

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume BB, Number 13

June 21, 2007

## Coop Ramps Up Plastics Recycling

"I MAY BE CALLED THE TIN MAN BUT I'M 90% RECYCLED PLASTIC"



ILLUSTRATION BY ROD MORRISON

By Hayley Gorenberg

Three dedicated squads and the Coop members who haul their plastic to Union Street are working to decrease the size of our environmental footprint on the Earth.

The plastic recycling effort has ramped up from a once- to thrice-monthly collection schedule (see box), trying to pick up recycling plastic where New York City's limited recycling program leaves off.

Twelve-year Coop member Regina Sandler-Phillips, who works the monthly Thursday evening recycling shift, has until recently handled additional education work, like helping to pull together the Coop's plastic FAQ's (<http://foodcoop.com/files/PlasticRecyclingFAQ.pdf>).

"It's a constant process of education," said Sandler-Phillips. "A miniscule percentage of members are actually participating in the recycling program. We find that many otherwise educated and enlightened people aren't that sure what the City recycles—never mind what the Coop recycles. So we are trying to raise the awareness.

We are trying to have people think about the volume of disposables we are sending to landfills."

At this point, each day's effort can yield a truckload of bags full of plastic, which Coop drivers cart to Greenpoint for processing. Number 5 plastic travels to Massachusetts, where the entrepreneurial firm Recycline grinds

and melts it, adds coloring (devoid of heavy metals), and uses injection molding to fashion it into toothbrush and razor handles and plastic plates that are sold at the Coop.

### Recycling Partnership

Kathryn Lively, a customer service associate with Recy-

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## May General Meeting: New Rules For Workslot Credit For GM Attendance

By Walecia Konrad

Coop members seeking workslot credit for attending the General Meeting will be subject to new rules that have been in place provisionally since March 2006 and have now been approved at the Park Slope Food Coop General Meeting held on May 29. In addition, an administrative change concerning voter eligibility at the Annual Meeting was also passed by the membership.

Before the formal proposals were presented, the meeting began with the traditional open forum, during which members are free to voice opinions and raise concerns that are not on the meeting's agenda. One member suggested that more care be taken for members suffering from asthma at the Coop. She recommended Swiffers be

used during shifts for sweeping instead of regular brooms because they collect more dust. General Coordinator Jessica Robinson commended the suggestion to show concern for asthmatic members, but she said that a solution "wasn't a no-brainer." The Coop doesn't sell Swiffers and because of the throw-away aspect of them, they aren't considered environmentally friendly. It was then recommended that the member look into presenting this issue as an agenda item at a future meeting.

Next, Coop member Orville Nelson recommended the general meeting start with a reading of the PSFC mission statement. "It's a beautiful document and if we found a way to read it at each meeting we would all be reminded why we are here." The suggestion

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PHOTO BY INGRID CUSSON

Members discuss Coop issues at the May General Meeting.

### Next General Meeting & Annual 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 and Annual 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.

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## Coop Event Highlights

**Sat, Jun 23 •Pocketbook, Purse and Bag Exchange: 10:00 am**

**Tue, Jun 26 •Board Elections, Annual and General Meeting: 7:00 pm**

**Sat, Jun 30 •Adult Clothing Exchange: 9:30 am**

**Fri, Jul 6 •Film Night: Bloquero, 7:00 pm**

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

THE PARK SLOPE FOOD COOP

BUYS

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## Recycling

CONTINUED FROM PAGE 1



ILLUSTRATION BY ROD MORRISON

*"THE WRETCHED REFUSE  
OF YOUR TEEMING SHORE"*

cline, said the company chose Number 5 plastic for the characteristics of its polymers. "It can be recycled again and again and it doesn't lose its integrity. Others may break down over time after they've been ground and melted a few times."

Commenting on Recycline's work with the Coop, Lively said, "It's really a groundbreaking partnership. The reason for the success of this project is the army of volunteers you have over there. They're just really devoted."

"It's a matter of making sure we're getting all Number 5, and everything's clean. One of the problems with recycled plastic from consumers is, the contaminants are really high. With the Coop, that's not the case so far. It's their diligence that makes us successful."

The Coop's participation with Recycline is distinguished because the plastic materials are post-consumer. Another of Recycline's notable partnerships is with Stoneyfield Farms, which supplies about 65% of the material the company uses for toothbrush and razor handles, "but that's coming mostly from a post-industrial process," Lively noted.

### Recycling Expertise

Expertise—as well as commitment—runs deep on the recycling squads. Lloyd Hicks, a Coop member for about two years, recently became a recycling squad leader and for the past two years worked on policy concerning electronics recycling at the nonprofit recycling outfit Inform. "My day job was all about recycling, so that's what brought me to that shift," he said.

In addition to dealing with "e-scrap" like circuit boards, lithium batteries, and leaded-glass television and computer monitors, Hicks worked on "lifecycle assessments" for plastic packaging, helping companies quantify the impact of plastics, from using oil to make resins, to the expense of molding plastics, to eventually collecting and recycling them, dumping

*Nadel urged that everyone 'reduce or reuse or, even better, refuse the plastic bags we acquire when shopping.'*

them in landfills, or incinerating them, "so from cradle to grave, the impacts of plastics," he said. "We were looking at air emissions, water, solid waste generation for a couple different resin types."

Some of the work fed into calculators to quantify the benefits of additional recycling. "It's a way of giving a tool to back up some of the design changes that need to happen," he said.

At the Coop, Hicks has of late focused on the use of plastic bags. "What we're doing is very much appropriate: we're charging folks for bags." His perspective is colored by his time living in Germany and Sweden, where he said paying for plastic bags was compulsory, whereas at the Coop, "it's more an honor system."

But rather than having the Coop enforce payment for bags, Hicks would like to see a statewide approach, and remarked with approval that a "bag tax" bill was recently introduced in the state assembly.

On the recycling side, he urged "more consistent collections for the bags. If people knew there was a place to come and put them.... But Receiving isn't set up for it."

Meanwhile, he forecasts that the city will begin collecting plastics coded 3 through 7 within the next couple of years. Thus, the sorting challenges will continue, as the opportunities to recycle increase.

Hicks explained that, for instance, #6 and #7 plastics are clear and can look deceptively like #1. Meanwhile, neither the city nor the Coop accepts #6, and #7, which Hicks referred to as "the wildcard" may be corn-based, with a lower melting point that "can really mess up the recycling process. There's a lot of discussion now in the industry about how to manage a natural resin...compostable plastic. It actually could be really screwing up the recycling process."

### Nuts and Bolts

Kim Nadel now coordinates logistics for the three



PHOTO BY KEVIN RYAN

**A Coop member takes care of cardboard recycling.**

six-member recycling squads—with hopes one day of adding additional squads so that Coop members don't have to track which Thursday, Saturday, or Sunday of each month is a recycling date.

Partly as a liaison with General Coordinator Jessica Robinson, Nadel helps bring in new squad members, works on training for them, and even brainstorms how to deal with storing bags of plastics if a driver doesn't show up to cart them away.

Nadel's environmental aptitude runs through her "day job," as well. She heads the Niche design firm and has worked as an "eco-interior designer" since the early 1990's. "I incorporate recycled content in my practice," she said. "I incorporate sustainability in my work, but you can't really tell by looking at the designs." Instead, she said, she reduces toxic content in materials, with "low-emitting floor sealer, furniture that doesn't off-gas, low-VOC paints." She also incorporates recycled materials, including content in concrete countertops, engineered recycled flooring, and reclaimed wood waste.

Speaking on behalf of the Environmental Committee, Nadel urged that everyone "reduce, or reuse or, even better, refuse the plastic bags that we acquire when shopping...we all try to have an extra plastic bag or collapsible bag when out so that we don't have to accept the store's plastic bags."

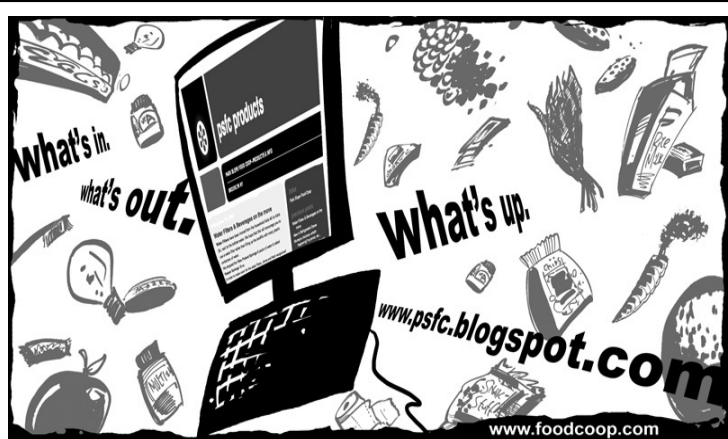
The plastics recycling squads currently have openings for collection work and particularly for drivers with large vehicles who can transport recyclables to Greenpoint. In the words of Sandler-Phillips, "Our recycling program does not work without drivers."

Coop members interested in getting involved with the recycling squads should contact Kim Nadel at [ecobluedolphin@gmail.com](mailto:ecobluedolphin@gmail.com).

