

Established  
1973



# LINEWAITERS'

## GAZETTE



100%  
SOY BASED  
Ink System  
Created by Calsonic, Inc.

Volume BB, Number 10

May 10, 2007

PHOTOGRAPHS BY MICHELLE ISHAY



## East New York Food Coop First Steps on a Journey of a Thousand Miles

By Ramona Tirado

The East New York section of Brooklyn became notorious in the 1980s for gang activity and violent crime. It was a community populated mostly by the working poor and families struggling on public assistance. There were very few options for healthy, reasonably priced food. Some families traveled up to a mile on foot to get to the nearest major supermarket, where fresh produce options were limited. Fruits and vegetables were often found with the rotted portions cut off. The damaged items (onions, potatoes, etc.) were packaged and sold at discount prices. To the poorest members of the community, food choices were often restricted to these remains of partially rotted produce and the fattiest cuts of meat.

But these days, East New York consumers have another option.

### Making Community Health a Priority

The East New York Food

Coop opened its doors in September 2006 with 20 members. Membership has since grown to 40 members. The Coop averages about 30 sales per day.

"It's difficult [because] we have not completely stocked," said Beverly Love, ENYFC manager.

When she came on board, there were only 10 items on the shelves and only one refrigerator was in use. The small, single-room store still has a sparse inventory, but the members are happy to have healthier food options. On a street populated with a large 99¢ store, a fried chicken take-out joint, the standard bodega and a discount supermarket, there is a lot of competition in terms of price, but little to none in terms of quality. And quality appears to be a desirable option for ENYFC members. One member, purchasing an armload of apples and bottled water, proudly announced, "We welcome this store."

"We're not trying to change anybody. We're just offering

an alternative," Love said. "If you took all the salt and sugar out of [the other stores], you would have about 10% left that was actually food. Why shouldn't there be a choice?"

Park Slope Food Coop members can help East New York residents maintain that choice: Members can do work shifts at ENYFC and receive credit for their PSFC obligations.

### Environmental Epidemiology

In addition to nutritious food options, ENYFC, in collaboration with Mount Sinai School of Medicine, offers free, on-site health screenings to the entire community on a walk-in basis. Every Saturday, a representative from Mount Sinai is available to check weight, body mass index, blood pressure, glucose and cholesterol. So far, this program screens five to 10 people per day, with hopes of steady growth in the near future.

CONTINUED ON PAGE 2

PHOTOGRAPHS BY HAZEL HANKIN



Employee/owners of Colors, New York's only Cooperative restaurant, created by former Windows On The World staffers, recently celebrated the eatery's first year in business.

Read the review on p. 4

### 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 at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

The agenda is in this Gazette and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

\* Exceptions for November and December will be posted.

## Coop Event Highlights

- Fri, May 18 •The Good Coffeehouse:** 8:00 p.m., Bruce Markow and Jean Rohe
- Sat, May 19 •Children's Clothing Swap:** 10:30 am
- Sat, May 19 •Poker Night:** 7:00 pm
- Tue, May 22 •Wordsprouts:** 7:30 pm  
Collecting Your Stories with Paola Corso
- Sat, Jun 2 •Fair Trade Action Committee:** 7:30 pm  
Sell Fair Trade Products at Your Child's School
- Thu, Jun 7 •Food Class:** 7:30 pm, Wild Fermentation

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

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Beverly Love is the General Manager of ENYFC.



Quality products and foods stack the aisles of ENYFC.

WHAT IS THAT? HOW DO I USE IT?

Food Tours in the Coop

Spring Campaign

I ask you

Where does your money go?

asparagus from China?  
peas from Mexico?  
strawberries from California?

Think  
and wait a little  
soon  
so soon all this and more  
will rise from our own  
ground  
feeding us, our farms,  
a movement  
food is a movement:

how you eat is how you stand  
on the earth  
As our awareness warms  
so does the soil  
the planet swings around in  
space  
giving us our turn in the sun  
up turn your face  
and let it warm your heart

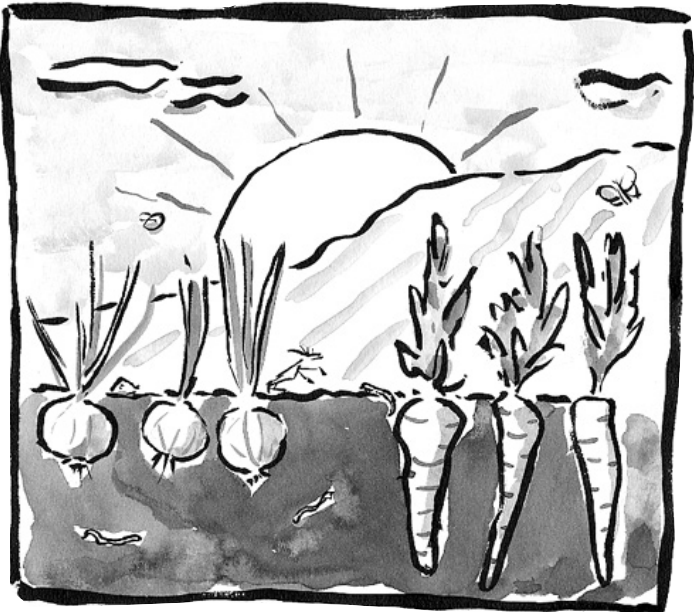
Come visit me at the Park  
Slope Food Coop  
we'll talk about bulbs and  
herbs  
the season of eating lightly  
about how we wait our turn

by Myra Klockenbrink

Mondays, May 14 (C Week) and  
May 21 (D Week)  
June 4 (B Week)  
June 25 (A Week)

Noon to 1 p.m. and 1:30 to 2:30 p.m.

Or you can join in any time during a tour.



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.

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

East New York Food Coop

CONTINUED FROM PAGE 1

Free nutrition and cooking classes are also offered to the community every other Saturday with support from a Hunter College program that offers credit to students for community education projects.

Dr. Kim Morland, an assistant professor at Mount Sinai School of Medicine, has been conducting research and focus groups to measure how changes in diet affect quality of life.

Morland said, "If you ask them to eat five fruits and vegetables a day, then you ask them to travel 10 miles to get it, you probably won't get the response you hope."

The focus groups addressed East New York's food environment as well as other people's perceptions of East New York residents. A paper is currently being written to present the focus group data.

"The community has been very responsive," Love said, adding that the educational programs target children, "because those are the ones that we need to reach."

Morland agreed, adding that people wanted control over a food store that was community owned and operated.

"My goal is to make it a community center," Love said. "I would love to see people using this as a supermarket. I would love to get to the point where it's one-stop shopping. From mini-mart to supermarket."

