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Volume BB, Number 9

April 26, 2007

PHOTO BY LISA COHEN



How Safe Is the Food You Feed Your Pet?

No Coop Pet Food's Been Recalled

By Ann Pappert

In mid-March, Menu Foods, a Canadian-based pet food company that manufactures dog and cat food under 90 different labels, announced a product recall after discovering that some of its food was contaminated.

Menu Foods recalled 60 million cans of cat and dog food and at least six other pet food companies have also recalled tainted products.

The U.S. Food and Drug Administration is the agency that monitors the nation's food supply. It says all the recalled pet food was contaminated with melamine, an industrial chemical. The melamine-tainted food can cause kidney problems, and melamine was found in the urine and kidneys of pets that died after eating the tainted food. Twelve deaths have been reported, but the FDA believes that is just the tip of the iceberg.

Since the story first broke, the FDA has received over 12,000 complaints from pet

owners—equal to the number of pet food-related complaints they would normally register over 2 years.

Wheat gluten is used as a filler and binder in pet food. It is frequently added to wet-style, cuts and gravy-style pet foods to provide a gelatinous consistency and thicken the “gravy.” In addition to gravy-style canned pet food the recall has expanded to almost 2 dozen dog biscuit brands and pet food jerky, also contaminated with tainted wheat gluten.

Gravy style pet food and dog biscuits were contaminated.

The melamine appears to have been accidentally added to wheat gluten produced by a processing plant in China that supplies the gluten to a U.S. distributor. The pet food recall is one of the largest in U.S. history.

Because the recall even

affected premium brands, like Hill's Science Diet, normally only sold by veterinarians, the tainted pet food scandal has left many pet owners asking just how safe is the food they feed their pets.

The answer may lie in just what ingredients are in the pet food you buy.

None of the pet food sold at the Coop was involved in the recall. And that's not just luck.

“At the Coop there is already a consensus to carry more natural pet food products,” Kevin O'Sullivan, a Coop coordinator who orders all the pet food sold at the Coop, said.

“Coop members already know that there is a problem with a lot of the food in this country, particularly with pet food. People make jokes all the time about all the junk, things like by-products, that go into many pet foods.”

But the pet food sold at the Coop is different. “We carry more natural pet food

CONTINUED ON PAGE 2

Post-Apartheid Help for Those With HIV

By Hayley Gorenberg

Might Coop “community” stretch from Park Slope to South Africa? PSFC member Laura Horwitz, director of the New York office of the Ubuntu Fund, thinks so. This month she helped a teenaged South African orphan travel here to test that connection, seeking support for a community that—like her family—has been ravaged by HIV.

The Meaning of Humanity

“Ubuntu” loosely translates to “humanity” or “community.” “It's really an African ethical principle that says, ‘If

your brother or sister is down, pick them up!’ ” said Horwitz. “We are all responsible for one another. We become a person through the people around us,” she said. “And that's how we approach the work.”

Founded nine years ago, Ubuntu initially focused on schools. That focus transformed after a school meeting, where a parent stood up and said, “It's wonderful what's happening around education, but are we going to talk about the fact that in the past two months four of

CONTINUED ON PAGE 4



Lungiswa Ngceza (far right), sister of Zethu Ngceza, with a case worker and other children at an Ubuntu Education Fund event.

PHOTO COURTESY OF UBUNTU EDUCATION FUND

Next General Meeting on May 29

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, May 29, 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, May 2. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

Thu, May 3 •Food Class: 7:30 p.m. Spring Vegan Highlights

Fri, May 4 •Film Night: 7:00 p.m. *Beyond Conviction*


Sat, May 19 •Children's Clothing Swap: 10:30 am

Sat, May 19 •Poker Night: 7:00 pm

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

Thursday,
May, 3


7:30 p.m.
at the Coop



Susan Baldassano
coordinator

PARK SLOPE FOOD COOP

Spring
Vegan Menu



MENU

- Favetta and mushrooms with crostini
- Asparagus, cherries and pinenuts with apple brandy jus
- Saffron Israeli cous-cous with Moroccan spring vegetables
- Cherimoya parfait

\$4 materials fee

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

Guest Chef Matt Downes began exploring the links between culture, social responsibility and food as a student of Sociology and Psychology at Wesleyan University. He is a graduate of the Natural Gourmet Institute for Health and Culinary Arts and is currently the pastry chef at Pure Food and Wine in Manhattan. Matt is a Coop member.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

Board of Directors Election

The General Meeting & the Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting... The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs regularly. They receive Coop work credit for their attendance.

The Board of Directors conducts a vote at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

Openings

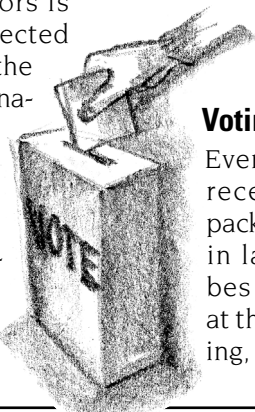
We have two full three-year terms and one one-year term open this year.

Candidate Deadline

If you wish to place your name into nomination, please declare your candidacy by Sunday, May 6. You will be asked to submit a statement of up to 750 words and a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing. Submit declarations of candidacy to GazetteSubmissoins@psfc.coop or drop your declaration off in the Membership Office.

Voting

Every member will receive a proxy package in the mail in late May. Members may also vote at the Annual Meeting, June 26.



Pet Food Safety at the Coop

CONTINUED FROM PAGE 1

products, many that are human grade," O'Sullivan explained. "Even the Purina dry pet food we sell, which we carry because it's a popular supermarket brand and a favorite of many of our members as well as more

But are these "natural" products really better for your pet?

Lick Your Chops clearly thinks so. Responding to the FDA recall, the company's website offers this summary: "There are considerable differences in the nutritional value between foods con-

digestibility and biologic value may seem more expensive on the shelf, but the cost per feeding is comparable, due to the reduced volume needed to satisfy energy and health requirements."

A Web site blurb for Newman's Own pet food illustrates the major differences between pet food sold in supermarkets and their more natural food.

What's In It and What's Not, the Web site asks, and goes on to list many of the products contained in supermarket foods, including:

- Poultry by-product meal, which is actually ground, rendered and cleaned poultry carcass parts such as necks and feet. Frequently, poultry and meat by-products have been rejected as unfit for human consumption.
- Antibiotics and steroids
- Chemical additives and artificial preservatives.

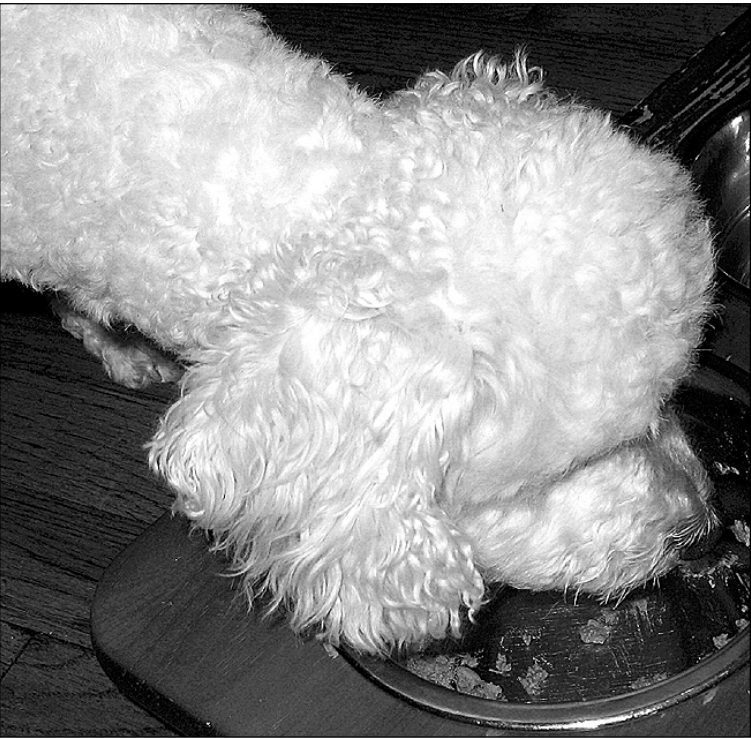
Many of these additives are designed to increase the shelf life and reduce fat spoilage of pet food, but can cause allergic reactions in pets.

- Wheat, corn and soy. All of which can cause allergic reactions in pets. Processed soy can also cause bloating in dogs.
- Artificial flavors, colors or dyes. Artificial flavors are made from highly processed animal tissue.

Newman's Own pet food is made with organic brown rice, Milo (a type of grain), barley, flax seed and oats, as well as organic veggies, kelp, probiotics and antibiotic-free chicken.

The pet food scandal seems to beg the question of whether you really want to feed your pet chemically laden food that's been sitting on a supermarket shelf for who knows how long or food that contains ingredients you wouldn't mind eating?