### Recent Recycling Snapshot

The Saturday recycling squad in May 2007 collected 2.5 bags of #1 plastics (of the type that New York City's program does not accept); 3.5 bags of #2; .25 bags of #4; 11 bags of plastic film (plastic bags, dry cleaner bags, etc.); and 8 boxes of #5 plastic.

In April 2007, the Saturday squad collected 3 bags of #1; 2 bags #2; 1 bag of #4; 19 bags of plastic film; 9 boxes of #5; and 1 bag of trash, in the form of "unacceptables" or dirty but otherwise recyclable containers. ■



Concept &amp; illustration by Fred Fassberger

## 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](http://www.foodcoop.com)**



# David Meltzer and the Disciplinary Committee

**E**ditor's Note: The following letters address David Meltzer's fitness for the Coop Board of Directors based on Mr. Meltzer's previous case before the Disciplinary Committee. That case was covered extensively in past issues of the Gazette. Because the facts of that case remain in dispute—and this is the last issue of the Gazette to be published before the election—we have given Mr. Meltzer the opportunity to respond. His response appears at the end of this section.

**TO THE EDITOR:**

This is in response to several points Board Candidate David Meltzer made in his statement published in the May 24, 2007, *Gazette*. To set the record straight, I was and continue to be a member of the Disciplinary Committee that presented a Hearing before a random panel when Meltzer's own Coop behavior was seriously at odds with Coop policy, and which led to his lengthy suspension from the Coop. My discussing this interaction with the Disciplinary Committee is NOT a violation or breach of his privacy as Meltzer himself published his troubles in the *Gazette* and *The New York Times*. I wonder why he has left these circumstances out of his detailed Board statement?

The first point is short. Someone interested in the PSFC governance would know that our monthly GMs take place on Tuesday nights, not the Wednesday's Meltzer indicated. Also, his statement that he would *not be a "rubber stamp"* and thus *not approve* what the GM has voted on goes against what the GM, that is, what the entire Coop membership, has decided is how they want the Coop run. Meltzer, who claims to be a 14 year member, must well remember the last time Board members decided they were "above" the wants and desires of the rest of us. We spent months dealing with the very unproductive aftermath, losing valuable time in deciding real issues facing us.

More important, however, is his belief that Squad Leaders should be able to make their own rules and regulations. While it is true that each squad has its own particular quirks, the Coop functions as well as it does because of these rules. Rules which Meltzer and his co-squad leader took advantage of. It was presented in great detail at the Hearing held before a randomly chosen Hearing Group that Meltzer and his co-SL would share their shift, one coming in half way through the shift so the other SL could shop and leave. Further, the idea that a SL can "award" a member a free shift, while seemingly a "nice way to play," opens up those who don't get this reward to bad feelings. And who is to make these awards? The SLs themselves who are already breaking Coop rules. Oh yeah—this "policy" was in place in their squad.

Finally, his complaint that the disciplinary process that now entails three separate committees is "burdensome, expensive, and unfair" partly came into being because of the Meltzer Hearing experience. Prior to the separation of duties, the one existing committee acted as investigators and judges and we believed this was inherently unfair to Coop members. The system now has a separation of powers that provides a much more fair system for the accused Coop member to deal with. That's why the

GM voted to approve these changes in October 2006. I wonder...was Meltzer at that GM?

In Cooperation  
Karen Kramer

**TO THE EDITOR:**

I am disturbed by the failure of a candidate for the Board, David Meltzer, to have disclosed information which I believe bears directly on his fitness to serve. Mr. Meltzer was the subject of a disciplinary hearing concerning abusing his status as a Squad Leader by awarding days off to "deserving" squad members, shopping during a shift and leaving early, and directing his squad to refuse work late in the shift. That hearing, heard by a group of randomly selected Coop members, resulted in his suspension from the Coop for six months.

I want to make clear that I was a member of the Disciplinary Committee at that time, although neither I nor any other member of that committee had any part in the panel's deliberations which resulted in the suspension. We merely presented information to the panel, as did Mr. Meltzer. But it seems imperative to me that, before voting for Board members, this information be mentioned. Mr. Meltzer's defense included accusing Coordinators of conspiracies against him, of abridgement of his constitutional rights, and similar grandiose (and, ultimately, rejected) notions. This sense of entitlement to break Coop rules, and utter lack of remorse, remains evident in his attacks on the disciplinary process as he now seeks a place on the Board. I hope that Coop members will give serious thought to whether an individual who believes the rules don't apply to him, and who believes that efforts to enforce those rules constitute conspiracy and vendetta, belongs in a position of Board member.

In cooperation,  
Robin Germany

**TO THE EDITOR:**

With regard to the current Board of

Directors elections, I am sure my fellow coopers would be interested in knowing that one candidate, David Meltzer, is the former squad leader who was only recently suspended from the Coop for 6 months after a disciplinary committee found him guilty of repeatedly cheating the Coop by not working his full shift and by signing in others who were not even there.

I find it curious that he failed to mention this in his candidate statement, since I'm sure that voters would have appreciated the insight this fact provides into his disdain for disciplinary committees and his novel ideas on squad rights and attendance.

I would hope that Coop members would not vote for someone who, as a squad leader—a position of trust and responsibility—demonstrated such a lack of regard for his fellow workers, as well as for the Coop and its rules.

I therefore urge you to vote AGAINST David Meltzer and for Bill Penner, Elizabeth Tobier and John Urda.

In Cooperation  
Laura Sunderlin

**TO THE GAZETTE:**

I have just received my proxy vote form and candidate statements from those seeking election to the board of directors.

I am deeply concerned that one of the candidates is a person who was subject to a serious disciplinary action several years ago, was judged guilty by a randomly-chosen jury of Coop members (not coordinators), and was as a result suspended from the Coop for some time. This person also sought to publicize his "case" in the pages of *The New York Times* and the *Gazette* for some time, and has never acknowledged any wrongdoing. In fact he has publicly presented himself as a victim of a "conspiracy" by the coordinators. The disciplinary proceedings were not about missing shifts or shopping while working; the infractions concerned misusing one's authority as squad leader and committing deliberate deception.

It is telling that part of this candidate's statement complains that there are now three disciplinary committees. Not long after that case, the committee decided that for practical reasons in terms of the workload, and out of concern for the perception of fairness in the proceedings, it would be best to divide their functions among three separate groups. An explanation and proposal to that

effect was presented at a General Meeting and was approved. One would think that a person who had loudly complained that the disciplinary committee had too much power would approve of such a self-initiated change. However, it is much more self-serving to use innuendo about "three disciplinary committees," as if the paid coordinators had dictatorially seized three times as much power. And by the way, how is dividing the responsibilities of disciplinary proceedings "expensive" or "unfair?"

I think that a person who has been judged guilty of a very serious malfeasance should not have the right to serve on the Board of Directors, especially when this candidate's statement fails to disclose that history. It is quite ironic that this candidate expresses concern that a small group may "stack" the vote at a general meeting. It is my great concern that members who vote for this Board of Directors, unaware of the history of one of the candidates vis-à-vis the Coop, may inadvertently elect someone who carries a destructive personal agenda, rooted in his own misconstrued perception that he was wronged.

Michael Esterowitz

**TO THE GAZETTE:**

I have read the statement of the candidates to the Board, and noticed that one of the candidates, David Meltzer, has proposed giving squad leaders the discretionary authority to release squad members he or she deems deserving from their work shift responsibilities.

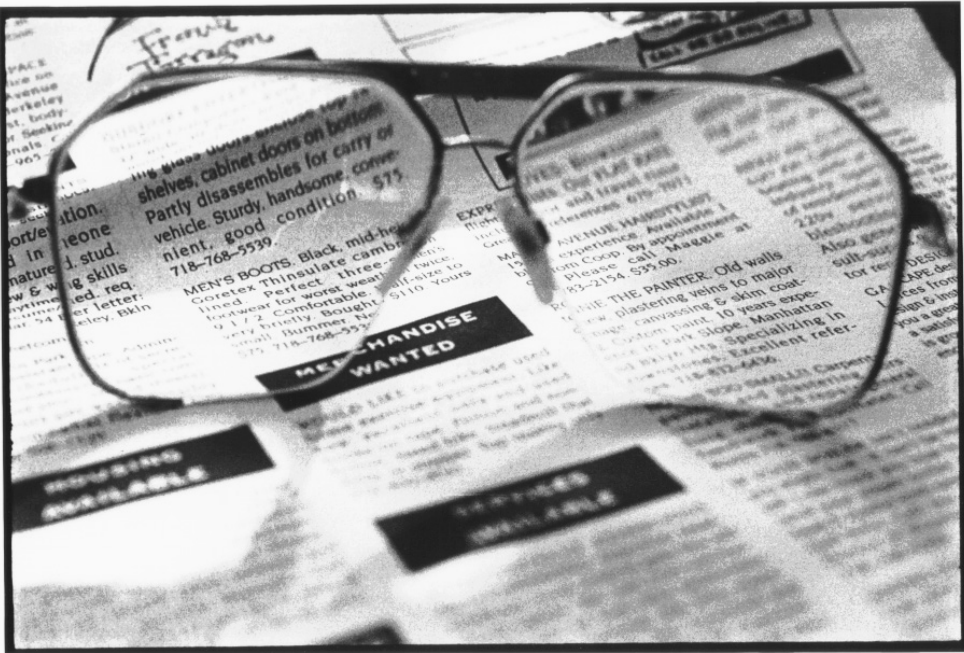
In my opinion, this is truly an awful idea, and contrary to our essential philosophy as a cooperative. Given human nature and predictable group dynamics, how could the perception, if not the actuality, that certain people are favored in the dispensation of such rewards ever be avoided? We are successful as a coop precisely because everyone, except those who are disabled, is subject to the same work requirements and rules.

