

LINEWAITERS' GAZETTE

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Volume BB, Number 12

JUNE 7, 2007

Spring Produce Report— to Bee or Not to Bee

By Ed Levy

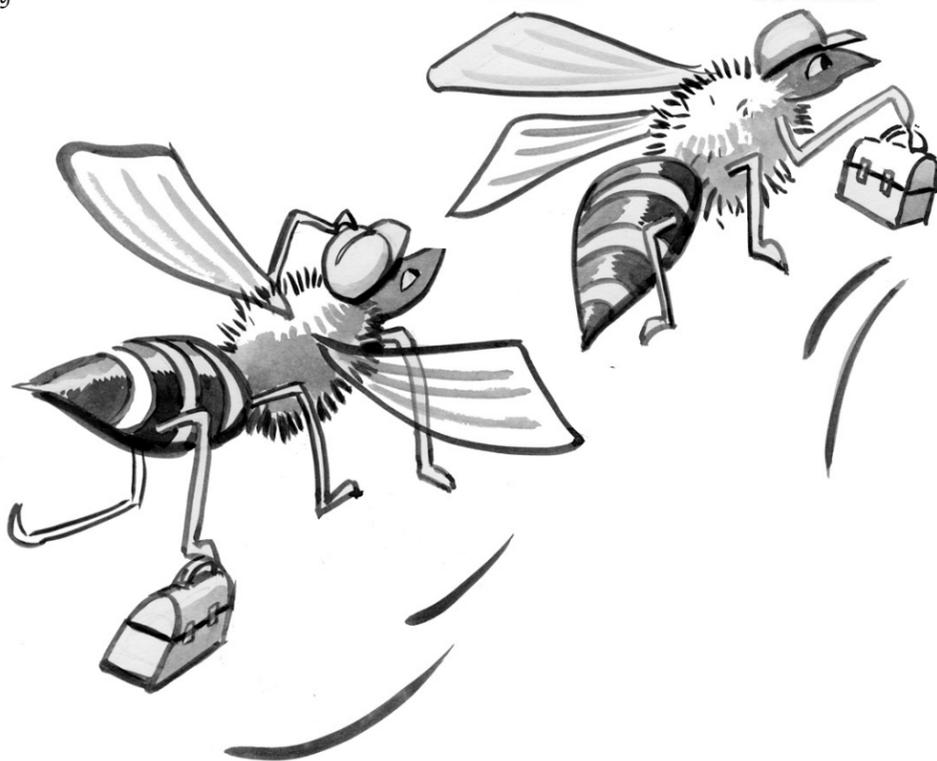


ILLUSTRATION BY DEBORAH TINT

If you ask produce manager and General Coordinator Allen Zimmerman what he's worried about, produce-wise, he will tell you it's not the January frost that hit California or the dry spring we've been having, it's bee colony collapse. Across the country, there are reports that bees have deserted their hives and are dispersing or dying off. Why is this bad for produce? Bees, Zimmerman explained, are responsible for pollination of most of our crops. "If bees died, life on earth would not exist within four years," he pointed out, quoting Albert Einstein. Fully 100% of the almond crop, 90% of the blueberry and apple crops and nearly half the peach crop are dependent on pollination by bees. Colony collapse disorder, as the phenomenon is called, was first noticed last fall.

There are various types of pollination—by wind, birds, water or insects. In the last

type, known as entomophily, pollen is distributed by bees, butterflies, moths and beetles. Plants that depend on these species for pollination have evolved characteristics that make them more appealing, such as brightly colored or scented flowers, nectar and appealing shapes and patterns. The pollen grains of entomophilous plants are also larger and of more nutritional value to insects, which may use them for food while inadvertently spreading them to other flowers.

Causes of Colony Collapse Disorder

According to reports, in the United States half a million to a million colonies out of a total of 2.4 million colonies died this past winter. Mites have threatened the bee industry since the 1980s, causing catastrophic die-offs in 1995-96 and 2000-01. The mites feed on U.S. honeybees and act as a vec-

tor for a number of viruses. While many bees this year exhibit symptoms of mite damage, about 25% of the deaths this year cannot be attributed to mites or any other known honeybee pest, said Cornell University entomology professor Nicholas Calderone.

Theories about the causes of the current die-off include disorientation caused by cell phone signals, genetically modified crops and a new class of pesticides containing nicotine. Others say that bees are simply stressed out. That would not be surprising, given that they are now farmed in huge colonies, grown to unnaturally large sizes and trucked around the country as needed to pollinate local monocrops, a practice that exposes these "migrant bees" to many more toxins and alien environments than they would normally encounter. Nearly half

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Organic in France

By Alison Rose Levy

Have you ever wondered what it would be like to live abroad and create a healthy, sustainable life in another country? Ann Seaton, a Coop member and professor of English at the City University of New York (CUNY), lived that dream, going back and forth from New York to Paris for the last several years. She lived in Paris for an entire year in 2005.

There were challenges. Although Seaton is well credentialed, with a Ph.D. in English literature from Harvard as well as American teaching experience, she could not accept offers to teach at the American University in Paris because she lacked a European Union green card. "I made an impractical decision—to work on my novel," she explains as

she shares her experiences of living between two countries.

Seaton shared an apartment with a French roommate in the third arrondissement, a district of Paris on the Right Bank close to the Georges Pompidou

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ILLUSTRATION BY ETHAN PETTIT

Next General Meeting on June 26

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, June 26 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

- Thu, Jun 7 • Food Class:** 7:30 p.m., Wild Fermentation
- Fri, Jun 15 • The Good Coffeehouse:** 8:00 p.m., with Viva, Howlin' Vic and Legacy
- Sat, Jun 23 • Pocketbook, Purse and Bag Exchange:** 10:00 a.m.
- Sat, Jun 30 • Adult Clothing Exchange:** 9:30 a.m.
- Fri, Jul 6 • Film Night:** *Bloquero: Looking at the U.S. Embargo Against Cuba*: 7:00 p.m.

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

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ILLUSTRATION BY DEBORAH TINT

Spring Produce

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of U.S. beehives are trucked to California each year to work in the almond orchards. Some are then moved to New York State to pollinate apple trees or to Maine to pollinate blueberries.

(To get some idea of the scale of what bees do, take a close look at a blackberry or raspberry the next time you're in the store, and you'll notice that each berry is composed of many "cells," each of which has to be pollinated individually. Sometimes you can see a slender orange or brown stamen rising out of each of these cells.)

A report in the German magazine *Der Spiegel* has attributed colony collapse to crops that have been genetically modified to ward off

pests. Hans-Hinrich Kaatz, a professor at the University of Halle in eastern Germany and the director of the study, said that a bacterial toxin in genetically modified corn may have "altered the surface of the bee's intestines, sufficiently weakening the bees to allow the parasites to gain entry...." Reinforcing the belief that the cause of colony collapse disorder has human origins is the fact, according to some reports, that organically raised bees have not experienced it.

California Frosts Nip Carrots

It was recently discovered that the heavy and prolonged January frosts in California not only drove up the price of many common foods—and instantly destroyed acres of avocados and naval oranges—but had a delayed and

unexpected effect on the price of carrots. It was thought the carrots were safe below ground from the killer frosts. Not so; on harvesting them, it was clear that many were ruined. As a result, the price of carrots has risen, but should normalize as we move toward summer, Zimmerman said. Potatoes were also affected and as of Memorial Day we were still eating last year's, which is fairly late. The first organic potatoes of the year come from California and Florida; like the warm weather, the harvest keeps moving north throughout spring and summer. After those two states comes the mid-Atlantic region, primarily North Carolina. Devastation from a late frost in this region, in Georgia and North and South Carolina, has affected this year's peach crop, but we're still not sure how badly. Blueberries

will arrive from North Carolina in June.

New Small, Local Organic Suppliers

Not every state produces enough organics to send to distant markets, but the local harvest, Zimmerman said, "is getting exciting." Over the last few weeks the Coop has found new sources of supply from small, local family farms in southern New Jersey, which will provide the Coop with mint, dill, parsley, arugula and escarole. The proximity of these farms means the produce will arrive in Brooklyn very fresh. The Coop has also started working with the Lancaster Farm Fresh Cooperative, a group of 16 organic farms in Lancaster County, Pennsylvania, which is already furnishing baby arugula, baby spinach, radishes, Romaine, mature and cave-aged, grass-fed raw-milk organic cheddar. With farms this close, produce can be harvested on Tuesday afternoon and delivered by 6 a.m. the following morning. Zimmerman explained that the Coop is just beginning its relationship with this coop and may add other products down the line, such as raw honeys, more cheeses and meats. Our main source of supply, and first loyalty, he said, will remain with Hepworth Farms, which continues to collaborate closely with Zimmerman, and even to grow crops at the Coop's request. Hepworth, however, has not been able to grow fast enough to keep up with the store's demand.

Amish and Mennonite Farmers' Cooperative

The Lancaster County cooperative is made up of about 30 mostly Amish and Mennonite farmers. The arrangement allows these farmers to focus on what they do best, while an administrator and sales rep handle communications that used to be complicated and time-consuming, given that many of these families do not have a telephone in their home.

Although the number of farms in this area has diminished since the '70s, the Coop is hopeful that the demand for more products that are raw, hormone-free and directly off the farm will prove financially profitable and could offer the next generation a financially feasible way to continue the family farm.

