

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume BB, Number 16

August 2, 2007

## MEMBER'S ONLINE SERIES TO EXPLORE GREEN MONEY

## Your Money and Your Life



By Ed Levy

Coop member and freelance business writer Ann Monroe likes to think about money—not just in the ordinary sense of what it can buy, or how to get more of it, but about how money affects our character, our culture and our future. “Money,” she writes in a new multimedia series *Walk the Talk*, “comes to us from countless people whose lives it has changed, and when it leaves us it goes on to change the lives of people we will never see... If it is money that makes the world go round, then it's our collective decisions about how we use that money that determine what direction the world is going in.”

In the seven-part series, for MSN Money, Monroe takes a close look at green money, financial resources being spent and invested to nudge the world in an environmentally and ecologically responsible direction. She looks at exotic new technologies, myths about corn ethanol, Wal-Mart as an unlikely environmental force, stocks that fight global warming and other green money topics.

For one segment, she visited a company that invented a way to capture CO<sub>2</sub> emissions from power plants and use them to grow algae—a CO<sub>2</sub>-loving organism. The algae can be converted to biodiesel and ethanol. The company, GreenFuel Technologies, in Cambridge, Massachusetts, is the brainchild of scientists from Harvard, Columbia and MIT. Plants and factories adopting their technology can, potentially, not only reduce their carbon footprint, but profit from selling the algae

fuel—which Monroe describes as “tiny pieces of what looks like green coal”—on the open market. GreenFuel has attracted more than 20 million dollars of venture capital, and has begun partnerships with several utility and power companies.

Monroe visited Amory Lovins—the Oxford scholar, MacArthur “genius” and recipient of eight honorary doctorates—who has been a huge influence in the environmental movement. Monroe had a firsthand look at Lovins’ Rocky Mountain Institute in Colorado, which is

housed in a building so energy efficient that even in subzero winter temperatures, it can be heated solely by sunlight and the body heat of the occupants, with occasional fires in two wood stoves.

Lovins advocates what he calls the soft

energy path—the abandonment of large, centralized and nuclear power plants in favor of solar, wind, geothermal and biomass energy sources. While she was in Colorado, Monroe also visited a “green” Wal-Mart that has adopted energy-saving features like low-energy LED lights in the freezers that turn on only when someone is in the aisle. Although a green Wal-Mart may sound oxymoronic to some, Monroe said the huge box store, designed to receive lots of natural light, was “an almost pleasant place to be.”

Standards for green buildings are being set by the U.S. Green Building Council (usgbc.org), which has come up with a rating system called

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## Despite Competition, Coop Members Keep Shopping

By Johannah Rodgers

When, almost two years ago, Union Market opened in the former Colon Deli location at 6th Avenue and Union Street, there were some fears that the new market's range of gourmet products, shiny produce and fast-moving (or nonexistent) lines might lure members away from the Coop.

With a second Union Market slated to open in the South Slope on 7th Avenue between 12th and 13th streets in September, some of these same questions have arisen. However, interviews with members and with a cofounder of Union Market appear to confirm that—both by design and in reality—Union Market functions much more as a complement to, rather than a replacement for, the Coop.

### Member Perspectives

A small, ad hoc survey revealed some surprising things about what some members think about Union

Market. First, the majority of Coop members surveyed said they simply did not think about, or shop, at Union Market at all. Of ten members queried at 3 p.m. on a Thursday afternoon in July, only two said they had shopped at the Union Market and both explained they did so not so much because of convenience and shorter lines, but primarily because they needed specialty products that the Coop either didn't carry or did not currently have in stock.

Miho, a member who works on a Shopping Squad,

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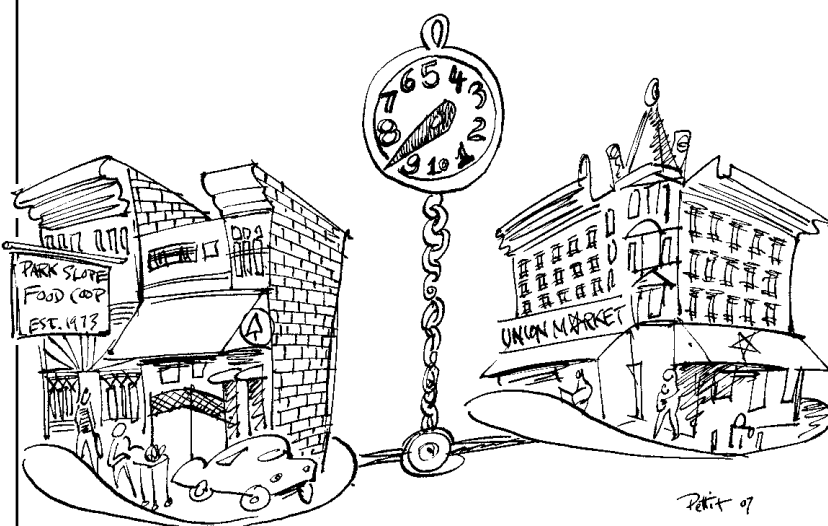


ILLUSTRATION BY ETHAN PETTIT

### Next General Meeting on August 28

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.\* The next General Meeting will be Tuesday, August 28 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

- Fri, Aug 3 • Film Night:** 7:00 p.m., *Under the Sun and The Birthright Crisis*
- Sat, Aug 4 • Adult Clothing Exchange:** 10:00 a.m.
- Sat, Aug 18 • Pocketbook, Purse and Bag Exchange:** 10:00 a.m.

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

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LEED (Leadership in Energy and Environmental Design), based on five criteria: developing the site in a sustainable way, water savings, energy efficiency, materials selection and indoor environmental quality. Interestingly, builders in New York can get surprisingly high LEED ratings because of the high points they receive for relying on public transportation to transport those who will ultimately work in their buildings.

Monroe also interviewed environmental leaders Amy Domini, Bill McKibben and Jed Emerson.

Domini, founder and CEO of Domini Social Investments and the Domini Global Giving Fund, has helped to channel capital to poor communities. In 2005, Time magazine named her to the Time 100 list of the world's most influential people. That same year President Clinton honored her at the inaugural meeting of the Clinton Global Initiative for helping protect children and the environment.

Although Domini is sometimes called "the first lady of social investing," Monroe points out that the earliest responsible investors were actually Roman Catholic nuns, who as the custodians of large amounts of money, realized that they needed to think consciously about where that money should be used.

Bill McKibben, the environmentalist and former *New Yorker* writer, spoke to Monroe about local power networks

and how they can be tied together, and even send power back into the grid. In his new book, *Deep Economy*, McKibben looks at the reality that "more" is no longer synonymous with "better," and for many people has become its opposite.

In his first book, *The End of Nature*, McKibben proposed the idea that "the greenhouse effect is a more apt name than those who coined it imagined. The carbon dioxide and trace gases act like the panes of glass on a greenhouse—the analogy is accurate. But it's more than that. We have built a greenhouse, a human creation, where once there bloomed a sweet and wild garden."