I read the coverage in the *Gazette* reporting on a disciplinary hearing of which Mr. Meltzer was the subject, which involved the kind of squad leader behavior that he now proposes be made into standard procedure. I believe such a policy would have disastrous consequences and oppose it vehemently.

Michael Esterowitz

**DEAR EDITORZ:**

Well another year and I hope you'll continue to support us at the Co-Op as well as WBAI election in November. We thank you for our many good conversations in Child Care, on the Shopping Floor and sometimes elsewhere. Recently I received an EMail from David Meltzer, another candidate—for once!—who is not endorsed by the Generals. Looks good, and one of his ideas, for members to approve meeting decisions, I hadn't thought of. (Another one—that squad leaders give out "furloughs" to deservingly fatigued members!—is highly suspect.) Then I wrote him a hot reply—let's get together—Or we'll throw \*all\* our support to you...Which produced a tepid reply that, DUH, he would accept our endorsement of we cared to give it.



CONTINUED FROM PAGE 3  
Wehehell! *That's* a real team player for you, eh? Partly because of all the excitement he had generated, *We did not send a letter to the May 24th Gazette!* Which could damage our campaign—though with the kind of supporters we have, we suspect that \*nothing\* much can damage that support.

Not to mention that most of David's "ideas" were ours, without attribution or even mention of my name. But crucially, David failed to mention that he is *the* David Meltzer, the squad leader who was suspended for six months by a disciplinary hearing for, among other things, signing people in when they weren't there! No *one* has a right to do that, so if this question is not answered no one should endorse him, including us. Since he won't return Emails or speak to me on the phone as I asked, we'll be sure to ask this question at the Annual Meeting, and we're sure we'll get an answer then. So for the moment sorry, David, you won't be getting many votes from the CCD!

Now we'll try to explain our Campaign for Co-Op Democracy (CCD). Turn to the statement of Our Dear Leader Kim-Jung Holtz on Page 11 of your June 7th *issue* for all the lies and half truths and worse than that, vicious innuendos you can stomach. We'd like to revise the whole thing to something resembling the truth, but let it suffice to say that the word "dedicated" can be applied to the worst scoundrel, "overall stability and smooth func-

tioning" could be applied as well to Nazi Germany or modern Saudi Arabia, "encourag[ing] member involvement" is the very opposite of what our town-meeting-star-chamber system does—representation would be *ace* we assure you, and "putting [our] best interests of the Co-Op ahead of their own interests" is a rotten ploy that clearly, blatantly does nothing but impugn the motives of all that question the views of Dear Leader Generalissimo Holtz and his mealy-mouthed lieutenants.

Oh, we forgot to say that above all we are for *representative* democracy, which for all its faults will preserve much of the *transparency* and *accountability* that the current regime so "smoothly" and thoroughly destroys.

Sincerely,  
Albert Solomon

DAVID MELTZER'S  
RESPONSE

I wish to thank the *Linewaiter's Gazette* for providing an opportunity to respond to the letters that cast doubts upon my fitness to serve on the Coop Board. I was not surprised by the vehement nature of their comments, as Ms. Germany and Ms. Kramer were members of the Disciplinary Committee that prosecuted, these charges.

I am proud of the eight years that I served as squad leader. I am proud that I stood up in support of my squad. I am proud that every member of my squad came to the hearing to demonstrate

their support. I have never denied the fact that our squad's procedure was to allow for a "sick day" on rare occasions. Coop members do have other lives and obligations. We believed that this policy improved squad morale. I have also never denied that my fellow squad leader and I split our shifts. The late night squad leader has to do the count-out and the lockdown; it was not unusual to leave the Coop long after everyone else left. To compensate for this, one squad leader came in 30 minutes later, and stayed to do the extra concluding tasks. Both of these practices were long established squad procedures before I became the squad leader. I recognized the benefits of these actions, and carried them forward.

When the charges were brought, we offered to mediate the issues and to resign as squad leaders. We were told that we were to be expelled. At the hearing, we were not allowed to cross-examine witnesses, and had evidence suppressed. After midnight, a compromise decision was reached. We were not expelled, nor were we exonerated. Rather, we were suspended for six months. The deciding group also determined that we were to be allowed to return to our squad, and even serve as squad leaders, after the suspension was concluded. One week before I returned to work, Mr. Holtz informed me that he was not permitting my return to our squad. I requested that he speak to members of the deciding group. He refused.

The *Linewaiter's Gazette* reporter also supported my position, based upon her hearing notes. She too was criticized. Finally, as the Coordinators did not get the expulsion that they wanted, they merely changed the rules so that now only members of the Disciplinary Committee can decide the charges.

The basic charge against me was "uncooperative behavior." I am the president of the coop board where I live. Both of my children attended cooperative pre

schools, where I ran the Old First Tree Sale. I have been an AYSO coach, linesman and referee. I volunteer at MS 51, where I was the stage manager for the Chorus performances. Maybe I was not the one being uncooperative.

When I ran for Coop Board, I hoped that this would be a campaign of ideas. I hope my critics' undeserved attacks on my character do not distract the membership from the validity of my ideas.

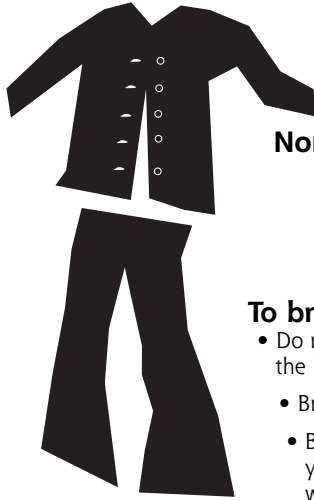
Sincerely,  
David Meltzer

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, March 10  
9:30 a.m.—1:30 p.m.  
in the meeting room

To bring Clothes...

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

Unchosen clothing will be donated to a local shelter.

Diversity and Equality Committee Looking for Additional Members

**The Diversity & Equality Committee (DEC) is dedicated to improving human relations and communications through impeccable interpersonal interactions, policies and procedures in the Coop.** Our goal is to work toward preventing and eliminating discrimination in the Coop. The DEC has met on a monthly basis since 2004 to promote the ideal of equal and respectful treatment between all Coop members and paid staff regardless of each individual's different identity. The DEC also aims to provide advocacy for individuals who feel they have experienced discriminatory practices in the Coop.

**In order to be considered for the Diversity and Equality Committee,** you must have at least one year of Coop membership, have an excellent attendance record, have the ability to be accountable, to take initiative, to work independently, be organized, and have an ability to work collaboratively with others. In addition, the committee meets monthly on second Thursday of the month from 6:30 pm–8:00 pm. These meetings are mandatory. Committee members also work outside the meetings on projects for their sub-committees. Work on the Committee is recorded on an hour-for-hour basis.

**The Committee is organized into subcommittees by area.** The specific sub-committee needs and skills are detailed below. In addition, we are looking for a secretary for the committee as a whole. Please specify which sub-committee(s) interest you (each member participates in only one sub-committee).

To express interest contact Jess Robinson at the Food Coop via e-mail at [jess\\_robinson@psfc.coop](mailto:jess_robinson@psfc.coop) or phone at (718) 622-0560. Please be prepared to provide a listing of your relevant experience, along with your Food Coop member number.

Committee Secretary

To record and distribute the monthly DEC minutes. The necessary skills are:

- Ability to comprehend what is being stated and record it accurately in writing.
- Ability to do word processing and distribute minutes via e-mail from home.

The Diversity Education Sub-Committee

Needs 4-5 new members. The necessary skills are:

- Committed to the concepts of "diversity". Other terms that "resonate" in the "industry" are "multi-cultural" "pluralism" and "inclusion"
- Superior Relationship/People skills—pro-active, savvy, and non-judgmental relating to all types of people.
- Basic Group Facilitation—have experience leading workshops, ideally around diversity issues.
- Public Speaking skills, conflict resolution skills, and mediation skills

The Survey Sub-Committee

Needs 4-5 new members with interest relevant to conducting a study of Coop members' experiences with bias or discrimination at the Coop. The necessary skills are:

- Data entry skills: Qualitative & quantitative data analysis software (such as SPSS) experience
- Writing skills for documenting and presenting study findings

Complaint Review Sub-Committee

Needs 2 new members, a secretary and a member with mediation skills. The necessary skills for each position are:

- Mediator: Needs excellent conflict resolution and mediation skills; good editing and writing skills; compassionate; impartial; good investigative skills; critical thinking skills; good interviewer; attend a hour and a half subcommittee meeting every month in addition to the general DEC meeting.
- Secretary: Take dictation and detailed notes; transcribe and archive; data entry and general computer skills; good editing and writing skills; compassionate; impartial; good investigative skills; critical thinking skills; good interviewer; able to attend a hour and a half subcommittee meeting every month in addition to the general DEC meeting





# Quick and Easy Coop Meals

by Ann Pappert

When you're not in the mood to spend a lot of time cooking or you're in a rush and need to get something on the table fast, if you're like many people, you probably have a few old standbys—tried and true quick and easy meals that fit the bill.