For more information on the pet food recall, visit the FDA's Web site at www.fda.gov. ■



PHOTOGRAPHS BY INGRID CUSSON

A Coop member's dog chows down on Lick Your Chops.

affordable, is still more natural than many other commercial brands of pet food."

Currently, the Coop carries three different brands of dog food: Petguard and Lick Your Chops, both in 14 oz. cans, and Wysong bagged dry dog food.

In cat food, the Coop sells seven different brands, both canned and dry: Petguard, Wellness, Lick Your Chops, Newman's Organic, One Earth, Wysong and Purina.


The Coop sells close to 1,300 cans and bags of cat food every week, and over 150 dog food products.

taining by-products, fillers and added animal fats and chemical preservatives and those containing natural ingredients. Much of the nutritional value of com-

None of the pet food sold at the Coop was involved in the recall. And that's not just luck.

mercial pet food has been removed by over-processing and adding chemicals that preserve color and add texture. Foods that are high in

children's clothing swap



Who needs Old Navy when you can outfit your child at the Coop for free?!

Bring your child's outgrown clothes to the Coop to trade with other members.

Please bring only items that are in good condition.

Do not bring clothing to the Coop before the hours of the exchange.

FREE Non-members welcome

Saturday, May 19 10:30-2:00 p.m. last drop-off 1:30 p.m.

SAFE FOOD COMMITTEE REPORT

Tales from Mali: The Global Fight for the Right to Food

A conversation with John Peck from Family Farm Defenders and Anna Lappé, co-author of *Grub: Ideas for an Urban Organic Kitchen* and *Hope's Edge*

This February, I had the opportunity to travel to the West African country of Mali to attend the world's first forum on food sovereignty. Bringing together more than 600 farmers, pastoralists, fisherfolk, trade union activists and others from over 80 countries, the forum was a unique moment for discussion of

gates, John Peck, who grew up on his family's farm in Central Minnesota and now lives in Madison, Wisconsin. As the executive director of the grassroots organization, Family Farm Defenders, John keeps busy fighting for food sovereignty here at home. In our conversation, John helps explain what food sovereignty

been trading with each other for eons, long before Christopher Columbus got into a boat. We're for *fairness* for those products that we do trade like bananas and coffee, and for the right to have power over production and supply of those products we produce and sell locally.

Lappé: In trade talks in Cancun a few years ago, a Korean farmer committed suicide, declaring that the World Trade Organization kills farmers. Why are trade models so damaging that this leader would take his own life in protest?

Peck: One of the big problems is called dumping, in which countries like the United States can now export heavily subsidized crops and flood local markets with artificially cheap products, often decimating small farmers' livelihoods. Mexico post-NAFTA is a powerful example. Following the passage of NAFTA, the domestic corn price in Mexico dropped by 50 percent due to subsidized U.S. corn. This cheap corn undercut local markets and contributed to 1.3 million peasants being driven off their land, many becoming migrant laborers or sweatshop workers.

Food sovereignty may sound like a fancy concept, but it's really simple: it means community democracy and control over our food and farm system; it means buying local and supporting your local farmers.

Lappé: You've talked a lot about how farmers in the global South have been affected by dumping. What about farmers in the United States?

Peck: Once you're on the dumping treadmill everyone can dump on everyone. Our dairy farmers have been really hurt by milk protein concentrate, or MPC, which is being imported for use in fake-o cheese products like Velveeta and Kraft Singles. Also, since MPC is imported as a glue ingredient, which is an industrial product, we have no safety screening. Once imported, it's used in various cheese products, cutting off markets to our domestic dairy farmers. Meanwhile, here in the United States, milk prices have been stuck at the same level since 1970. So yes, dumping comes back to haunt us. Globally, it's the same corporations making



North American and Palestinian delegations; including (far left) John Peck and Anna Lappé

common strategies and struggles in the globalized fight for food sovereignty. Broadly defined, food sovereignty means bringing democracy into the food system so that food producers and food eaters—not just transnational corporations—have power over food.

The meeting was held in rural Mali, an hour-and-a-half outside of Bamako, the capital, in a village that had been created for the forum. We slept in four- and six-person huts, showered outside in un-roofed stalls and ate together on mats laid out on the sand. The meetings were held in open-air huts with thatched roofs to shade us from the sometimes 100 degree heat. At any given moment, you could hear dozens of languages, with all formal conversation simultaneously translated into English, Spanish, French and the local language, Bombara.

The choice of Mali was a conscious one. The country, like many African nations in the Sahel, struggles mightily with its food self-sufficiency. Mali, in particular, faces understandable challenges: it's nearly twice the size of Texas, but it is land-locked and only 4% of its land is farmable.

The forum was organized by several international networks, including Via Campesina, the largest umbrella group of organizations of fishing, farming, pastoralist and indigenous communities.

I had a chance recently to interview one of the U.S. dele-

means, why it matters and what we can do to support it. (I can happily report that John mentioned "joining a food cooperative" as one of those "things we can do!")

Lappé: What does food sovereignty mean to you?

Peck: Food sovereignty may sound like a fancy concept, but it's really simple: it means community democracy and control over our food and farm system; it means buying local and supporting your local farmers.

Lappé: When I promote local foods, I sometimes get the response that buying local actually hurts farmers overseas. Does supporting local foods—shopping at a food coop, for instance—support food sovereignty globally?

Peck: First of all, only 5% of food is traded in the global marketplace. A lot of people don't realize that three times as much food is grown in cities as crosses borders, but it's this tiny fraction of food that dictates prices. When the world market price for commodities dive bombs, farmers everywhere are hurt. Via Campesina argues that there shouldn't be world market prices for food. Prices should not just be country specific, but bioregional. For instance, milk will cost farmers more to produce in New England than it does for farmers in the Midwest, and so the price should reflect that. **Lappé:** So does this mean you and your allies are against trade?

Peck: Not at all. People have



PHOTOS BY ANNA LAPPE

Discussions during the women's meeting, held one day before the forum began

money, while the same farmers are hurt.

Lappé: Many people I meet have the impression that only people in industrialized countries have serious concerns with GMOs. What was the feeling about GMOs at the forum?

Peck: Farmers were unanimously concerned. We heard, for instance, from the Armenian delegation that despite a national ban on GMOs, Syngenta, one of the world's largest GMO producers, has been dumping Bt corn there illegally for five years. When the company was confronted, Syngenta said the dumping was a mistake. If that's true, there have been a lot of "mistakes" in recent years, like the mistake of exporting GMO rice in Thailand or dumping genetically modified food aid in Sierra Leone. But does the government of Armenia or Thailand or Sierra Leone have the resources to be testing or controlling their bor-

ders for this illegal dumping? Unfortunately, no.

Lappé: Let's end with some action steps. How can we promote food sovereignty in the United States?

Peck: There's a lot that we can do, and a lot going on across the country. We can join the efforts to create local food policy councils [**AL: one is in the works for our city and state**]. We can promote community-supported agriculture where people invest at the beginning of the growing season in a farm to receive fresh food throughout the harvest [**AL: check out www.justfood.org to find local ones**]. We can visit (or start) a local farmers market [**AL: visit www.cenyc.org to find some of our local ones**]. And that's just for starters. We can also fight for specific policies, like local food purchasing in our school districts or property tax rebates for converting to organics or bans on the planting of GMOs. ■

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Collecting Your Stories Workshop

with Paola Corso

Wordsprouts curator and university creative writing instructor Paola Corso, author of *Giovanna's 86 Circles* and *Other Stories*, will share her experience getting her collection published and offer practical tips from her *Writer's Digest* article "Piece by Piece" to help participants create a short story collection that adds up to more than the sum of its parts. She'll offer writing and organizational exercises, so bring your stories and questions.

"Paola Corso's prose is memorable and entrancing... powerful in the moment thanks to the imagery's dream-like density."

—Publishers Weekly

"Giovanna's 86 Circles is captivating storytelling in the tradition of Italian fairytale makers."

—Rain Taxi

Paola Corso is a Sherwood Anderson Fiction Award winner, New York Foundation for the Arts poetry fellow, and author of a book of poems *Death by Renaissance*. She is coeditor of *Confluence*, a forthcoming global anthology on women and the politics of water. She is a writer-in-residence in Western Connecticut State University's MFA program.

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

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

Tuesday, May 22 • 7:30 p.m.
in the meeting room

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

Fighting HIV in South Africa

CONTINUED FROM PAGE 1

our learners have died because of this disease that's killing us?" Forty percent of the community has HIV, according to Horwitz, so of the 400,000 people living there, 140,000 have HIV, many with advanced, debilitating disease. "We still continue to work in schools for empowerment but use schools as nodes of care and support." Ubuntu works with life-skills educators in schools, including education programs dealing with everything from age-appropriate HIV prevention information beginning in first grade to supports for building self-esteem. Case managers work with students, bringing their entire families into systems of case management and psychosocial support, including home visits, income grants, stabilizing access to food and helping escort those who need medical care to local clinics. They reach 40,000 youth and adults annually.