Jed Emerson pioneered the concept of "blended value," which proposes that we alter our economic analyses and accounting methods in order to give value to things that don't currently show up in our ledgers—the social and environmental value of what we produce and consume. Emerson has written, "It doesn't matter if you have a six-figure salary if you can't breathe the air or drink the water. A better question to ask would be, 'What are the elements of a life worth living, and how can I assemble them?'" Emerson, who began his career working in poverty programs in San Francisco, and lectures at Stanford Business School,

estimates that it may take 20 to 30 years for the new, blended econometrics that he proposes to evolve.

*Walk the Talk* also investigates small-scale, closer-to-home ways to make life greener. Did you know, for example that polyester is "greener" than cotton? According to studies the program cites, if you compare total drain on the environment over its lifetime of a cotton T-shirt vs. a polyester blouse, including time logged in the washer and dryer and under a clothes iron, the polyester shirt comes out ahead in terms of low energy consumption. (That may not be enough to convince people,

like this reporter, who are sensitive to fibers made from petrochemicals.)

For one segment, Monroe brought her film crew to the Coop to highlight efforts to eat locally grown products. The best way to buy locally at the Coop, Monroe observed, is to shop "around the edges of the store." But Monroe cautions that there is a good argument to be made for some global eating too, in order to continue supporting economies of poor people around the world who depend on our purchases.

Monroe thinks there is no "morally right or wrong way to make every single purchasing decision." Her own efforts to purchase products based solely on virtuous ethical and moral principles were, she claims, exhausting and discouraging. Her advice? "Move at your own pace. If you do, I suspect you may find—as I have—that spending and investing your money this way is so satisfying you want to do more of it. As your financial choices move more into sync with what you care most passionately about, you yourself will become more deeply connected with the people around you—and with the planet that sustains us all."

A former staff reporter for the *Wall Street Journal*, Monroe serves on the Chair Committee for the Coop General Meetings.

To view the first part of *Walk the Talk*, go to msn.com website and enter the search string Ann Monroe. ■



ILLUSTRATION BY LYNN BERNSTEIN

# Interested in Engaging Coop Work?

## Disciplinary Committee Seeks NEW Members



**If you are good at:**  
**Communicating,**  
**Problem solving,**  
**Dealing with**  
**difficult situations &**  
**Investigating...**  
**We need you!**

We (the DC) are seeking new members to work with us on making the Coop the best place it can be for everyone.

Being a DC member offers the opportunity to be involved in **important, interesting and challenging work**. We generally contribute more time than regular monthly shift workers, though much of it is done from home via phone calls and e-mail. While there is this flexibility, we are seeking members prepared to make a substantial and consistent commitment to the Coop (you will get credit for overtime hours).

**Some of our work includes:**

- Investigating allegations of misbehavior by Coop members, such as failing to report for or to complete shifts, bringing in non-members to shop, shopping while suspended, stealing, using racist, sexist, homophobic or nasty language against other Coop members and staff, etc.
- Participating in disciplinary hearings, which are sometimes conducted after investigations are concluded
- Mediating disputes between Coop members
- Engaging in problem-solving
- Working on policy issues related to the DC's work

We would like to be a committee reflecting as many points of view of the Coop's racial and ethnic groups as possible.

We seek diversity and encourage candidates of color to apply.

**Requirements for Candidates:**

- Coop members for at least a year
- have good attendance records
- attend an evening meeting approximately every six weeks.

**Investigative, legal, writing, or conflict-resolution experience would be helpful, and use of a computer and email is essential.**

If you are interested and would like to join us please call **Jeff: 718-636-3880**

CONTINUED FROM PAGE 1

commented that “Union Market carries my favorite bread from Sullivan Street Bakery. They also have good detergents and soaps. If I shop there, which I do infrequently, it is about the products available, not convenience. Also, if we’re out of a certain item that I usually buy at the Coop, I’ll go there and pick it up.” Member Rachel Levitsky explained that she does occasionally stop by Union Market; however, it is not so much to shop as to pick up one particular product: Häagen-Dazs Peach Sorbet, which the Coop does not currently stock. “I wish I could buy it at the Coop,” she added. “It is absolutely delicious.”

But what about members who live in the South Slope? Will the convenience of having a specialty gourmet market close by make them less likely to shop at the Coop? According to Jason Porter and Eric White, both Coop members who have lived in the South Slope for the last several years, the answer is a resolute “no.”

In an e-mail exchange, Jason Porter, who lives at 5<sup>th</sup> Avenue and 12th Street, wrote: “The Coop certainly could be more conveniently located and I am all for a

satellite branch down this way. And, yes, I wish the cart escort zone—or alternately a van/car/bike escort—were available for South Slope residents. But as long as the Coop is significantly cheaper [than other grocery stores] and the products are at least as good as [those at] Union Market, the inconvenient location is really not an issue, and it isn’t all that inconvenient. I can ride my bike there most of the year.”

Eric White, who, despite recently moving further south in the neighborhood, was unabashed in expressing his preference for shopping at the Coop: “Now that I’m even more of a South Sloper, being on Prospect Avenue, it may seem that I may be much more on the dividing line. In the past, I have never set foot in that Union-what-ever joint, and have no plans to, though I do enjoy their logo. I suppose when there is one near me I may stop in for an item or two, as I do at Back to the Land when necessary, as long as it’s not even more outrageously expensive. But my loyalty to the Coop is strong. Let them build 10 Union Markets, three Whole Foods and a Trader Joe’s in my building—I won’t be swayed! I’m a Coop lifer. Shopping does require

planning, but I wouldn’t call it inconvenient.”

**The Union Market Perspective**

Martin Nunez, a cofounder of Union Market, commented in a telephone interview that he and his partners conceived of their store as a complement both to the neighborhood and to the Coop. “The idea was not to compete but complement. Coop members come in daily, which is some indication that we may stock products that are unique and that the Coop doesn’t have. In the very beginning, Coop members were a bit shy walking in with their bags and boxes of groceries, but most feel very welcome now. The whole idea was for people to shop in both places.”

When asked about the future of the store and its mission, Nunez explained, “We have grown nicely in the neighborhood. We’re not a big company that is trying to dominate the market. We aim to have a neighborhood feel, and to deliver a little bit of everything. A customer can shop for 15 or 20 minutes and have a meal ready to go.”

Thus, for now, it appears that in an ever more crowded marketplace, the various attributes of the Coop remain unique. ■

**Coop Job Opening: Office Coordinator**

**Description:**

The Coop is hiring a Membership Office Coordinator to fill a late afternoon/evening and weekend schedule. Office Coordinators divide their time between shifts of approximately 6 hours in the Membership Office, Technical Support shifts of approximately 6.5 hours working on the shopping floor, and oversight/ coordination of the Coop’s administrative functions. Applicants must have excellent people skills, excellent communication and organizational skills as well as patience, comfort with computers and the ability to do detailed record keeping. Applicants should be able to remain calm in hectic surroundings, oversee the work of others, teach and explain procedures, delegate work, give feedback, and maintain high standards of accuracy.