One of my favorite fast and simple meals made from food purchased at the Coop features smoked chicken. Since it's already cooked, there's no need to spend time at the stove.

I love it in the warm weather, cubed in a salad with arugula, tomatoes, onion and avocado, tossed in a dressing of balsamic vinegar, dry mustard, salt and pepper and olive oil. If I want a hot meal, I warm the cubed chicken with an Indian cooking sauce from the Coop and a vegetable like green beans.

My friend Martha, a long-time Coop member, buys chicken sausages with apples or herbs at the Coop when she wants a quick meat meal. She cooks them with potatoes and a veg like chard. She makes this dish as often as once a week.

In the warm weather, she likes to make big salads with Coop produce. One of her favorite quick salads combines romaine, radicchio, endive or arugula and watercress with parmesan cheese, chick peas, blue cheese and almonds – or some other cheese and nut for protein. She dresses the salad with balsamic vinegar and olive oil.

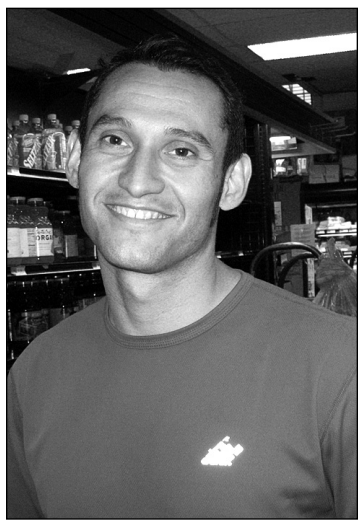
Curious about what other quick and easy meals our members make with food they buy at the Coop, I spent a recent afternoon asking people about their favorites. Perhaps not surprisingly, pasta with a Coop-bought sauce, topped the list.



**Kelly Cribben and Dagwood**

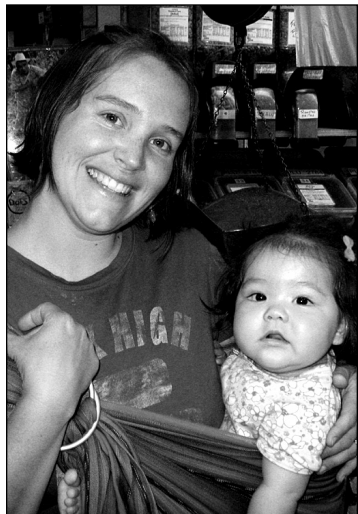
Boca burgers are the quickest meal we can make. Usually I make a salad on the side. We don't have a back-

yard or grill, so we just do them in a frying pan. I put them on a bun with Swiss cheese, lettuce, tomato, red onions, alfalfa sprouts, mayonnaise, ketchup and mustard, all together. Dagwood loves Happy Baby—which is frozen baby foods. His favorite is peas and carrots, but he also likes kale and spinach and multi-grains...



**Dave Kenneally**

My go-to last minute dinner option from here at the Coop is always a stir-fry. That's because the Coop produce is so good that if I already have organic soy sauce or some hot chili peppers in the house all I have to do is come in here and get two or three vegetables and a handful of rice and I have dinner. I'm new to wok cooking, so I'm trying a lot of different things. I run the gamut of veggies from bok choy to cauliflower—whatever looks good that day.



**Sue Ohashi and Hannah, 9 months**

We buy almost all our food at the Coop. Our fallback food is almost always tofu, vegetables and rice. We like silken tofu cold with some sauce that we buy in Chinatown. But Hannah doesn't eat that, just the tofu. I also cook kale and broccoli, cooked quick in the wok. Hannah's favorite quick meal is organic avocado and cheese, particularly stinky gouda.



**Rose Edwards**

My fast quick meal would be spaghetti with ground turkey cooked with vegan cubes and tomato paste... I don't make the ground turkey into meat balls, it takes too long. I just scramble the ground turkey into the pasta. I don't put any cheese on top. Once in a while I'll add frozen green peas, lima beans or peas and carrots. I make this as often as once a week.



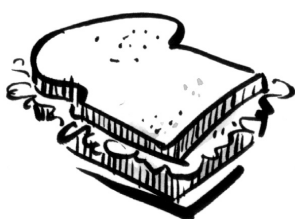
**Brian Uyeda**

I go with penne and pesto sauce. I might steam broccoli or asparagus. Some really busy weeks I make this two or three times a week. But I try not to overdo it. Right now I'm just itching for some tofu dogs.



**Jessica Senecal**

I use the basil pesto a lot. I like it with pasta but I also add it to vegetables. But if you're talking fast, then it would just be the pesto and pasta, maybe with sun dried tomatoes. I like it with whole wheat or regular penne. We eat this at least once a week. In the warm weather I'll still cook pasta. ■



PHOTOS BY LISA COHEN



## New Members Deserve the Royal Treatment!

The **Orientation Committee** is looking for energetic Coop members 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.

For more information, contact the Membership Office or write to karen\_mancuso@psfc.coop.

PHOTO: JOHN H. SHEALLY / IFTHE VIRGINIAN PILOT (VIA GOOGLE)

## 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

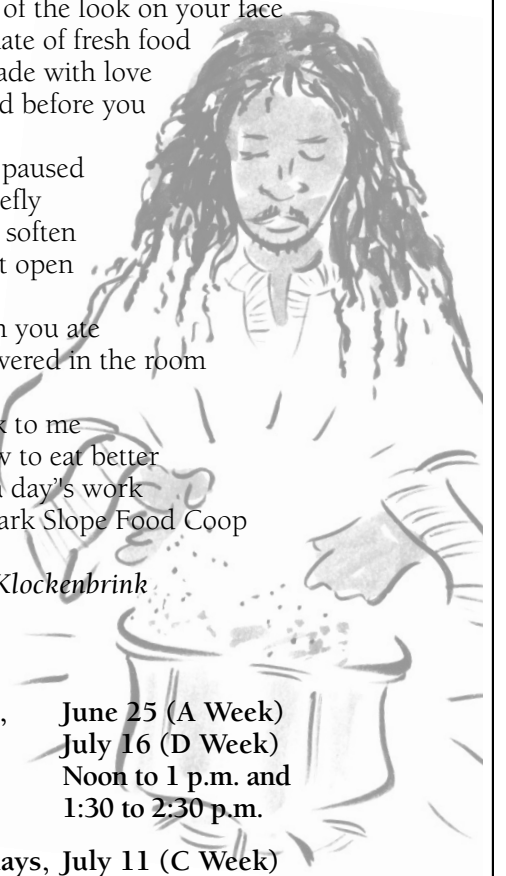
Come talk to me  
about how to eat better  
It's all in a day's work  
at the Park Slope Food Coop

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, 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.

CONTINUED ON NEXT PAGE

### 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.

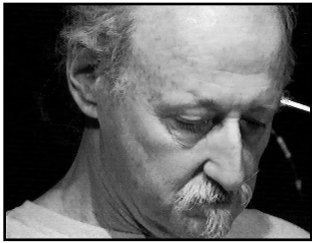
I have been a member of the Coop for almost seven years and I have served on both the receiving committee and the CHiPS soup kitchen committee preparing meals with food donated by the Coop and others. In my life outside the Coop, I am a 44 year old architect with my own architectural firm which I started 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 substantial,

CONTINUED ON NEXT PAGE

### 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](mailto: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](mailto: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

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 provided 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

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 view points and different people all working

together for a common purpose gave him the perspective 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.”