Structured Oppression

Ubuntu focuses its services in a community "overcome by the impact of apartheid," according to Horwitz. Its catchment is a grouping of townships in the vicinity of Port Elizabeth. Known as Ibhayi, it's a collection of shacks and informal dwellings, "very, very scant infrastructure," purposely laid out in that fashion under apartheid, said Horwitz, to inhibit people from meeting and organizing. "That's why you have communities that are so vulnerable to HIV," Horwitz says. "The more education somebody has access to, the more likely they're employed. HIV can impact anybody, but there are conditions that make you more vulnerable to the disease. Right now it's decimating the most productive sector of the [South African] population. It's decimating those who are raising children and those who are contributing to the economy. There's less teachers. There's less people to raise children. So there's less leadership. That's pretty devastating.

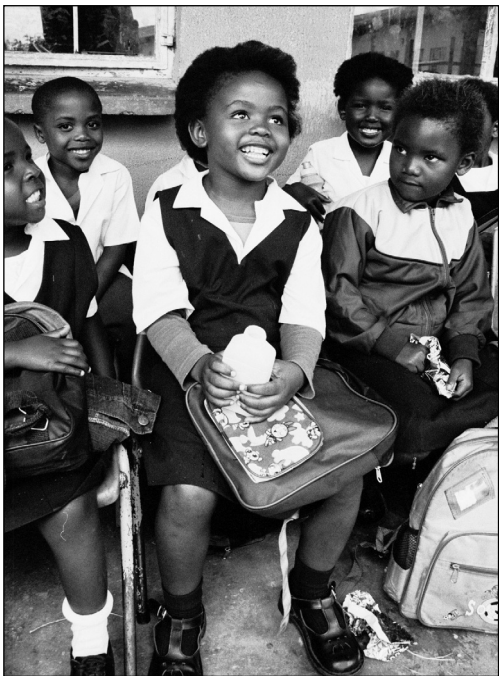
We're trying to figure out, 'How do we work and how do we rebuild access?' "

Despite the structural hurdles, many of the leaders of the African National Congress came from the area, so it nevertheless has a proud history of organizing. "There's

"...There is a secret room in our school so a person could not be ashamed of going there for talking." --Zethu Ngceza. AIDS Activist

a lot of resiliency and strength, but at the same time it's tempered by these structural difficulties, such as finding a way to get a decent education or losing your parents to some kind of disease and really having no one to take care of you," Horwitz says. Ubuntu recently launched a capital campaign to build a gathering space in the township, planning a 19,000-square-foot community

private/public partnerships in South Africa, with a fair amount of focus on launching case management for orphaned and otherwise vulnerable children. Apparently struck by Ubuntu's progress report, representatives came to South Africa to observe the work first-hand, meeting with case managers, other staff and students, including Ntombizethu "Zethu" Ngceza, a 17-year-old who has cared for herself, her brother, Andisiwe, and her sister, Lungiswa, since the three of them were orphaned by HIV in 2005. "Zethu is just this extraordinary young woman," said Horwitz. The Clinton representatives "were blown



Left: Children working in one of Ubuntu Education Fund's organic gardens. The gardens provide meals to 1750 children per day. Above: Children attending Camp Ubuntu holiday program for orphaned and vulnerable children.

away by all the things she had to say." Horwitz remarked that when asked to identify her "hero," Zethu said it was her Ubuntu case manager, Fezeka Mzalala, who joined Ubuntu five years ago. Ubuntu brought Zethu and Fezeka to New York last week, where Zethu shared the stage with President Clinton on April 19 for a conversation about her community and her own experience and talk about commitments that could be made to help in the future. "For us it's an extraordinary opportunity," said Horwitz. She looks toward expanding services and support in areas where schools typically have 50 children sharing two textbooks and clinics have "maybe two nurses and the doctor will come once a week. Especially on the day that the doctor comes, you can just imagine what the lines are like! There's no AC, crowds and crowds of people who are sick. There's huge [HIV] stigma. Those who come usually don't come until they're very, very ill. And there's no transportation. If you have diarrhea and have to walk five miles to a clinic, you're not going to do it."

Meeting Zethu Ngceza

Zethu, enthusiastic despite jet lag last week, dis-

cussed everything from her experience with Ubuntu, to her aspiration to become an accountant, to her fascination with the prospect of seeing dinosaur bones at the Museum of Natural History. "In my home, there is no guardian," she explained. "Ubuntu is my guardian. They counseled me, because I couldn't face the thing of being an orphan. There is a secret room in our school so a person could not be ashamed of going there for talking." She left South Africa for the first time to take this trip. "It was amazing," she said. "I am so excited now!" Looking toward the meeting with President Clinton and his foundation, she said, "I just hope they will not be bored, just listen to me and just get interested, asking me questions." Zethu also hoped to visit schools, to "see how they operate." She professed a fascination with American students' freedom to choose their own clothes to wear to school, instead of donning uniforms. "Uniform is pretty cool," Zethu said, explaining, "When a child is wearing a school uniform, you could not identify the rich one and the poor one." Mzalala, the Ubuntu case manager, recalled first encountering Zethu. "When I met Zethu she already lost both her parents.

addressed through schools. Realizing students needed food, and recognizing as well that people on HIV medications may have trouble complying with their regimens when they don't have food, Ubuntu began a community garden project in the schools, building food security initially with students. Staff worked with grandparents who care for many children whose parents are ill or dead, offering a weekly stipend while training them to grow and prepare food. Today, sustainable agriculture practices at Ubuntu gardens feed 1,750 students a nutritious meal each day. Those who run Ubuntu gardens also receive their own small plots to cultivate as they like. One garden in the local clinic, run by HIV support group members, yields food for 50 people, Horwitz said.

And in New York...

Horwitz directs Ubuntu's four-person New York office, where she's shepherded operations and fundraising since 2006, after a stint doing domestic HIV work at the Institute for Gay Men's Health at Gay Men's Health Crisis. Before that, she lived in South Africa for about five years, where she worked for the University of Capetown on HIV prevention efforts, support, and "social marketing campaigns." In South Africa, she met her husband, Hilton Horwitz, now a receiving coordinator at the Coop. She related the Ubuntu principles to community at the Coop and in Brooklyn generally, where she seeks to grow awareness about the organization, using its guiding principle of taking responsibility for one's community. "In such a fractured society it can be a way to connect to your community. Community has a lot of dysfunction, and that's OK; it's

"It's wonderful what's happening around education, but are we going to talk about the fact that in the past two months four of our learners have died because of this disease that's killing us?" --Banks Guazua, Ubuntu

"From there she was staying with an aunt, who has her own children plus three of Zethu's family members—eight in one small shack. It was not a proper place. It was small, and it was having some holes. It was not a great thing to see that children are suffering." And soon, Zethu's aunt left the area to seek employment, "so I had to work harder than before," said Fazeka, whose current work for the children includes seeking a foster parent for them, which will facilitate a better housing placement, "and also to relieve Zethu from being a parent."

Food Security

The most basic needs are

about learning to be in it and have dialogue with each other and how we support each other. I think that happens at the Coop, at different levels. You can choose how involved or not involved to be in the community. It helps give more control in things that these days are often being taken out of the community, like control over your food sources. Taking away people's food source is a huge way of exercising control over them." ■

Coop members and members of the public who wish to walk with Team Ubuntu in the upcoming AIDS Walk in Central Park on May 20 can join at www.ubuntu-fund.org/aidswalk. Click on "Join Our Team," and fill out the form.



The moon hangs over a peaceful stretch of Prospect Park.

Helping Our Parks

By Walecia Konrad

Whether it's a run in Prospect Park, a trip to the working farm in Red Hook or a work slot at the Garden of Union, there's no doubt Park Slope Food Coop members have a special relationship with the green spaces in and around the Coop. After all, if you're interested in eating healthy, sustainably grown foods, you're naturally going to seek out and enjoy the outdoors. But how about taking it a step further and really advocating for Brooklyn's parks and gardens, asks Maura Lout, former Coop member and director of operations at New Yorkers for Parks, a non-profit watchdog group for New York City's parks and beaches.

Continual budget cuts have hit the parks department hard. Currently, New York City spends only three-tenths of 1% of its budget on parks compared to a city like Chicago, which spends 4%. That's less per person than Washington, DC, Seattle and San Francisco. Here's one result of the cuts: There are 1,700 parks in New York City and only 10 gardeners and 16 assistant gardeners to take care of them, says Lott. "The Parks Department staff perform minor miracles every day. They need our help," she adds.

More and more the city's parks have to rely on volunteers for manpower and private and non-profit organizations for funds. The Prospect Park Alliance, for instance, has been enormously successful in raising money to improve and maintain Brooklyn's gem. But smaller green spaces that can be equally important to local residents get far less attention. "We want everyone to walk into a city park that looks as good as Prospect Park or Central Park," says Lout.

