent Communication (www.BrooklynNVC.org) which specializes in sharing NVC with those involved with education, the arts and social change

Non-members welcome

Saturday, March 18 12-2:00 p.m. at the Coop

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

Friday, March 23 7:30 pm at the Coop

FREE

Non members Welcome

Memories Still in a Box? Get Them Out of the Box & Into Your Life!

Our lives are full of moments to remember. But all too often our mementos get put into a box, and are rarely seen or shared again.

Let us help you honor your life by getting your photos and memorabilia out of their boxes and into photosafe products so you can remember, relive and share the moments of your life!

Bring 3—5 photos and a story to share. We provide the rest! Help us plan. Pre-register by calling (718) 398-1519.



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

Helping Feral/Outside Cats: Trap-Neuter-Return

Do you want to help your neighborhood cats?

Please join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats.



We will speak about the trapneuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretak-

All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks.

Jesse Oldham, a PSFC member, has been an animal welfare advocate for 13 years. She is the founder and President of Slope Street Cats and is on the NYC Feral Cat Council.

Non-members welcome

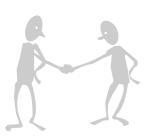
Saturday, March 24 1:00 p.m. in the Coop

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

ALTERNATIVE DISPUTE RESOLUTION **FAMILY & DIVORCE TEDIATION**

In divorce...

Mediation—not litigation! Instead of hiring lawyers and battling in court, couples work together, creating mutually satisfying parenting plans, separation and divorce agreements



In family matters...

- Resolving conflicts and differences which are causing stress.
- Improving relations between spouses, partners, parents and children, and brothers and sisters...

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

FREE

Saturday, March 24 Non-members welcome 7:00 p.m. at the Coop

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

Tuesday, March 27 Effortless 7:30 - 9:00 p.m. at the Coop MARKETING

An Interactive Workshop for Business Owners, Professionals and Freelancers.



Susan

Martin

Non-Members

Welcome

- ➤ Do you run a business or work for yourself?
- ➤ Do you need more customers?
- ➤ Do you find marketing frustrating, disappointing, or just plain scary?

JOIN US and learn how to create winning strategies that are successful, comfortable and easy!

This workshop will help you to:

➤ Attract your ideal customers

> Differentiate yourself from the competition

➤ Make marketing easy!

 $\textbf{Susan Martin} \ \text{created the Business Sanity Program to help small business owners}$ and solo professionals make more money, have less stress and more fun working for themselves. She maintains a private coaching practice in Park Slope. Susan is a Coop

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

Friday, March 30 7:30 p.m. at the Coop FREE

Non members Welcome

Choosing a **Sleep Away** Stephanie Rabins Camp for Your

with Carl Makower, **Beth Schneider and**

What is the philosophy/mission of the camp you are looking at? • Is your child ready for a sleep away camp experience? • What are the ages of the campers? • What is the staff to camper ratio? • What are the costs? • Are there hidden costs? • What are



some of the significant policies of the camp? Does the camp have a favorable history? • Once you have chosen a camp, how do you prepare your

Following a presentation by Carl Makower we will discuss specific auestions.

Carl Makower is a member of PSFC and a retired NYC public high school educator and counselor. He has many summers of experience at sleep-aways and is a founder of Shire Village Camp. Beth Schneider has 33 years of camp experience and is the current assistant head master at the Mary McDowell Center for Learning.

Stephanie Rabins is a PSFC member, a music teacher in both public and private schools and a supervisor at Shire Village Camp.

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

Saturday, March 31 4:00 p.m. at the Coop

FREE Non members Welcome



A Great Place to Live and Work

with Lalita Brockington

This workshop will show you the top five things that you can do in order to be productive while running your business from your "soho" (small office/home office)

(1) Discover the purpose of establishing boundaries (2) Learn the art of time management

> (3) Examine recordkeeping systems (4) Keep track of expenses

(5) Find your level of balance



gives workshops for prospective entrepreneurs and small business owners.

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

Saturday, March 31 12 p.m. at the Coop

FREE Non members Welcome

Alexander lechnique WORKShop

with Sigal Bergman

Modern day life, with its evergrowing pressures, pushes people to use excessive muscle tension in almost all activities. Years of repetition can create devastating effects such as back pain, neck pain, headaches, or ISI.