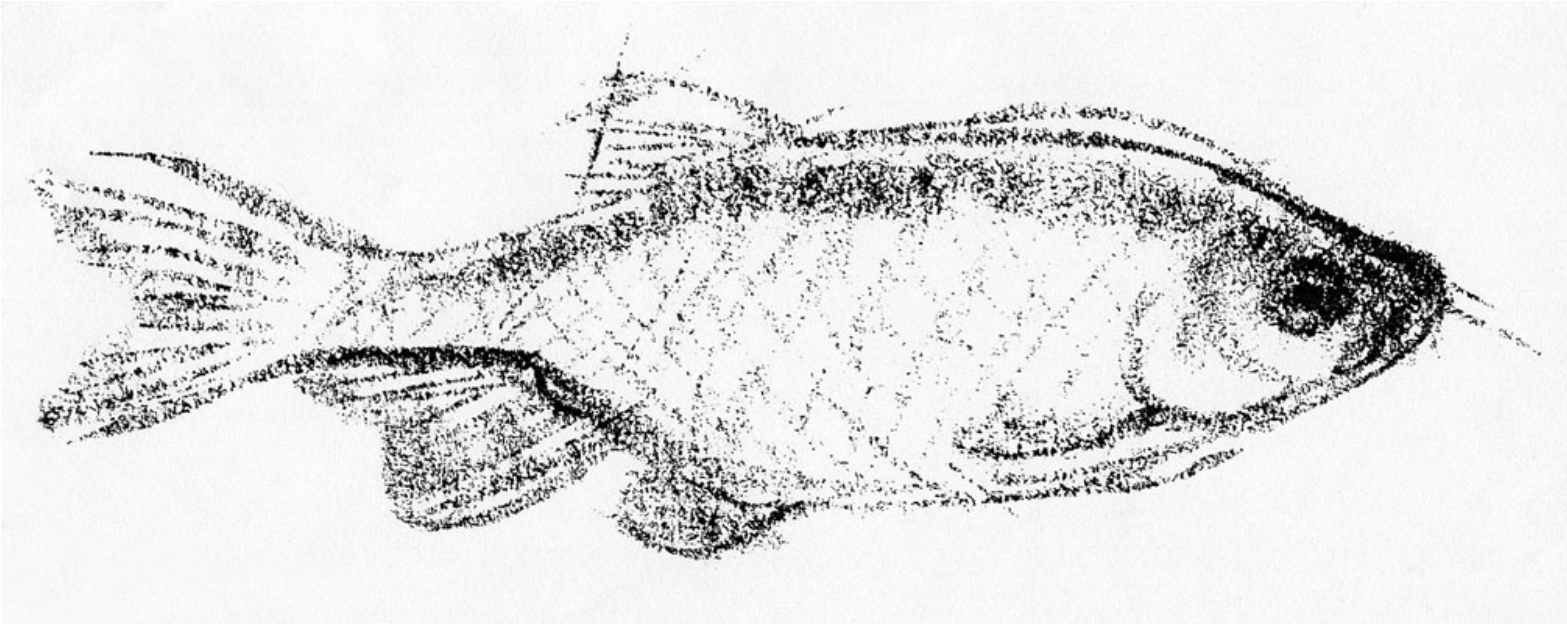
The Board of Directors, which is required to act legally and responsibly, conducts a vote at the end of every General Meeting on whether to accept the advice of the members as expressed in their vote(s) during the GM.

**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 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 Saturday  
8:00 a.m. to 8:45 p.m.  
Sunday  
8:00 a.m. to 8:30 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

**Voluntary Articles:** Maximum 750 words.

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

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

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

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

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



# 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 tubs, cups & specifically marked lids and caps (discard any with 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.

# Puzzle Corner

## Coming Soon!

Challenging new  
puzzles and word games  
from the recently-formed  
*Gazette* Puzzle Committee.

This Issue Prepared By:	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editor (development):	Phyllis Eckhaus Tom Moore
Reporters:	Hayley Gorenberg Wally Konrad Ann Pappert
Art Director (development):	Mike Miranda
Illustrators:	Rod Morrison Cathy Wassylenko
Photographers:	Lisa Cohen Ingrid Cusson Kevin Ryan
Traffic Manager:	Monona Yin
Classified Ads Prep:	Heather Cottrell
Saturday Coordinator:	Deborah Alperin
Text Converters:	Joanne Guralnick Andrew Rathbun
Proofreader:	Susan Brodlie
Thumbnails:	Saeri Yoo Park
Photoshop:	Adam Segal
Preproduction:	Stephanie Bee
Art Director (production):	Doug Popovich
Desktop Publishing:	Jennifer Rauch Andrea Summers Maxwell Taylor
Editor (production):	Louise Spain
Final Proofreader:	Janet Mackin
Post Production:	Jessica Tolliver-Shaw
Index:	Len Neufeld



WORKSLOT NEEDS

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.

Kitchen Cleaning

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

Deep clean all three kitchens in the Coop: child-care, 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.

Checkwriting

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 good attendance record 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.

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 two to three people, but you will work on your own. If interested please speak to Camille Scuria in the Membership Office.

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

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:

Jul 5 issue: 7:00 p.m., Mon, Jun 25  
Jul 19 issue: 7:00 p.m., Mon, Jul 9

CLASSIFIED ADS DEADLINE:

Jul 5 issue: 7:00 p.m., Wed, Jun 27  
Jul 19 issue: 7:00 p.m., Wed, Jul 11

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](mailto:GazetteSubmissions@psfc.coop). Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

\*Denotes a Coop member.

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 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](http://www.stoopendous.org)

CARLTON AVE. STREET-LONG STOOP SALE: 10 a.m.—4 p.m. from Park Pl. to Pacific St. Our stoops will be filled with old and unused treasures from closets and cellars for sale. Sponsored by the Carlton Avenue Association, rain date Sunday June 24.

THU, JUN 28

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 29

OD 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

DANNY SPOONER IN CONCERT: Australian and British traditional songs with concertina & guitar. Rousing sing-along choruses. 7:30 p.m. Community Church, 40 E. 35 St., NYC. Presented by the Folk Music Society of NY. \$20. Info: [www.folkmusicny.org](http://www.folkmusicny.org). 718 965-4074.

FRI, JUL 6

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](http://www.dancingforanimals.org)

WORKSLOT NEEDS

CONTINUED FROM PAGE 9

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.

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.

SUMMERTIME



...and the living is easy.

But don't forget your coop shift!

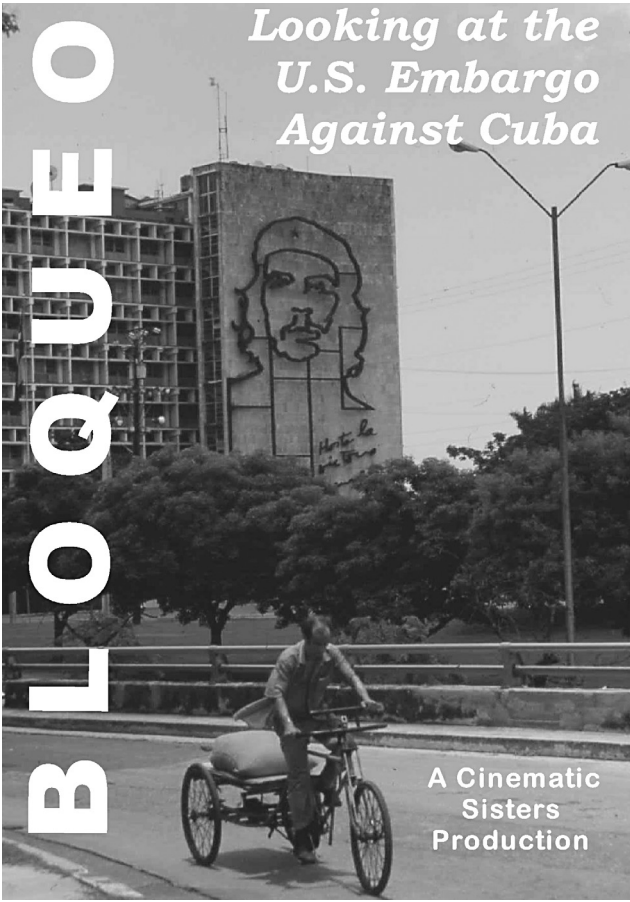
If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at [www.foodcoop.com](http://www.foodcoop.com)

Your co-workers will love you for it!



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



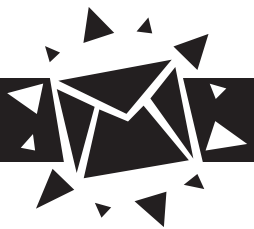
Since 1962 the United States has imposed an economic, commercial and financial embargo on Cuba. *Bloqueo* examines its effects, the reasons for its implementation, and why it has endured for so many decades. Giving a historical and current picture of the embargo, and featuring voices from the streets 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.

**FREE  
Non-members  
welcome**

A discussion with Rachel will follow.





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

**BLOOD DRIVE  
THANK YOU****DEAR JOE,**

On behalf of the patients whose lives you have touched, we would like to thank you for hosting the Park Slope Food Coop Blood Drive on April 26-28, 2007.

We know you believe whole-heartedly in our "Life Saving" cause. We appreciate being given the opportunity to come into your organization to do our good works. I know that the members also appreciate being the opportunity to donate while they shop or work on a squad at the Coop.

The members of the Park Slope Food Coop always make us feel very welcome when we come. We appreciate that you advertise for the drive in your paper and even have people pass out flyers the day of the drive. We appreciate the office staff who make the announcements encouraging the members to donate. They are great!

The need for blood has never been greater in the New York City area as well as in the rest of the country. Only through the efforts of our friends and neighbors can we continue to ensure an adequate blood supply to meet our patients' needs. Thank you once again!

We look forward to working with you again in July.

*Yours truly,  
Grace Gehrke  
Supervisor, Blood Donor Recruitment  
New York Methodist Hospital*

**CHANGING YOUR  
PROXY VOTE****DEAR EDITOR,**

A member recently indicated that they may want to change their vote for the Board of Directors election.