What's more, new parks that are in the process of being developed are often not set to receive funding from the city for maintenance and operations. Instead, they

are expected to pay for those costs through commercial development, says Lout. The expansion plans of Brooklyn Bridge Park from its current 12 acres to 76 acres, for example, include 10% of the park set aside for housing, hotel rooms, retail space and other commercial uses. But Lout worries that when public funds are not used to operate a park, citizens are forced to make private deals that may compromise future green space. Buildings will take up what could be open space and residents may

There's no doubt that well-maintained parks add to the quality of all of our lives. They increase real estate values and help decrease crime rates. Even more important, green spaces can have an incredibly positive impact on our health. Cities with lots of green space have lower rates of asthma, diabetes, obesity and other chronic illnesses.

So what can PSFC members do to support our parks? Here are some ways to get started:

• **Sign up for Parks Advocacy Day** sponsored by New



require private access to the adjoining parks, cutting off public accessibility, she says.

Closer to home, Lout worries about green space being incorporated into the development plans for Atlantic Yards. "We had a conversation with the Ratner Companies to get them to commit to a maintenance fund to take care of adjacent parks. Clearly those spaces are going to have to deal with heavier use. We also gave them some designs for new open space. Overall, they weren't interested," says Lout.

Yorkers For Parks, on May 8 from 4 p.m. to 8 p.m. at 14 Vesey Street (www.NY4P.org). So far, 51 city council members are scheduled to attend the event. In addition to discussing a citywide green space agenda, the non-profit will pair council members with residents from their districts to discuss local park concerns, budgets and other issues. This is your chance to tell your local council member you want better parks, playgrounds and beaches. It's also a great place to voice concerns about local green



Wintry mists in Brooklyn's beloved Prospect Park.

space and development in our area. In addition, leading green space advocates from Brooklyn and throughout the city will be in attendance, offering advice and information on how residents can get more involved.

• **Join your local community garden**, suggests Robin Simmen, manager of Brooklyn GreenBridge, Community Horticulture Program, Brooklyn Botanic Garden. Strong advocacy organizations like the Trust for Public Land and the New York Restoration Project (founded by Bette

and support. Programs such as poetry readings, potlucks, movies, bake sales and other activities that non-members also enjoy help gardens become an integral part of the community. "When a neighborhood is truly invested in its open space, residents are less likely to sit idly by and let the developers steal it from them," says Simmen.

While you're at it, mark your calendar for June 16 (10 a.m. to 1 p.m.) when the Brooklyn Botanic Gardens sponsors Our Gardens! Our Future! a panel discussion and open forum on the status of New York City Community Gardens.

• **Check out other green space non-profits** such as the Parks Department's Partnerships for Parks (www.partnershipsforparks.org) to see how you can volunteer at your local park or otherwise get involved in park advocacy. ■

PHOTOGRAPHS BY INGRID CUSSON
ILLUSTRATION BY ROD MORRISON

PROGRAMS

**Thursday, April 26 through
Sunday, April 29**

The following programs will happen within four days of publication of this issue. For full ads, please look at the March 29 or April 12 issues or pick up copies of the flyers in the Coop.

Thu, Apr 26

3:00–8:00 p.m. Blood Drive

Fri, Apr 27 and Sat, Apr 28

11:00 a.m.–6:00 p.m. Blood Drive

Sun, Apr 29

12:00 p.m. Preparing for a Powerful Birth: How a Doula Can Help

**The Fun'Raising Committee of The Park Slope Food Coop
Presents
For Your Entertainment and for a Good Cause**



**Saturday, May 19 • 7:00–10:00
Upstairs at the Coop**

**Benefit for CHIPS Soup Kitchen
(Christian Help In Park Slope)**

**Beginners Welcome—The basics will be taught as needed.
A fun social evening for a good cause. Come one, come all (age 18 and up).
Snacks and drinks available for purchase.**

**Admission price of \$10 buys your poker chips to play,
and supports the beneficiary.
Top four winners will receive a gift certificate.**

What a Deal! So Deal me In!

Further Information: (718) 429-3437

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. 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.

Friday
May 18
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

Bruce Markow

"Hot! Amazingly tasty!" (Vance Gilbert)

Alternative-Folk singer-songwriter **Bruce Markow's** uplifting rock, pop, jazz and Afro-Brazilian infused songs deftly explore—with punk and grace, playfulness and passion—the wonders and woes of growing more fully alive. The Brooklyn multi-instrumentalist's rich voice expresses both the deepest human capacity for joy and the hunger for a world of greater peace, truth and love. *"Infectious, irresistible, memorable and tons of fun"* (Mitch Teplitsky, filmmaker) *"Eloquent, sensitive and full of heart"* (WBCR-FM)

Jean Rohe

Jean Rohe and her band perform an exciting, multilingual mix of their own original music as well as folk music from various parts of Latin America. With diverse musical backgrounds that span from jazz and improvised music to folk music of the Balkans and back to Brazil, the band members bring a wide range of talent and experience to their unique sound. Band members are Ilusha Tsinadze, guitar; Liam Robinson, accordion; Benjy Fox-Rosen, bass; and Hector Morales, percussion. Jean will be singing and playing some percussion.

53 Prospect Park West [at 2nd Street] - \$10 - 8:00 p.m. [doors open at 7:45]

Performers are Park Slope Food Coop members and receive Coop workslot credit.

Booking: Bev Grant, 718-230-4999

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 11.

Cheeses of the Week

The code used on the list below is a simple letter substitution. That is, if "J" stands for "C" in one word, it will be the same throughout the list.

J K E K P N J K L H K

F R H N N Q Z Y E F K W E

K D D N E O K B B N H

J K L H K B N G

N Z F W X Z

T B N Y H P Y Q K M Y W G

J Y N X K B B Z E W E

S K Q Z E N P Z

Q K B X Z H Z G K

Q Z E F J K L H N H

Q W Q Z B N F F N

D N F N E I N B B H N G N -

H X N

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Vitamin Assistant

Saturday, 6:00 to 8:30 p.m. or 8:30 to 11:00 p.m.

Are you a detail-oriented worker who can work independently in a busy environment? The Coop's vitamin buyer needs you to help her check in orders, organize the vitamin supply and help with labeling and other related tasks. You will be trained by Edite and will report directly to her. If interested, please contact the Membership Office.

Cashier Subsidiary Ledger

Wednesday, 6:00 to 8:30 p.m.

The Bookkeeping staff is looking for workers to assist with cashier record keeping. The workslot requires good handwriting, attention to detail, and facility with Excel spreadsheets. You will be manually entering information from the cashier

system. The work needs to be completed on Wednesday, but the time slot is flexible. Please contact Michelle Wiemer in the Membership Office if you are interested.

Inventory Data Entry

Sunday, D week, 9:15 to 11:00 p.m.

Help the Coop complete its weekly inventory. Familiarity and comfort working on computers is required for this workslot. You will be working with a small group of members, so reliability and good attendance are a must. This workslot requires a six-month commitment.

Office Data Entry

Wed. or Thurs., A week, 4:30 to 7:15 p.m.

Are you a stickler for details, accurate on the

computer, and like working independently? 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. This workslot requires a six-month commitment.

Office Setup

Weekday mornings, 6:00 to 8:30 a.m.

The Coop needs an early riser with lots of energy 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

CONTINUED ON PAGE 8

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:

May 10 issue: 7:00 p.m., Mon, Apr 30
May 24 issue: 7:00 p.m., Mon, May 14

CLASSIFIED ADS DEADLINE:

May 10 issue: 10:00 p.m., Wed, May 2
May 24 issue: 10:00 p.m., Wed, May 16

General Meeting

TUE, MAY 1

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the May 29 General Meeting.

TUE, MAY 29

GENERAL MEETING: 7:00 p.m.
The agenda will appear in the next Gazette and as a flyer in the entryway on Wednesday, May 29.

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, May 29, 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 Ellen Weinstat 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 calendar year.

• 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 processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture. We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store. We welcome all who respect these values.

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.*

SAT, APR 28

PEOPLES' VOICE CAFÉ: Jack Landron. 45 East 33rd St. (btw Madison & Park). 8 p.m. Suggested Donation: \$12 or TDF; More if you hoose; Less if you can't. No one turned away. 212-787-3903.

POLY PREP COUNTRY DAY SCHOOL PRESENTS Simon Shaheen & Qantara in a benefit concert to help replace the roof on St. Nicholas Cathedral in Brooklyn. \$30.00 admission. For more info visit www.stnicholascathedral.org. Poly Prep Country Day School, 9216 7 Ave. Bklyn.

SUN, APR 29

ZEEMEEUWSIC II: Sunday concerts at the Old Stone House. Harmonic Insurgence—Songs for an

Unsettled World. Programmed by *Martha Siegel. JJ Byrne Park, 5th Av btw 3rd/4th Sts. 2:00 p.m. \$10.

MON, MAY 7

MAY IS ENTREPRENEUR'S MONTH at the Sankofa Center for Health and Healing. Business development sessions 6:30 - 8 p.m. Free-will donation. 5/7: What is your Fire Within? 5/14: How to be a Visionary. 5/21 Are you working on your Biz? Call to reserve your space: (718) 735-5079.