The Coop’s busiest times are during traditional holiday seasons. Applicants must be prepared to work during many of the holiday periods, particularly in the winter.

**Hours:** Approx. 38 hours: Wednesday-Sunday. Weekday schedule will be afternoon/evening hours (some shifts until 11:30 p.m.). Saturday and Sunday hours will be flexible.

**Wages:** \$21.05/hour.

**Benefits:** —Health and Personal time  
—Vacation—three weeks/year increasing in the 4th, 7th & 10th years  
—health insurance  
—pension plan  
(no payroll deductions for benefits)

**Application & Hiring Process:**

Please provide a cover letter with your resumé. Mail your letter and resumé or drop them in the mail slot just inside the entryway of the Coop. Applications will be reviewed and interviews scheduled on a rolling basis. If you applied previously to any other Coop job offering, please reapply.

*Please do not call the office to check on the status of your application.*

**Probation Period:**

There will be a six-month probation period.

**Prerequisite:**

Minimum of six months’ membership in the Park Slope Food Coop.

Applicants who wish to schedule a shift in the Membership Office should contact the Office and speak to one of the Office Coordinating Staff.

**We are seeking an applicant pool that reflects the diversity of the Coop’s membership.**

**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 and dry cleaning bags, etc. Okay if not labeled.

**WHEN?**

Saturday, August 11, 10 a.m.–Noon  
Thursday, August 16, 7 p.m.–9 p.m.

**WHERE?**

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

**PROGRAMS**

**Friday, August 3 and Saturday, August 4**

The following programs will happen within four days of publication of this issue. For full ads, please look at the July 5 or 19 issues or pick up copies of the flyers in the Coop.

**Fri, Aug 3**

7:00 Film Night: *Under the Sun* and  
*The Birthright Crisis*

**Sat, Aug 4**

9:00 Adult Clothing Exchange  
4:00 Stop the 3 p.m. Slump with Jena La Flamme

**Pocketbook, Purse  
and Bag Exchange**

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



**FREE  
Non-members welcome**

**Saturday,  
August 18  
10:00 a.m.—2:00 p.m.  
in the meeting room**

**To bring Pocketbooks, Purses and Bags...**

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





# A Visit to Grindstone Farm



Story and Photos by Erik Lewis

Pulling off the main north-west highway in Pulaski, New York, there were no signs to Grindstone Farm, but I easily found County Road 28, the address “780 County Road 28” being my destination. I have taken

might have some wall chart or Excel spreadsheet for a similar problem; I could learn a lot from a farm.

Zoë had gotten the rest of the day (Saturday) off and all day Sunday. Usually they work seven days a week with some shorter time on Sundays, but Dick De Graff, the

came to work on the farm almost every day; Kim, a woman from Florida who worked as an intern; and others.

Grindstone is part of a local CSA (Community Supported Agriculture) group where people support the farm financially and the farm grows food for them. In order to get a discount, some CSA members work 20 hours a year on the farm, so there are always some people rotating in or out of Grindstone’s workforce.

“We have an open door policy,” said De Graff. “We offer working shares to friends and customers. I’ve found a lot of people want to get their hands dirty in production of food.”

## Grindstone Farm and the Coop

Dick De Graff purchased Grindstone Farm in 1981. By 1991 all fields and crops were

Why an organic farm? “I never really liked to spray on chemicals,” said De Graff. “I knew how to grow. If I was the guy farming, if I was doing the spraying, [I realized] I didn’t have to do that,” he explained.

What does it mean to be organic? Instead of pesticides, Grindstone employs crop rotation to keep pests from building up, mulches and covers crops to protect growth, plants select bushes and flowers to attract beneficial insects that attack unwanted pests, and other all-natural techniques.

Grindstone’s relationship to the Coop started around 1988 when Grindstone was part of Finger Lakes Organic (FLO), a growers’ cooperative, which supplied the Coop with a variety of organic produce. Later, De Graff contacted Coop General Coordinator Allen Zimmerman and Grindstone developed its own relationship with the Coop. Now, according to De Graff, 25% of Grindstone’s produce is shipped to the Coop. The farm produces over 120 varieties of food.

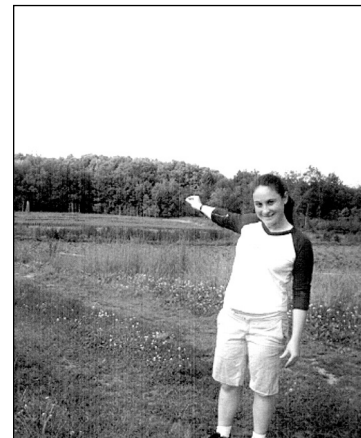
The Coop buys a variety of produce from Grindstone on a regular basis, including blueberries, arugula, lettuce varieties, candied onions, shallots, celery, honey and more according to season, availability and demand.

“We have a very mutually supportive relationship,” said Zimmerman. “They don’t commit to any particular amount or quantity except for blueberries. We also get asparagus [and other produce] in quantities,” he explained.

## Asparagus, the Wonder Food

Asparagus! My visit has given me new appreciation for this vegetable. I can honestly say I have never really tasted asparagus until I tasted it at Grindstone. While giv-

near fruit-like, sweet and delectable. It was like no asparagus I had ever eaten. Possibly because, being taken straight from the ground, it retained all the moisture and virgin freshness that is inevitably lost in shipping and storage, even of an organic vegetable. Amazing!



Zoë Kaplan-Lewis before a field of asparagus.

“Guess how much asparagus grows in a day,” teased Zoë. “An inch,” I said. “Ten inches, would you believe it! We picked this whole field clean yesterday and look, all these new spears,” she exclaimed. And true, the field was full of newly grown fresh asparagus.

## The Farm as School

Dick De Graff and his wife Victoria (Vic) Ladd-De Graff live on the farm with their 17-year-old son Lucas. The farm, to De Graff, is as much a way of life and natural school as it is a means of food production. About his son Luke’s upbringing on the farm, De Graff muses: “He’s been exposed to a pretty good myriad of individuals over the past few years, which I believe is an education in itself,” yet he adds, “We’re gonna force him to go to college. I think a young person needs a college education.”

Indeed, the experience has been an education for Zoë as well. “I learned just how involved the organic process is; I learned just how hard it is to produce food organically and why it costs so much,” she said. She also learned how to drive a tractor, drive a van, live without taking a shower for a week at a time (her camper has no running water) and how to do the “grinder”—a ride holding onto a pulley with handgrips attached to a cable that stretches across a swimming-hole pond where some go at the end of the workday to swim naked (Zoë demurred).

Is the farm a success? “My wife and I eat well, we meet an unbelievable number of people. We have a loyal following. It’s a rollercoaster ride. I know I’m doing the right thing. I’m never gonna get rich at it, but add it all up, am I a success—the answer is yes,” said Dick De Graff. ■



Zoë Kaplan-Lewis driving a tractor at Grindstone Farm.

this trip to visit my 19-year-old daughter and Coop member, Zoë Kaplan-Lewis, who is working on Grindstone Farm for part of the summer, as she said, “Because it’s an organic farm that’s connected to the Coop. I wanted a chance to do manual labor connected to food because I want to be a chef and I’m interested in organic and locally grown food.”

