

Established
1973

LINEWAITERS'

GAZETTE



Volume BB, Number 23

November 8, 2007

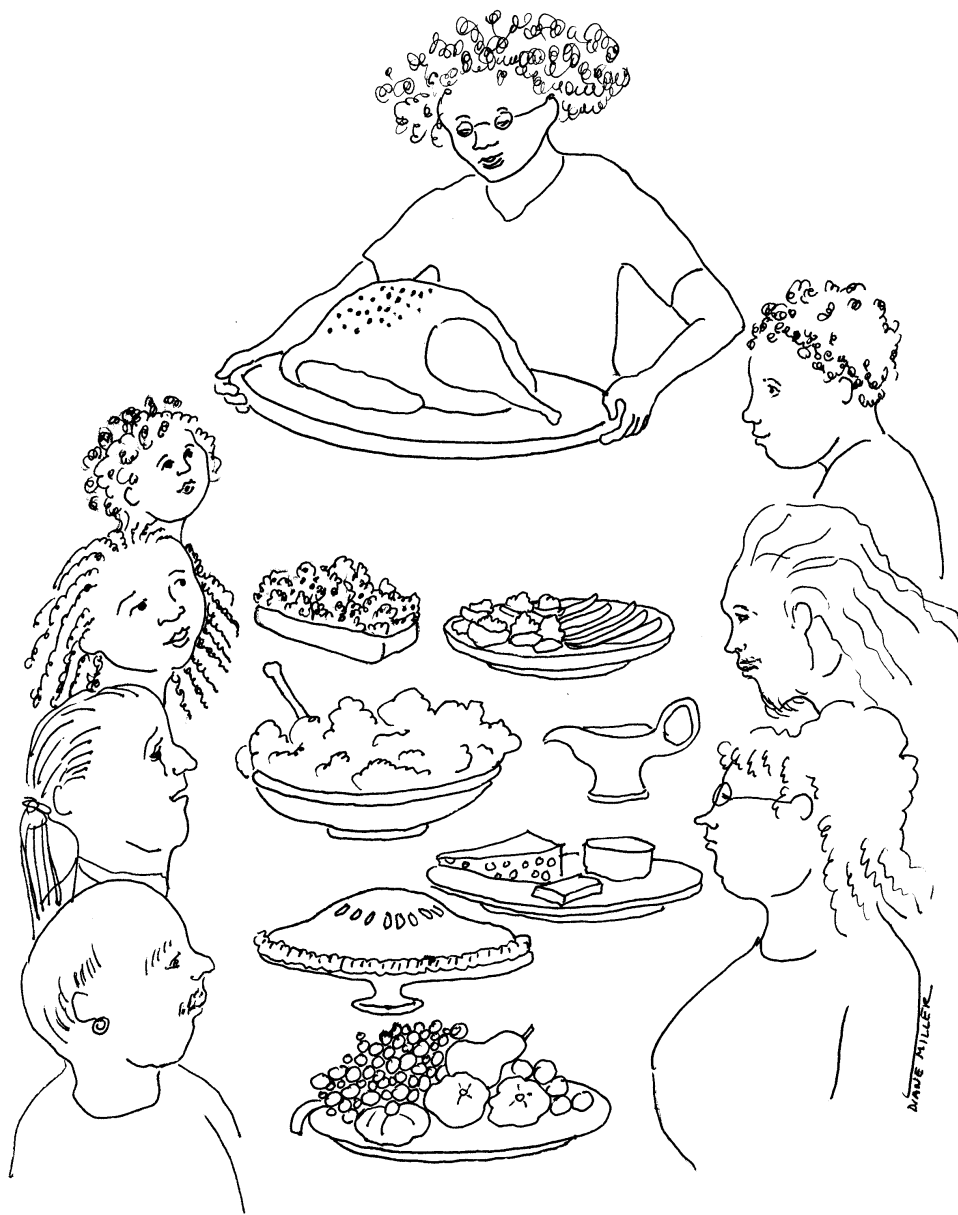


ILLUSTRATION BY DIANE MILLER

Coop Members Celebrate Thanksgiving

By Diane Aronson

It's November, and the Park Slope Food Coop is filling up with the makings of enticing Thanksgiving-meals-to-be. With this bounty in mind, I asked several Coop members about their give-thanks holiday food traditions.