The Coop runs on three shifts per day. Because the facility is young, with limited space and few members, there isn't yet much need for extensive squads and committees. Members satisfy their work requirements with clerical, stocking and membership drive/follow-up duties. ■





# Workslot Astrology

## What Your Job at the Coop Says About You

By Johannah Rodgers

Forget astrology! If you really want to know something about a person, just find out what shift they work at the Coop. Through interviews with members, the *Linewaiters' Gazette* set out to discover what members like about their workslots and gain insight into the personalities behind various workslots. Though the personality traits across shifts differ considerably, the one thing that all members seem to share is a deeply conscientious—and often proud—attitude toward the work they do at the Coop.

tion. "This job is consistent," said D-week cashier Michael Barrish. "Once you learn how to do it, you know. I've had bad experiences with other shifts, not knowing what needs to be done and feeling that I'm not using my time well. With this shift, there's no asking the squad leader what needs to be done."

**Shopping:** These highly social members enjoy interacting with people, and learning things about other members and the products at the Coop. "I think my workslot says I am social," said one Shopping squad member. "I like to talk to people."

Receiving and Distribution: Reflective and focused, these members get straight to the point and tend to prefer not to spend time chitchatting. Not afraid of heavy lifting. "It is physical labor that doesn't hurt that much," a Receiving squad member said.

Childcare: Patience, a love of kids, rapid problem-solving skills and thinking on your feet are the key characteristics of these members. "I wanted to be able to spend time with my child," said Childcare squad member Rebecca Foster. "Childcare was really the only option."



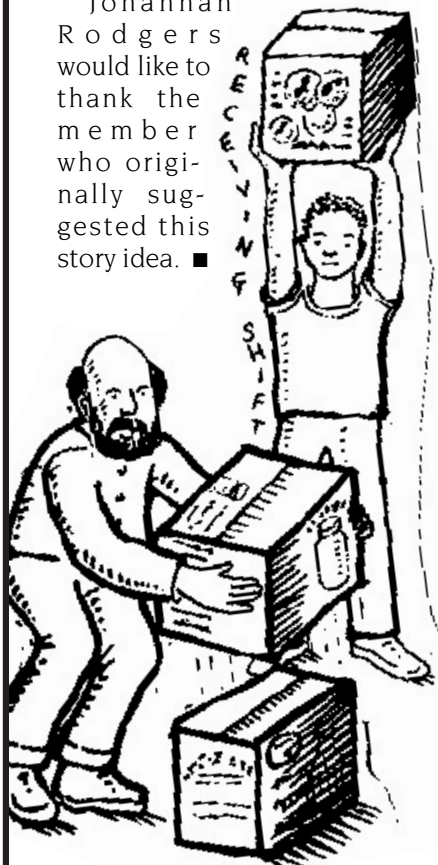
ILLUSTRATIONS BY OWEN LONG

**Food Processing:** Aesthetic meets sensible in these curious, sociable, slightly controlling individuals who are always eager to learn. "I love my workslot," said Coop member Theresa Ricks. "It is educational to learn about the different cheeses and olives."

Office: These members like facing new challenges on sometimes a minute-to-minute basis and are not afraid to be busy. They also enjoy sitting down while working their shifts. "I like working in the office because it is always busy," said Office squad member Dorothy.

**FTOP:** Though often eschewing commitment, these members love new challenges and approach every day (and every Coop shift!) as an adventure in learning. "I like doing different things at the Coop," said Colleen, an FTOP member. "I'm always excited to do a workslot and learn something new."

Johannah Rodgers would like to thank the member who originally suggested this story idea. ■



**Cashiers:** Prone to organization. Self-starters who like to know how to do a job well. Not afraid to have a conversa-

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

## PSFC MONTH GENERAL MEETING Tuesday, May 29, 7:00 p.m.

- Items will be taken up in the order given.
- Times in parentheses are suggestions.
- More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7:00 & 7:15 p.m.
- Congregation Beth Elohim Social Hall (Garfield Temple)  
274 Garfield Pl at 8th Ave.

### AGENDA:

**Item #1 Proposal: The record date for voting eligibility of members at Annual Meetings and other meetings of the membership shall be 10 days prior to the meeting date. (15 minutes)**

"The Coop is incorporated under the Cooperative Corporation Law, which does not address this topic. For topics not addressed in the Cooperative Corporations Law, we are required to consult the Not-For-Profit Corporation Law (NPCL). We have had in the past an Annual Meeting voting eligibility date of 2 days before the Annual Meeting. It has come to our attention that this provision is in fact not allowed under the law. The NPCL states that the date, known as the "record date" must be not more than fifty nor less than ten days before the meeting. Thus, this proposal. Please note that the reference in the proposal to "meetings of the membership" has nothing to do with General Meetings."

—submitted by the General Coordinators

**Item #2 Proposal: To approve all details of the Coop's General Meeting for Workslot Credit policy. The current rules have been used provisionally since January 2006. (45 minutes)**

"At the January 2006 GM, two important aspects of the Coop's long-standing GM-for-workslot-credit policy were changed in a way that has greatly increased GM attendance. All other aspects of the Coop's long-standing policy (about 8 or 10) were not addressed at the January GM. The Office Coordinators made provisional modifications to the rest of the policy, and reported those at the March 2006 GM with a promise to return with a proposal in approximately a year. Thus, the entire policy (available in the Membership Office) that has been in place provisionally since March 2006 is submitted for a vote."

—submitted by the General Coordinators

**Item #3: Revising Retirement Age Down For those 75 yrs + and good work record (30 minutes)**

**Discussion:** "I, Barbara Drake, am 70-1/2 yrs old and drive from Staten Island to do my shift and shop. I've been a responsible member since 1978. I believe my attendance is good! I'm rarely absent! There are days (I still work a part-time job) when I'm tired and/or weather and the drive in is a bit taxing, when I wish I did not have to work. I think 75 to retire is a bit much—I couldn't believe this when told—and asked myself why? I request I be allowed to retire without penalty of make-ups, etc."

—submitted by Barbara Drake

### Future Agenda Information:

For information on how to place an Item on the Agenda, please see the center pages of the *Linewaiters' Gazette*.

The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.



# The Good Coffeehouse Presents: Meet the Artists

By Zenobia Conkerite

On May 18th, Friday at 8p.m., the Good Coffeehouse is proud to have Bruce Markow and Jean Rohe for an evening of music.

Bruce Markow was interested in music since he was a child. Early music influences ran in the family. His grandmother played the piano by ear and when his older brother took up piano lessons, Bruce, at the age of three, took it as a personal invitation to play. And play he did.

Music touched his “own creative spirit with a vengeance”.