**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.

The vote is in the form of a proxy. When more than one proxy is submitted by a member, the proxy with latest date is the one that is counted. There is nothing wrong about submitting more than one proxy and it is not in any way considered an attempt to commit fraud.

Blank proxy ballots are available at the entrance desk and in the 2<sup>nd</sup> floor lobby.

If you attend the Annual Meeting on June 26 then your vote at the meeting will count instead of your proxy.

In case you missed the last *Gazette* issue, the General Coordinators endorsed candidates Bill Penner, Elizabeth Tobier and John Urda.

*Sincerely,  
Joe Holtz  
General Coordinator*

**MEDIATING  
COOP DISPUTES****DEAR COOP MEMBERS,**

Regarding David Meltzer's point #4 about the Coop's Disciplinary Proceedings in his Board Of Directors candidate statement...

David proposes that "...a panel of mediators be available for any disputes between individual members or between individual members and the paid coordinators." As a Coop member, I am aware that our Disciplinary Procedures already offer mediation as an option in disputes between members.

He then says "Mediation should be mandatory prior to any disciplinary proceeding." As a professional mediator I'd like to point out to David that mediation is a voluntary dispute resolution process and if someone is mandated to participate in it, it is not mediation.

David goes on to say that "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." I'd also like David to know that as the neutral party in a proceeding mediators do not deliver findings or recommendations. This limitation is set by both tradition and legal precedent.

*Andrew Gary Feldman*

**PROTECT THE BEES!****TO THE EDITOR:**

I am a bee keeper in the western Catskills, where for the most part other keepers have not been affected by colony collapse disorder (CCD) recently reported in the *Gazette*. I have been concerned with our sudden loss in bees and agree with the points in the *Gazette's* article. I do wish to share some comments a friend, who is a medical intuitive, wrote to me. Her advice has proven to me to be right on over the last 15 years and she is also former bee keeper living in New Mexico. Not all states report CCD.

She wrote to me:

The bees are saying that they are tired of being mistreated...large honey producers will rob all the honey and feed them corn sweeteners. It's like they have forgotten that the bees stay because they WANT to...because we make it easy for them to have a safe home...they've been weakened by mistreatment...and they are rebelling!!! New Mexico is so green...and the bee-loved plants are 3-4 times more than normal and they seem to be calling the bees!

So, I think you need to meditate with them...keep making the contract, especially with the queen...stress your stance as caretaker, promising love and protection, with the understanding the bees will share pollen, propolis and honey. Acknowledge the lovely partnership. This seems to give them so much strength!!!!

*David Douglin*

**A GOOD DOCTOR IS  
HARD TO FIND****TO THE EDITOR:**

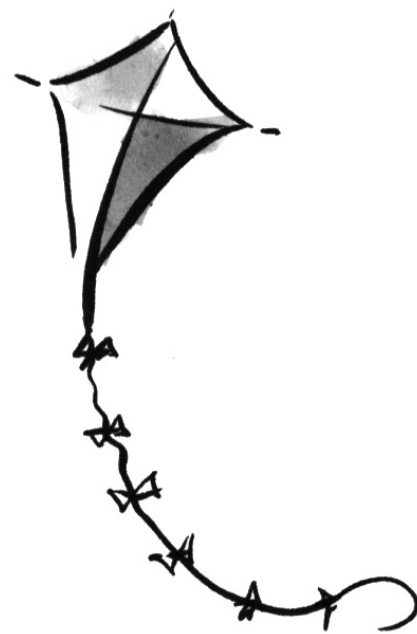
But you certainly knew that already, right?

He emits no ultraviolet light  
To lead you to his expertise  
In battling sickness and disease.  
So possibly it's best to look  
Not in an office but in a book.  
Great authors have been medicos  
Renowned for issuing golden glows.  
Take Dr. Anton Chekhov, for one  
His insights could not be outdone;  
And Rabelais, the comic master,  
Whose laughter brought relief much faster.

William Carlos Williams knew  
How to cheer poor mothers who were blue,  
As did Walker Percy, a novelist  
And healer, not a solipsist;  
For stories galore, there's Somerset Maugham:

Great understanding if not too warm,  
A trait as common as Union Jacks  
In the sympathetic Oliver Sacks.  
And then, if you're seeking someone to frighten  
Disease away, there's Michael Crichton.  
Doctor-writer-healers all,  
And their books are ready for a house call.

*Leon Freilich*



# Meeting

CONTINUED FROM PAGE 1

was well received as an agenda item for possible future discussion.

## Coordinator's Reports

Mike Eakin started the coordinator's report segment of the meeting with the Financial Report during which he reviewed the preliminary financial statements for the first 16 weeks of the fiscal year ending May 20, 2007. He pointed out that PSFC expenses are about one percentage point higher over the same period a year earlier, to \$1.4 million Eakin blamed personnel costs as the number one rising expense. But he also mentioned the \$23,000 the Coop recently paid to rewire and move security equipment. Equipment was overheating in the former, smaller space. The Coop also spent \$16,000 on flood control repairs.

Eakin highlighted that Coop sales are up 4 percent over the same period last year, despite the fact that membership is down about two thirds of a percent.

During the question period after the report, member Albert Solomon wanted to know why the \$23,000 repair had not been brought to a general meeting, quoting the Coop rule that says any expense over \$10,000 shall be brought to the membership for a vote. Some other members also commented on this in relation to the Coop's policy of prepaying a certain percentage of the building's underlying mortgage.

General Coordinator Joe Holtz explained that a repair is not a new expense, and only new expenses are brought to the general meeting. One recent example: the \$325,000 approved at the April meeting for a new exit/entrance at the Coop. "As for the mortgage prepayment, we've been announcing that for years, it can always be discussed," Holtz said. "As general coordinators we are continually discussing what's fair for us to decide and what not to decide," he said.

General Coordinator Allen Zimmerman next gave his customary produce report, this time touting the Coop's orange flesh watermelons as a "flat out 10," and preparing members for the exciting local growing season ahead. The week of the meeting the produce aisle went from carrying six or eight local items to 20. Members can check the list of daily local items posted at the front and back of the produce aisle.

## On The Agenda

Joe Holtz started the discussion on agenda items with a housekeeping proposal submitted by the general coordinators. Under the proposal

the record date for voting eligibility of members at annual meetings and other meetings of the membership would be 10 days prior to the meeting date. Until now, any member who joined only 2 days before the annual meeting was allowed to vote. Under the new rule, members will have to join ten days before the meeting to be eligible to vote. (The annual meeting, which this year will be held June 26 before the general meeting, is when the membership votes to elect PSFC board members and often when the audited financial statements are presented.)

doesn't mean it can't happen," said Solomon. The motion was seconded but the amendment was defeated in a vote of 85 against and 7 in favor. The original proposal was then voted on and passed with a vote of 90 in favor and 1 against.

## Workslot Credit For General Meetings

The second agenda item, also presented by the General Coordinators, dealt with formalizing recent rule changes on how members can receive workslot credit for attending General Meetings. General Coordinator

the night of the meeting you want to attend, to which types of squads are omitted from the program.

Most of the changes were designed to streamline the policy. For example, it used to be that only one person per squad could go to the same meeting. That rule is now eliminated. "It's all much easier now," said Robinson.

Nonetheless, one element of the policy sparked lots of discussion; the longstanding rule that in order to receive credit for attending a meeting you must sign up at the Coop by 5 p.m. the day of the meeting. Many of the atten-

motioned for an alternate proposal to be considered that would abolish workslot credit for meeting attendance. His reasoning: the governmental system of the Coop is flawed and should be changed to a representative system. Therefore, no incentives should exist for members to come to the General Meeting and vote on proposals.

Because of the magnitude of the alternative proposal, Solomon was asked by the chair to submit it to the agenda committee for consideration at a future meeting. Solomon then moved to overrule the chair and was defeated. The original proposal to approve the details of the Coop's General Meeting for Workslot Credit Policy was approved with a vote of 82 in favor, and three against.

## When Should Members Retire?

Longtime Coop member Barbara Drake ended the agenda with a discussion item suggesting the PSFC consider changing the member retirement age from 75 to something lower. Currently members who are able to work must do so until they are 75 years old. "I think 75 to retire is a bit much," said Drake, who explained that she drives to the Coop from Staten Island and in bad weather it can be rather rough going. I think if you have a long history and a good work record you should be allowed to stop working earlier."

The item sparked a lively discussion with several older members suggesting Ms. Drake switch to an FTOP work slot so she can have more flexibility concerning when she works. Glenn Moller, a member of the agenda committee who worked with Ms. Drake on the item, said perhaps a policy that combines years of service would make sense. For example, after 20 years of service if you reach age 65 you'll be forgiven your workslot. Moller went onto say, however, that language like this might discourage older members who want to work from doing so.

Joe Holtz concurred with this last thought telling a story from years ago when several senior members advised him not to make any hard and fast rules about when they should stop working. "We'll tell you when we're ready," Holtz quoted them as saying. The discussion ended with the conclusion that the issue of member retirement is more complicated than it may seem on the surface and definitely warrants further discussion on a future agenda.