T-Day Traditions ... with a Twist

About food and Thanksgiving, Liz Gessner observed, "it's the whole thing." She and Stephen Silverman host a traditional meal; a highlight is serving what Liz describes as a "serious, serious turkey." Other Coop members are serious about turkey, too. PSFC stats show the Coop sold more than eight tons of turkey during the 2006 Thanksgiving season!

Liz and Stephen work with Thanksgiving recipes they have refined over the years, but will also try new dishes. Last year, they experimented with Mandel bread, a biscotti-like cookie.

Stephen's sister is vegetarian, so they'll shop together for vegetarian-friendly meal ingredients, including kale and potatoes for

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To Save a Farm

The Wedge: Our Spiritual Twin

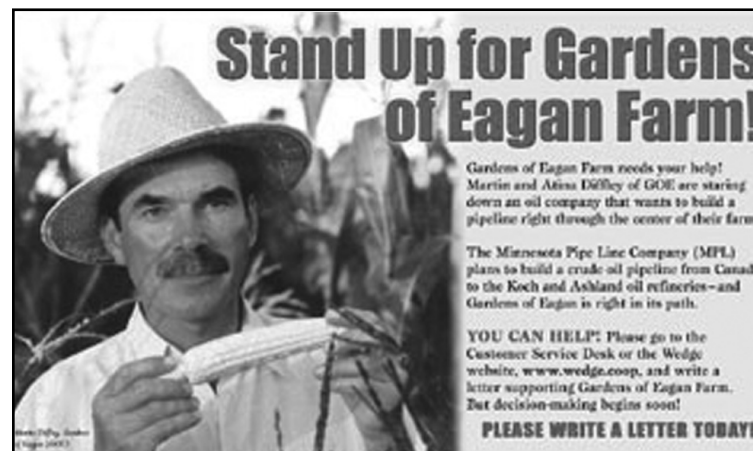
By Katie Benner

It seems that the Park Slope Food Coop has a spiritual twin in Minneapolis, Minnesota. The Wedge is a 13,000-member store whose mission is to provide high quality food at fair prices while supporting local producers, and it is now the owner of a nearby 97-acre organic farm that has been a business partner for 34 years.

The co-op purchased Gardens of Eagan, located in nearby Farmington, Minnesota, for \$1.5 million and the transition of ownership will begin this upcoming January. More than a business transaction, the deal preserves a valuable source of locally grown foods that has also become a powerful political

tin and Atina Diffley have been farming since 1973 and they are incredibly knowledgeable about organic and sustainable farming. We didn't want to lose that."

Since it produced its first crops, Gardens of Eagan has become one of the area's best-known names in organic produce, in large part



and educational force on behalf of small organic farms.

"Our mission is not to own a farm, but to save a farm," says Lindy Bannister, general manager of The Wedge. "Mar-

because of its unique location only 30 miles outside of Minneapolis. Moreover, the Diffleys are among the state's most vocal proponents of the rights of small farms and an

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Next General Meeting on November 27

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, November 27 at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

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

* Exceptions for November and December will be posted.