Finally, a rundown sign declaimed “Grindstone Farm E.I.E.I.O.\* Organically Grown Foods.” The asterisk explained the “ee ay ee ay oh” as standing for: “\*Excellence In Edible Incredible Organics.”

I pulled into the dusty driveway and saw several figures, backlit from the morning sun, intent and bent with their hoes scratching slowly at plowed furrows in the brown and greenish dirt. One of them was Zoë. She dropped her hoe and ran toward me. She explained that leaving her hoe there where she stopped working allowed the next person who would continue her work to know where she had stopped. I thought, how simple a solution—an office

owner and grower, had allowed Zoë the time off to be with me.

## Interning on the Farm—Rural Cosmopolitanism

Zoë got the job on a recommendation from Coop General Manager Joe Holtz. “We always have room for a couple of people like Zoë,” said De Graff. “What they need is a certain amount of stamina and a certain amount of ‘wannabe.’ There’s no room for someone who just wants to hang out.” De Graff explained that he makes the farm available for people who want to own an organic farm and need experience as well.

Indeed, giving people experience seemed to be as important as growing organic produce, creating a certain rural cosmopolitanism to the ever-changing collection of people who worked the farm on any given day. For instance, there was Zoë, who lived on the farm in a ramshackle trailer; Tom, who lived part of the time in a camper on the farm; a young couple in their twenties, Chelsea and Jake, and their infant daughter, Windy, who

certified organic and the farm is recertified annually by the Northeast Organic Farming Association of New York (NOFA-NY), according to Grindstone’s website ([www.grindstonefarm.com](http://www.grindstonefarm.com)).

ing me a tour of the place, Zoë bent down and pulled up a spear and said, “Try it.” I took it by the stalk, expecting a hard, branch-like, uncooked taste experience, and was amazed to find it succulent,

*“Indeed, giving people experience seemed to be as important as growing organic produce, creating a certain rural cosmopolitanism to the ever changing collection of people who worked the farm on any given day.”*



# My Happy Accident

Evelyn Lampart's Paintings on Display at Ozzie's

By Frank Haberle

In February, leaving a social workers' meeting on Staten Island, Coop member Evelyn Lampart fell and broke her ankle. Homebound for three months, Evelyn set pen and brush to paper. She began painting her heart out, translating thoughts, feelings and memories into a series of startling, vibrant images. Six months later, in August, the fruits of Evelyn's labors, a

move through the day-to-day routines so many of us take for granted, Evelyn instead turned inside herself, to travels, stories and relationships from her personal history, and captured them visually. Evelyn's paintings include reflections of everyday street life in Brooklyn. Simple characters struggle to navigate complex sidewalks, corridors and abstract obstacles. In one painting, *Seventh Avenue Morning*, several aging women on crutches notice one



*"The paintings capture a range of familiar emotions and images—from the sorrowful isolation of being alone, to the kinetic joy of finding family and community."*

Slope community. "The response was overwhelming," Evelyn reports. "I had friends getting me provisions, keeping me company and shopping for me—including fellow Coop members and friends granted permission to shop at the Coop for me, who ensured I could access the same healthy food I love so much." Evelyn credits her Coop friends as being critical to helping her make a speedy recovery, and for making it possible for her to discover and explore her new passion for painting. Evelyn has been a Coop member since the early 1980s. When she moved to

fierce." Even then, she points out, the cooperative spirit, the multicultural environment and commitment of its members made it well worth the effort. Evelyn has participated on various squads. "It was an incredible experience to stick it out and see the Coop grow to what it is today," she adds. Evelyn believes that the many changes in the Coop over the years have, for the most part, been for the better. "You have to remember that every change the Coop has made—whether it was purchasing the new building, or allowing meat to be sold, or alcohol to be sold—all of these decisions were made by democratic process, by members weighing in and having their voices heard. In a neighborhood that's seen so many changes—like the Barnes and Noble building where there used to be a parking lot, or the high rise on Union Street—people spoke out against those developments, but the developers just went ahead and built them anyway. In a neighborhood where so much change has taken place, the Coop really stands for something. The Coop has preserved a level of conscientiousness, of cooperation, of caring in this neighborhood."

As a social worker, Evelyn is also quick to point out that the Coop is in many ways a "wraparound service center" where people from all walks of life can access wholesome food at affordable prices, nutrition information, cooking classes and other resources. The paintings she shares through her one-woman show, "My Happy Accident," tell the story of many characters in transition, all seeking some level of connectivity in spite of the flux that surrounds them. Evelyn Lampart's paintings are on display through August at Ozzie's on 7<sup>th</sup> Avenue. ■



In Bus 44-Local



The Good Doctor

one-woman show titled "My Happy Accident," are on display in the Ozzie's Coffee House on 7<sup>th</sup> Avenue and Lincoln Place, after a first run at the Ozzie's on 5<sup>th</sup> Avenue. What's remarkable about this fast turnaround is that Evelyn, a social worker who is also a lifelong writer, collage artist and crochet and needlepoint enthusiast, began painting in earnest for the first time after her accident. (In the 1960s, she had a short stint as an inker for Spiderman comics, and as an art therapist in 1979.) Unable to

another as they work their way through a maze. In *The Ironing Board*, a couple floats above an ironing table while curious urban onlookers stare up from below. In *Bus 44-Local*, people, lost in thought, float above traffic on the Nostrand Avenue bus. The paintings capture a range of familiar emotions and images—from the sorrowful isolation of being alone, to the kinetic joy of finding family and community. "My Happy Accident" also mirrors Evelyn's longtime experience as a New York City

social worker, a career she switched to in the early 1990s after working as a substitute teacher. She received her MSW in 1995 from Yeshiva University after having worked for years with the Human Resource Administration's Adult Protective Services Department as a case worker. She then joined the New York City Housing Authority, where she is currently supervisor of a clinical services unit. Accustomed to helping others, her accident forced her to rely on the kindness of her friends in the Park

Park Slope in 1974, it was a different place altogether. "On Sundays it was a ghost town. The streets were empty," she remembers. "If I wanted a bagel, I had to cross Empire Boulevard on the other side of the park." Evelyn joined the Coop in part to meet new people and build a new sense of community after most of the friends she knew in Brooklyn had moved. Evelyn remembers the Coop then as a lot of hard work—"You had to weigh everything, and the congestion at the exit door was just

Friday, August 10  
7:30 p.m. at the Coop

FREE  
Non members Welcome

## Real Spirituality in a Cooperative World

with Richard Hart and Gregory Wells

### All That Is—Is Light!

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

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

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

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

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

## Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

ForgivenessWork allows you to release these feelings and reclaim your power and energy.

LEARN TO:

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

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

FREE  
Non-members welcome

Saturday, August 11  
3:00–5:00 p.m. at the Coop

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

Sunday, August 12  
12:00 noon at the Coop

FREE  
Non members Welcome

## WOMEN TO WOMEN

Dare to Love Your Self into Wholeness

with Stacey Antoine

Do you strive to reconnect to your physical and spiritual self without unnecessary self-criticism?