As a teen, Bruce got a guitar, a Fender Stratocaster no less, and soon after he was performing in a rock ‘n roll band. Later he discovered folk

Jean says, “Music has a purpose beyond just being Art”. And the music she likes? “Music that is artistically interesting that speaks out on

about the coop that attracted her, she replied, “I love food, community, looking for ways to expand my communal contact. Most people my age are limited to people their own age. I teach young children to meet lots of people from all walks of life, to work with them and to cooperate.”

Jean wants to make music engaging. So be engaged!

Come to the Good Coffeehouse, kick back and see some familiar faces, friends or make new ones.

8p.m. Friday, April 20th, at The Good Coffeehouse, 53 Prospect Park West, @2nd St. \$10.00, doors open at 7:45p.m.

a social reality.”

For this performance Jean will be performing with a group that consists of instruments like an accordion, guitar, bass and Peruvian percussion.

Jean’s been a member of the Coop for three years. When I asked her what was it



music, of which he admittedly hated.

But it wasn’t until he was at a folk festival where he totally fell in love with the genre. Bruce has been back on the scene in the last five years and the rest is history.

Bruce has CDs for sale on the net and will also be selling some at the performance. In the meanwhile, you can check him out on his site at: [www.brucemarkow.com](http://www.brucemarkow.com)

Bruce has been a member of the Coop for a few years.

Jean Rohe’s mother was a union organizer and a nurse while her father was a limousine driver and when he lost his job, he started teaching music to young children. Jean grew up singing with her family and performed with them.

# 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.


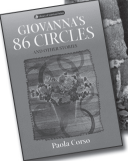
**FREE** Non-Members Welcome

All Wordsprout participants are Coop members.

**Bookings:** P.J. Corso, [paola\\_corso@hotmail.com](mailto: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.



‘

“

## PROGRAMS

**Friday, May 11 through Sunday, May 13**

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

**Fri, May 11**

7:30 p.m. Positively Dogs with Viviane Arzoumanian, Jolanta Benal, Misa Martin and Marion Weiner

**Sat, May 12**

11:00 a.m. Emotional Eating with Mary Remington

2:00 p.m. Joy! What is it? Where is it? How can I get it?

7:30 p.m. Film: *Brooklyn Matters*

**Saturday, June 2 4:30 p.m. at the Coop**

**FREE** Non members Welcome

## Coop Parents: Interested in selling Fair Trade products as your next school fundraiser?

Come to a presentation and discussion with the Park Slope Food Coop Fair Trade Action Committee to learn how you can use your position in the school system to make a difference in the lives of cocoa producers across the globe while fundraising for your child's school.

 Fair Trade coffee and chocolate samples will be provided.

**Presented by The Coop's Fair Trade Action Committee**

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





# Do you buy bottled water?

## Check out our Doulton, Brita and Pur water filters instead!

These filters remove biohazards, chemicals and minerals, and can save up to \$500 a year or more over the cost of bottled water.

You can find the filters on the top shelf of Aisle 2 above the water

Illustration by graphic artist Sidy Lamine Dramé, originally appeared in Baobab magazine, published by ALIN (Arid Lands Information Network), based in Nairobi, Kenya. Mr. Dramé’s main focus has been illustrating extension and training materials on rural development. He has been the principal illustrator for Baobab, since 1991.



# COLORS: A COOPERATIVE DINING EXPERIENCE

By Kira Sexton

The concept is high—a cooperative restaurant founded by chefs, waitpeople and other staff members formerly of Windows on the World. The cuisine is world—and by all accounts and impressions, it’s delicious. Also, the name Colors is all-encompassing—food and people come in a variety of colors, after all. What could evoke a better and more sensory dining experience? But perhaps this name is a little too ambiguous. Colors recently turned one year old, and yet a very unscientific survey revealed that people who should know about it simply do not.

“Have you ever heard of the



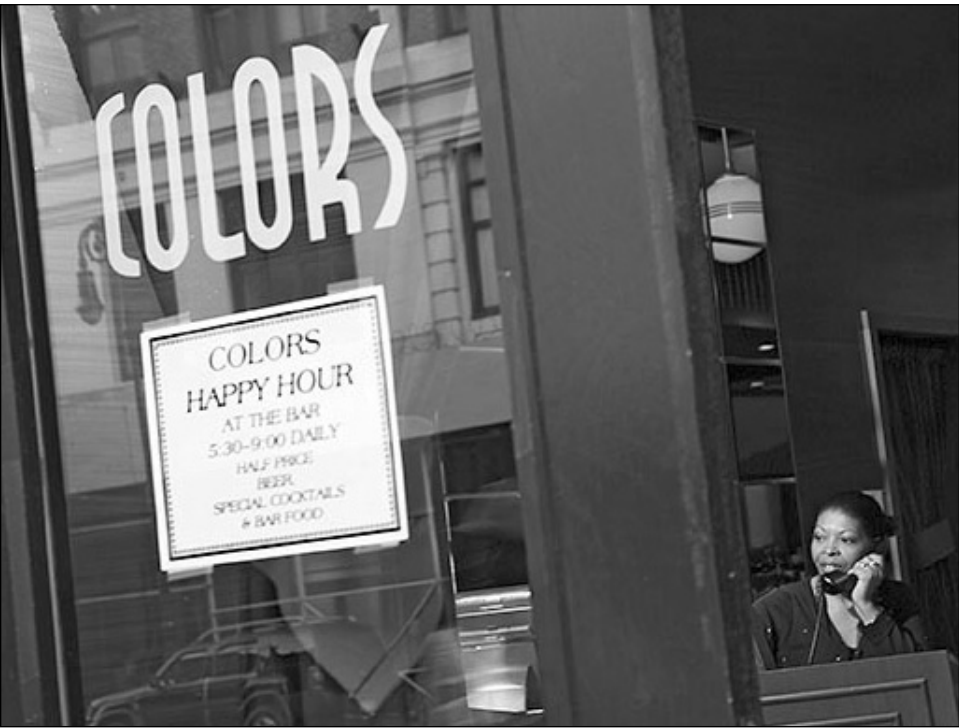
The kitchen staff racing to fill incoming orders

restaurant Colors?” I asked Emily Jones, of Greenpoint, Brooklyn. Jones spent several days volunteering at Ground Zero, and in subsequent years helping out at 9/11 anniversary memorial ceremonies. “No,” Jones responded. But she was free the following Friday, if I wanted to eat there. Alas, I could not. A coworker, a foodie whose husband has worked as a sous chef at Le Cirque 2000 and more recently at Intent, a hip, now-shuttered restaurant on Mott Street, said no. “What kind of food do they serve?” She did agree that Colors was a nice, non-threatening name for a restaurant.