Coop Secretary Elizabeth Tobier then presented the minutes for the March general meeting and the Coop's board of directors voted unanimously to accept the membership actions taken during the evening. The meeting was then adjourned. ■



Coop members gather at the Congregation Beth Elohim (Garfield Temple) for the May General Meeting to discuss workslot credits, retirement age and other issues.

Holtz explained that the Park Slope Food Coop is required to comply with the Cooperative Corporation Law and the Not-For-Profit Corporation law. Under the latter, the record date for organizations like the PSFC "must be not more than fifty nor less than ten days" before the meeting. In other words, said Holtz, the Coop's two day policy is not allowed. The general

Jessica Robinson and Ann Herpel, an office coordinator, presented the proposal and gave attendees some important history. At the January 2006 General Meeting members voted to allow work slot credit for attending a GM to twice a year, up from once a year. In addition, members are no longer penalized if they sign up to attend a GM and then don't make it. Since

dees had not realized that policy existed and discovered just then that they would not be able to get credit for coming because they had not signed up.

Robinson explained the advanced sign up is necessary because attendees are given a packet of information prior to the meeting with the agenda and information on how the meeting is run. In

*In order to receive credit for attending a meeting,  
you must sign up at the Coop by 5 p.m.  
the day of the meeting.*

coordinators chose 10 days as the new record date because they wanted to provide the shortest time possible under the law for new members to be eligible to vote, said Holtz. He also explained that this rule does not apply to voting at general meetings.

During the discussion period, member Albert Solomon motioned for an amendment to the coordinators' proposal, changing the 10-day record date to 30 days. He argued that the Coop's government structure is vulnerable and that new members could "pack a meeting" to swing the vote in a particular way. "Just because that's never happened before

those changes were made, typical meeting attendance has jumped from 50 attendees to over 100. All other aspects of the Coop's meeting attendance policy were not addressed at the January GM but provisional changes were made and reported on at the March 2006 meeting with the promise that office coordinators would return with a proposal in approximately a year. At the May 29 meeting, the changes were now coming up for a vote.

Eleven rules concerning GM attendance were modified or clarified concerning everything from how to handle FTOP credits, what to do if you are "active" to work on

addition, signing up ahead of time allows the office to do some advance administrative work so that members get credit for attendance in a timely fashion. It's also helpful to know roughly how many people are coming to the meeting to make sure enough chairs and snacks are provided, said Robinson.

Another member then suggested advanced sign up be made available through the PSFC website so infrequent shoppers wouldn't have to make a special trip to the building. Robinson agreed with that idea and said she would look into it.

During the discussion, member Albert Solomon

PHOTOS BY INGRID CUSSON



PROGRAMS

Thursday, June 21 through  
Sunday, June 24

The following programs will happen within four days of publication of this issue. For full ads, please look at the May 24 or June 7 issues or pick up copies of the flyers in the Coop.

Sat, June 23

10:00 am Pocketbook, Purse and Bag Exchange

Sun, June 24

12:00 pm Creating Meaningful Work with Stacey Antoine Savariau

Past Life Regression  
Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU  
HAVE LIVED BEFORE?

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

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

Well there might be an explanation for this.

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

Relax and take a journey within.

Gain:

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

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

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

FREE

Non-members welcome

Friday, June 29

7:30 p.m. at the Coop

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

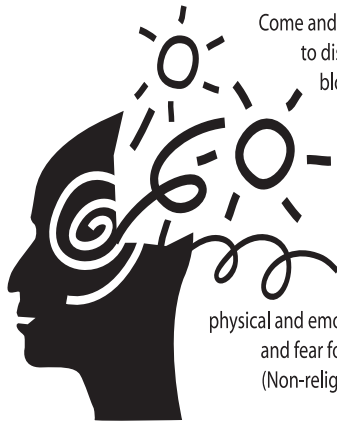
Saturday, June 30  
2:00 p.m. at the Coop

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

Saturday, July 7  
10:00 a.m. at the Coop

FREE

Non members Welcome

PARENTING  
SOLUTIONS

With Dr. 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

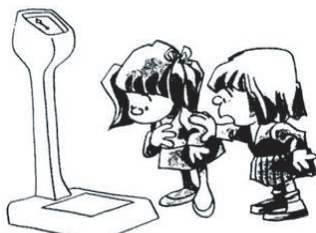
FREE

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.



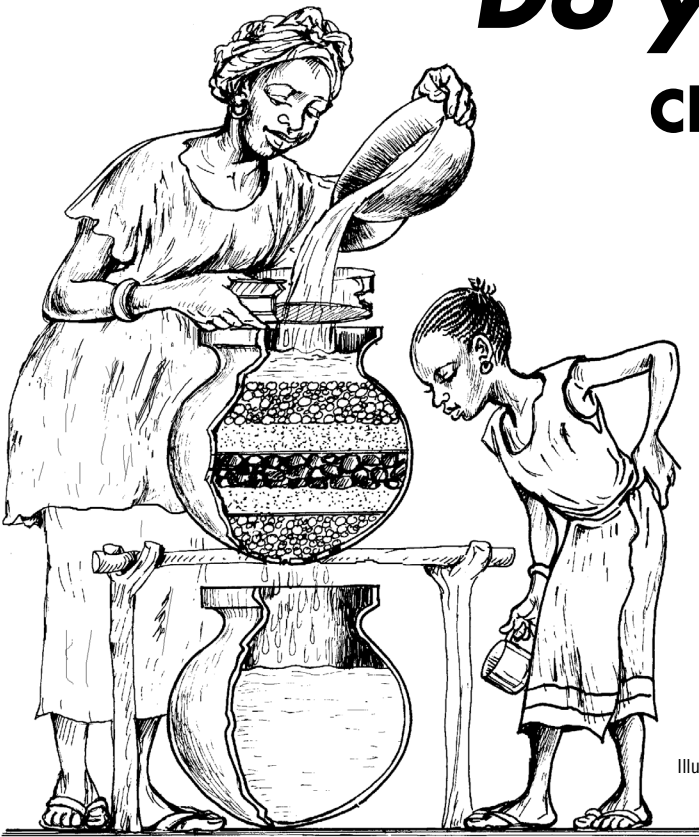
Jessica Ames is an ASL Interpreter, a dancer, a mom, and a business owner. She has been a coop member since 1995.

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

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.





Friday, July 13  
7:30 p.m. at the Coop

FREE  
Non members Welcome

### Understanding Socially Responsible Mutual Funds and ETFs

with Hector Ramos

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

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

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

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

Saturday, July 14  
7:00 p.m. at the Coop

FREE  
Non members Welcome

### Turn Your Closet Into Cash!

Learn how to sell your unwanted items on eBay!

WITH JENNIFER STEVENS

Looking for a supplemental or full-time income? Are you a stay at home parent looking to work from home? Trying to raise money for a good cause? Whatever the reason, you can sell it on eBay!

Learn about:

- \*eBay Auctions, Fixed Price Listings & Stores
- \*What Sells
- \*Prohibited Items
- \*PayPal & Other Payment Options
- \*Packing & Shipping
- \*The Perfect Listing
- \*eBay Wiki, Blogs & Seller Community
- \*eBay Giving Works
- \*Third Party Services

Jennifer C. Stevens, a Coop member, has been selling on eBay for over seven years. She is an eBayPower Seller, eBay Trading Assistant and an Education Specialist Trained by eBay. A former technical trainer who's left the corporate world, she now sells on eBay full-time, much to the delight of her dog, Tilly, and cat, Sammy.

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

Friday, July 20  
7:00 p.m. at the Coop

FREE  
Non members Welcome

### Yes, You Can Improve Your Accent!

with Sharon Montoya

This workshop is especially valuable for foreign-born: doctors, nurses, lawyers, teachers, social workers, nannies, etc.

Participate in a speech screening, receive a "mini-profile" of some of your speech difficulties, and do exercises that help you discriminate between sounds that give you trouble. Learn how voice projection, complete word production, and other techniques start you on the path to improved speech, greater intelligibility and self-confidence that will enable you to fulfill professional and personal goals. This lively, warm atmosphere makes learning fun.

**Sharon Montoya**, a speech and language coach/consultant, has worked as an instructor, teacher-trainer for the US Peace Corps, and textbook writer/editor. A Coop member since 1984, she teaches Pronunciation and Writing at LIU. She also teaches NY State professionals and nurses at LICHON.

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



Saturday, July 21  
10:30 a.m. at the Coop

FREE  
Non members Welcome

### Presenting...YOU!

with Speaker Coach and Speechwriter Jezra Kaye

**Your skills.  
Your services.  
Your products.  
Your ideas.**

If you want to help people improve their lives or businesses, you must first present what you have to offer with power and ease.

In other words, you must present...YOU!

In this hands-on, interactive workshop, you'll learn to:

- Talk about your skills in a clear and confident way
- Use appealing stories to highlight your achievements
- Explain why your skills, services, products or ideas are invaluable and unique

No prior experience is needed for this workshop. Please wear comfortable clothes, and bring a notebook and pen.