Coop Event Highlights

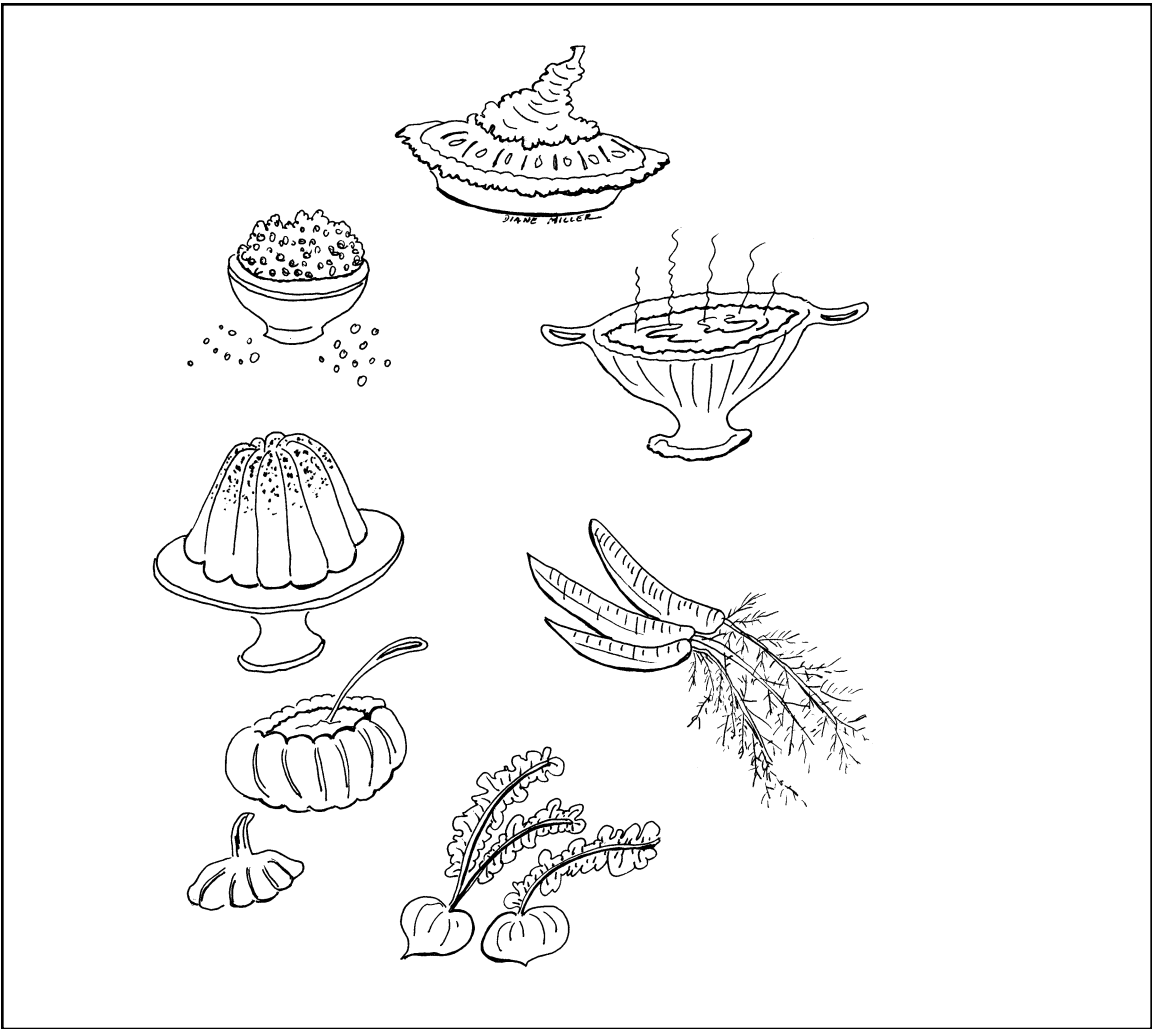
- Sat, Nov 10** • **Game Night:** 7:00 p.m.
Fri, Nov 16 • **The Good Coffeehouse: Poetry & Music** 8:00 p.m.
Sat, Nov 17 • **Children's Clothing Swap** 10:30 a.m.–2:00 p.m.
Sat, Dec 1 • **Pocketbook, Purse, Bag and Shoe Exchange** 10:00 a.m.–2:00 p.m.
Thur, Dec 6 • **Food Class: Tis the Season** 7:30 p.m.
Fri, Dec 7 • **Film Night: Ruthie & Gussie's and Faces of the Farm** 7:00 p.m.

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

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ILLUSTRATIONS BY DIANE MILLER



Thanksgiving

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smashed garlic potatoes. His sister also brings produce from a farmer’s market in Rhode Island, where she lives.