However, this harmful cycle can be stopped by learning to identify and change harmful movements that become habitual to us. Students of the Alexander Technique learn principles that promote physical coordination and enhance flow of movement in daily activities.

The Alexander technique has been proven to reduce pain, increase mobility and restore a sense of lightness and well-being.

Sigal Bergman is a certified Alexander Technique teacher and a Coop member.

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

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

ADVERTISE ON THE WEB

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

Answer to Puzzle on page 6

Agar Agar, Arame, Hijiki, Kombu, Nori, Wakame, Dulse, Kelp Fronds, Alaria Sea Vegetable

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.

CLASSES/GROUPS

FOR EXERCISE PHOBICS Scared of Yoga? Hate exercise? Small class forming for people who think they are too stiff, too large, too unfit to do yoga. Gentle, caring teacher. Make 2007 your healthy year. Call Mina 917-881-9855

VACCINATION OPTIONS? New Yorkers for Vaccine Information and Choice meets bi-monthly to address your concerns, at Realbirth in Manhattan. Next meeting is on MARCH 4 at 5:30 P.M. Call 212-696-6677 or www.nvvic.org.

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.

BEAUTIFUL OFFICE SPACE available one block from Coop. Suitable for bodywork or acupuncture. Includes consult room, 2 treatments rooms, waiting area and bathroom. Available Wed. & Fri. eve. & all day Sat. & Sun. Call 718-398-5284 and speak with Sally

MERCHANDISE

THINKING OF BUYING A WATER FIL-TER? 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 HOLI-DAY SPECIAL and save \$50!

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COMPUTER HELP-CALL NY GEEK GIRLS. Setup & file transfer; hardware & software issues; data recovery; viruses & pop-ups; networking; printer/file sharing; training; backups. Home or business. Mac and PC. Onsite or pickup/drop off. References, reasonable rates. Longtime Coop member. 347-351-3031 or info@nygeekgirls.com.

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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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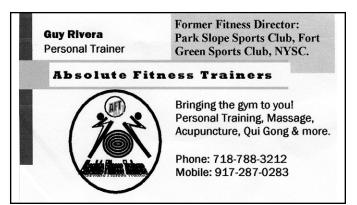
VACATIONS

LAKE HUNTINGTON, NY. Bungalow for rent in July. 120 mi. from Slope, nr Delaware R 3BRs LR/dining/kitchen area, bath, private deck facing woods, lake, pool, tennis. \$600/wk. Call Jon, 718-499-3626 or email capfab@earthlink.net.

WHAT'S FOR FREE

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FREE TICKETS for concerts for true classical music lovers only. Lincoln Ct., Carnegie, etc., on short notice sometimes. 10-20 concerts available each year. S10/yr management fee. For more info, call: 212-802-7456.



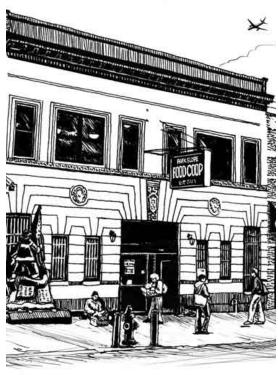
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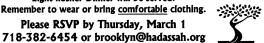
Krav Maga with Hadassah **Learn Israeli Martial Arts**

Monday Night, March 5th, 6:30 - 8:30 pm Hadassah House - 50 West 58th Street, Manhattan

Sponsored by Hadassah Brooklyn Region Young Woman/Young Leaders (20's, 30's, & 40's) Members and non-members welcome. Bring a friend! Donation: \$20 or \$18 If pre-paid before March 1

Hadassah requires pre-registration for security purposes Light kosher Dinner will be served. Remember to wear or bring comfortable clothing. Please RSVP by Thursday, March 1







Don't Forget The Variety Show!

Saturday, March 10, 2007 7:30 p.m.

at the **Berkeley Carroll School** 181 Lincoln Place between 7th and 8th Aves

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.