But how does a cooperative restaurant work? And what kind of food does Colors serve? At its inception, founders of Colors contacted Park Slope Food Coop General Manager Joe Holtz, looking for advice on setting up a cooperative business in New York City. “New York State corporate laws were amended about a decade ago. There’s a section on



photo caption tktktktktktk



New York’s only cooperative restaurant, Colors at 417 Lafayette Street, at Astor Place.

cooperatives’ structure. They [Colors] asked about funding sources and I gave them everything I knew about various places to get funding.” One of the bylaws of cooperatives,” added Holtz, “is that there is cooperation among cooperatives.” Sean Meade, a restaurant manager and resident of Prospect Heights, reported that indeed, Colors is doing fine and is on its way toward becoming



Happy diners raise a glass in celebration of Color’s first year in business.



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

ing a NoHo neighborhood eatery. “Eighty percent of the restaurant’s patrons are New Yorkers,” confirmed Meade, adding that selections from the tapas menu exceed the traditional restaurant fare in popularity. As for other dishes, the chorizo sausage with melon and smoked paprika aioli is Colors’ most oft-ordered appetizer. At \$8.00, it won’t outprice diners who want a lot of bite for not too much buck. The more popular entrees from the dinner menu, including sea scallops with orange marmalade and red and orange beets, seem expensive at \$22.00. Equally popular is the strip steak. Coupled with chimichurri sauce, the dish combines a refreshing zing of exotic spices with traditionally bland fare. In step with the current craze for

organic ingredients, Colors uses organic produce, mostly garlic and fennel, two key components of global cuisine. Colors is near the Public Theater and opens at 5:30 Monday through Saturday, perfect for pre-show diners or tired neighborhood denizens looking for an interesting meal before heading home—to the East Village, NoHo, or Brooklyn. If you are thinking of eating at Colors, keep in mind that Friday and Saturday nights are busiest. But don’t forget about the cooperative nature of this unusual eatery. It’s the only cooperative restaurant in New York City. Ninety-nine per-



Colors boasts a kitchen with cooperative spirit.

cent of the workers at Colors are owners, with only one nonowner, General Manager Nancy Hedeem, working as a paid consultant. Referring to the ideal-based, supportive nature of cooperatives, Joe Holtz continued, “If there’s something we can help them with, we help them.” Why not start helping now, all of us, by calling to make reservations?

**Colors**  
417 Lafayette Street (at Astor Place)  
Dinner (5:30) Monday–Saturday  
Brunch (noon) & Dinner on Sundays  
Call for reservations: 212. 777-8443  
[www.colors.coop](http://www.colors.coop)

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

Susan Baldassano  
coordinator

PARK SLOPE FOOD COOP

Wild Fermentation

Live-culture fermented foods are important elements of culinary traditions all around the world. Learn about the nutritional and health-supporting qualities of these foods, and see how simple it can be to ferment food yourself at home.

MENU

In this class, Chef Sandor will be making kimchi, a spicy pickled cabbage that is the national dish of Korea.

\$4 materials fee

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

Sandor Ellix Katz is a fermentation revivalist, activist, and author, who travels widely teaching and sharing fermentation skills. His books are **Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods** and **The Revolution Will Not Be Microwaved: Inside America’s Underground Food Movements**. For more information visit [www.wildfermentation.com](http://www.wildfermentation.com).

**MEMBERS & NON-MEMBERS WELCOME.**  
Come early to ensure a seat.



COOP HOURS

Office Hours:  
Monday through Thursday  
8:00 a.m. to 8:30 p.m.  
Friday & Saturday  
8:00 a.m. to 5:00 p.m.

Shopping Hours:  
Monday–Friday  
8:00 a.m. to 10:00\* p.m.  
Saturday  
6:00 a.m. to 10:00\* p.m.  
Sunday  
6:00 a.m. to 7:30\* p.m.  
*\*Shoppers must be on a checkout line  
15 minutes after closing time.*

Childcare Hours:  
Monday through Sunday  
8:00 a.m. to 8:45 p.m.

Telephone:  
718-622-0560

Web address:  
www.foodcoop.com

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members.

SUBMISSION GUIDELINES

All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

**Letters:** Maximum 500 words. All letters will be printed if they conform to the guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

**Voluntary Articles:** Maximum 750 words.

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

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

**Classified & Display Ads:** Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

**Recipes:** We welcome original recipes from members. Recipes must be signed by the creator.

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



Friday  
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 spunk 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 14.

Oils

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

E J V B E C A B C B V F C

N V Z G U O

O J O J H D E

B V P P G J S C Z

S L C V E N C Z E

V G F J H A

L V W C G H D E

S V G H D E

V T J O V A J

O V H J G V

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Art Director (development):	Alfredo Zelcer
Illustrators:	Susan Greenstein Owen Long
Photographers:	Hazel Hankin Ann Rosen
Traffic Manager:	Monona Yin
Classified Ads Prep:	Heather Cottrell
Text Converters:	Peter Benton Diana Quick
Proofreader:	Margaret Benton
Thumbnails:	Barbara Jungwirth
Preproduction:	Yan Kong
Photoshop:	Bill Kontzias
Art Director (production):	Lynn Cole-Walker
Desktop Publishing:	Stephane Bee Leonard Henderson Matthew Landfield
Editor (production):	Diëry Prudent
Final Proofreader:	Janet Mackin
Post Production:	Becky Cassidy
Index:	Len Neufeld

WORKSLOT NEEDS

Inventory Data Entry

Sunday, B, C, D week, 9:30 to 11:00 p.m.  
Help the Coop complete its weekly inventory. Familiarity and comfort working on computers required for this workslot. You will be working with a small group of members, so reliability and good attendance are a must. Due to the late hour and very responsible nature of this job, the shift is only 1.5 hours long.

Vitamin Assistant

Sunday, 8:30 to 11:00 p.m.  
Are you a detail-oriented worker who can work independently and in a busy environment? The Coop's vitamin buyer needs you to help her check in orders, organize the vitamin supply area in the basement and on the shopping floor,

label vitamins and supplements, 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.

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

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 24 issue: 7:00 p.m., Mon, May 14  
June 7 issue: 7:00 p.m., Mon, May 28  
  
CLASSIFIED ADS DEADLINE:  
May 24 issue: 7:00 p.m., Wed, May 16  
June 7 issue: 7:00 p.m., Wed, May 30

General Meeting

TUE, MAY 29  
GENERAL MEETING: 7:00 p.m.  
The agenda appears in this issue and is available as a flyer in the entryway.  
  
TUE, JUN 5  
AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the Jun 26 General Meeting.