Do you long for deeper meaning in your life?

Do you feel that you have left behind too much of the fun and spontaneity that used to be a part of your life?

Do you often feel too busy for self-discovery?

This workshop will remind you that the time, creative energy and emotion you invest in self-nurturance will produce priceless personal dividends.

**Stacey Antoine Savariau** is a nourishment ambassador, a board certified holistic health & personal development coach and a former criminal defense attorney. Stacey works with clients in search of greater depth, nourishment and balance. She is a member of the PSFC.

Views expressed by the presenter do not necessarily represent the Park Slope Food 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 Sunday  
8:00 a.m. to 8:45 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

**Voluntary Articles:** Maximum 750 words.

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

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

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

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

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



Printed by: Prompt Printing Press, Camden, NJ.

Puzzle Corner

1	2	3	4	5		6	7	8		9	10	11	12	
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Puzzle by Stuart Marquis

8/2/2007

ACROSS

1 Common cleanser additive

6 Volcano apex

9 Day's "Que \_\_\_\_\_"

13 Tropical Pod

14 Yang

15 Profess

16 Anxiety working with PDFs?

18 Charger

19 Subject, usually

20 Pertinent to a region

21 Some Keats

22 \_\_\_\_\_ iron

24 Overly solicitous

25 Short pale Belgian

28 Gal behind an apple tree?

31 Start of a countdown

32 See 33A

33 Worker in a 32A

36 Wile E. Coyote purveyor

37 It can give you focus

38 Place for a finger

39 Jamaican import

40 Juiced

41 Horror, e.g.

42 Where the best wine comes from

44 Dragon's eye in Sunset Park

45 Minute \_\_\_\_\_

47 "I, Claudius", for one

48 Nutty pad

49 "Catty" multimedia musician?

52 Roof in a rucksack

56 Kids

57 Stances for architect Pei?

59 Jamaican import

60 Sugary, spicy concoction?

61 Ram

62 Ergo

63 Porcine palace

64 Like the top 20 cards in a Euchre deck

DOWN

1 ID a UPC

2 Peer of Yves and Christian

3 Neutral Color

4 Middy flow

5 Hine's forte

6 Broccoli with bowties

7 Flank supporters

8 Coarse corn

9 Morally acceptable

10 Prosecutorial activity

11 Lime juice

12 Oversupplied

14 Less?

17 Tortoise rival

23 Traditional architectural adornment?

24 Spider invitee

25 Baseball card ratios

26 Canoodle

27 Can assign a construction date to a levee?

28 Comforts

29 Hardly cooperated

30 Human tendency, for Pope

32 Chip accompaniment

34 Pod for the pot

35 "The Pod" artists

37 Sass

38 Adulterate

40 Material at a floor sale

41 With 32A output, catchy slogan

43 Sometime grape fate

44 Whoppers

45 Stiff gait

46 Mini-midi gap

47 Baroque string

49 Dublin dances

50 Funereal suggestion for flowers

51 Nimble

53 Italian air

54 Loose gait

55 It can get you focus

58 Iota

For answers, see page 11.

This issue's puzzle author:

Stuart Maraquis.

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

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WORKSLOT NEEDS

Community Ties  
Data Entry, Phone Canvass-  
ing and Outreach

Times to be Determined

Community Ties, at [www.foodcoop.com](http://www.foodcoop.com), is our directory of businesses offering exclusive discounts to Park Slope Food Coop members. This feature is being updated on our Web site and in print after a three-year hiatus. The Coop needs workers to canvas the neighborhood (via phone and/or foot) to enlist new businesses. We also need workers to update the participant addresses in FileMaker. If interested in helping with this project on a flexible FTOP basis, please leave a voicemail message for Camille Scuria at: 888-922-2667, mailbox 87.



Orientation Committee

Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings.

Looking for energetic Coop members with a teaching or training background. 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 and excellent attendance history 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](mailto:karen_mancuso@psfc.coop).

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:

Aug 16 issue: 7:00 p.m., Mon, Aug 6  
Aug 30 issue: 7:00 p.m., Mon, Aug 20

CLASSIFIED ADS DEADLINE:

Aug 16 issue: 7:00 p.m., Wed, Aug 8  
Aug 30 issue: 7:00 p.m., Wed, Aug 22

General Meeting

TUE, AUG 7

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Aug. 28 General Meeting.

TUE, AUG 28

GENERAL MEETING: 7:00 p.m.

The agenda will appear in the next *Gazette* and as a flyer in the entryway on Wednesday, August 8.

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,  
August 28, 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.**



ATTENTION  
BUSINESS OWNERS

The Park Slope Food Coop invites merchants, service providers and business owners to join an exciting community-building program at the Coop, the Community Ties Program! This is a directory of businesses offering exclusive discounts to Park Slope Food Coop members, at [www.foodcoop.com](http://www.foodcoop.com). The program connects our dynamic membership of more than 13,000 with participating neighborhood merchants.

Merchants who register with the Community Ties Program offer PSFC members who show a Coop membership card a discount or some other special offer that is not available to the general public.

We may provide your business with literature identifying you as a participant in the program. We periodically publish a list of participants with a description of the type of services/merchandise provided and the special offer; that is, continuous, free advertising to our vast membership.

If you would like to include your business in our listing, leave a voicemail message for Camille Scuria at: 888-922-2667, mailbox 87. In your message include your business name, category, address, phone number, and your contact name. We'll contact you about the exclusive discount that you will offer to PSFC members.

The Park Slope Food Coop  
Buys  
Wind Power  
and you can too!

100% clean power, no fossil fuels

Cheap, easy way to  
make a difference

Still only one bill

No binding contract

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

NYWIND.COM

COOP PRINCIPLES

The International Cooperative Alliance  
Statement of Cooperative Identity

*In 1844 the Rochdale Society of Equitable Pioneers organized the first consumer cooperative association. This was the humble beginning of a worldwide cooperative movement.*

*On September 23, 1995 in Manchester, England, the International Cooperative Alliance (ICA), on its centenary, adopted revised Cooperative Principles.*

Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles

The cooperative principles are guidelines by which cooperatives put their values into practice.

1 Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibility of membership, without gender, social, racial, political, or religious discrimination.

2 Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner.

3 Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible, benefiting members in proportion to their transactions with the cooperative, and supporting other activities as approved by the membership.

4 Autonomy and Independence

Cooperatives are autonomous, self-help organisations controlled by their members. If they enter into agreements with other organisations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5 Education, Training & Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation.

6 Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7 Concern for the Community

Cooperatives work for the sustainable development of their communities through policies approved by their members.

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.