Marc Abelson Sajj Ahmad Joseph Alexander Aleksandr Allen Ron Alter Sareeta Amrute Perrine Andersen Susan Archibald Adam Aronson Andy Atkinson Julia Bacha Sandra Ban Elraka Banks Natalie Baptiste Sarah Barber Lynette Barnes Matt Beck Pamela Berman Freedom Bey Bianca Block Mystelle Brabbee Crystal Bradley Johanna Brandt Andrew Buckland Maria Azcue Buckland Joanna Budzynski Jared Bunde William Burns Rodney Calhoun Mary Jane Callister Jean Casella Anthony Cecutti Jaime Cecutti Stephen Clark Holly Coe

Davad Cokonis Jack Confalone Efrain (Ricky) Cortez Aaron Costa Ganis Evan Crane Iulie Criniere Mary Crowley Denali Dasgupta Sarah Davie Dacia Davis Saudia Davis Iulia Dawson Matthew Day Emily Decola Massiel Diaz Joshua Distler Kyle Dolan Nadine Dorvilus Elizabeth Dreyfuss John Henry Dreyfuss Caitlin Duffy Jeff Duneman Sarah Durning Julia Eddington Ryan Edwards Hilda Eribo Shirley Fan Marc Fellner Andrea Ferrero Kurt Flamer-Caldera Lorna Flamer-Caldera Morton Francis

Kathleen Freis

Jennifer Garam

Rosetta Gatewood

Jamie Gaul Katie Gibson Rawle Giddings Catie Gilchrist Annette Girandi Megan Gonyea Joan Goodman Julianna Goodman Justine Gourichon Maggie Gram Stephen Gritzan Alexander Grossman Daniel Grossman Tina Grossman Joseph Hankins Michelle Hayworth Greg Heffernan Brett Helquist Monica Hernandez Heidi Hesse Christelle Hippolyte Reiho Ho Yin Ho Emma Hoette Roxanne Hoflund Jane Huang Colette Hylan James Ivey Jennifer Ivey Eric Ienes Charleen Johnson Duane Johnson Kristina Jones Roman Jones-Bey Sylvia Joseph

Allison Kave Justin Kazmark Ahmad Keshavarz Punam Khosla Megan Kinninger Sutton Kiplinger Rebecca Kirchhemier Matt Medina Hope Kitts Yuko Kondo Kathryn Kooistra Alex Kranjec Danielle Kranjec Jennifer Landon Sylvia Langton Clara Latham Lasse Lau Iodi Laub Nicole Law Adin Lears Andrew Lee Jessica Lee Suvi Lehtinen Aaron Leichter Krisrin Lemon Toni Leslie Jacquelyn Liebman Heather Liljengren Tse Wei Lim Patricia Lobosco Ian Londin Laura Londin Yamina Lourghi Kate Lynch Nick Lyons Flo Maak Lisa Mallory

Kristen Mancinelli Joseph Manutti Marla Mazer Jamie McClelland Alice McFarland **Jenny Medina** Chaya Mendlowits Raphael Miles Adele Mitchell Annika Moltz Marlon Nathan Akiko Nishimura Vanessa Nisperos Willow Norton Aliza Norwood Maiya O'Brien Kelly Obendorf Wataru Okamoto Marco Panascia Robert Peach Marisa Perchtold Daniella Pereira Ionathan Pereira Raffaella Perino Nancy Petaja Leah Picker Kyra Popiel Michelle Portlock Ionathan Proville Christopher Pulakos Alan Quiros Andy Rainer Carse Ramos Eleonore Real Christina Reilly

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Sean Toohev Lynsey Tucker Patti Tuori Maureen Unachukwu Robert Underwood Antanas Vainius Verity Vantassel Lyndsay Varsaci Carol Vickers Ruben Villagran Megan Viren Bozhena Vistman Noeleen Walder **Charles Walters** Thomas Watson Stephanie Wells Ben Westhoff **Joseph Weston** Scott Whittle Ben Wiley Randy Williams Amy Wolf Anna Wolfgang Michael Wong Jason Wood Chris Yancey Alon Yavnai Christine Young Afrah Yusr Christopher Zei Joan Zimmerman Chezza Zoeller Steve Zourntos Anthony Zuco

THANK YOU!

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

Chris Anderson Ronit Avni Heather B. Deborah Bagg Lily Baldwin Adam Bell Emily Benedetto Ramsey Bitar Leslie Booker Ariel Bordenet Chad Borkenhagen Diane Brady Alison Brill Carrie Brunk Hillary Byrum Aly Cayer Karrin Cheifetz Arun Chaudhary Mekita Coe Matt Coffman Nakawe Cuebas

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