The Coop on Cable TV

Inside the Park Slope Food Coop  
FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.  
Channels: 56 (TimeWarner), 69 (CableVision).  
4/20: Acupuncture with Steven Guidi  
4/27: Yoga Primer with Mina Hamilton

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](mailto: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. MAY 5

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

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

SAT. MAY 12

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

TUE. MAY 15

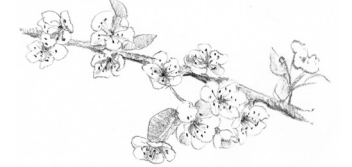
NEW YORK CITY ART TEACHERS ASSOCIATION/UFT EXHIBITION. May 15-20. Broome St. Gallery, 498 Broome St. (near W. Broadway), Mnhtn. Hours: Tues.-Sat: 11 a.m.-6 p.m. Sun: 11 a.m.-4 p.m.

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](http://www.ediblebrooklyn.net).

WED. MAY 16

CO-HOUSING MEETING: Help create co-housing in Brooklyn, a form of living where families have private spaces but also live communally to some degree. Organizational and Informational meeting, Wed., May 16, 7 p.m., Brooklyn Public Library, Youth Wing meeting room. More info: Alex Marshall at [alex@alex-marshall.org](mailto:alex@alex-marshall.org) or 212 229-9392.



SAT. JUN 2

BOOK SALE: Thousands of new & used books, CDs, records, DVDs. 9 a.m.-4 p.m. Incredible bargains! Children's corner! Camp Friendship (339 8th St., below 6th Ave.) Donations accepted at Park Slope United Methodist Church (6th Ave & 8th St) on Mon. May 28 (noon-7 p.m.), Thurs. May 31 (7 p.m.-10 p.m.) & Fri. June 1 (10 a.m.-10 p.m.) [www.parkslopeumc.org](http://www.parkslopeumc.org)

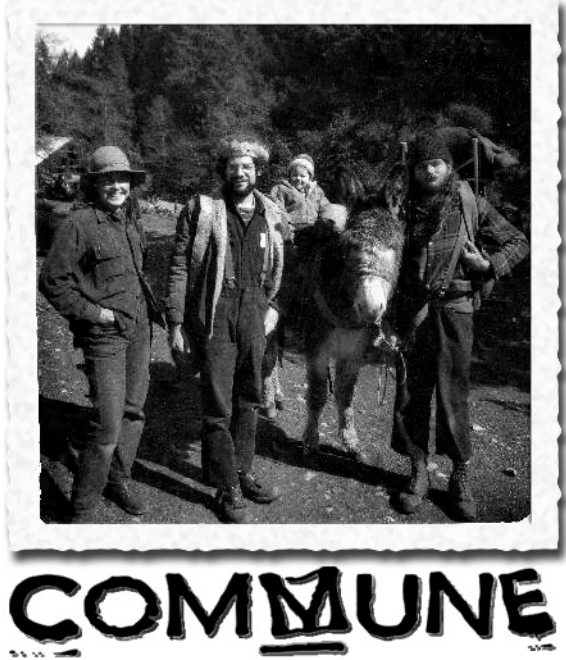
SUN. JUN 3

FREE PAIN RELIEF WORKSHOP. Learn to perform effective and powerful acupressure procedures to relieve pain and discomfort in the neck and shoulders. Come prepared for a fun, hands-on experience. Presenter Elizabeth Poole, PhD, LMT. June 3 2:00-3:30 at Midwood Martial Arts Center 1302 Ave. H, Bklyn. 718 258-5425.

SUGAR BLUES WORKSHOP: Constantly craving sweets? Want to understand why and how to gain control? Come learn how to overcome your cravings without willpower or deprivation. Led by Angela Davis, Holistic Health Counselor. FREE, May 23, 7:00-8:30 p.m. 44 E. 32 St, 11th Fl., Manhtn. To RSVP: [angela@nourishing-works.com](mailto:angela@nourishing-works.com) or 646 522-9540.



Friday, June 1 • 7:00 p.m.  
at the Coop



A group of young artists and activists go to the woods of California to create a new, tribal world with one credo: Free Land for Free People. However, each person at the Black Bear Ranch commune has their own idea of what freedom might be. Their utopia is complicated by FBI surveillance, the births of children, and an extreme cult. *Commune* is the first documentary to explore "being together" as imagined in the 1970s, shedding light on how personal choices reverberate throughout our national and global identities. Featuring commune members actor Peter Coyote, herbalist Micheal Tierra, Chinese Medicine pioneer Harriet Beinfeld, and artist Elsa Marley.

**FREE**  
**Non-members**  
**welcome**

**Jonathan Berman** (Producer / Director) has been making films for over a decade, including the independent documentaries *My Friend Paul* and *The Shvitz*. Berman has also produced for the NY Times Television, Discovery Networks, WDR-TV, ARTE and other broadcasters.

A discussion with Jonathan will follow.

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

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

to do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. 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. Please speak to Adriana in the Membership Office, Mon. to Thurs. 8:00 a.m. to 2:00 p.m. if you are interested.

**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 4th 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.

Signage Committee Seeking Sign Fabricator

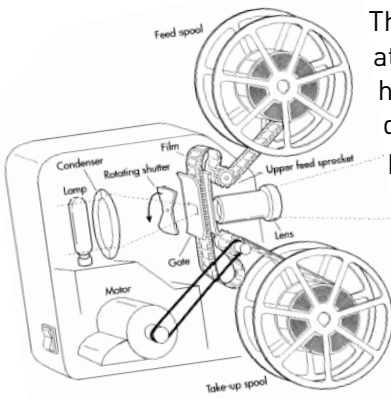
The **Signage Committee** needs to add a member with the capability and access to facilities to do sign fabrication. Please contact us if you are capable of fabricating and installing signage, have been a member for at least six months, and have a good attendance record. Materials we use include aluminum,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

The Coop's Friday Night Film Night is looking for a projector donation.



The projector should have at least 2500 lumens and high resolution. If you can donate a projector, please contact Trish Dalton at [mail@trishdalton.com](mailto:mail@trishdalton.com). (Please note that because the Coop is not a charity, there would be no tax write-off for the donation—just our gratitude).



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

## KEEP IT KOSHER

DEAR COOP,

With all due respect to the Kosher Committee, some recent events on your behalf are downright self-aggrandizing and insulting to other members in your midst.

First, sometimes I notice labels on prepackaged kosher chicken that notify members that those particular packages were not under the supervision of the Kosher Committee. These chickens, which come directly from a kosher distributor (Wise), are sealed in plastic in a kosher facility. The way they are slaughtered, salted, and packaged under kosher supervision makes them kosher—not the watchful eye of Jewish Coop members on a committee. Putting a label on an already packaged kosher chicken that gives a member any reason to doubt the kosher-ness of that chicken not only gives unwarranted concern to the customer, but totally undermines the manufacturer's authority and care. After all, it is Wise that is responsible for the *kashrut*, not the Coop or its members.