TUE, MAY 8

ZEEMEEUWSIC II: Sunday concerts at the Old Stone House. *Bev Grant & the Dissident Daughters, original songs from a sassy wom-

an's point of view. Programmed by *Martha Siegel. JJ Byrne Park, 5th Av btw 3rd/4th Sts. 2:00 p.m. \$10.

WED, MAY 16

BROOKLYN UNCORKED: Drink local! A wine tasting event with wines from 30 Long Island wineries. Wines available for purchase (cash only), and opportunity to win a getaway at a B&B in wine country. May 16 at the BAMcafé at the Brooklyn Academy of Music. 6–9 p.m. Admission \$30. Tickets available via www.ediblebrooklyn.net



WORKSLOT NEEDS

CONTINUED FROM PAGE 7

coffee. Sound like your dream come true? This job might be for you. Please speak to Adrianna in the Membership Office, Monday through Thursday, 8:00 a.m. to 2:00 p.m..

Kitchen Cleaning
Wednesday, 8:00 to 10:00 a.m.

Deep clean all three kitchens in the Coop: childcare, the meeting room, and the staff room. You will work independently to clean countertops, cabinets, drawers, kitchen equipment, sinks, and refrigerators. Reliability is a must, as you are the only person coming to do this job on your day.

Plastic Recycling Drivers
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.

Soup Prep
Friday, 7:00 to 9:45 a.m.

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 4 Ave. (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.

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

Spring Campaign

Okay. So what do we have...

Checklist:
fresh greenery
flowers
singing birds
mild weather

Plan:
To wantonly spend above resources

Method:
get outside
stay outside
give away hugs
(push the envelope & give away some kisses)

Purpose:
to be a fount of joy

Follow-up
surprise family with same plan & method

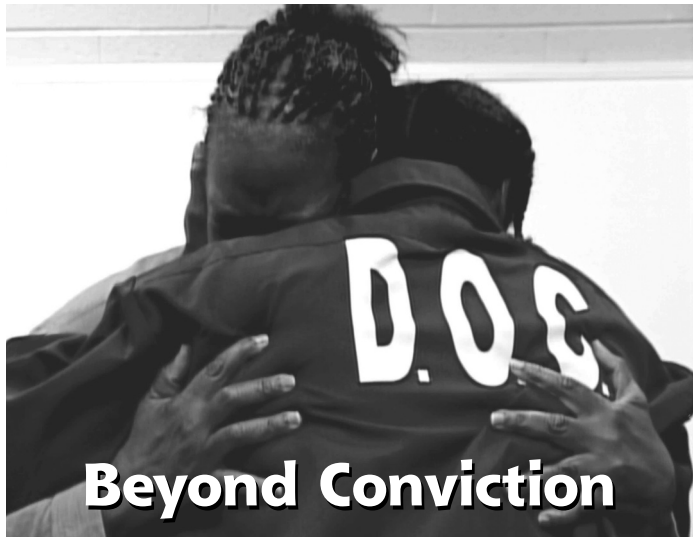
Addendum:
hit Coop

by Myra Klockenbrink

Mondays:
April 30 (A Week) May 14 (C Week)
and
May 21 (D Week) June 4 (B Week)
Noon to 1 p.m. and 1:30 to 2:30 p.m.
Or you can join in any time during a tour



Friday, May 4 • 7:00 p.m.
at the Coop



Beyond Conviction

Beyond Conviction tells the moving story of three crime victims on a journey towards healing and resolution. The film follows participants in a pioneering program run by the state of Pennsylvania in which victims of the most violent crimes meet face-to-face with their perpetrators. Beyond Conviction provides a rare glimpse into the lingering pain, questions and regrets for both victims and perpetrators and reveals the bold and difficult path to redemption and reconciliation.

Rachel Libert, (Director) is a producer/director and cinematographer based in New York City. She is the director of the short film Undertaker, which aired nationally on Lifetime Television after premiering at the Sundance Film Festival and screening at over 30 film festivals worldwide. The film received many awards including a national CableACE for best dramatic short film.

As a cinematographer, she has shot documentaries on a wide range of subjects including *Investigating Hate*, which examined the prosecution of hate crimes, to *Smokestack Lightning: A Day in the Life of Barbeque*. Her broadcast credits include work for MTV, Discovery Health, Court TV, VH1 and Oxygen. She has also shot numerous commercials and promotional videos for clients such as The Partnership for Drug Free America, Levis, Citigroup and IBM.

She is the co-founder of Tied to the Tracks Films, a production company dedicated to the creation of films that raise awareness and affect change. Beyond Conviction is her first feature film.

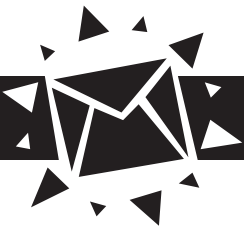
A discussion with Rachel will follow.

FREE
Non-members welcome

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



LETTERS TO THE EDITOR



FOOD
POLICY: NATIONAL,
STATE AND LOCAL
DEAR EDITOR:

National: This year the US Congress will pass the 2007 Farm Bill, a massive federal subsidy program every five or six years that funds everything from agribusiness corporate welfare to land conservation to Food Stamps. With growing public awareness of food health and safety, voter attention on this year's bill may be at the greatest level since it began in the Depression. House and Senate committees are dealing as you read this on how much of \$90 billion goes to which interests. The Farm Bill's impacts resound through the national food system and help determine what and how we eat. Your letters to Congress can impact decisions traditionally sequestered in the offices of a few Midwest legislators tied to industrial farmers and the likes of ADM and Cargill. To quote writer Michael Pollan, "Don't call it the Farm Bill; call it the Food Bill."

Learn more and pipe up:
Coop Food Safety Bulletin board, by the elevator
Website: Northeast Sustainable Agriculture Working Group (NESAWG)

http://www.nesawg.org/2007/04/2007_farm_bill_resources.html

Book: FOODFIGHT, A Citizen's Guide to a Food and Farm Bill, Daniel Imhoff, Watershed Media, 2007.

PODcast by the same author: <http://cookingupastory.com/index.php/2007/03/27/a-conversation-with-dan-imhoff/>

State: New York had a Food Policy Council under the Cuomo administration but subsequently shut it down. The State Assembly and Senate are considering bills to start it again. The legislation would create a NY State Food Policy Council to develop comprehensive, coordinated state food policies for an affordable, safe and nutritious supply of locally produced foods, supporting a vibrant local farm

and food economy. A Council would address disappearing farmland and inner city supermarkets, increasing poverty and hunger, diet-related health problems and other food policy issues. Dozens of state programs on hunger, local agriculture, nutrition and health problems would benefit from increased coordination and planning. Ask your state legislators to support A10461 (Ortiz) / S7618 (Young).

Web article: <http://www.justfood.org/jf/FPC-factsheet.pdf>

Local: Mayor Bloomberg, with considerable input from Council President Christine Quinn, has created a City Food Policy Taskforce and hired a Food Policy Coordinator. Park Slope native and poverty advocate Benjamin Thomases, 31, started the new role in January after a stint in job creation with the Fifth Avenue Committee in Brooklyn. The Taskforce will focus on improving the availability and quality of meals served in city food programs for the poor and encourage healthier food in bodegas that are often the only food outlets in low-income neighborhoods. Increasing access to Food Stamps for those eligible is another priority. An interested public could contact City Council representatives about increasing the resources and scope of this new agency.

Cooperatively yours,
Jeff Heehs

COOP TREE MAN
LEND A HAND IN
NEW ORLEANS

DEAR MEMBERS

Below is a letter from Adam Parke. Adam has been selling trees next to the Coop in front of the adjacent school yard wall for many years now. He has been doing wonderful work helping people in need for a long time. I remember the pictures he displayed years ago of his volunteer work in Nicaragua where he helped to build homes and community infrastructure.

Adam and his tree-selling colleagues are great neighbors for about three weeks each December.

Joe Holtz
General Coordinator

DEAR BROOKLYN FRIENDS

Greetings from Vermont! I have just returned from two weeks of volunteer work in the Lower Ninth Ward of New Orleans. Along with three other Vermont carpenters, I concentrated on reframing, rewiring and dry-walling a severely damaged house. This house stands very near to the place where the levee broke during Hurricane Katrina. With 180 mph winds ripping roofs off and pushing a huge storm surge, the levee break caused the water to rise 23 ft. in 20 minutes, trapping many people in their attics, where they thought they would be safe. Local estimates for this neighborhood are nearly 3,000 drowned or missing. Bodies are still being found. Very few houses are still standing. Some blocks are empty, only cement steps leading to open air and clumps of weeds.

I volunteered for Common Ground Collective, a grassroots, nonprofit organization that was essential in providing short-term relief for hurricane victims and now is focusing on long-term support for the physical and social redevelopment of this part of New Orleans. They are doing the work that the Federal, state and local governments have failed to address, namely the rebuilding of sensible and sustainable communities.