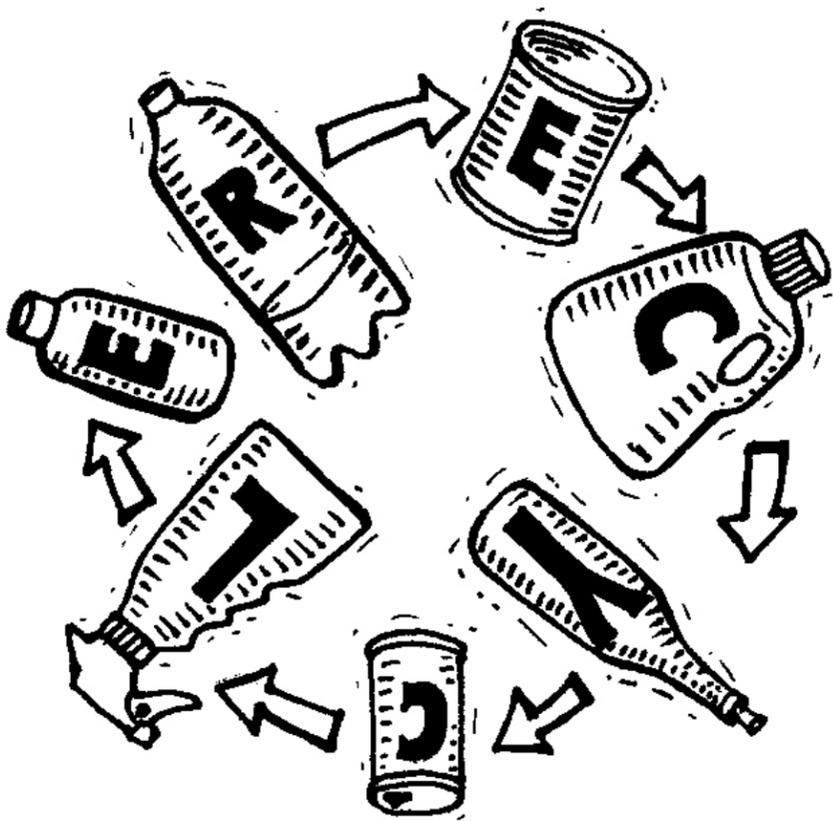
Produce Info Online

Members can look forward to a new feature that will soon appear on the Coop's website, a posting map with markers showing every organic farm we buy from. Surfers can click on the flag to get the name and town of the farm, or a link to a website.

The produce blog is also back, after being down for about a year, now providing continually updated information about current items and prices in the produce aisle and their provenance. Although it's a labor-intensive operation, Zimmerman says there are now enough people committed to keeping it going. For the blog, go to www.psfco.blogspot.com/. ■

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, no paper labels.
- 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.

Organic in France

CONTINUED FROM PAGE 1

Center, a museum. Seaton's French roommate, who grew sprouts in their walk-up apartment, introduced her to the French coop to which she belonged. There was no fee to join, but Seaton had to purchase a certain amount each month and show her membership card to receive a 10% discount on purchases. Her coop, called the Coop Glacière, was located on the opposite side of Paris, in the thirteenth arrondissement, a multiracial, bohemian neighborhood populated by a mix of young people, academics and the working class.

"The produce was unbelievable. The vegetables were comparable to what we have at the Coop," says Seaton. In French, the word for organic is "bio," and in Seaton's Parisian coop, every single item was bio, from the many varieties of cheese and yogurt, to the breads and baked goods, to the pâtés and other charcuterie (French for ham, sausage and cold cuts). But none of these items was mass produced; instead they were made by small artisanal producers. Says Seaton, "You'd get vegetables with dirt on them and when you'd get meat, you would know what region and farm it came from. There was no organic middle man. It came straight from the producer to the coop."

Once or twice a week, Seaton would travel by the Paris metro to the coop, returning on the metro with bags of food she'd carry up the four flights to her apartment. Belonging to the coop entailed no work; the French wouldn't go for that, she says, they are not that cooperative. Instead it was a way to support organic agriculture and food production.

"Watching people shop was like being at the opera," Seaton recalls. "They approached the vegetables with the same awareness they would bring to an erotic encounter. They would feel and hold a tomato with great reverence and sensuality. Purchasing decisions were never about what's cheap or getting a bargain. No one was ever in a rush. It was considered rude."

There were hardly any supplements because "the French believe that if they eat a healthy diet, they don't need them." Face, body and hair products were in short supply, with only a few brands, like Weleda and Dr. Hauschka.

In winter, the French don't eat foods from far away. Although there were a few items from places like Spain and Morocco, the seasonal produce selection was limited. However, there were mostly packed in glass jars rather than cans, as the

French don't like cans—and there was much recycling of glass, more so than here, Seaton reports. In France, when shopping, you take your own bag even into a regular supermarket. Otherwise, you'll be charged for bags.

Beyond small coops like Seaton's, health food has made inroads. Seaton also regularly shopped at an organic street market in which different suppliers set up their wares in the St. Germain neighborhood on the Left Bank on Sundays. She

week or two.

"I would go and live on tiny farms, in places so small and ancient, just to see how they were run, how they treated animals," Seaton recalls. "They were rustic and natural. They do everything the same way that their ancestors have, going back to the 1400s. Everything is done by hand. Everything is simple."

The French farmers Seaton visited had traditional ways to do everything, but the respect for the earth and the animals was very profound,



ILLUSTRATION BY ETHAN PETTIT

also occasionally went to a suburban store called Les Nouveaux Robinson (named after the Swiss Family Robinson), which she says "had everything," including eco-friendly paint, sheets and other sustainably produced products. There were also 50 to 60 giant health food superstores located on the outskirts of the city, but there were no salad bars. The French don't like them.

In several significant respects, the healthy French lifestyle differs from the American one, says Seaton. In general, the French don't like tofu, she reports, so food products mimicking meat are uncommon. The French see no inconsistency in eating bio while regularly drinking alcohol; many continue to smoke as well, not considering that to be incompatible with a healthy lifestyle. Although Seaton knew some vegetarians, over all vegetarianism isn't popular in this nation of meat-eaters. Even with their smoking, the French have one of the longest life spans among Westerners.

Seaton further explored France to experience a range of the healthy, sustainable options there. Many people, what the French call "bobos," or "bourgeois bohemians," go on holidays by visiting organic farms. There, for a week of work (making honey, olive oil or growing other produce), you can get room and board and delicious farm-grown bio food. Seaton was lucky enough to stumble upon a network of people who knew of them. On several occasions, she traveled into the French countryside to live, work and experience the traditional agricultural life for a

she says. "I remember amazing meals made with the freshest foods. They would go outside and pick leaves right off the plants to make a tea or a salad."

Her favorite meal at a farm she visited was a lamb stew served with a fresh salad, millet and rice, gluten-free bread and fresh preserves made from the farmwoman's own berries.

During her travels, Seaton sometimes encountered people who were trying to start the equivalent of a French eco-village, but that was challenging, since the French like their independence.

Bio foods are prized throughout France, and the French are obsessed with health and quality. In the course of her travels, Seaton encountered many average French people and reports that they were knowledgeable about—and totally opposed to—genetically modified foods. Despite recent inroads made by McDonald's (called Mac Do in France), the French sensibility rejects junk food, which the French call "mal bouffe," which translates as "bad food."

"Organic standards are real in Europe in the way that they are not here," says Seaton, and organic agribusiness had not gained a stronghold when she was there.

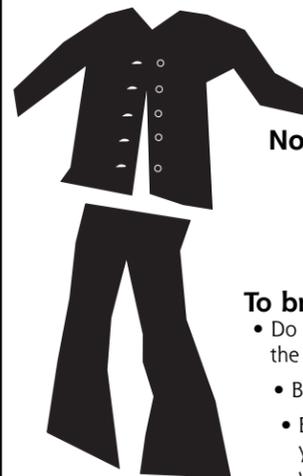
"In America, it's more that we don't use pesticides, while in France, bio is more of a contemporary version of a long-standing traditional way of life and philosophy. Americans support organic foods but that's often because we believe that organic food is healthier for us. For the French, buying bio is a political critique, expressing a distrust of globalization." ■

Adult Clothing Exchange

Have you noticed that Coop members are great dressers?

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

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



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

FREE
Non-members welcome

Saturday, June 30
9:00 a.m.—1:00 p.m.
in the meeting room

To bring Clothes...

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

Unchosen clothing will be donated to a local shelter.

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

I wrote this for you

It was you I was thinking of
when I opened the door
to the idea of how
to eat better

I thought of your family
and what it takes to feed them well
the shopping, the schlepping,
the storing and still,
nothing yet cooked!

I thought of you coming home hungry
tired from tiresome tasks
and all the ditches you have to dig
and fill again

I thought of the look on your face
when a plate of fresh food
freshly made with love
was placed before you

How you paused
very briefly
I saw you soften
your heart open

And when you ate
peace flowered in the room

Come talk to me
about how to eat better
It's all in a day's work
at the Park Slope Food Coop

by Myra Klockenbrink

Mondays, June 25 (A Week)
July 16 (D Week)
Noon to 1 p.m. and
1:30 to 2:30 p.m.

Wednesdays, June 13 (C Week)
July 11 (C Week)
2:30 to 3:30 then
4:00 to 5:00 p.m..

Or you can join in any time during a tour.

Candidates for Board of Directors of the Park Slope Food Coop, Inc.

Two full three-year terms and one one-year term are open.

To vote you may use a proxy or be present at the Park Slope Food Coop Annual Meeting, June 26, 2007.

Candidate Statements:

(Statements are unedited and presented in alphabetical order.)

David Meltzer



I have been a Coop member for fourteen years. I was a Squad leader for seven years and am currently a "cart-slinger." I am running for the Coop Board as I believe that changes need to be made. Among the changes that I would like to institute are the following:

1. General Meeting: I propose abandoning the anachronistic and outmoded system of voting at the General Meeting. Voting should be accessible to all members, not just those who can spend a Wednesday night at the General Meeting. Several issues ago, the *Linewaiters' Gazette* boasted that "nearly 100 people" attended the meeting. Assuming a 50-49 split in a vote, 50 people can determine the course for a Coop of 14,000 members. The General Meeting allows for easy stacking, whereby interested parties can pack the meeting with their friends, for the benefit of their pet issue. This is not democracy.