Second, recently while working at the checkout the week before Passover, I read the laminated instructions taped to my register. They explained, in absurd amounts of detail, that I, the checkout person, ought not to act "surprised" by members buying large quantities of food in preparation for the celebration of Passover with a large family. The instructions also advised me to refrain from eating at the register, so as to not contaminate kosher for Passover groceries on the line. Irritated by the assumption that I would have normally acted rude to someone buying a case of lemons, and that I was under some obligation to aid others maintain their level of *kashrut* by not eating around them, I stood there eating peanuts, which are not kosher for Passover, without caution, and I have no regrets.

The coop is not a kosher supermarket, nor should it ever be. Considering that a pork loin likely passed through the register at some point before your groceries, it is common sense to understand that the checkout is not kosher, let alone kosher for Passover. To demand that your fellow 12,000 members pay utmost respect to Passover guidelines is an abuse of the collective process; to instill baseless fear that food with a legal *hechsher* (kosher symbol) is in fact not kosher is an abuse of power.

As a practicing Jew who keeps a kosher home, I am no stranger to the rules of Passover or *kashrut*. I am also

familiar with the basic understanding that my personal lifestyle and opinions are not necessarily more valuable than those of another. Thus, in an effort to maintain Coop values and good rapport with shoppers and workers around you, prepare the checkout for yourself if you feel the need, but leave the labeling to the manufacturers, and the choices and actions of other members to themselves.

Michelle Kay

## THANKS TO YASSKY AND HAMMERMAN

DEAR EDITORS,

I believe our members should be aware of the help we received from Council Member Yassky and District Manager Hammerman as described in the letters below.

Thanks,

Joe Holtz, General Coordinator

April 25, 2007

Council Member David Yassky

District Office

114 Court Street

Brooklyn, New York 11201

DEAR COUNCIL MEMBER YASSKY,

I am writing first to thank you for your concern about the Coop last July during the electricity blackout that affected parts of Union Street and 5th Avenue.

Thank you also for alerting us to Con Edison's Commercial Claim for Perishable Merchandise program at that time. We lost over \$22,000 of perishable food on July 17<sup>th</sup> and 18<sup>th</sup>, 2006. Con Edison's claim form promised to reimburse businesses that lost money on perishable food as a result of a blackout for up to \$7,000. We met all of Con Edison's conditions, filed our claim before the deadline and provided all the requested documentation.

But Con Edison, without reasonable explanation, denied our claim. I realized that I needed help to appeal Con Edison's decision. I called our Community Board and I called your office. We have recently received an apology from Con Edison and a check for \$7,000 thanks to your efforts and those of Community Board 6. Thanks also to Mary Lou Bradley from your office for her help on this matter.

Joseph Holtz

General Manager

Park Slope Food Coop, Inc.

Craig Hammerman

District Manager

Community Board Six

250 Baltic Street

Brooklyn, New York 11201-6401

DEAR DISTRICT MANAGER HAMMERMAN,

I am writing to thank you for your help and the help of Jill Ercolano from your office. We lost over \$22,000 of perishable food on July 17<sup>th</sup> and 18<sup>th</sup>, 2006. Con Edison's claim form promised to reimburse businesses that lost money on perishable food as a result of a blackout for up to \$7,000. We met all of Con Edison's conditions, filed our claim before the deadline and provided all the requested documentation.

But Con Edison, without reasonable explanation, denied our claim. I realized that I needed help to appeal

Con Edison's decision. I called you at Community Board Six and I called Council Member David Yassky's office. We have recently received an apology from Con Edison and a check for \$7,000 thanks to your efforts and those of Council Member Yassky. Thank you very much for appealing on our behalf.

Joseph Holtz

General Manager

Park Slope Food Coop, Inc.

## ORPHANS OF THE WASH

*You say my socks are schizophrenic,  
That red and green are not authentic [sic]  
As a genuine, legitimate pair.  
But wait! Such reasoning's not fair  
Applied to struggling stretched-out orphans  
Whose experience as recent morphens  
Has left them totally bereft,  
Both the right sock and the left.  
Each lost his dearly beloved twin  
While sloshing around, about and in  
A washing machine as it revolved  
Soapily till both evolved  
Into poor garments without sibs  
And cried into some much-soiled bibs.  
You know, of course, that socks have no  
Mother or father or granny, so  
When a left proceeds to lose its right,  
Both lives become an endless night.  
The least that you and I can do  
Is foster-parent such as these two.  
Bestow them a home that's warmly sweet—  
Wear them together on your feet.*

Leon Freilich

## KEEP IT GREEN

DEAR COOP,

I am the squad leader for the "C" week morning maintenance shift and I am writing to call attention to the following two circumstances at the Coop that many of us who work on the maintenance shift believe are in need of improvement.

In keeping with the ideals of the Park Slope Food Coop Mission Statement, I am asking the Board to please consider implementing the following changes.

Important for both the environment and the Coop's utility bill, the type of lighting in the toilet rooms should be modernized. Presently most of the toilet rooms are overlit, with four 60 watt incandescent bulbs. The bulbs need frequent replacement, waste energy and create a lot of unwanted heat—incandescent light sources produce almost 10 times more heat in the form of infrared than visible light. It would be quick and easy to replace the existing fixtures with new 20 or 30 watt energy saving long life fluorescent lights. Fluorescent is 5 times more effective in producing light than incandescent.

Do away with the plastic drinking cups. There are cup dispensers in all the toilet rooms for people who need a drink of water. We constantly need to refill the dispensers. The cups are expensive, and ultimately they end up in the landfill—added to that is the aversion many people have to drinking tap water from a sink in a toilet room. It's easy to improve this situation if we can have water cooler/drinking fountains throughout the building—as a preliminary estimate—two for the shopping floor, one on the 2<sup>nd</sup> floor and one in the basement. Plastic cups could be

eliminated and there would be a source of cold, filtered water available from a sanitary easy to clean, dispenser. We also benefit because the toilet rooms will stay cleaner longer as there will be fewer spills from dumped cups and less trash to overflow the waste baskets.

Anthony Marchese

## 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](mailto:GazetteSubmissions@psfc.coop) or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

## Anonymity

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

## Fairness

In order to provide fair, comprehensive, factual coverage:

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

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





# Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

**DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?**

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

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

Well there might be an explanation for this.

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

Relax and take a journey within.

**Gain:**

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

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

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

FREE

Non-members welcome

Friday, 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 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

Tuesday, May 29

7:30 p.m. at the Coop

FREE

Non members Welcome

# STOP!

Before you build that website...