I drove to New Orleans with a truck full of carpentry tools expecting to work on one house, "The Blue House," which belongs to a sweet little great-grandmother who loves to cook Sunday dinner for her big extended family. She would visit us twice a week to guide us on her desires for the rebuilt house and bring us samples of her southern cooking. She was most appreciative of our efforts. Proceeds of this year's Christmas tree sales went into materials for the project. I hope that within another month she will be living there again as the community returns and grows once again.

Although I am back in Vermont now, I am continuing to work on behalf of Common Ground, trying to

arrange the donation of twenty experimental solar homes from the Solar Decathlon, an annual design competition among Architectural and Engineering Colleges from around the world. These houses will be set up on the Mall in Washington, D.C., in October, then, I hope, donated to Common Ground to form the nucleus of a community in progressive solar homes. These homes could serve as models for more homes to be built in the neighborhood.

I urge you all to look at Common Ground's Website—www.common-groundrelief.org—and make a donation to them if you feel so moved. Many thanks for your support of our Christmas tree sales. See you in December.

Adam Parke
Barton, Vermont

Member Contribution

PARK SLOPE
HOTHOUSE

I'd never spied a hotpink house,
I'd never hoped to spy one,
But now I have—and have to
grouse

I'll never, ever buy one.
The color sets the neighbors off
—They call it mad magenta—
By raising ire much hotter than
fire,

Propelling them off-centa,
The kids who pass on Garfield
Place,
Some skipping and some bop-
ping,
Declare they hear kid-friendly
sounds:

"Like bubble-gum, like popping."
On rainy days, the glow is gone,
The structure slips its groove;
It lightens mightily in hue,
Becoming mauve-on-the-move.
And yet the building has its
champions
Who've written and who've
phoned
Proclaiming booze reveals the
beauty
Of the brownstone that is
stoned.

Leon Freilich

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

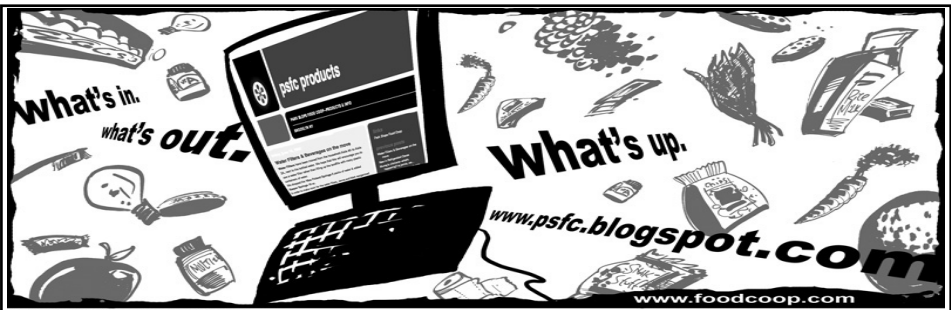
In order to provide fair, comprehensive, factual coverage:

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.



Looking for something new?


Check out the Coop's product blogs.

The place to go for the latest information
on our current product inventory.


PSFC Products Blog:
psfc.blogspot.com

PSFC Produce Blog:
aisleone.blogspot.com

Prompt & Courteous
Licensed & Insured
Free Estimates




MEMBER
METROPOLITAN
NEW YORK



TOP HAT MOVERS
D.O.T. #T-12302

Residential & Commercial
Packing & Supplies
Local & Long Distance



CUSTOMER COMMITMENT
1998
BETTER BUSINESS BUREAU
NEW YORK CITY

Top Hat Movers, Inc.
718.965.0214 ☎ 718.622.0377 ☎ 212.722.3390

No Daytime contacts...No Glasses...
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Correct your vision while you sleep with safe, non-surgical Paragon CRT®. Enjoy great vision 24 hours a day without the hassles of glasses or daytime contacts.


GERALD E. WINTROB, M.A., O.D.
HOLISTIC OPTOMETRY 718-789-2020
PARK SLOPE OFFICE

www.holisticeyecare.com

"ARGUABLY NEW YORK'S MOST RADICAL CENTER OF LEARNING"
—New York Times 03/06

BROOKLYN FREE SCHOOL IS THE ONLY SCHOOL IN NEW YORK CITY WHERE:

- students self-direct their own learning
- students and staff have real power to make decisions on how the school is run
- students and staff can really be themselves
- there is age mixing among all students



BROOKLYN FREE SCHOOL
917-715-7157 ▲ www.brooklynfreeschool.org

Tours of this unique K-12 independent, non-profit school take place each Thursday at gam. Call or e-mail contact@brooklynfreeschool.org for an appointment.

Guy Rivera
Personal Trainer

Former Fitness Director:
Park Slope Sports Club, Fort
Green Sports Club, NYSC.

Absolute Fitness Trainers



Bringing the gym to you!
Personal Training, Massage,
Acupuncture, Qui Gong & more.

Phone: 718-788-3212
Mobile: 917-287-0283

WANTED: REMARKABLE MEN & WOMEN WHO CARE

You can make a difference in someone's life by helping them get through a difficult moment, whether a broken heart, emotional crisis or traumatic experience.



Volunteer one morning or afternoon a week on Samaritans 24-hour suicide prevention hotline. Training is provided and you'll gain experience that will help you in your own life as you contribute to your community.

To apply or get more information, call (212) 673-3041.

The Bakery @ The Fashion Café
461 7th Ave (Btw 16th St. & Windsor Pl.)
The Bakery Features All Organic Espresso Drinks, Teas, & Delicious Baked Treats Of All Kinds!
Located Inside The Fashion Café Which Features New & Vintage Designer Clothes & More
Free Fresh Brewed Coffee and \$5 Off Any Item In The Store With This Ad

ADVERTISE ON THE WEB

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

Answer to Puzzle on page 8

cana de cabra, three mountain, appenzeller, cabrales estivo, fleur du maquis, cueva llonin, gamoneda, malvarosa, montcabrer, mimolette, petenwell reserve,

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.

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

TEMPUR-PEDIC MATTRESSES, NECK pillows, comfort products & accessories. Mattress comes with a 20-year guarantee & a 3-month trial period. The ultimate in comfort & pressure relief. Truly will improve the quality of your sleep. Call Janet at Patrick Mackin Custom Furniture—a T-P dealer for 10 yrs, 718-237-2592.

THINKING of buying a water filter? Join lots of PSF Coopers who use Multi-pure for drinking/cooking/ice/tooth brushing/rinsing fruit & veg, knowing lead/mercury/giardia/cysts/dry cleaning solvents/gasoline additives/particulate matter are removed from water supply & plumbing. Ede Rothas 212-989-8277. Aqua4water@aol.com.

MERCHANDISE-NONCOMMERCIAL

GRAND RELOCATION SALE! Top furniture items, great condition, great prices! Mitchel Gold sectional sofa, seats 7, Door Store dining room table w/ 6 chairs, solid cherry, glass-top custom-made BR set, birch office desk with file cabinet, office supplies & more. Open houses: Sunday May 6 & 13, 1:00-3:00 pm or by appt. Call 917-566-3488.

SERVICES

TOP HAT MOVERS, INC., 145 Park Place, 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.

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.

MADISON AVENUE HAIRSTYLIST in Park Slope one block from coop-by appointment only. Please call Maggie at 718-783-2154 at a charge of \$50.

PAINTING-PLASTERING+PAPER-HANGING-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire

house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

ATTORNEY landlord/tenant, estate planning & LGBT law. Free phone consultation. Know your rights. Protect your family. 14 yrs experience. Long-time Coop member. Personal, prompt service. Melissa Cook, Esq., 16 7th Ave, 718-638-4457, 917-363-0586. Melissacesquire@aol.com. Discount for Coop members.

NEED AN ELECTRICIAN CALL ART CABRERA, celebrating 35 yrs in the electrical construction industry. No job too large or small specializing in trouble shooting, 220 wiring, fans, lights, total or partial renovations. Expert in Brownstone renovations. Serving Park Slope since 1972, original coop member, P.S. resident. 718-965-0327

ATTORNEY-EXPERIENCED Personal Injury Trial Lawyer representing injured bicyclists & other accident victims. Limited caseload to insure maximum compensation. Member of the NYSTLA & ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710

EXPRESS MOVES. One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071

CAREER SHRINK Ray Reichenberg can help you get more control of your livelihood. Unlock from toxic work relationships. Gain insights about relationships at your present job or begin a new job search. Acquire skills necessary with certified career coach and psychotherapist "Dr. Ray" 917-627-6047.

ATTORNEY-Personal injury emphasis, 29 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 18-yr. Food Co-op member; Park Slope resident. Tom Guccione, 718-596-4184.