Andrea Mueller is originally from Germany, and, although she is living in the states for a limited number of weeks this visit, she will host a Thanksgiving dinner, inviting friends and serving traditional Swabian dishes, with roots in southwestern Germany, including *spaetzle*, a dish of homemade noodles. Since some who gather at the

whole, without anything in it; they don’t like it when I put too much ginger in it.” She also makes a cranberry relish from raw cranberries.

For dessert, Joyce serves pumpkin pie with whipped cream. When I asked if she shopped at the Coop for Thanksgiving meal ingredients, she replied, “I absolutely do.”

Frances Johnson saves much of her holiday meal-making for Christmas, but there are dishes she enjoys for Thanksgiving. She used to make vegan turkeys, but she became bored with those, and now a Thanksgiving vegetarian main entrée will feature sweet potatoes, yams and other traditional fall veggies. Since eggs are not part of her diet, Frances tends to skip the stuffing.

She has a favorite eggless, pumpkin pie recipe, which she observed she was “thinking about going home and making—now.” She likes a spicy filling: cinnamon, nutmeg and allspice figure prominently as flavors. Condensed milk helps give the filling body; pumpkin from a can is fine. For a crust, Frances thought, graham cracker, and store-bought works for her. Sometimes she will work cranberries into her pie-baking by making a cranberry-rhubarb pie; the rhubarb comes courtesy of

Frances’s garden. Valerie Trucchia grew up overseas, and her introduction to Thanksgiving was hosting a dinner for vegetarian guests. She continues to cook vegetarian for the holiday, working in grains or rice to give the meal a little heft, and invites friends who don’t have families close by. She also prepares turkey, which she buys at the Coop, along with most other Thanksgiving ingredients. As she shops, Valerie often improvises, based on what she sees, commenting, “It’s the eyes that decide the menu.”

If you’re stumped for ideas, ask the member on your left or right: chances are they have a dish or a tip or two to share.

For better flavor, Valerie cooks two smaller birds, rather than one large one. She keeps her side dishes traditional, although mashed celery stands in for mashed potatoes. A favorite side is cranberries, which Valerie praised as “a flavor base that can go with so many things: salty, sweet”; she often adds orange peel and ginger. Desserts are, as Valerie describes them, “fun ice creams, fun flavors: rosemary, lavender.”

Ellen Kruger Allman likes a “little bit of turkey,” but she loves “all kinds of vegetarian things.” Ellen’s husband, Nathan, summed up their Thanksgiving approach as traditional: a turkey with stuffing in or out of the bird—they’ll make a cornbread stuffing; doctoring up store-bought is fine, too.

They like to serve seasonal veggies, including a turnip mash of their own invention. Ellen specifies organic turnips, peeled and boiled in

water until very soft and then smashed, with just a bit of butter or ghee and perhaps a little salt added at the end. Nathan is okay with cranberries out of the can; Ellen likes to make the cranberry sauce, with orange peel added for flavor and not much else.

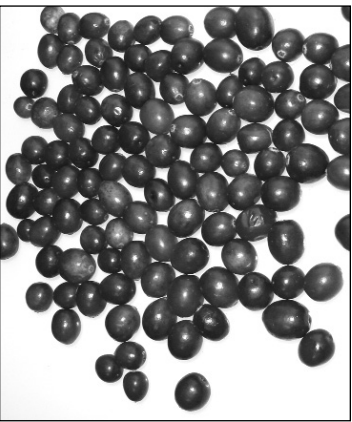
Benjamin Yost cooks a macrobiotic Thanksgiving meal. A steamed vegetable Japanese dish called nishime, with an elastic ingredients list, figures prominently.

For a potato side, Ellen will pan roast potatoes, seasoning them with oregano. She’ll prepare cauliflower with a little lemon juice added to the water for flavor. This year, she plans to serve pickled veggies, including beets. An artist, Ellen will add some orange to the table, serving carrots to round out the traditional flavors and complete the Thanksgiving colors.

In her plans to serve cranberries, beets and carrots, Ellen will be joined by many other Coopers, if last year’s figures are a forecast for T-Day 2007: 2006 Thanksgiving sales saw 2,380 bags combined of non- and organic cranberries; 2.7 tons of carrots; and 1,200 pounds of loose organic beets.