I propose that voting be done by all members on issues that concern us. The General Meeting will serve as an avenue of discussion, and may vote on time sensitive or emergency issues. Any vote taken at the General Meeting would need to be approved by a vote of all members. Voting should be available on line and at the Coop itself. Coop members would oversee the voting as workslot credit.

Finally, I will not merely provide "rubber stamp" approval of any General Meeting vote where the meeting has been packed, where the vote was not in the interests of a majority of the cooperators, or where the members in general should receive a vote.

2. Squad Rights and Attendance. It is my belief that the individual squad leaders have a better grip on what makes their squad work than the paid coordinators. I propose allowing the squad leaders the opportunity to experiment with the attendance requirements. Should a squad leader wish to allow the squad membership one sick/vacation day per yearly cycle, let their squad try. This will lead to greater morale among members, as sickness, family events or plain exhaustion after a tough day would not lead to make-ups or suspensions.

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Bill Penner



I am writing to ask for your support to continue as one of the six members of the Board of Directors of the Coop. My candidacy has been endorsed by the Coop's General Coordinators.

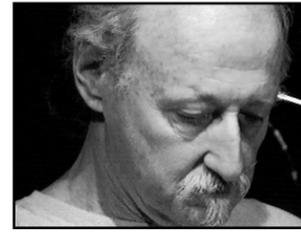
I have been a member of the Coop for almost seven years and I have served on both the receiving committee and the CHiPS soup kitchen committee preparing meals with food donated by the Coop and others. In my life outside the Coop, I am a 44 year old architect with my own architectural firm which I started five years ago in Brooklyn. Prior to receiving my degree in architecture, I apprenticed as a chef and cooked professionally for 6 years. The Coop is an important part of my life, it is a place where I connect with my passion for food and realize the significance of food and food production in our society as a cultural, environmental, and economic force of incredible importance.

The Board of Directors meet every month in public at our General Meeting. Every member can vote on proposals that are brought before the General Meeting. Because the Coop is a corporation, it is also required to have a board of directors. At the end of each General Meeting, the PSFC Board votes on taking the advice of the membership. This is how the Coop combines its corporate structure with its town hall style of democracy. As a member of the Board, I see my role as one of oversight rather than one of advocacy. I focus on maintaining a thorough knowledge of open issues and concerns of the membership by attending General Meetings, reading the *Gazette*, and staying in contact with General Coordinators. I make a particular effort familiarizing myself with the monthly financial statement, and I believe being well informed of the financial condition of the Coop is one of my biggest responsibilities as a board member.

The Coop's continued financial stability maintains our low prices which enables many people to benefit from the beauty of good food while supporting the Coop community and values. The amount of money that members save shopping at the Coop is substan-

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Albert Solomon



To our loyal and steadfast supporters over the years, Thank You! You know why you are here, we know why we are here, and we know what we are doing. What good is another boring

and irrelevant candidate statement? To those who don't know who or what the campaign for Co-Op Democracy is, please read our letters over the last few years, or talk to us in the street or on the shopping floor or address us at hobces@yahoo.com or 718-768-9079. With best wishes and hope for the future, and in solidarity with the Co-Op we are:

Nom de Guerre
Albert B. Solomon
PACVIDI.COM
Scribe to the World (Technical/Medical Transcriber, Photographer, Collector)
Entertainer (Singer, Comedian, Whistler, Instrumentalist)
World Evangelist for Homeopathy
Singin' Candidate for the 2007 WBAI Local Station Board
Enfant Terrible of the
Park Slope Food Co-Op
HOBCEs (at) YAHOO.COM
718-768-9079
WBAI.net
LISTENERFORUMS.net ■

Elizabeth Tobier



To my fellow Coop members,
Greetings...I am interested in your votes to reelect me to our Coop's Board of Directors, where I have been serving for 4 years.

After joining the Coop in 1990, I enjoyed years of carrying out various work shifts such as cashier, receiving worker, office worker, maintenance worker and inventory counter. I finally attended a General Meeting in 1999 and have attended most of the meetings since then. Since 2002, as the elected Coop Secretary, I have been recording the meeting minutes.

The main reason I am interested in continuing on the Board is that I agree with the Coop's method of governance, which is to hold open meetings—and only open meetings. We do not allow executive sessions where non-Board members are not permitted to attend. I agree that our Coop runs best when the Board listens to and concurs with the decisions of the members as expressed by the General Meeting vote results.

Even though the General Meetings can be a little tedious, I encourage everyone to attend one on occasion, as they are an essential side of our cooperative.

My profession is office manager/bookkeeper and my main interests are animal and environmental protection and the work of water researcher Masaru Emoto.

The Coop's General Coordinators have endorsed my candidacy.

Please contact me with any questions about the Board or the Coop's meetings.

Sincerely,
Elizabeth Tobier
vegetarianplanet@yahoo.com
212-659-3921 ■

John Urda



I am running for re-election to the board with the endorsement of the General Coordinators and would appreciate yours as well. Since I joined the board six years ago, the Coop has seen some serious changes—and although our growth has begun to slacken, the challenges are not going away. One of the biggest challenges will be making sure that the Coop remains the Coop while we continue to manage the recent growth and deal with changes that are an inevitable part of being a big business.

For a board member, the key issue is his or her view of the board's role. I believe that the main function of the board is simply to ensure that the decisions of the general meeting do not violate the law or sound business judgment—it is not a pulpit for board members to impose their views on the Coop. As a board member, I will respect the will of the membership by voting to approve their decisions, so long as they are legal and will not undermine the Coop's business—and for the past six years as board member and president, that is exactly what I have done.

That being said, board members should also serve as a resource for the membership and the General Coordinators. They attend the monthly meetings and should therefore have a wide knowledge of Coop issues. Board members must not only defend the Coop's way of doing business and the principles expressed in the mission statement, but also speak to the issues that arise in the meetings with an informed, sensitive voice.

This is the best store in the world—actually, it's more than a store—and it got that way because of a great governance system that allows regular Coop members to run the show. It should stay that way. Thank you. ■

David Meltzer

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During the past several years, I have often felt as if the Paid Coordinators believed that they were the bosses, and that we squad members were their employees. Squad members had to stock items according to the drum beat of the Coordinators. I believe that the Coordinators should consult with the Squad Leader to determine how best to use the allotted work shift time.

3. Member Emeritus. The paid coordinators have retirement options, how about the rest of us? I believe that if you have been a member of the Coop for 15 years, and have attained the age of 55, you should be exempt from a workslot. This is not a mandatory requirement, and I would hope that many members keep working in the spirit of cooperation.

4. Disciplinary Proceedings: Did you know that there are now three disciplinary committees? Did you know that only members of one disciplinary committee can vote on charges brought by another disciplinary committee? This process is burdensome, expensive and unfair. I propose a panel of mediators be available for any disputes between individual members or between individual members and the paid coordinators. Mediators would receive workslot credit for their valuable services. Mediation should be mandatory prior to any disciplinary proceeding. In the event that the Mediation did not reach a successful agreement between the parties, the findings and/or recommendations of the mediator should be provided to all members of the voting disciplinary committee.

5. Cartwalkers: It is time to end any debate on the usefulness of this service. As a cartwalker, I have pro-

vided a valuable service to both people who drive and people who walk. I also believe that cart walkers provided extra security for the shoppers walking home or to the subway station. I believe that this service should be expanded to allow to shopping and deliveries to be provided for any Coop member who is infirm, and otherwise unable to make it to the Coop.

Summary: The Park Slope Food Coop is one of the institutions that make Brooklyn special. No store has better produce, or a greater variety of wholesome and fairly priced food. However, I believe that the membership deserves more compassionate and innovative leadership. It is time to address the issues that I have stressed above. I want to be a voice for all Coop members. Change is good. ■

Bill Penner

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tial, in fact it is in the millions of dollars each year. This savings is true power for people of all economic backgrounds and allows members to make healthy decisions for themselves and their families while supporting the

environmental and the social mission of the Coop.

I have been honored to have had the opportunity to serve the Coop as a member of Board of Directors for the last year. The late President of the Board, Israel Fishman used to say that the Coop saved his life—the different viewpoints and different people all working together for a common purpose gave him the perspec-

tive and patience to see beyond himself towards what was really important. I am reminded of this cherished thought each time I attend a meeting and when I shop.

Cooperatively yours,
Bill Penner ■

JUNE ANNUAL MEETING & GENERAL MEETING FOR TUESDAY, JUNE 26, 7:00 P.M.

ANNUAL MEETING AGENDA:

Item #1: Presentation of the audited financial report for the year ended January 28, 2007

Members will have the opportunity to question our outside auditor, Cornick, Garber & Sandler, following the presentation. Members will then vote whether to accept the audited statement.

Item #2: Board of Directors Election

Election: There are two openings for full three-year terms and one opening for a one-year term.

GENERAL MEETING AGENDA:

The agenda of the General Meeting has two standard items.

Item #1: Renewing the Services of the Auditor

Proposal: "To retain the services of Cornick, Garber & Sandler, to perform an audit of the Coop for the fiscal year ending: 2/3/08."
— submitted by the General Coordinators

Location: Congregation Beth Elohim (Garfield Temple) 274 Garfield Place at Eighth Ave.

Item #2: Election of Officers of the Park Slope Food Coop

Election: Following the election of members to the Board of Directors at the Annual Meeting, we must elect officers of the corporation at the General Meeting—president, vice president, secretary and treasurer.

[PSFC Bylaws: "Article IV, Officers: §2. Officers shall be elected by the Board of Directors of the corporation at the meeting held in the month of June. §3. The President and Vice-President shall be, at the time of election, directors of the corporation."]

BOARD OF DIRECTORS ELECTION

The Role of the Board

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."

The Board of Directors, which is required to act legally and responsibly, conducts a vote at the end of every General Meeting on whether to accept the advice of the members as expressed in their vote(s) during the GM.

The Election Process

Each year the Coop must, by law, hold an Annual Meeting. This is the only meeting where proxies can be used. Those members who cannot attend the Annual Meeting may be represented, if they wish, by a proxy.