PARK SLOPE SAT TUTOR. I am a college English professor and I received my MFA from Columbia University. I've been teaching for over 7 years. As an SAT tutor, I assess individual strengths and weaknesses, targeting those specific areas. We all learn differently. Reasonable rates, excellent ref. 917-797-9872 or berit.anderson@gmail.com www.beritanderson.com

YOU KNOW that box of photos? Let us let them out and get them back into your life! Album-making services and personal memory consulting in

my store or your home. We carry Rag and Bone, Celine Countryman, Suzeco and Pulp products & interesting frames. Memories Out of the Box. 718-398-1519. www.memoriesoutofthebox.biz.

NEW LOOK painting company. Artist-owned and operated. Complete interior painting services. From expert wall restoration to the finest painted detail. All work is guaranteed to the customer's satisfaction, 27 years experience. Reasonable rates. Free estimates. References available. Call Daniel at 718-832-6143 or 646-734-0899.

YOU KNOW that box of photos? Let us let them out and get them back into your life! Album-making services and personal memory consulting in my store or your home. We carry Rag and Bone, Celine Countryman, Suzeco and Pulp products & interesting frames. Memories Out of the Box. 718-398-1519. www.memoriesoutofthebox.biz.

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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

PSYCHOTHERAPY for those interested in creating a fully expressed life. Therapist with more than 20 years experience integrates body, mind, emotions and spirit. Call Gail Feinstein, LCSW, LMT for consultation. 718-857-0436.

RELIEVE LOWER BACK and neck pain, shoulder, chronic tension and stiffness - poor digestion - headache - insomnia - stress. Rejuvenate body, mind and spirit with shiatsu. Special first session offer \$80. Contact Claudia Copparoni. 14 yrs experience. clcoppa@hotmail.com, 718-938-5573.

CONTINUED ON BACK PAGE

Sustainable laughter.
Locally grown comedians.

JUST KIDDING
A Comedy Benefit for JUST FOOD.
Monday May 7 8 pm
Gotham Comedy Club, 208 W. 23 St.
Hosted by Coop member Scott Blakeman
with Marina Franklin(Chappelle's Show) and special guests.
Buy tickets online at:
www.brownpapertickets.com/event/14369
Info: 212.645.9880 x221.



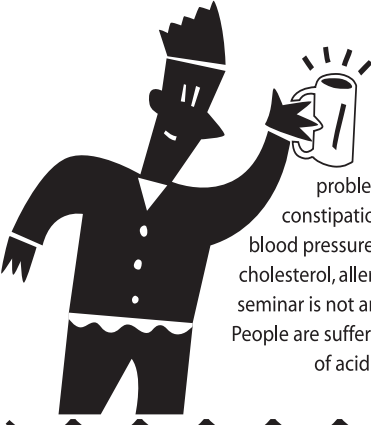
Saturday, May 5
5:00 p.m. at the Coop

FREE
Non members Welcome

What are you Drinking?

with Charmaine Johnson

Put your body in perfect balance through the use of alkaline water! We will show you how the Japanese give the body a complete colonic from head to toe using modern technology. Hear scientific facts about the dangers of tap water and bottled water. Do you know someone with cancer, diabetes, AIDS, lupus, fibromyalgia, arthritis, prostate problems, menopause, hair loss, constipation, sickle cell, asthma, high blood pressure, eczema, feet fungus, high cholesterol, allergies, acid reflux, etc.—this seminar is not an option! You must attend! People are suffering because of an overload of acid in their systems!



Charmaine Johnson is a Coop member and a Certified Holistic Health Counselor. She believes once the body is in balance, no disease can survive! She teaches a step by step method for ridding the body of acid overload.


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

Friday, May 11
7:30 p.m. at the Coop

FREE
Non members Welcome

POSITIVELY DOGS!

with Viviane Arzoumanian, Jolanta Benal, Misa Martin and Marion Weiner



Are you thinking of getting a dog?

Could you use some tips for working with your dog?

Are you confused by conflicting information?

Learn how positive reinforcement training can help you teach your dog good manners and improve your relationship. We'll also talk about choosing a dog, housetraining, socialization, and where to find useful resources. Bring your questions!

Viviane Arzoumanian, a Coop member, has extensive experience as a groomer and has given private lessons since 2003. Jolanta Benal, Coop member and Certified Pet Dog Trainer, gives private lessons. Misa Martin is a member of the Coop and has been a successful agility competitor since 2004. Marion Weiner, Certified Pet Dog Trainer, teaches classes and gives private lessons.

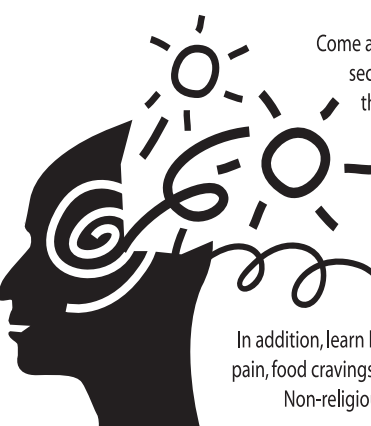
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Saturday, May 12
2:00 p.m. at the Coop

FREE
Non members Welcome

JOY!

What is it? Where is it? How can I get it?
It's all there; inside you!



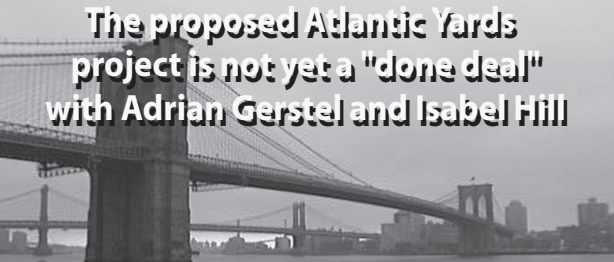
Come and learn specialized eastern secrets to discovering what it is that may be blocking you from your own power, strength and joy. You will be taught Emotional Freedom Techniques (EFT), which show you how to reduce or eliminate your emotional blockages and past traumas. In addition, learn how to relieve your physical pain, food cravings, addictions and/or phobia. Non-religious and non-intrusive.

Carolyn Meiselbach Circles is a long-time member of the PSFC. She is an indoor environmental consultant, a health and nutrition coach and a practitioner and teacher of EFT.

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

Saturday, May 12
7:30 p.m. at the Coop

FREE
Non members Welcome



The proposed Atlantic Yards project is not yet a "done deal"

with Adrian Gerstel and Isabel Hill

BROOKLYN MATTERS

with Adrian Gerstel and Isabel Hill

No single event will have a more drastic and long-lasting impact on Brooklyn than the proposed Atlantic Yards development. This uncommon proposal, however, is mostly misunderstood.

Brooklyn Matters is an insightful documentary that reveals the fuller truth about the Atlantic Yards proposal and highlights how a few powerful men are circumventing community participation and planning principles to try to push their own interests forward. A discussion with the filmmaker and invited guests will follow the screening.

Adrian Gerstel is a Coop member and NY AIA member. Isabel Hill is the Producer and Director of Brooklyn Matters.

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


Saturday, May 12
11:00 a.m. at the Coop

FREE
Non members Welcome

Emotional Eating

with Mary Remington

Emotional eating is a socially stigmatized subject that many people suffer from in America and many know little about. Come explore what causes the habits of emotional eating, and open the dialogue about how to further understand and alter those habits. There will be listening, sharing, and near the end of the hour, there will be an eating meditation experience for all attendees to participate in if they so choose.



Mary Remington is a Coop member currently counseling clients who have a wide range of health/emotional/spiritual concerns. Mary uses tools such as water, nature, guided meditation, mirrors, and toning as elements within the healing experience. She will be a licensed holistic health counselor this June.

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

Saturday, May 12
7:30 p.m. at the Coop

FREE
Non members Welcome

Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?

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

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

Well there might be an explanation for this.

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


Relax and take a journey within.

Gain:

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

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

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



FREE
Non-members welcome

Friday, May 18
7:30 p.m. at the Coop

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

Sunday, May 20
1:00 p.m. at the Coop

FREE
Non members Welcome

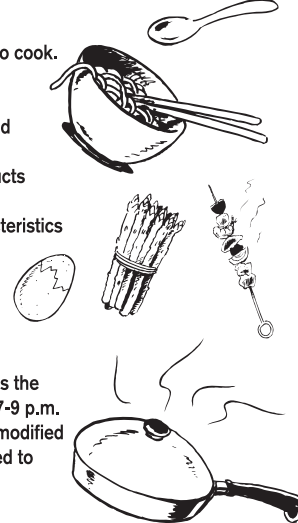
The PSFC Safe Food Committee Presents:

Enjoy Cooking Safe Foods!

with Fabiola Simpson

Learn about safer and healthier ways to cook. While we prepare several tasty, quick and easy recipes, we will talk about:

- Higher quality nutritional products and brands.
- GMOs in the market and in the products we consume
- Cooking oils, their properties, characteristics and proper usage
- And much more!



Materials Fee: \$4

The Safe Food Committee (SFC) meets the second Tuesday of every month from 7-9 p.m. We support non-toxic non genetically-modified foods produced with fairness from seed to table that are good for our bodies, communities, and the environment.