THU, AUG 2

DANCING FOR ANIMALS, a non-profit organization, is holding Ballroom & Latin Dance Classes on Thursdays in August (8/2, 8/9, 8/16, 8/23 8/30). 7:30–8:30 p.m.: Mambo w/ Cuban Motion technique. 8:30–9:30 p.m.: Beginner Hustle. 440 Studios, 440 Lafayette St., 3rd Floor, Studio E, btw Astor Pl. & E. 4th St. 212-946-1824 [www.dancingforanimals.org](http://www.dancingforanimals.org)

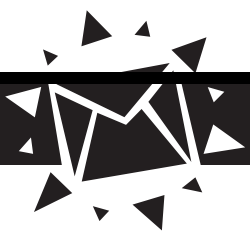
SUN, AUG 5

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, AUG 10

The Brooklyn Co-Housing Group is actively recruiting new founding members to design and build a child-friendly community-minded apartment complex here. Contact Alex Marshall at [alex@alexmarshall.org](mailto:alex@alexmarshall.org) or 212-227-9392 for information.





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

**HEAT IS DANGEROUS FOR DOGS****TO THE EDITOR:**

As members of the Street Squad, we sometimes work in front of the Coop on summer weekends. Recently in very hot (close to or over 90-degree) weather, several Coop members tied their dogs outside and left them there while they shopped. In one case a dog was left outside during the owner's entire work shift. Although the dogs crawled under the bench or lay in whatever shade was next to the building, they were clearly miserable.

There have been numerous warnings in the media cautioning dog owners to keep their pets inside in very hot weather, taking them out only for very short walks. Heat can be dangerous, even deadly, to dogs, for they can succumb to heat stroke in minutes.

We urge all Coop members who own dogs: please take care of your animals by leaving them home when you shop or work.

Ruth Bolletino, Dan Schaffer, Ellen Murphy, Linda Johnsen, Leon Freilich

**COOP CONNECTIONS IN MONTANA****GREETINGS FELLOW MEMBERS!**

Here I am in Montana for a few months having just joined the newly emerging food coop here and what do I see in the newsletter but an interview and lots of helpful advice from none other than Joe [Holtz] from my food coop in Brooklyn! Talk about a sense of community!! Am proud to be a member of both. See you in September.

Carol Wald

**KNOWLEDGE OF OTHERS' NEEDS?****TO THE EDITOR:**

A quick response to the letter titled "More Bike Racks, Please," which not only asked for more bike racks (why not?) but seemed to take real umbrage at the fact that people drive cars to the Coop. The writer complained that the delivery valets "dressed in gaily colored vests," (uhh...these are safety vests) "wheel groceries directly to cars, most of which will then be driven a few blocks to shopper's homes." (How does he KNOW where everyone lives, I wonder.) "Can we look forward to bow ties and tips?" the writer asks, and continues: "Why are we devoting hundreds of work hours each week to indulge suburban-style life habits and simultaneously neglecting better environmental and personal choices?"

This letter begs another question. Why is a Coop member, under the guise of being liberal, devoting time to dissing "lifestyles" other than his own? Does this writer have a sense of how many pounds of groceries a family of four buys a week? Does he know how many blocks I (for one) live from the Coop? Does he feel there is only one way to live? Does he feel there is only one way to make a contribution to good environmental practices? If so, our city and Coop, both known gloriously for their commitment to diversity, will have him spending much time writing more such letters.

Jessica Greenbaum

**MEMBER COMMENTS****TO THE EDITOR:**

Bravo on your stirring letter against "the fairness policy." [Letter from Michael Esterowitz.] Is the *Linewaiters' Gazette* only to be used as a sounding board for views of which you person-

ally approve? Or are other opinions to be welcomed as well?

Further on in the letter, you argued that I should not even be provided with "a forum to debate." In the Annual Meeting, you posed several questions to me, and I did my best to provide you with a full and honest response. Was this debate on actual issues so painful?

Finally, you argue that with regard to my prior disciplinary proceeding, that there are no facts in dispute. Perhaps you should go back and read what the reporter to the *Linewaiters' Gazette*, Ms. Ann Pappert, stated actually DID occur.

There is a term for a system of government that does not recognize fairness as a policy, that attempts to stifle all debate, that opposes freedom of the press and that believes there is only one side to every story. And, that term is certainly not Democracy.

Change is Good.

David "Cartslinger" Meltzer

**WRONG NUMBER****TO THE EDITOR:**

Done a shift with someone  
Constantly on the phone?  
You deserve two credits  
For working entirely alone.  
(Try and get them!)

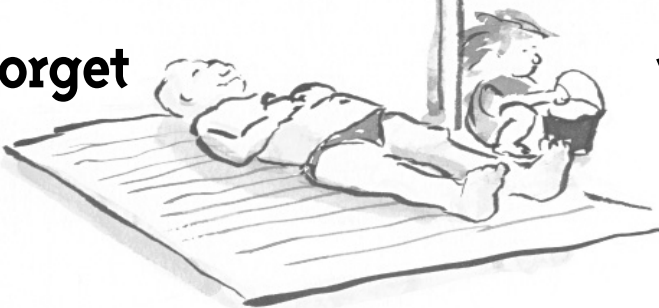
Leon Freilich

**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!**

**LETTERS POLICY**

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

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

You may submit on paper, typed or very legibly handwritten, or via email to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop) or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

**Anonymity**

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

**Fairness**

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.

2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

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





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

The sun has done its work  
the ground is so warm  
that at night it steams

During the day it  
pushes up deep green leaves  
and harbors the scarlet and rotund beet  
the cheerful carrot and scads of turnips

our farmers are working overtime  
to keep up anticipating  
the onslaught that is yet to come  
and steeling themselves against  
who knows what caprices of weather  
insect and market

The farmer is two or three steps ahead  
pulling up lettuces to make room for cucumbers  
thinning strawberries for next year's delectation  
erecting lattices for rampant beans

The least we can do is to  
bring it home and serve it up  
eat it three times a day  
give it to your children  
invite friends and feed it to them

It's our job  
someone has to do it

Come join me  
and we'll talk about how you can help

by Myra Klockenbrink

**Mondays, September 10 (D Week)  
September 24 (B Week)  
Noon to 1 p.m.  
and 1:30 to 2:30 p.m.**

**Wednesdays, August 8 (C Week)  
September 5 (C Week)  
2:30 to 3:30  
and 4:00 to 5:00 p.m.**

**Or you can join in any time during a tour.**



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 mem-

ber 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 "multicultural" "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: Qual-

itative & 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 detail 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.



Effective Tools for  
Rapid Personal Transformation  
with Susan March and Marija Santo

Are you stuck? Depression,  
Stress, Illness, Relationships.

The body is like a magnet, and when these experiences are in cellular memory, the body attracts the same experiences.

Doctors and other professionals have used these techniques for daily stresses, eating disorders, robbery, rape and emotions such as anger, anxiety, fear and others. These remembrances can destroy the quality of life if not cleared.

This unique, life changing technology will be demonstrated.

Susan March and Marija Santo are Geotran practitioners.