If you submit a proxy but come to the Annual Meeting in person, your proxy will be returned to you when you register.

Members who have a current membership as of Saturday, June 16, are eligible to vote in the election of Directors at the Annual Meeting either in person or by proxy.

Proxy packets are mailed to members in mid-May. If you do not receive a packet, please call the office or pick one up at the entrance door of the Coop.



Coop Website Makeover Plans

By Alison Rose Levy

The Coop website at food-coop.com covers a number of bases for Internet-savvy Coop members—and new features are planned over the next year. Its small but hardworking staff consists of writers, designers and programmers. Since 2002, the site has been managed by General Coordinator Jessica Robinson, who has a strong background in project management.

“Since the Membership Office isn’t always open, I wanted [the website] to improve communication between the Coop organization and its members,” she says.

Currently, the website offers staple information, like the Coop’s address, phone number and daily hours. It also provides more timely news. During last summer’s blackout, there was an ongoing status report, which concerned members could consult and also learn when the Coop had reopened. While non-members can learn how to join, the site’s main audience is members. The full membership manual is available online, as well as complete information on the General Meeting, including both the upcoming agenda and the rules of conduct. People can consult the site to find out the current workslot week and learn of programmatic offerings ranging from fermented foods to fertility. The “swap shift” helps members to more

range of counseling services, including psychotherapy, stress management, couples counseling and astrological counseling, for reduced fees.

Coordinator Robinson and her team track site visits. The store hours, calendar, classified ads and the shift swap are among the most popular items, taking some of the burden off the Membership Office, staffed with only seven people and not open 24/7. In the last month, the web squad knows that there have been nearly 12,000 visits, averaging five pages per visit. Half of these were first-time visitors, and most spend a little under four minutes on the site. According to Jonathan Miller, one of the site’s two programmers, this is considered to be a healthy rate of traffic, and the trend has been up over the last two and a half years, a time period in which membership has also increased.

Two earlier redesigns have made navigation easier, as will a current behind-the-scenes makeover. Jonathan Miller is also working on that. (He also designs formatting tools that allow other squad members to easily make content changes without knowledge of HTML.) The gradual changes in the site’s architecture will not be immediately apparent to members, says Robinson, but will result in a wide range of improved features occurring over the next year. The content management system (CMS) developed in “a home-grown

absorb and offer much of what is currently offered in print, including the *Linewaiters’ Gazette*, with current issues eventually available online and past issues available in an archive and offered via PDF files. “This will help people research topics previously raised at a General Meeting,” says Robinson. The *Gazette* features online will most likely include articles, committee reports, letters and member contributions, but will omit classifieds and other items. In the near future, members will be able to get answers to commonly asked questions about the *Gazette*, such as complete information on submissions, the word count limit for committee reports and deadlines for classified ads, all of which the web team is working to make available.

One of the first new features members will find on the site sometime in

arugula today?’ This feature will provide that information.”

The Coop produce aisle carries a great number of locally produced foods, which is another point of pride at the Coop. To highlight that, the web team plans to add a map of the many Coop suppliers who grow and raise food items, which includes produce items, dairy and meat. The map will cover those within 500 miles to allow people to see which item purchases will support local agriculture. Initially, each farm will be flagged by an icon with information provided about the location, website and other information about the farm, which may become more detailed as the website continues to expand.

Eventually this may be expanded to include those who prepare foods locally to include bread, beer and other items. Much of the Coop’s produce comes from other coops and consolidators, and as a result Coop purchasers may know the range of farms supplying the consolidator, but they may not be able to identify which specific farm has supplied a particularly juicy pear. Unfortunately, the new map will therefore not permit the tracking of specific items, but it will allow members to see the many small family farms that we support through our Coop membership.

Over the longer term, the web team plans for the new CMS to interface well with many different kinds of shareware, software that will permit people to write their own customized modules to be integrated within the overall system. This will allow the creation of (and linking to) blogs, information forums and password-protected sections of the website, which can be used by committees and other groups.

The time frame for these changes is about one year, Robinson estimates. “We sometimes refer to ‘Coop time,’ a slower time frame than in other businesses because our volunteers work once every four weeks. Our committee are talented people who want to make this happen,” she says.

“Still, it’s a lot of work; there is research, the time to create all of these new functions, but we’ll begin to introduce new features as we complete them.”

Robinson enjoys managing the web team and feels that the site has evolved well and will continue to expand its features in a way that serves members. “Occasionally I get feedback, but not that much, which in Coop land means that things are okay. With our members, if there’s a deficiency, you hear about it. But if things are acceptable to great, we don’t tend to hear much. No news is good news.” ■



ILLUSTRATIONS BY LYNN BERNSTEIN



easily swap shifts than was possible before. “Community Ties” offers member discounts on products and services, generously provided by other community members. Interested members can receive a 10% discount to attend classes in Kathak, a form of classical Indian dance, get free financial services, discounted catering, natural hair styling, massage and nutritional guidance, as well as avail themselves of a wide

way,” says Miller, but is experiencing “growing pains,” as additions to the original site architecture outnumber the features offered by its original structure. The goal is to integrate all of that into a new CMS that will also permit a range of new features. Work on the new CMS is already under way, and in its final stages may also include a graphic redesign incorporating more photography on the site.

The changes will allow the site to

the next two months will be a daily produce list, featuring prices as well as notations as to whether foods are organic or not, produced with integrated pest management or not, waxed or not, their state of origin and whether they were grown within 500 miles of the Coop. Says Robinson, “A lot of people are interested in whether a given item is available that day. If they are making a particular recipe, they want to know, ‘Are we carrying

Plastic Recycling Drivers Needed

Wednesday, Saturday and Sunday, 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 are needed for shifts on Wednesday, Saturday, and Sunday. 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 is a must, as you are the only person coming to do this job on your day. The member fulfilling this workslot should be prepared to store recycling collected on Saturday or Sunday in their vehicle or home until the recycling center opens on Monday. Wednesday drivers must be available to drop off the recycling at the center between 8:00 a.m. and 3:00 p.m. when the recycling facility is open. Member will be reimbursed for mileage according to IRS reimbursement rates. If you are interested in this workslot, please contact General Coordinator Jessica Robinson at jess_robinson@psfc.coop or drop by the Membership Office to speak to her.



Help New Members Feel Like Royalty!



The **Orientation Committee** has no openings at the moment, but we need members who are trained and ready to step in when a vacancy occurs.

We are looking for energetic people with a teaching or training background who can work Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency coverage. Only Coop members with at least two years of membership will be considered.

Workslot credit will be given for training sessions. An annual meeting of the Orientation Committee is part of the work requirement.

We are especially interested in members who speak fluent Spanish or Russian. For more information, contact the Membership Office or write to karen_mancuso@psfc.coop.

PHOTO: JOHN H. SHEALLY / THE VIRGINIAN-PILOT (VA GOOGLE)



Looking for something new?

Check out the Coop's products blog.

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

You can connect to the blog via the Coop's website: www.foodcoop.com

THE PARK SLOPE FOOD COOP BUYS

Wind Power

AND YOU CAN TOO!

100% clean power, no fossil fuels

Cheap, easy way to make a difference

Still only one bill

No binding contract

Get four FREE energy-saving CFL bulbs when you sign up at

NYWIND.COM

Pocketbook, Purse and Bag Exchange

This exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can share bags that have already been well loved?



FREE
Non-members welcome

Saturday,
June 23
10:00 a.m. - 2:00 p.m.
in the meeting room

To bring Pocketbooks, Purses and Bags...

- Do not leave items in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean pocketbooks, purses and bags that you are proud to be able to exchange with its new owner.

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



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).



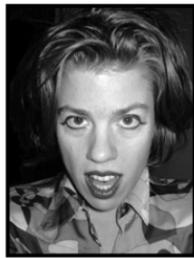
Printed by: Prompt Printing Press, Camden, NJ.

**Friday
Jun. 15
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



Viva is a lovely queer lady guitarist who has performed everywhere from the Michigan Womyn's music festival with all female world beat acid rock sensations, and Bonnaroo with Cyro Baptista and Beat The Donkey. Her original songs roam the wild open spaces of Alternative Americana and she delightfully interprets artists as diverse as Loretta Lynn and RadioHead. She will be joined by Robin Burdulis on percussion.

Howlin' Vic

is Victoria Libertore. She has performed her original performance art combining theatre, vaudeville and burlesque throughout NYC at venues such as BAX, Dixon Place, Joe's Pub and Joyce SoHo and in Boston, Philly, Provincetown, Montreal and Toronto.

**Legacy**

draws from the rich legacies of musical artists who have sung for peace and justice through generations. Singing in various genres and performing their own original material, **Legacy** electrifies audiences with their offerings of gospelized folk, and stylized traditional and contemporary song. **Legacy** is DuPrée, Zenobia and Ben Silver.

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

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

Booking: Bev Grant, 718-230-4999

**Puzzlemaker
Wanted**

The Gazette
is looking for a
member to create
new and interesting
puzzles for each issue.

This will be a
regular workslot.

If you are interested in this
new workslot, contact
Matt Coffman at
matt_coffman@psfc.coop

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Jennifer Rauch
Michael Walters

Editor (production): Louise Spain

Final Proofreader: Janet Mackin

Post Production: Jessica Tolliver-Shaw

Index: Len Neufeld

WORKSLOT NEEDS

Checkwriting

Tuesday or Wednesday, 6:00 to 8:45 p.m.

You will transfer information from vouchers on to checks to pay some of the Coop bills. Neat and legible handwriting, particularly writing digits, a must. You will be working independently, so a good attendance record is needed. A 6-month commitment to the work slot is required. Please speak to Andie Taras through the Membership Office at 718-622-0560 prior to joining the shift.

Office Data Entry

Wednesday, 4:30 to 7:15 p.m.

Are you a stickler for details and accurate on the computer? Do you 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. Workslot requires a six-month commitment.