A primer for effectively marketing your service business online with Susan Martin

You'll learn:

- Why most websites don't work.
- The critical marketing basics you'll need to be successful.
- The structure of successful websites.
- The difference between organic seo and pay for click.
- How blogs are changing the face of online marketing.

Susan Martin created Business Sanity to help business owners and professionals make more money with less effort and stress. She is a Coop member and maintains a private coaching practice in Park Slope.

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

Saturday, June 2

2:00 p.m. at the Coop

FREE

Non members Welcome

# Veganism 101: From Personal to Global

with Shannon Sodano

The hows and whys of being vegan, including nutrition, ethics, lifestyle, personal products (with a special focus on skin care, vitamins, makeup) and then some...

This enlightening workshop is perfect for you if you are:

- A veg wannabe
- A vegan pro who needs a kick in the arse
- Curious (or skeptical) about veganism
- The only vegetarian (or meat-eater) at the Thanksgiving meal

Shannon Sodano moved into the neighborhood one year ago after graduating from NYU with a bachelor's degree in Nutrition and Dietetics. She educates people on the benefits of using more herbally and botanically based skin care and nutrition products and teaches and trains others to do the same. She is a member of the Coop.

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

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

Saturday, June 2

11:00 a.m. at the Coop

FREE

Non members Welcome

# GET READY FOR SUMMER WITH NATURAL CLEANSING

with Heather Cottrell

As Spring ends and Summer begins, prepare the body for the transition. Not to mention, the beach!

It's time to cleanse if you have any of these complaints:

- difficulty concentrating
- fatigue and low energy
- excess weight
- allergies
- muscle/joint pain
- headaches or migraines
- digestive/elimination problems
- depression, irritability, mood swings

This interactive workshop will cover the benefits of cleansing your body, and the options available using whole-foods nutrition. Get ready for Summer, and the rest of your life, by improving your health and energy now.

Heather Cottrell is a Certified Holistic Health Counselor and Independent Isagenix Associate. She specializes in helping people live happier and healthier lives through gentle nutrition and lifestyle changes. She offers individual and group programs to clients all over the world. Heather is proud to be a Coop member.

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

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Saturday, June 2

12:00 p.m. at the Coop

FREE

Non-members welcome

# ENHANCING FERTILITY NATURALLY:

A CHINESE MEDICINE APPROACH WITH LARA ROSENTHAL, L.AC.

UNDERSTANDING FERTILITY:

- The energetics of reproduction
- What our grandmothers never told us: reading our body's signals

OBSTACLES TO FERTILITY:

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

IMPROVING THE ODDS:

- Nutrition and lifestyle choices for your body type
- Tilling the soil: preparing the body for the rigors of pregnancy

WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:

- Eastern and Western approaches side by side

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

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Friday, June 8

7:30 p.m. at the Coop

FREE

Non members Welcome

# Real Spirituality in a Cooperative World

with Richard Hart and Gregory Wells

1. All That Is—Is Light!
2. The Prior Unity of Humankind and the Indivisible Oneness of Reality Itself
3. Cooperation + Tolerance = Peace

In Reality, there is no difference between people, no justification to uphold artificial distinctions of race, creed, color, nationality, or any system of beliefs.

The World-Friend, Adi Da Samraj, has revealed these Three Great Principles of all Truth that can have the most benign, unifying and lasting effect on the hearts and minds of everyone.

Join us for a lively evening of discussion as we all move forward into a cooperative future—one that must embrace and include all beings.

Non-Coop members invited.

Richard Hart, Coop member, established the first health food store in NYC, works in nutritional counseling, and is a student of the World-Friend, Adi Da Samraj. Gregory Wells is a senior student of Adi Da living in Ditmas Park and has lectured on these principles both here and abroad.

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Saturday, June 9

12:00 noon at the Coop

FREE

Non members Welcome

# Release Work

For Happiness and Health with Alnitak Sky

Using simple and effective methods known as release work, you will attain vital health, prosperity, better relationships, and freedom. Through releasing unconscious negative thoughts and feelings you will experience a feeling of lightness and clarity. As a group we will explore core belief work. You will also learn the mantra for karma cleansing.

Alnitak Sky is a Japanese spiritual energy healer with 40 years of international experience in healing and transformational work. He is also a Coop member.

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Saturday, June 10

12:00 noon at the Coop

FREE

Non members Welcome

# Parents Do your Children Ever "Push Your Buttons"?

with Sharon Peters

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

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

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

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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.

MERCHANDISE  
NONCOMMERCIAL  
FOR SALE

Ceilerciser, new plus accessories, \$200; Braun 10-cup coffeemaker, \$15; vintage table radio (wood, solid-state, circa 1960), \$50 or BO; gold-plated jewelry signed by artist (vintage), \$20-40. Call 718-768-1598.

EXCELLENT CONDITION GARY FISHER BIKE, price neg. Please call 718-756-3279 or 347-276-3300. No Saturday calls please.

ALMOST NEW GIRL AND BOY CLOTHES. Winter garments, very cheap. Call 718-891-9027. 0-24 months.

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. #T12302. 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.

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 Coop 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, Suze-co and Pulp products & interesting frames. Memories Out of the Box. 718-398-1519. www.memoriesoutofthebox.biz.

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ADVERTISE ON THE WEB

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

Answer to Puzzle on page 8

Toasted Sesame, Garlic, Coconut, Safflower, Wheat Germ, Almond, Hazelnut, Walnut, Avocado, Canola

SHANNON THE PAINTER. High quality, professional interior painting and plastering. Free estimates 718-483-2906.

HEALTH

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

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

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.

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.

COMMON GROUND CENTER in Starksboro, VT. Week-long intergenerational programs for families of all shapes & sizes. Fabulous programming & delicious vegetarian food in a unique community setting. 802-453-2592, 1-800-430-2667, www.cgcvt.org - e-mail: info@cgcvt.org. Available for rentals as well. Recommended by M. Siegal!

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.

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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.