**FREE**  
Non members welcome

**Friday, August 17  
7:00 p.m. at the Coop**

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



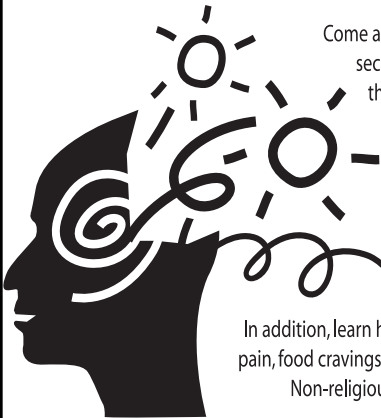
**Saturday, August 25  
2:00 p.m. sharp  
at the Coop**

**FREE**

Non members Welcome

**JOY!**

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



Come and learn specialized eastern secrets to discovering what it is that may be blocking you from your own power, strength and joy. You will be taught Emotional Freedom Techniques (EFT), which show you how to reduce or eliminate your emotional blockages and past traumas.

In addition, learn how to relieve your physical pain, food cravings, addictions and/or phobia. Non-religious and non-intrusive.

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

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



ILLUSTRATIONS BY DEBRA TINT



To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the “Merchandise–Non-commercial” category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2” x 3.5” horizontal). Submission forms are available in a wallpocket near the elevator.

COMMERCIAL SPACE

PROFESSIONAL OFFICES available. Ideal for massage therapist, acupuncturist, psychotherapist, etc. Be part of a holistic center, either in a beautiful Soho section or in an excellent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-5055.

HOUSING AVAILABLE

ONE HOUR FROM NYC. Small one-bedroom cottage in 3-season vacation community, woodsy, secluded, private, well-established trails nearby. Five minutes to trains, buses. For sale by owner. Fully renovated; \$50K. Maintenance/incl. Taxes approx. \$3,000/yr. Sorry, no dogs. 914-734-1530.

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.

FILL YOUR OWN WATER BOTTLE! NSF certified Multi-Pure water filters remove Crypto/gasoline additives/dry cleaning solvents/particulate matters/toxins from water supply and plumbing. AQUA4WATER@aol.com. 212-989-8277. Time to think global & drink local!

MERCHANDISE-NONCOMMERCIAL

PERFECT CONDITION extra long twin size innerspring mattress, like new. Booster car seat, up to 10 years old child. Gary Fisher woman's frame bike, very good condition. All prices negotiable. Please call Deborah @ 718-756-3279 or 347-276-3300. No Sat. calls.

CELLERCISER, new plus accessories, \$200; Braun 10-cup coffeemaker, \$15; gold-plated jewelry, signed by artist (vintage), \$20 - \$40. Call 718-768-1598.

10-SPEED WOMAN'S BICYCLE for sale. Asking \$50. 718-462-3156.

FENDER CLASSIC Electric Guitar Case exc. cond. \$25; Balance scale \$40; mosquito netting, pale pink in orig. package from St. Thomas \$25; “THE CLUB” anti-theft car lock, new, 2 keys, \$50. 212-989-8277.

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.

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home and office. Create space for more time, money and peace of mind. (917) 499-7395.

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

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

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.

HAIRCUTS COLOR OIL Treatments. Adults, kids in the convenience of your home or my home. Adults 30.00. Kids 15.00. Call Leonora, 718-857-2215.

SERVICES-HEALTH

HOLISTIC OPTOMETRY: Most eye doctors treat patients symptomatically by prescribing ever-increasing prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com

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

WOMEN WHO DON'T HAVE TIME to waste. Short-term psychotherapy for women interested in moving their lives forward. Over 20 years experience working with depression & anxiety, relationship issues, body image & self-esteem. Come in for free consultation and see how we work together. Reasonable fees. Call Gail 718-857-0436.

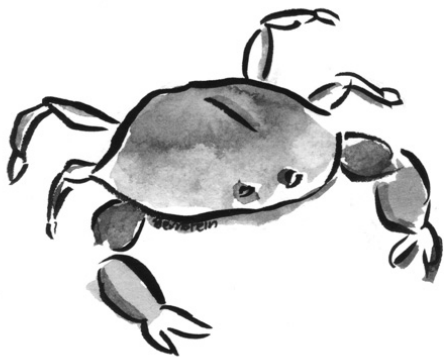
HOLISTIC DOCTOR in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp. As Featured in Allure Magazine. Dr. Gilman 212-505-1010.

WHEN NOTHING ELSE WORKS. Been there, done that and you're still scared, sad, frustrated, angry, sick or stuck? Take heart! Awaiting you is a quick, effective acupressure technique: EFT. Only one session probable. Money back guarantee agreements. Groups forming. Call today. Carolyn Meiselbach, EFT-ADV. 718-858-0452.-

PSYCHOTHERAPY with a licensed psychologist who has post-doctoral training in individual, couple and family therapy. Insurance accepted. Evening and weekend appointments available in centrally located Park Slope office. For an appointment please call Dr. Helen Wintrob at 718-783-0913 or 917-974-3966.

ADVERTISE ON THE WEB

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



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Tuning • Repair • Advice • Appraisals

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THE CHILDBLOOM GUITAR PROGRAM A NEW MUSIC PROGRAM FOR CHILDREN IN BROOKLYN! Age 5-12 years

- Individual attention in a low pressure environment.
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- Affordable addition to family culture.
- Scheduled with you in mind.

Director: Bill Wright  
347-413-5498 • www.childbloom.com



Tuesday, August 28  
7:30 p.m. at the Coop

FREE  
Non members Welcome

REIKI

with Dora “Sauda” Summers



Therapeutic Healing for the mind, the body, and the spirit With Dora “Sauda” (Sa-oo-da) Summers

- This Workshop explains:
- The history of Reiki
  - What the word Reiki means
  - The benefits of Reiki

Reiki is a simple, natural and safe technique for stress reduction, relaxation, promotes healing and self-improvement that everyone can use and benefit from.

Dora “Sauda” Summers CRP (Certified Reiki Practitioner) is a Coop member. She is the founder of Reiki by Sauda.

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

Puzzle Answer

S	C	E	N	T			R	I	M		S	E	R	A
C	O	C	O	A		M	A	L	E		A	V	O	W
A	C	R	O	P	H	O	B	I	A		V	I	S	A
N	O	U	N		A	R	E	A	L		O	D	E	S
			T	I	R	E				F	R	E	S	H
E	N	D	I	V	E		E	V	E	L	Y	N		
R	E	A	D	Y		D	A	I	R	Y		C	O	W
A	C	M	E		L	A	S	E	R		D	I	K	E
S	K	A		O	I	L	E	D		G	E	N	R	E
		G	R	A	P	E	S		L	O	N	G	A	N
S	T	E	A	K			V	I	T	A				
T	H	A	I		J	O	S	I	E		T	A	R	P
R	I	B	S		I	M	P	O	S	T	U	R	E	S
U	G	L	I		G	I	R	L		A	R	I	E	S
T	H	E	N		S	T	Y			D	E	A	L	T



# Trainers Needed

## FTOP Workslot Credit Opportunity

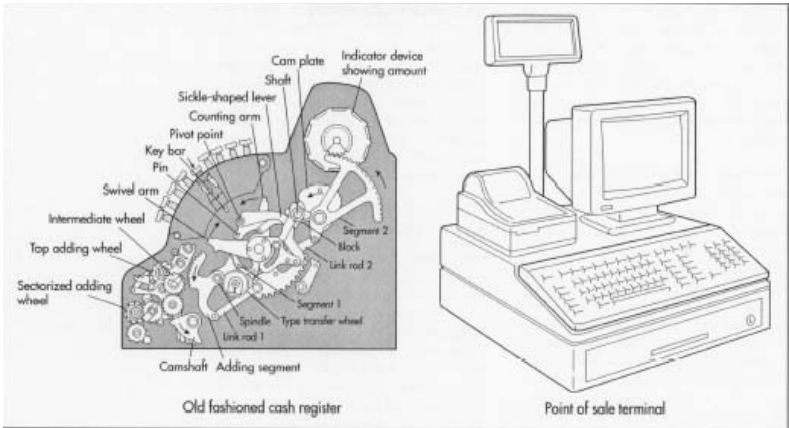
The long-awaited new front-end system—checkouts and registers—is coming this fall!