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 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.

Wall Chart Updating

Sunday, 8:00 to 10:45 a.m.

This is the perfect job for a detail-oriented person who likes a quiet and pleasant work environment. You will be trained by a staff person who will always be available to answer questions. You are part of a team of 2 to 3 people, but you will work on your own. If interested please speak to Camille Scuria in the Membership Office.

Inventory Data Entry

Sunday, D week, 9:30 to 11:00 p.m.

Help the Coop complete its weekly inventory.

CONTINUED ON PAGE 10

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:

Jun 21 issue: 7:00 p.m., Mon, Jun 11
 Jul 5 issue: 7:00 p.m., Mon, Jun 25

CLASSIFIED ADS DEADLINE:

Jun 21 issue: 7:00 p.m., Wed, Jun 13
 Jul 5 issue: 7:00 p.m., Wed, Jun 27

General Meeting

TUE, JUN 26

GENERAL MEETING: 7:00 p.m.

The agenda appears in this issue and is available as a flyer in the entryway.

TUE, JUL 3

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Jul 31 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).

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, June 26, 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.

FRI, JUN 15

ALBUM MAKING BEES at Memories Out of the Box! Bring your photos and stories and make that album you've been meaning to make! Resources, refreshments, tools and support provided weekly! No fee! Thursdays 7—9 p.m. and Sundays, 4-8 p.m. Memories Out of the Box. 633 Vanderbilt Ave. btw St. Marks and Prospect Place. (718) 398-1519

FRI, JUN 22

GOOD COFFEEHOUSE MUSIC PARLOR: Brooklyn Women's Chorus. 45 women singing together to create one powerful voice for peace and justice. Show starts at 8 p.m., doors open at 7:30. \$10 adults, \$6 kids. 53 Prospect Park West at 2nd St. (718) 768-2972.

SAT, JUN 16

NEW YORK CITY LABOR CHORUS GALA CONCERT. Sat. June 16, 7:30 p.m. at the Ethical Culture Society Auditorium. 2 W. 64th St. (off Central Park West), Mnhtn. Tickets: \$25. Seniors, Students & Unemployed: \$15. Go to www.nyclc.org for tickets & info

SAT, JUN 16

HOW TO SAVE THE PLANET WITH YOUR KNIFE & FORK (and be Healthier too!). Join Angela Davis, Holistic Health Counselor, for a FREE workshop on the impact of your food choices on the planet. 44 E. 32nd St., 11th Floor (btw Madison & Park Aves.) 1:00-2:30 p.m. www.nourishingworks.com

FRI, JUN 23

CELEBRATION OF THE SUMMER SOLSTICE IN PARK SLOPE. Mark the day with a simple, fun event on your block or in your building. Join the All Slope Solstice Shout Out at 8:31 p.m. For info visit: www.stoopendous.org

FRI, JUN 29

GOOD COFFEEHOUSE MUSIC PARLOR: Margot Leverett—Klezmer-Bluegrass Fusion. Klezmer clarinetist Margot Leverett joins forces with some of NYC's top bluegrass players to explore the shared musical spirit of two genres literally worlds apart. Show starts at 8 p.m., doors open at 7:30. \$10 adults, \$6 kids. 53 Prospect Park West at 2nd St. (718) 768-2972.

ONGOING SHOWS/EVENTS

DANCING FOR ANIMALS, a non-profit organization, is holding Friday night dance parties. Every Friday through July 6, enjoy an evening of dancing while helping animal welfare organizations at the same time! Intro dance class 9-9:30 PM. General dancing 9:30-12:00 AM (music for all partner dances played). Dance Times Square, 156 W. 44th St., 3rd Floor. 212-946-1824 www.dancingforanimals.org



WORKSLOT NEEDS

CONTINUED FROM PAGE 9

Familiarity and comfort working on computers required for this work slot. 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.

Kitchen Cleaning

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

Deep clean all three kitchens in the Coop: childcare, meeting room, 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, Monday to Thursday, 8:00 am to 2:00 p.m. if you are interested.

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

Office Setup

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Gazette Art Scanner

Time to be Determined

Help the Linewriters' Gazette art archive go digital! We need a motivated member who likes scanning photos and art to scan the Gazette art archive. Experience with computers and scanners a must. If you are interested, contact Matt Coffman by calling the Coop or emailing matt_coffman@psfc.coop.

PROGRAMS

Thursday, June 7 through Sunday, June 10

The following programs will happen within four days of publication of this issue. For full ads, please look at the May 10 or 24 issues or pick up copies of the flyers in the Coop.

Thu, June 7

7:30 pm Food Class—Wild Fermentation with Sandor Elix Katz

Fri, June 8

7:30 pm Real Spirituality in a Cooperative World with Richard Hart and Gregory Wells

Sat, June 9

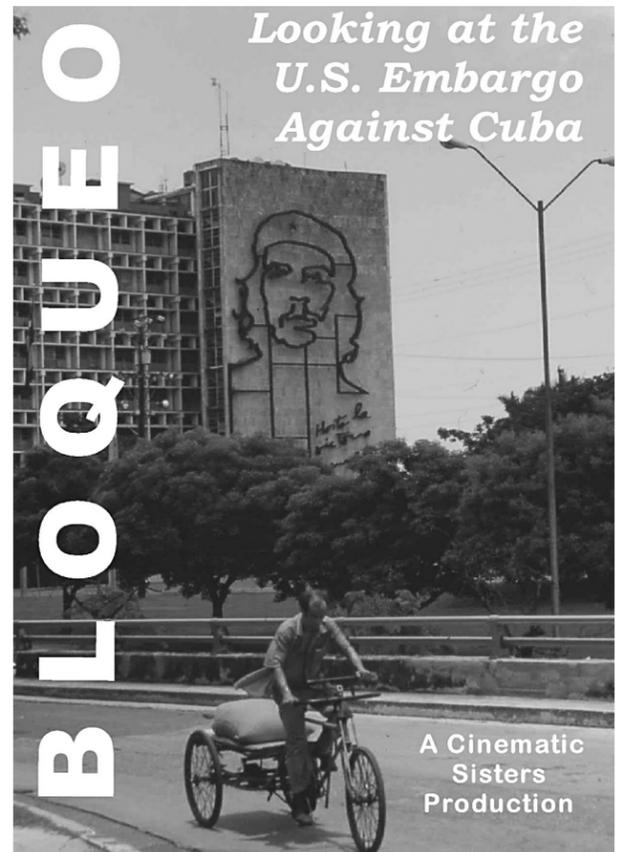
5:00 pm Release Work For Happiness and Health with Alnitak Sky

Sun, June 10

12:00 pm Parents, Do Children "Push Your Buttons"? with Sharon Peters

FILM NIGHT

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



Since 1962 the United States has imposed an economic, commercial and financial embargo on Cuba. *Bloqueo* examines its effects, the reasons for its implementation, and why it has endured for so many decades. Giving a historical and current picture of the embargo, and featuring voices from the streets of Havana, the Cuban countryside, and those involved in the Cuba solidarity network, *Bloqueo* (or blockade) lets Cubans speak for themselves about how they have been affected by this policy, and what it means to live in Cuba today. In addition, the film looks at the successes that have made Cuba a model in healthcare, environmental stewardship, and other arenas. Directed by Heather Haddon and Rachel Dannefer.

Rachel Dannefer has been a member of the coop since September of 2006. She is currently an MPH candidate at Columbia University. Previously she worked for Heifer International as coordinator of the National Immigrant Farming Initiative, and prior to that she worked at Greenmarket as director of the New Farmer Development Project. Rachel's love for food, farming, people, and justice is reflected in *Bloqueo*, which Rachel produced with her co-filmmaker Heather Haddon. The film was shot during their journey to Cuba in 2001 on the annual IFCO/Pastors for Peace Caravan to Cuba.

A discussion with Rachel will follow.

FREE
Non-members
welcome



THANK YOU

DEAR FELLOW COOPERATORS:

It is with great gratitude that I returned to serve a shift at the Coop after the gift of ten months' disability leave. In my first ten years on the same shift, I had a good attendance record, with only three makeups in that time. I enjoyed my shift, did just about every Receiving and Shopping job along the way, and became a true cooperater.

Last July, I was diagnosed with pancreatic cancer, and went from exploratory surgery directly into chemotherapy. After submitting my doctor's letter, the Coop staff immediately gave me the disability leave I needed. From initial discovery through treatment, the cancer had traveled throughout my abdomen. In January, two doctors at Memorial Sloan Kettering did the impossible: removed all or part of four organs that the tumor had blocked. They found clean margins everywhere, and thirty negative lymph nodes. For now, I am effectively cancer-free.

I was in the hospital for 47 days. When I returned home in February, I could barely walk. It took two weeks before I could make it to the Coop, and almost two months of outside workers accompanying me home. There were days I felt great—for an hour or so—and then waves of exhaustion left me ragged. The Coop gave me the leave I needed to recover. It will be at least two more months before I can lift those veggie boxes, but tonight I did checkout with the best of them, a skill that did not require heavy lifting.

In the midst of this experience, I was—and continue to be—utterly grateful for the Coop's policy of allowing for disability; and for all of you who served me with your shifts and your work when I was unable to pitch in and do likewise. I appreciate every

one of you: you have no idea how much.

Thank you, thank you, thank you. It is great to be back.

With great cooperation,
M.

GENERAL COORDINATORS ENDORSE BOARD CANDIDATES

DEAR COOP MEMBERS,

I am writing this letter on behalf of all six General Coordinators. If you don't regularly follow governance discussions at the Coop, it would be difficult to know just how much the smooth functioning of our Coop depends upon having a board that respects the Coop's tradition of members gathering at General Meetings to discuss and vote on agenda items. As General Coordinators, we are concerned about the overall good functioning of the Coop and are, therefore, concerned with the outcome of this board of directors election.