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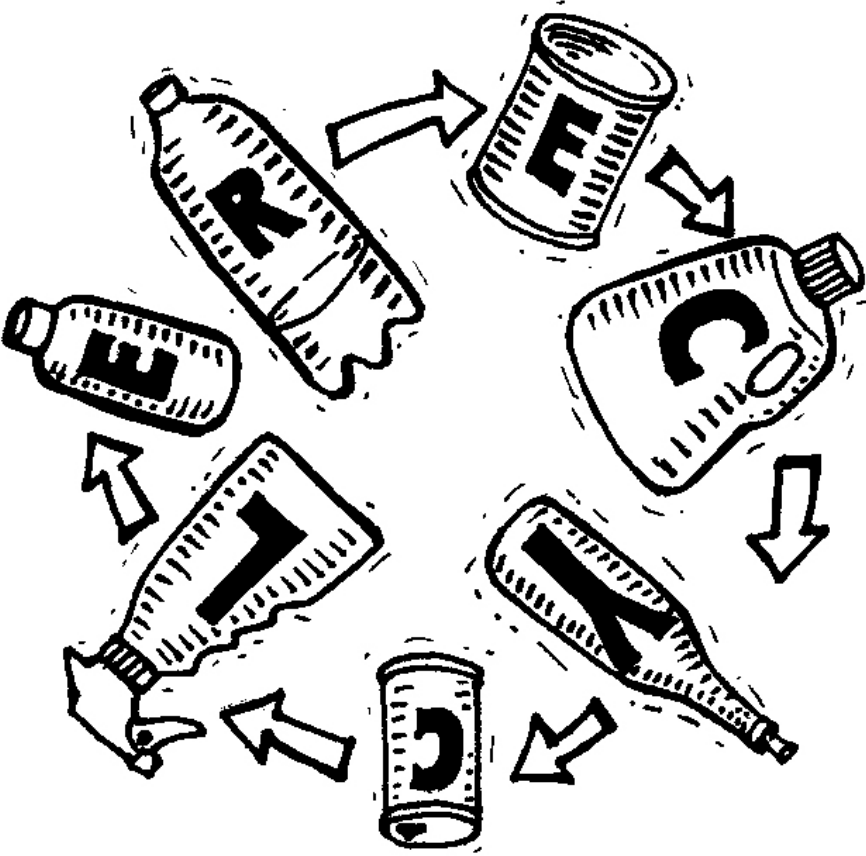
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# Coop Plastics Recycling

## 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, dry 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 Coop.

## 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.

Hikma Abdulghani	Clyde Cole	Lauren Grabowski	Marcelo Manfredi	Chana Powell	Philip Tisne
Sarah Abrams	Kourtney Cole	Justin Green	Liz Maurer	Tristan Quinn-Thi-	Allen Tobias
Abelardo Ahumada	Jim Collier	Emily M. Haddad	Modupe McCullough	bodeau	Katie Todd
Idit Aluma	Carla Coria	Floriane Harpster	Alessandra McKell	Mendel Reichman	Martina Tomassini
Ricardo Bacallao	Jennifer Cortez	Todd P. Harpster	Jenny Rebecca	Milky Reichman	Jennifer Trotter
Matthew Belanger	Zachari Dahrn	Missy Hill	McLaughlin	Miriam Reichman	Jr., T. Vincent Trotter
Jimmy Beltran Argueta	Jane Dickinson	Yukie Hori	Alex Medina	Elchonon Reizes	Rachel Tuichin
Deborah Bershad	Karen Doukas	Antoinette Howell	David Michaelson	Tawnya Ridi	Arkadiy Ugorskiy
Alan Bolle	Vasilios Doukas	Justin Howles	Bogdan Milina	Victor Ridi	Sadath Usman
Nancy Bowen	Amy Ellenbogen	Meighan Igoe	Galina Milina	Calvin Riley	Rosanne Vandeweerd
Ed Brash	Cynthia Ellis	Lisa Johnson	Viktoriya Milina	Joy Romanski	Queen Nazimov Varick
Sarah Brash	Tahirah Ellis	Karen Kao	Stephanie Miller	Stephanie Romeo	Williams
Samantha Britell	Manuel Engel	Jessie Katz	Keiko Mishima	Dan Satran	Melinda Wansbrough
Julian Brolaski	Jennifer Escava	Jennie Keinard	Tamara Morgan	Anamaria Segura	Joel Weiss
Fork Burke	Sarah Felix	Austin Kelley	Laura Newman	Davina Semo	Sally Widdowson
Tanisha Burke	Carolyn Fisher	Andrew Kim	see #1773 Not in use	Thomas Seufert	Andy Widmann
Tracy Burton	Daniel Fleisch	Ivana Kormanikova	See 46781 Not In Use	Jocelyn Smith	Audrey Wilson
Ernesto Cabrera	Chris Ford	Rebecca Kottler-Wein	Charles Ornegri	Juan Sosa	Michael WinnelDoris
Lemuel Cabrera	Johnny Gandelsman	William Lawrence	Lia Pallas	Ruthie Streiter	Wolin
Kelly Campbell	Margaret Garrett	Jessica Anne Lee	Michael Paone	Tom Swafford	Joli Wright
Geraldine Cardiel	Patrick Gibson	Thomas Lee	Joelen Pastva	Rasheed Tahir	Blair Wynkoop
Joanna Castro	Lisa Goodrich	Jeffrey Levine	Matt Pavlovich	Angelo Tartanian	Charlotte Yongue
Marina Celander	Myrtle Goodrich	James Luria	Albert Pessa	Jodie Tassiello	Laura Zeis
Robert Charles	James Governale	Sabina Magyar	Janelle Pietrzak	Meggan Thompson	Michael Zlabinger

## THANK YOU!

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

Carlos Alberto	Annette Carter	Karin Fleisch	Alison Lin	Julia Miller	Naomi Sato
Nathaniel Allman	Shirley Catton	Sarah Foudy	Amie Macdonald	Rebekah Mindel	Colin Sheehan
Alessandra Almgren	Peggy Cheng	Ezra Goldstein	Shelly Makleff	Yoshiki Mishima	Emily Siegel
Alyssa Alpine	Siena Chrisman	Damon Gorton	Jayna Maleri	Desiree Newsome	Fabiola G. Bergi
Anne Alquist	Ed Cohen	Tracy Grinnel	Genevieve Mandola	Michelle O'Brien	Simpson
Lizzie Anderson	Sadikisha Sandra	Lisa Hamilton	Karen Martin	Jan Orzeck	Najuma Sparkes
Brendan Baer	Collier	Noemi Hernandez	Elan Masliyah	Alena P.	Rebecca Stein
Bailey	Shara Collins	Jocelyn Ho	Mireille Massac	Zenaida Perez	Aaron Streiter
Pat & Marty Bernstein	Nate D.	Barbara Kass	Noah Mayers	Viera Pitonakova	Lynn Ann Taylor
Angelina Bertani	Thea Delage	Austin Kelley	Gur Melamede	Roberta Ransaw	John Urda
Aloyse Blair	Joseph Delano	Dan Kelly	Melanie	Jason Rissman	Vanessa Watson
David Bowman	Elizabeth Demaray	Aaron Kovalchik	Lara Meyerratken	Mrs. Rosenberg	Monica Willis
Bromel	Ashley Devries	Izabel Lam	Damali Brenda Miller	Sasha	Sarah Yorra
Rolf Burgi	Brenda Edwards-Baker	Jessica Leinwand	Dorcas Miller	(East Village Co-op)	Michaela Zanzani