Fabiola Simpson is a Coop member and Health Counselor and is teaching this class on behalf of the SFC. She teaches Culinary Arts for high school students as well as group and private cooking classes. She studied at the Institute for Integrative Nutrition.

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

Friday, May 25
7:30 p.m. at the Coop

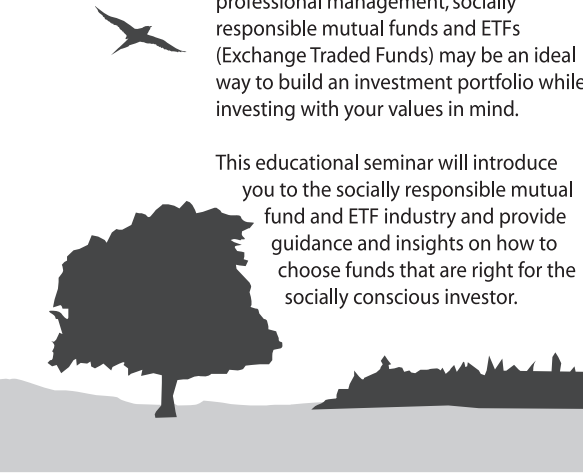
FREE
Non members Welcome

Understanding Socially Responsible Mutual Funds and ETFs

with Hector Ramos

Offering low investment minimums and professional management, socially responsible mutual funds and ETFs (Exchange Traded Funds) may be an ideal way to build an investment portfolio while investing with your values in mind.

This educational seminar will introduce you to the socially responsible mutual fund and ETF industry and provide guidance and insights on how to choose funds that are right for the socially conscious investor.



Hector Ramos, a Coop member, is a financial advisor with over seven years of experience helping families and individuals manage their long-term financial planning needs. His financial practice specializes in green investing and building socially responsible investment portfolios for the socially minded investor.

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

Sunday, May 27
12:00 p.m. at the Coop

FREE
Non members Welcome


"WHY DON'T I HEAL?"

Harvesting and Organizing
your Energy for Efficient Healing
with Leonora Foster

This workshop is for people who have not reached their healing goals after they have tried several healing programs.

Participants will learn about subtle obstacles that can occur in the healing process.

They will also learn what they can do to increase their chances for success in their healing quest.



Leonora Foster is a Holistic Health Consultant who practices in Queens, NY. Her unique training in nutrition and other natural, energetic modalities allows her to assist people to successfully reach their healing goals.

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

VACATIONS

COTTAGES FOR RENT in charming Catskill summer community. Beautiful wooded grounds, Olympic size pool, tennis courts, basketball, baseball, lake for swimming, boating, fishing. Wonderful families with lots of kids. Wonderful family vacation, very reasonably priced. Contact Marlene Star, Mstar@ap.org 914-777-3088

ENJOY THE BERKSHIRES! Charming historic home. Meadow mountain views. Tanglewood nearby. Large beautiful living room incl. dining area. Wood-burning fireplace. New kitchen appliances / bedroom, terrace, hiking. One week min., \$850. Two weeks, \$1500. Call Mina 212-427-2324.

FAMILY SUMMER SHARE house in Davis Park Fire Island. Three

families per weekend sharing food, Saturday dinner & fun on the beach. House is three houses from the beach, has lots of deck space, dishwasher and W/D. Call Kathy, Steve & Julia. 718-636-1693.

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.

Signage Committee Seeking Sign Fabricator

The **Signage Committee** needs to add a member with the capability and access to facilities to do sign fabrication. Please contact us if you are capable of fabricating and installing signage, have been a member for at least six months, and have a good attendance record. Materials we use include aluminum, vinyl and cintra.

Ability to output, mount and laminate large format digital signage a plus. We also use computer vinyl-cutting services for adhesive lettering.

Attendance at our monthly meeting (first Monday at 7:00 p.m. at the Coop) is mandatory. In addition to meetings, members work on signage projects on their own time. If you would be doing fabrication from your place of employment, you may not receive pay from your employer and get work credit from the Coop for the same hours. The Coop will reimburse the cost of materials.

If you are interested, and for more details, please contact Jessica Robinson, General Coordinator, at jess_robinson@psfc.coop.

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 cups 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?

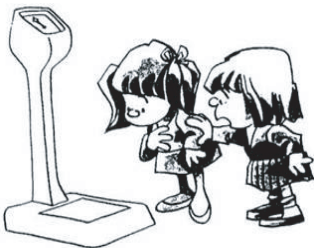
On the sidewalk in front of the receiving area at the Park Slope Food Coop.

Saturday, May 26
5:00 p.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

East New York Food Coop

Help a new coop in Brooklyn
FTOP credit available

In accordance with the sixth Principle of Cooperation, we frequently offer support and consultation to other coops. For the East New York Food Coop, we have also offered help in the form of Park Slope Food Coop member workslots.

The East New York Food Coop welcomes PSFC members to assist in its first year's operations.

PSFC members may receive FTOP credit in exchange for their help. To receive credit, you should be a member for at least one year and have an excellent attendance record.

To make work arrangements, please email ellen_weinstat@psfc.coop or call 718-622-0560.

East New York Food Coop
419 New Lots Avenue
between New Jersey Avenue
and Vermont Street
accessible by the A, J and 3 trains
718-676-2721

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.

Kayla Axiomakaros
Meggin Bednarczyk
Ben Berlin
Igor Bernstein
Steven Bluth
Barbara Boeckeler
Kevin Bowen
Joanne Brady
Donald Breckenridge
Kristin Bricker
Heather Brown
Cynthia Bruckman
Jennifer Chen
Elizabeth Coggin
Zgizelle Cozart
Charles Craver
Sarah Croteau
Cherie Crowther

James Cullen
Lisa Daly
Adrienne Davis
Alex Decarli
Juno DeMelo
Andrew DeVore
Spencer Dickinson
Noah Dillard
Jennifer Dominguez
Madeline Figueroa
Kristen Firminger
Simon Fitzgerald
Tucker Foehl
Ari Folman-Cohen
Stacey Fowks
Katie Fricas
Rachel Fritz
Fabrizio Galvagno

Adrienne Garbini
Edna Garces
Jocelyn Greene
Karen Hagopian
Catherine Harrington
Sharon Haynes
Danny Hellman
Shelley Herbert
Mozell Hill
Celia Holliday Turner
Kate Itzkowitz
Hideyo Iwakiri
Tempei Iwakiri
Laura Jackson
Kelly Josephs
Jason Klajnfeld
Grace Koffi
Sarah Kopelovich

Celia Kutcher
Daniel Kutcher
Brooke LaValley
Nora Lavender
Ryan Lavender
Shana Lehar
Jessica Leinwand
Karin Lough
Beth Macri
Asako Maeda
Michael Marwit
Brian McCarthy
Kathrine McCullough
Alejandro Melguizo
Kate Miller
Seneca Miller
Angela Mirra
Emma Missouri

Thomas Murphy
Shirley Ng
Chris Ott
Greig Paterson
Linda Payson
Robert Kyle Phinney
Olivia Pi-Sunyer
Kathy Piscioneri
Jennifer Raine
Anya Rous
Josh Scheier
Brandon Schmidt
Shayna Schmidt
Elizabeth Sclafani
Giovanna Sguera
Noah Shapiro
Yona Silverman
Anat Soudry

Anna Sperber
Julie Spooner
Tahiti Starship
Krisan Swaminathan
Rajesh Swaminathan
Dana Szarf
Khanh Tran
Davida Tretout
Shere Weinstein
Miriam Weiskind
Sasha Weiss
Richard White
Sheila White
Diane Wohland
Silvi Wool
Bill Wright
Alex Ziskis
Mia Zolna

THANK YOU!

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

Nathaniel Allman
Neda Arabshahi
Eva Aridjis
Julie Barber
Matthew Barber
Susie Benton
Laurie Berg
Sara Bloomberg
Steven Bluth
Andrew Breck
Matt Brown

Hillary Byrum
Evan Carver
Connie Chan
Kirsten Cole
Ricardo Cortez
Emily Davison
Joseph Delano
Ruth Dombrowski
Lyndsey Dussling
Ben Eichler
Midori Evans

Anny Fodor
William Fowks
Cara Frankel
Goldstein
Amy Grahek
Richard Hart
Heidi
Justine Henning
Rene Houtrides
Maria Elena K.
Elisa Kaplan

Gregory Katz
Julie Kay
Rachel Kline
James Knight
Julie Anna Lanning
Daniel Levitan
Beth Macri
Ameet Maturu
Sean McClintock
Lauren Mechling
Linda J. Miglierina

Beth Miller
Whitney Missildine
Ronnie Najjar
Tricia Napor
Shanti Nayak
Erin Orr
Kelly Pitts
Sabrina Ramos
Nathaniel Reed
Johannah Rodgers
Annie Rosenthal

Karin S.
Rebekah Smith
Amanda Stevenson
Sally Stewart
Sonia Szajnberg
Time Out
Lisa Traxler
Juno Turner
Emily Winkelstein