In any election, it can be difficult to decide how to vote based solely on candidate statements. We, as Coordinators, consider it our responsibility to make endorsements for the board. Bill Penner, Elizabeth Tobier and John Urda are dedicated Coop members who have contributed their efforts to the Coop's well-being. Based on our collective experience at the Coop, our understanding of our form of governance and our knowledge of the candidates, we suggest that members strongly consider voting for Bill, Elizabeth and John.

We know that they all:

- Realize how important governance is to the overall stability and smooth functioning of the Coop;
- Know that the balance between

In Memoriam

DONNA L. ROBERTS



MAY 17, 2007

AGE 53

SURVIVED BY LIFE PARTNER, LEONORA LUCON

YOUR LOVING SMILE AND GENTLE NATURE WILL BE MISSED BY ALL.

MEMORIAL SERVICES WILL BE JULY 21, 1:00 P.M.

BROOKLYN ETHICAL CULTURE SOCIETY

the direct democracy of Coop General Meetings and the legally required board of directors has served the Coop well because of the board's respect for the town meeting process;

- Want to encourage member involvement, and will welcome and respect members' participation at General Meetings;
- Understand the relationship between the General Meeting, the Coop organizational structure and the Coop's management;
- Will put the best interests of the Coop ahead of their own interests and are committed to working cooperatively for the general good and strength of the Coop community.

We urge you to participate in the board election process by returning the proxy you receive in the mail—even if you plan to attend the Annual Meeting on Tuesday, June 26. If you cast your proxy and then come to the meeting, your proxy will be returned to you so that you may vote in person. If you do not receive a proxy and candidate statements in the mail or have misplaced yours, you can pick up another packet at the entrance desk or in the Membership Office.

In Cooperation,
Joe Holtz
General Coordinator

ORGANIC HEMPMILK**DEAR GAZETTE,**

I shop regularly at the Coop. Recently I bought the Manitoba Harvest Hemp Bliss Organic Hempmilk at the Coop. A day or two later I tried to find it again and could not. I was only able to find the Living Harvest Hempmilk, which is nonorganic and therefore has a lesser nutritional value.

I happened to talk with Manitoba Harvest, the company that makes the organic one; the associate I spoke with, Luther Gill (@ 800:665-HEMP), confirmed my thoughts when he told me that Living Harvest Hempmilk contains synthetic vitamins and is therefore not as good.

I became aware from Kevin (the Food Coop buyer) that the Coop sells 20 cases/week of the nonorganic Liv-

ing Harvest Hempmilk and all of those consumers are unaware of the nutritional difference that Luther and I outlined.

Then I gave Luther the idea that he should fax a letter to the newsletters of other food coops letting them know of this same nutritional difference. Living Harvest, I am sure, is upset to lose all of that business!

The moral of this story is:

**"If you want things to change,
YOU have to change!"**

I would venture to guess that Living Harvest could lose a lot of sales with a lot of food coops and would seriously consider changing their ingredients to organic! This can be looked at as a victory for the organic consumer and just goes to show you...

"You CAN if you THINK YOU CAN!"

Sincerely,
Sandy Sones

2038: A CENTENARIAN

Faster than a fleeting memory.
More powerful than a kid's tricycle.
Able to mount tiny steps in a single hour.

"Look—there in the chair!"

"It's a sleeper!"

"It's a geezer!"

"It's Supermilk!"

The guy in the caped pajamas,
Woozy from booze he sipped on,
Is snoozing and snoring and dreaming
Of Lois Lane and Krypton.
They called him the man of steel,
A hero without question;
Now steel has turned to rust
And he worries about digestion.
Clark Kent, tired and retired,
Is free of stress and tension
And thanks to the Daily Planet
Is living on a pension.
But every now and then
A voice comes wafting by
And he smiles at what he hears:
"Look—up in the sky—
It's Superman!"

Leon Freilich

zzz

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.



Meet Your Mind

WITH ALLAN NOVICK

The fundamental nature of mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives.

Meditation opens and calms the mind.

This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique.

Allan Novick, has practiced meditation in the Shambhala Buddhist tradition since 1975 and is a certified meditation instructor in that tradition. He lives in Park Slope, has been a Coop member for 14 years, and works as a psychologist for the NYC Dep. of Education

FREE
Non-members welcome

Friday, June 15
7:30 p.m. at the Coop

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

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

FREE
Non-members welcome

Saturday, June 16
1:00 p.m. at the Coop

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

Saturday, June 16
4:00 p.m. at the Coop

FREE
Non members Welcome

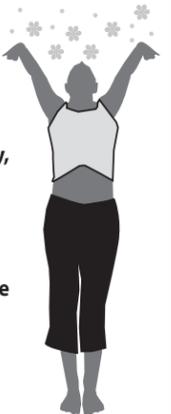
Reclaim Your Inner Spring

Top 6 Ways to Launch into Shape

with Jena la Flamme

Spring is the time of year when your body knows it is time to cleanse and detoxify from the heaviness of winter.

Learn which food and lifestyle choices support and amplify nature's seasonal cleanse. Get savvy as to how you can "trampoline" on the benefits of spring and shed what you want, be it weight, low energy, depression, stress, etc.



In this workshop we will cover six nutrition and lifestyle strategies that you can integrate immediately to feel in sync with the reawakening of nature.

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

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

Saturday, June 16
7:00 p.m. at the Coop

FREE
Non members Welcome

Sugar Blues

with Sharen E. McKinney-Alston



Are you suffering from the SUGAR BLUES? Do you know what sugar does to your body?

Are you constantly craving sweets and want to understand why?

Do you want to gain control without willpower or deprivation?

Come learn how you may be able to permanently change your relationship with sugar.

If you're trying to • lose weight

- fight illnesses (such as cancer, diabetes, osteoporosis, cardiovascular disease)
- build your immunity
- improve your overall health
- increase your energy level
- simply look and feel better

This workshop is designed with you in mind!
Come learn how you can live and enjoy a more satisfying life.

Sharen E. McKinney-Alston is a Coop member, holistic health counselor and nutritional consultant. Her practice involves helping clients with weight management and emotional issues related to food and overeating.

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

Sunday, June 17
12:00 p.m. at the Coop

FREE
Non members Welcome

The Vegetarian's Dilemma

with Ameet Maturu

Food is a source of nourishment. But for many vegetarians and flexitarians it is can also be a source of anxiety. Especially when it comes to the topic of protein.

In this interactive session we'll explore both vegetable and animal sources of protein, and address your concerns ranging from adequate protein to the "moral" issues that arise from eating meat. We'll also examine how our thoughts and moods are influenced by the foods we consume, and how our views about food sometimes get in the way of truly nourishing ourselves.



New possibilities will be created for all. Whether or not you like tofu.

Ameet Maturu, HHC, is founder of The Intuitive Cook, a local holistic health counseling practice. He supports individual clients on issues concerning food, diet, lifestyle, and spirituality. Ameet is a member of the Park Slope Food Coop.

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

Sunday, June 24
12:00 p.m. at the Coop

FREE
Non members Welcome

CREATING MEANINGFUL WORK FROM THE INSIDE OUT

with Stacey Antoine Savariau

We spend more time at work than at any other pursuit. Shouldn't that time be spent on work that is fulfilling and meaningful?

Why spend 8-10 hours at a job that you hate?

Meaningful work is your birthright—what you were intended for.

Today, begin the excavation process that will lead to the discovery of the passionate pursuit particularly suited to you.



Stacey Antoine Savariau is a Coop member, holistic health counselor and personal development coach who was formerly a criminal defense attorney. Stacey works with clients to aid them in finding the right foods for their body, and in balancing the areas of their life that feed them on the deepest levels.

Tuesday, June 26
7:30 p.m. at the Coop

FREE
Non members Welcome

Expand Your Definition of Family: Make a Difference in the Life of a Teenager!

with Kristin Kimmel



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

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

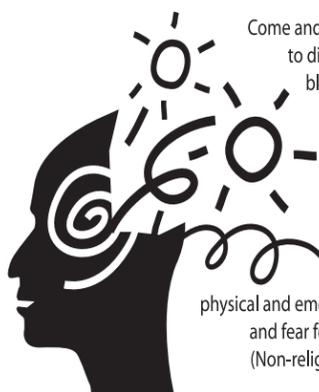
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Saturday, June 30
2:00 p.m. at the Coop

FREE
Non members Welcome

JOY!

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 are simple and practical applications that show you how to reduce or eliminate your pain or annoyances, both physical and emotional. Eliminate anger, phobias and fear for your overall health. (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 certified practitioner and teacher of EFT.

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

Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?

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

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

Well there might be an explanation for this.

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

Relax and take a journey within.

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

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

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

FREE
Non-members welcome

Friday, June 29
7:30 p.m. at the Coop

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

The 2007 Climb Against the Odds

Coop Member Tackles Mount Shasta

By Frank Haberle

At 12:30 a.m. on the morning of July 11, Coop member Anita Nager, her daughter (and member on-leave) Kara Wentworth and 36 other determined women will don headlamps, ice axes and crampons and set out to climb Mount Shasta in Northern California's Sierra Mountains. Ten hours later, the climbers will reach the 14,162-foot summit. They will climb Mount Shasta together, not for individual conquest but for a great collective cause: to build awareness and prevention of the environmental causes of breast cancer.

The eighth annual Climb Against the Odds is organized by the Breast Cancer Fund, a San Francisco-based national organization dedicated solely to fighting the environmental causes of breast cancer. Each year, a group of women from across the United States, Canada, Japan and Europe tackle high-profile summits, raising money for the fund through sponsorships. Few have extensive mountaineering experience. They come from all walks of life, from their teens to their sixties. The common thread is that all are cancer survivors, or have lost someone dear to them or have a loved one who is fighting the disease.