**Jezra Kaye** is the President of Communicate with Power and Ease, serving leaders in business, the professions, non-profits and the arts. A noted speaker and consultant with 16 years of experience, Jezra volunteers with Develop Don't Destroy Brooklyn. She has been a Park Slope Food Coop member since 1981.

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

Sunday, July 22  
12:00 p.m. at the Coop

FREE  
Non members Welcome

### Homeopathy and First AID

PART II.

with Claire Dishman

Homeopathy is often at its most impressive when treating situations requiring first aid and minor acute illnesses.

This talk continues defining some of the more useful homeopathic remedies to have around the house for situations involving accidents, sports injuries, bleeding, allergies, fevers, coughs and colds. Attendance at the previous lecture is not required. Fundamentals will be covered again.

Homeopathy is a gentle system of natural medicine that uses the body's own healing capabilities along with a minute substance from nature to heal. The remedies are specifically prepared in very dilute forms using plants, minerals and animal substances.

**Claire Dishman**, a Coop member, is a graduate of the School of Homeopathy New York. She practices in New York City. Her interest in herbal medicine brings an added dimension to her practice. Her patients, including many Coop members, include children and adults needing assistance with everything from asthma to deep, chronic disease.

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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.





CLASSES/GROUPS

ARTISANS! Sell your Brooklyn-made crafts at a wonderful new craft fair on the Redhook Promenade on the weekends (by Fairway). It's very low cost for a space and the organizers couldn't be nicer. Call or email Ted Berger (212-246-3788 or tedsberger@aol.com for an application). The fair is juried; applicants need to submit photos of their work.

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.

EMPLOYMENT

YOUTH PROGRAM DIRECTOR-ST. FRANCIS XAVIER ACTION CENTER seeks a program director to manage effective delivery of programs. Daily operations, fiscal oversight, fundraising and staff supervision, fundraising and staff supervision. F/T or P/T for right candidate. Cover letter/resume to SFXAYCSEARCH@CRENYC.ORG or Fax 212-616-4994.

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

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

FISHER 26" ladies bike. Exc. condition. Extra long twin-size innerspring 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.

PEOPLE MEETING

DAY HIKE-Experienced but aging hiker looking for hikers to go on day hikes. Moderate hikes, 4-6 miles. I have a car. Call Vinne 718-638-5628 or succrvinnie@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.

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

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

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

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

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

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

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.

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 Wininger, L.M.H.C. 718-783-3222. See www.therelationshipshop.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.

CHALLENGES WITH HEALING? Holistic consultant can help you determine what is blocking your progress. With the help of the Designed Clinical Nutrition/Flower Essences/Herbs/Energy Balancing all done with Nutrition Response testing your healing challenges can be sorted out and resolved. Call 718-526-1698. Ask for Leonora

VACATIONS

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.

GREAT SUMMER RENTAL. Beautiful, spacious 3 bed home with all amenities-2 bath, w/d, d/w, microwave, etc-on lovely hillside horse farm 2 hrs from NYC. wonderful views, horses grazing 100 ft. away yet minutes to culture and beauty of the Berkshires. Pool & swim pond on property. Available July. 718-768-4177

CUTE, RUSTIC, CARRIAGE HOUSE available June 30 - July 7. Falmouth Maine. 6 Houses from Ocean Cove, swimming, kayaking. \$500. Also available month of Sept. Tracy, 718-768-8519

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.

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.

No Daytime contacts...No Glasses... No Surgery...Just Great Vision!



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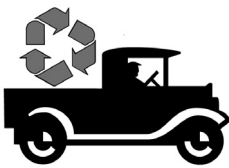


Top Hat Movers, Inc.

718.965.0214 ☎ 718.622.0377 ☎ 212.722.3390

Plastic Recycling Drivers Needed

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 a must as you are the only person coming to do this job on your day. Member should be prepared to store recycling collected on Saturday or

Sunday in their vehicle or home until 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 interested please contact Office Coordinator Cynthia Pennycooke at cynthia\_pennycooke@psfc.coop or drop by the Membership Office to speak to her.



Surf's Up



ILLUSTRATION BY BERSTEIN

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.

Ronald Abrams	Stephen Dean	Gina Guddemi	Lola Kalman	Naomi Morse	Paul Schneider
Natalie Agee	Laura DeOliveira	Arielle Guy	Margaret Ambler	Anise Moten	Martin Seck
David Aigner	Andrew DiSalvo	Beth Halpern	Kamp	Simone Myers	Elyce Semenec
Jessica Aisenbrey	Emily Douglas	Nadia Hamdi	Takanori Kasuga	Stephen O'Connell	Laurent Servius
Ryan Anderson	Elizabeth Dow	Jennifer Hamp	Karen Kerr	Mary O'Sullivan	Nicole Servius
Colleen Armstrong	Mark Drahozal	Clayton Harding	Kelly Knight	John Odon	Chyna Sha
Jean Armstrong	Sherri Feldman	Katherine Harvey	Kenneth Kohanowski	Temitayo Ogunbiyi	Michael Short
Randi Barros	Angelina Fisher	Andrea Hernandez	Jesse Kuklakis	Roland Oliva	Lucy Simic
Gabriel Bonanno	Ronald Fisher-Dayn	Thomas Hilbink	Jessica L'Esperance	Genevieve Orio	Youssef Sitamon
Ronald Booker	Karine Fleurima	JustAsia Deborah	Malina Lake	Carrie Pagnucco	Citabria Stevens
Lindsay Bourget	Laramie Flick	Hodge	Emily Lavelle	Michael Palmer	Curnell Thompson
Sean Bowling	Megan Flynn	Todd Holden	Ryan Leary	Gillian Pancotti	Segen Tilahun
Roane Bradley	Adam Forbes	DK Holland	Chris Leathers	Matthew Perrello	Michael Tritter
Deborah Braun	Diane Fung	Sue Holmberg	Simon Leaver-Appel-	Kiersten Piccininni	Suki Valentine
Stacey Brossia	Eric Fung	Coquille Houshaur	man	Brad Powell	Matt Vanek
Molly Brown	Jessica Gable	Jennifer Hsieh	Yachet Lebovits	Joseph Puglisi	Christopher Varmus
Ellen Bruce	Ashley Gamell	A. Hyatt	Brian Letwin	Elin Raun	Christine Visich
Angelika Brudniak	Ryan Garfine	Anita Inz	Grigory Libo	Helen Reingold	Kristen Wall
Alison Buckley	Shawana Garfine	David Inz	Barbara Lobron	Thabit Rene	Linda Wall
Maureen Butkiewicz	Lucas Garmon	Richard Inz	Camila Machado	Anne Ries	Amy Weber
Ruby Campos	Nicole Gerber	Kevin Ireland	Chelsea Mao	Peter Rowland	Stephanie Wilks
Risa Chubinsky	Steven Gerber	Adam Jaffee	Erin McElhinney	Blake Royer	Erica Wood
Heather Clark	Justin Gerry	Cacheta JeanPierre	Diana Melendez	Brieana Ruais	Evelina Yagudaev
Robert (Bob) Cofresi	Chase Greye	Mullery JeanPierre	Lee Miller	David Salamon	Evgeniy Yakubov
Ryan Conley	Gabriella Gruder-Poni	Robert Johnson	Nadine Moise	Chiara Scandone-	
Erin Considine	Ebru Grundy	Ako Jones	Michelle Mooney	Puglisi	
Brian Curry	Jan Grznar	Paul Kahlon	Janice Moreno	Victoria Schaub	

THANK YOU!

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

Sophie Balcoff	Adrienne Davis	Claire Houston	Louise Lippin	Fabricia Prado	Michelle Solomon
Heidi Blackwood	Joseph Desrosiers	Olen Hsu	Jamilah Magnusson	Heloise Rathbone	Jonathan Soroko
Sarah Blust	Andrea Dyall	Elizabeth Jones	Michael Martak	Hila Ratzabi	Lauren Stephens-
Naomi Boone	Shanee Epstein	Judith Jones	Shawn Martinak	Hannah Rawe	Davidowitz
Diana Boyer	Mary Angel Flores	Nina Kang	Shilo Mayer	Alexander Reinert	Brian Tubbs
Robert Braun	Helen Forgione	Margaret Kelly	Ernell McClenon	Naftali Rutter	Jill Ulicney
Barbara Brito	Erica Franklin	Aaron Kirtz	Grace Meng	Asta Schuette	Cheryl Walrond
Isil Celimli	Betsy G.	Matthew Kline	Rachel Michael	Teddy Schultz	Benjamin Wheeler
Deanna Christman	Jessica Greenbaum	Thaddeus Knouse	Zenola Norwood	Dorothy Siegel	Chester White
Colin	Rob Harlow	Ananda La Vita	Michael Orio	Michal Shilo	Darcy Whittemore
Sue Collins	Leah Hartog	Judy Lefkowitz	Eryka Peskin	Ilana Sichel	Sharada Winston
Ellen Daniels	Jared Horowitz	Lillian	Alyssa Pinsker	Rebekah Smith	Valerie Work
				Shannon Sodano	Gregg Zukowski