In order to make a smooth transition, we need a group of qualified members to serve as trainers on the new system. Trainers will work with members of all shopping squads on a test system in September October. You will receive FTOP credit for these shifts.

We will teach you the system and show you how to demonstrate and explain it to others. If you are comfortable with computers, are a good communicator, have patience and an interest in making our transition a smooth one, then this is a job for you. This is a good opportunity for qualified members to bank a bunch of FTOP shifts.



After the installation in early October, shopping squads will still need support. Members who worked as trainers in September will be able to continue to earn workslot credit by signing up as a support people during the eight weeks after the new system is installed.



## Schedule

### AUGUST—EARLY SEPTEMBER

Trainers learn new system.

### EARLY SEPTEMBER—EARLY OCTOBER

Trainers work with all Shopping Squads on training stations in the meeting room.

### EARLY OCTOBER—EARLY NOVEMBER

Work as trained support for each squad after the installation.

If you would like to be a trainer/support person for our new front-end system, please contact Jess Robinson, [jess\\_robinson@psfc.coop](mailto:jess_robinson@psfc.coop) with the subject line “Training” or by leaving a voicemail message at 888-922-COOP, mailbox 1.

## 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.

Karen Adelman	Molly Catchen	Halley Gerstel	Eleana Konkur	Tanishea Perry	Jose Soegaard
Angel Adeyoha-Levi	Camila Celin	John F. Gill	Klara Korslinskaya	Jonathan Podborsek	Hannah Sohn
Sebastien Adeyoha-Levi	Jennifer Celso	Lauren Ginsberg	Kristin Lathrop	Andrei Pohorelsky	Diana Son
Luis Afonso	Molly Chanoff	Shira Ginsburg	Erin Laverty	Alan Polinsky	Lee Sonnevile
Temi Akojie	Hannah Chase	Jared Goodman	Sharon Lebenkoff	Deborah Polinsky	Julina Tatlock
Joanne Allen	Natalia Chefer	Lyndon Graham	Peter Lederman	Ira Polinsky	Daniel Thomas
Tonya Arnold	Julie Clark	Andy Greenberg	Alona Lensky	Laila Rahim	Laverne Thomas
Kate Atherton	Peter Conroy	Zohar Greene	Arsen Lensky	Tamara Rodriguez	Alan Thompson
Becky Banks	Alex Cornfeld	Christine Han	Alison Link	Reichberg	Joel Tompkins
Diane Bascomb	Marguerite Dabaie	Claire Hansen	Aimee Lutkin	Diana Rickard	Ellen Uzonwanne
Neal Bascomb	Maia Dart	Ehren Hanson	Olga Machulina	Svetlana Riven	Jude Uzonwanne
Mary Bell	Elizabeth Daza	Rafal Harajda	Jo Mahoney	Dan Sagarin	Kevin Walsh
Lea Bender	Jennifer Deffes	Amber Harder	Kevin Mallon	Tarek Salem	Margaret A. Ward
Shemuel Beroo	Kristin DeGroat	Donna Haubrich	Luke Mason	Nabeel Sarwar	Ani Weinstein
Emily Bond	Deyanira DelRio	Kathleen Haubrich	Tyler McCoy	Gregg Schaufeld	Stephanie Weisner
Andrei Boutyline	Yolanda DeSandies	Clint Hendler	Andrew McKay	Maria Scheibe	Carrie Welt
Lauren Brannon	Raven Dorantes	Desiree Herrera	Daniel Mintz	Jonathan Schienberg	Bettina Wilhelm
Norma Brown	Rebecca Drejet	Laura Horton	Lysette Moffat	Laurence Schroeder	Amanda Winters
Deborah Brunswick	Esosa Edosomwan	Kaya Jackson	Lauren Moore	Marie Sepich	Malika Worrall
Maureen Bryan	Heather R. Ehner	Micah Jacob	Sarah Nehamen	Laurent Servius	Kate Worteck
Dinah Burgess	Stephen Eriksson	Laurie Jagoda	Ariel Mai Newland	Janna Shapiro	Oksana Zayko
Casey Burke	Aviva Farkas	Judith Joffe-Block	Erik Nilsen	Hai Shoffman	Joel Zimmer
Ila Cantor	Jacob Farkas	Mary L. Johnson	Andrew O’Hehir	Samir Shoukralla	
Lisa Caswell	Michael Fisher	Andrew Kalaidjian	Maren Olson	Asha Smith	
	Ben Fleisher	Leslie Kauffman	Rebecca Parker	Emily Smith	

## THANK YOU !

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

Adelson	Rachel Elson	Ben Harris	Rebecca Levy	Shirley Politzer	Joan Vega
Reid Anderson	Ai Endo	Sylvia Holden	Joe Lynch	Heather Prunty	Sara Ventre
Vladiimir Bakaleynik	Camille Finefrock	J.C.	Kristen Lynch	Alexander Reinert	Amy Verebay
Amrita Barth	Ari Folman-Cohen	Stanislaw Jaworski	Lucy McNair	Philip Rosenbloom	Ruben Villagran
Jerome Barth	Jonathan Fox	Jorge Jimenez	Carol Miller	Elizabeth Ryan	Christine Visich
Marc Belli	Eric Fraser	Jody	Kristin Miller	Alice Sardell	Michael Walters
Toni Blackman	Abigail Frost	Natalie Johnson	Nina	Christ Schlottman	Katie Ward
Rachel Bowditch	Carly Gaebe	Willa Kalaidjian	Jeffrey Opdyke	Alen Shapiro	Dianne Wilson
Jennifer Brown	Kate Gage	Lola Kalman	George Orio	Dina Shapiro	Kelly Wise
Roz Calvert	Rachel Getachew	Anna Kalthoff	Arleen Perry	Shirley	Elizabeth Wolff
Robin Cameron	Brian Giambalvo	Dan Kelly	David Phelps	Benjamin Stanton	Stephane Wrembel
Dan	Daniel Goldman	Kieko	Jill Pierce	Ryan Tompkins	Han Yu
Maia Dart	Emily M. Haddad	Kevin Kolben	Deborah Polinsky	Yanki Tshering	Cypher Zero