Anita is an 11-year Coop member and director of programs of the Beldon Fund, a foundation with strong interest in links between human health and the environment. Among her many philanthropic affiliations, she is a board member of the Environmental Grantmakers Association and the Hudson River Foundation, and a founder of the Health and Environment Funders Network and the Collaborative for Health and the Environment. Even with this consid-

When her daughter Kara—a 23-year-old schoolteacher now living in Seattle—encouraged her to try it, they signed on together. To date they have raised over \$25,000 in contributions from more than 200 supporters. All of these funds will be used to support BCF's work, as Anita and Kara are covering their climbing costs. Anita is training daily—including long urban treks from her home in Windsor Terrace to her office, eight miles away in Manhattan—to prepare for her climb.

Anita and Kara are climbing in honor of two great women, Anita's mother, who survived breast cancer in 1968 only to have it return in 1994. She passed away four years ago. A close personal friend, Sally Yarmolinsky, died of breast cancer last July. They are also climbing in honor of three friends who have recently been diagnosed, and for two students of Kara's, 11-year-olds fighting different forms of cancer. Kara and several members of her school community recently shaved their heads in solidarity with the two students. Anita and Kara will carry scores of Tibetan prayer flags dedicated in support or in memory of loved ones, designated by supporters of their climb. On top of Mount Shasta, the climbers will raise prayer flags for each of the people in their lives who are fighting or have fought cancer. The seventh Climb Against the Odds (previous ones have included Mount McKinley, Mount Ranier, Mount Aconcagua in the Andes and three previous climbs of Mount Shasta) provides a great opportunity to support and remember the great courage of people with cancer, while building awareness of its possible cases.

The Breast Cancer Fund is the only national organization to focus exclusively on the prevention of breast can-



Anita Nager planted this tree to commemorate her mother who died of breast cancer.

the lifetime risk of breast cancer has nearly tripled in the United States. In the 1960s, a woman's lifetime risk of breast cancer was 1 in 20; today it is 1 in 8. Today, while breast cancer remains the leading killer of American women from their late 30s to early 50s, family history and genes are responsible for as little as 10% of the cases. Recent evidence points to environmental causes (for example, known carcinogens found in everyday cleaning products and cosmetics) as a primary reason for breast cancer rates rising to epidemic proportions.

A recent research project highlighted by the Los Angeles Times, and conducted and compiled by researchers from the Silent Spring Institute, Harvard Medical School, Roswell Park Cancer Institute and USC's Keck School of Medicine, identified more than 200 chemicals found in urban air and everyday consumer products—ranging from gasoline and diesel exhaust to cosmetic ingredients, pharmaceutical products, food additives and chemicals in chlorinated drinking water—that caused breast cancer. The groundbreaking study provided a comprehensive compilation of research that strongly demonstrated that cancer, and in particular breast cancer, is an environmental disease. The researchers concluded that reducing exposure to these chemicals can significantly reduce the risk of breast cancer.

For the past five years, the Breast Cancer Fund has been fighting to expose and prevent the use of breast cancer carcinogens in products like makeup, shampoo and household cleaning products. Their campaigns have included public education, public policy advocacy and, at times, head-on activism like petition campaigns and guerrilla theater to raise awareness and change corporate practices. The Campaign for Safe Cosmetics, led by BCF and other environmental and health advocates, is a nationwide effort to get cosmetics companies to sign a "compact" to remove toxic chemicals that can cause cancer, birth defects and other health problems from their products. To date, 550 companies have signed a "compact." The largest companies

with the widest reach—including Revlon, Proctor and Gamble and L'Oréal—have resisted. The Campaign for Safe Cosmetics also provides a website, <http://www.cosmeticsdatabase.com/>, developed by the Environmental Working Group, where



To get in shape, Anita Nager trekked eight miles from Windsor Terrace to her office in Manhattan and back.

people can learn about the products they use, identify safer alternatives and mobilize to increase government oversight and protection.

Anita points out that the European Union is far ahead of this country in its commitment to environmental protection on issues like climate change and regulation of toxic chemi-

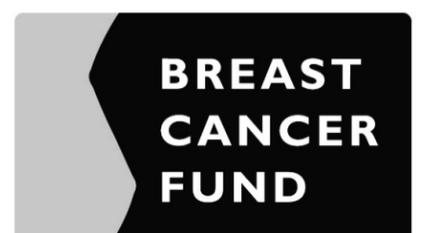
CONTINUED ON PAGE 14



The goal of climbing up Mount Shasta is to raise funds and awareness for the Breast Cancer Fund.

erable environmentalist pedigree, Anita has never taken on a project like this before; but she has dreamed of participating in the Climb Against the Odds almost since its inception.

cer, a disease that has increased alarmingly since the 1960s even as advances have been made in detection and treatment. As the BCF website points out, in the past 50 years



PREVENTION STARTS HERE.

The 2007 Climb Against the Odds

CONTINUED FROM PAGE 13

icals. Individual states are also leapfrogging over the federal government, enacting measures to protect human health and the environment. "In Europe, cosmetics companies are required to demonstrate the safety of their products before they are allowed to sell them," she says. "The big companies have reformulated their products for the European market, but in America, where there are fewer regulations, they develop and sell the



Anita Nager will be climbing up Mount Shasta with her daughter and 36 others.

same products using the toxic chemicals, simply because it's cheaper. Hard-hitting campaigns by the Breast Cancer Fund and its allies secured two important pieces of legislation in California. The first requires cosmetic companies to list ingredients of cosmetics and personal care products sold in the state. The second establishes the first state program to measure the levels of harmful chemicals in people. For BCF these are huge first steps, and great examples for other states to follow."

Anita gives credit to the Park Slope Food Coop for giving people opportunities to make healthy choices in their lives. "Toxic chemicals are ubiquitous, and there are so many exposures beyond our control. That's why the public needs to be informed so that we can demand protection through better policies. But for all of the consumer choices that are within our control, the Coop is unparalleled. It's really one of the very few places where people can access really healthy foods and products at really affordable prices. It sets an example—as consumers, we can make good decisions." Anita points out that two companies with products on Coop shelves—Avalon and Luna Bars—are leading sponsors of the Breast Cancer Fund.

To learn more about Anita and Kara's climb, and to find out how you can contribute, please visit <http://www.breastcancerfund.org/climb07/karanita>

To learn more about the Breast Cancer Fund and the Climb Against the Odds please visit www.breastcancerfund.org

To learn about what cosmetic products are safe to use please visit www.safecosmetics.org. ■



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.



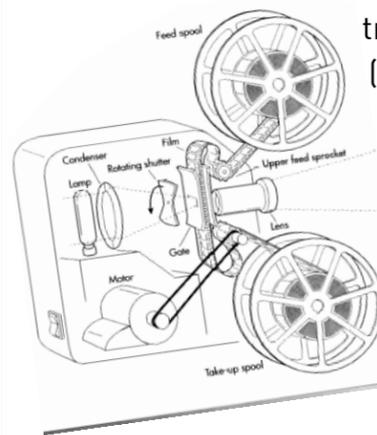
East New York Food Coop

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

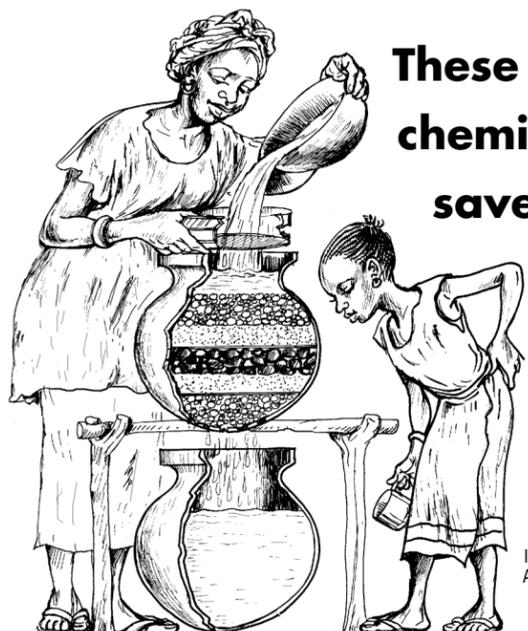
The Coop's Friday Film Night is looking for a projector donation.

The projector should have at least 2500 lumens and be high resolution. If you can donate a projector, please contact Trish Dalton at 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).



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.

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

GARY FISHER 26" ladies bike. Exc. condition. Extra long twin-size inner-spring mattress, like new. No Sat. calls, please. 718-756-3279, 347-276-3300.

RAINBOW GATHERING RIDE SHARE. Man & woman seek four others for round trip. Travel in truck named Momma G. Beds & kitchen in back. Be willing to pay \$275 in gas & repair fees. Be licensed, drive a shift. Leave NYC on Wed. 6/27. Leave the gathering 7/7. Jeffrey 718-638-1848.

PETS

ADOPT CLOVER! She was found on the street. She's a pretty, brown-striped w/ white chest & paws cat. She is approx. 1.5 years, is spayed, up-to-date on her shots, blood-tested, healthy, no fleas, worms, etc. Name can be changed. Modest adoption fee. Contact Victoria at 914-443-9209 or haroldluvsmaude@aol.com.

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.

ATTORNEY landlord/tenant, estate planning & LGBT law. Free phone consultation. Know your rights. Protect your family. 14 yrs experience. Longtime 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.ander son@gmail.com www.beritander son.com

DON'T LEAVE your memories in a box! Get them back into your life or let us do it for you. High school, college years? Weddings? Baby pictures? Anniversary? Reunions? Is a box any place to keep your life? Memories Out of the Box, 633 Vanderbilt Ave. (St. Marks & Prospect Place) 718-398-1519. www.memoriesoutofthebox.biz.



LEARN TO SING with confidence. Graduate of Manhattan School of Music offering private voice lessons. Work on breath control, projection, diction, stage presence & more. Also, ask about piano lessons, call 347-423-8274.

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.

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.

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

ALL OF LIFE IS CHANGE. I can help you manage change so it doesn't manage you. And as a Dating Coach as well as a NYS Licensed Psychotherapist, I can also help you either find and build a satisfying relationship, or help you end one and move on. Call Charley Winingar, L.M.H.C. 718-783-3222. See www.therelationship.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.

PSYCHOTHERAPY—compassionate, caring therapist with 20+ years of experience (and longtime Coop member) can help you through past traumas, grief issues, depression, anxiety or other life conflicts. Accepts GHI, 1199, United Health Care. Call Janice Essa, LCSW at 718-677-1412.

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

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.cgvt.org e-mail:info@cgvt.org. Available for rentals as well. Recommended by M. Siegal!

BERKSHIRES vacation rental—4 BR house on beautiful clean lake. Quiet wooded setting. Well-equipped kitchen. Canoe, rowboat, kayak. \$1100 per week. Call Marc, 718-768-4768.

LAKE HUNTINGTON summer community, first 2 or 3 weeks in July. 2 1/2 hours from NYC in Catskills. Ideal for kids: pool, lake, tennis, basketball, etc. Wooded grounds. Modern, bright bungalow with deck, 1 bedroom plus 2 lofts. Many Food Coop members. \$650 per week, 718-857-0090 or engelman@liu.edu.

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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HOLISTIC OPTOMETRY 718-789-2020
PARK SLOPE OFFICE

www.holisticeyecare.com

**Princesses and Yentas
The Portrayal of Jewish Women on Film, Stage & TV**

A Panel Discussion Moderated by L. A. Director
Linda Shayne, Board member of the MorningStar Commission
(Hadassah's connection to the entertainment industry)
Everyone is welcome! Bring a friend!
Dinner 6PM Program 7PM

Thursday, June 14th @ Congregation Mount Sinai
250 Cadman Plaza West, Brooklyn Heights
Please Pre-register by Monday, June 11



\$25 includes a Light Kosher Dinner
(or become a member and admission is FREE)
718-382-6454 or brooklyn@hadassah.org



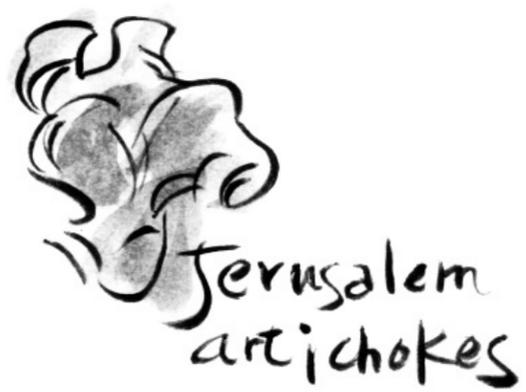
GREENHOUSE ECO-CLEANING LLC
LIVE GREEN, LIVE CLEAN

EMAIL OR CALL US FOR A QUOTE:
PH: 718-303-7029
EMAIL: GREENHOUSECLEAN@GMAIL.COM

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.





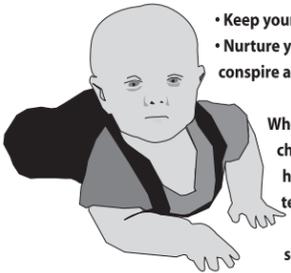
Saturday, July 7
10:00 a.m. at the Coop **FREE**
Non members Welcome

PARENTING SOLUTIONS

With Laura Markham

Do you want to...

- Help your baby learn to sleep without crying?
- Discipline your toddler so he behaves?
- Balance your needs with your kids' needs?
- Build a great relationship with your preteen that will keep you close as she gets older?



- Keep your kids safe in this challenging world?
- Nurture your family in a culture that seems to conspire against it?

Whether you're just formulating your child-raising approach, wondering how to handle a specific challenge, or ready to tear your hair out, look no further for inspiration, coping strategies, and solutions that work for real parents.

Moms and Dads of any age child are welcome.

Laura Markham, Ph.D., founder of the Parenting website Your Parenting Solutions.com and Parenting Expert for Pregnancy.org, is a clinical psychologist trained at Columbia University. Dr. Markham combines her psychology experience with years as a working and stay-at-home mom to advise families on building the parent-child relationships that protect today's kids. Dr. Markham is a cashier at the coop.

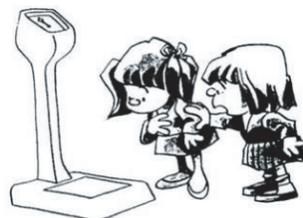
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Saturday, July 7
2:00 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



"Don't step on it... it makes you cry."

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!

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

Sunday, July 8
12:00 noon at the Coop **FREE**
Non members Welcome

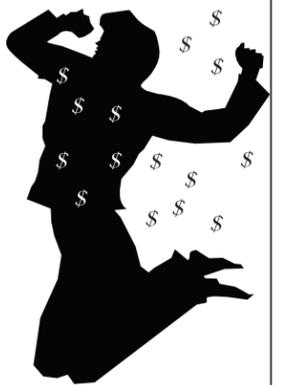
The Road to Financial Freedom

an interactive presentation on financial re-education with Jessica Ames and Sue Gilad

Is it really possible to **DECREASE** your work hours and **INCREASE** your income?

Come learn how you can start making changes today to create the future you dream about!

Join presenters Jessica Ames and Sue Gilad for this fun, inspiring workshop.



Jessica Ames is an ASL Interpreter, a dancer, a mom, and a business owner. She has been a coop member since 1995.

Sue Gilad, Jessica's mentor, is an author, lecturer, business owner, and mom. Her books include: Paid to Proofread, The Real Estate Millionaire, and Copy Editing and Proofreading for Dummies.

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

- | | | | | | |
|-----------------------|-------------------|-------------------|----------------------|-------------------|---------------------|
| Rachel Abbey | Kelly Flynn | Kassia Korkus | Erin Mears | Natalie Pitta | Amanda Strong |
| Marlene Alexis | Alexandra Garita | Atalya Kozak | Anita Melwani | Michael Podrazik | Anna Sumilat |
| Sam Barkin | Patrick Gayot | Katy Krantz | Cody Mendaza | Silvia Rae | Sol Thomas |
| Christian Batteau | John Geraci | Tighe Lanning | Jed Meyer | Gabriel Riley | Luis Torres |
| Jason Bijur | Jeanne Gerard | Emily Larocque | Julie Meyer | Doris Rogers | Tyghe Trimble |
| Melissa Bijur | Marie-C Giordano | Mindy Lauck | Niki Moss | Marie Annettel | Jennifer Volodarsky |
| Heidi Blackwood | Helen Gorokhovsky | Lashanna Lawler | Madeleine Moulton | Roland | Erik Waterman |
| Watson Blair | Rachel Greenwald | Ian Laycock | Jorge Mouro | Tony Rosenthal | Liza Watkins |
| Andrew Blomquist | Bill Gribble | Christina Lebrun | Leah Mulartrick | Gina Sansom | Stephanie Watson |
| Harumi Blomquist | Carolyn Grifel | David Leinhardt | Elena Muradian-Wolfe | Ricardo Saporta | Maxine White |
| Joseph Bourke | Ed Hardin | Ben Liscio | Bryan Murphy | Stephanie Schultz | Megan Whitman |
| Peter Brightbill | Luke Harms | Tom Lyon | Elizabeth Neveu | Abeba Sellassie | Lillian Wischik |
| Rodrigo Camarena | Alaina Hession | Kat MacMillian | Michael Neville | Chris Sena | Eric Wolfe |
| Michelle Capolongo | Roudy Hildreth | Andy Madsen | Ax Norman | Alice Shulman | Jordan Wotkowski |
| Brandon Carmo | Nicole Hirsch | Michelle Mankins | Jennifer Norman | Misha Shulman | Michelle Yhap-Gayo |
| Verolene Chapman | Bernadette James | Stephanie Mankins | Pauline Noyes | Laura Siegal | |
| Patricia Chong | Golbie Kamarei | Amanda Marchand | Yu Okano | Marija Skoko | |
| Amillie Coster | Matthew Kebbekus | Felix Marrero | Angela Parcesepe | Claudio Starzak | |
| Alexandra De Oliveira | Will Kemper | Ayano Marui | Daphne Paron | Keith Steele | |
| Johnny Dona | Micha Kenlin | Martin McFarlane | Kristine Parra | Kate Stillman | |
| Elaine Dong | Matthew Kibildis | Sharon McFarlane | Sarah Perlis | Toby Stillman | |
| Rob Erickson | Kyunghee Kim | James McKeever | John Petry | Adriana Stimola | |

THANK YOU!

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

- | | | | | | |
|--------------------|-------------------|----------------------|-----------------------|--------------------|--------------------|
| Cotrice Addison | Germaine Dana | K. Claire Houston | Lebab | Banu Ogan | Aaron Streiter |
| Livia Alexander | Margarita Diaz | Helmi Hunin | Malcolm | Celia Owens | Talmie |
| Michelle Arvin | Sara Dierck | Sabine Irving | Lara Meyerratken | Jacob Park | Jay Tran |
| David Bijur | Jennifer Fleming | Hideyo Iwakiri | Monika | Pamela Parra | Juno Turner |
| Aloyse Blair | Nathan Flickinger | Tom J. | Akiko Murata | Jeanne Quinn | Hiroko Uchimura |
| Jennifer Bogo | Daniel Fliesch | Sara Jensen | Cynthia Nardiello | Sandra Rozental | Alethia Weingarten |
| Juliet Collingwood | Catherine Gaffney | Ippolytos Kalofonos | Joseph Nardiello | Jessica Senecal | Chris Weinstein |
| Sarah Collins | Jose Garcia | Ruth Katz | Akiko Nishimura | Vanessa Silverton- | Elana Wertkin |
| Paul Contursi | Tod Gillespie | Keshmira | New York Spirit Maga- | Peel | Lan Wong |
| Meghan Currier | Melissa Grober | Rebecca Kottler-Wein | zine | Ian Spalter | Leonard Yakir |
| Dawn D'Arcy | Genevieve Harley | Timothy Lang | Betsy Nordlander | Elyse Sparkes | |