T-Day, the Macrobiotic Way

Benjamin Yost cooks a macrobiotic Thanksgiving meal. A steamed vegetable Japanese dish called *nishime*, with an elastic ingredients list, figures prominently. Ben likes to steam round vegeta-



bles—turnips, onions—as well as root vegetables: daikon, parsnips. Ben will also add leaf vegetables that can stand a long steam; he recommends collard greens or bok choy.

Ben also serves up soup, with white bean a particular favorite. To boost his soup stock, Ben starts with dried shiitake mushrooms and kombu seaweed. He also uses kombu to create stacked layers in his *nishime* dishes. Ben updates his grandmother’s cranberry recipe by adding brown rice syrup to sweeten in place of sugar.

For dessert, Ben was considering *kanten*, a Japanese-style gelatin fruit salad, and one that makes a healthful and light dessert. To make his *kanten*, Ben dissolves agar-agar flakes, available at the Coop, in heated apple cider; adds fruit—blueberries or strawberries are options—



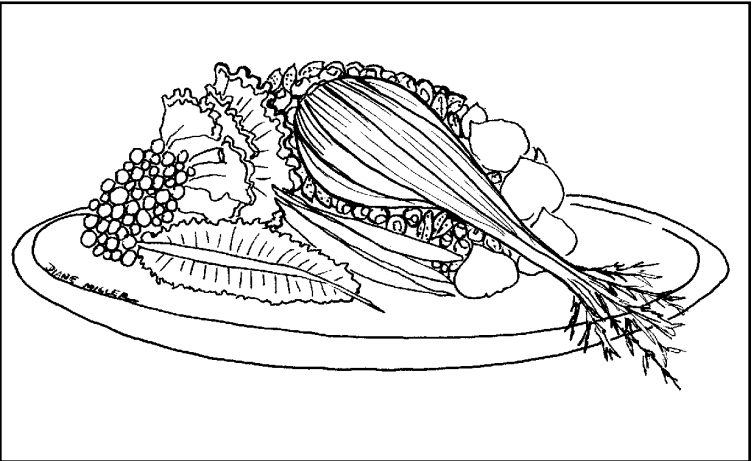
and then refrigerates the mixture. If you decide to make *kanten* and opt to add apples instead, you may be the one who boosts the Coop’s sale of organic or minimally treated apples past the PSFC 2006 stat of more than three tons sold during the two-week span ending the Sunday after Thanksgiving!

T-Day Your Way... with a Little Help...

Chances are you’re reading this while in the Coop—perhaps shopping for your own Thanksgiving dish or meal makings. If you’re stumped for ideas, ask the member on your left or right: chances are they have a dish or a tip or two to share. If not, the Coop has a wonderfully stocked cookbook section, right by the dairy cases.

Several of the members I spoke with had favorite recipe sources. Ellen Kruger Allman mentioned *Quick Pickles* as a recent cookbook muse. Liz Gessner and Stephen Silverman cited *The New York Times* as a source for several of their perennial Thanksgiving dishes.

So let your culinary creativity kick in and enjoy a holiday that brings out the inner foodie in us all. ■



PHOTOS BY JUDY JANDA



table are vegetarian, Andrea will offer several vegetable courses. Plans include pumpkin soup and possibly a carrot dish. If dessert is served, it will be light—pineapple or another fruit.

Joyce Szuflita is a veteran Thanksgiving dinner host, and she often invites friends from other countries originally, who are just learning about the holiday. From year to year, she sticks to the classic dishes: a big turkey, which she usually likes to brine, and, as Joyce describes it, a “focus on the cranberry sauce and the sweet potato squash. It’s all about the orange and the red!” Joyce observes, “My kids like to eat cranberries



COLD COMFORT FARM

Neighbor Manny Howard Gives It a Try

By Barbara Ensor



PHOTO BY BILL FARRINGTON

Other than growing “a few tomato plants,” Brooklyn-based Manny Howard hadn’t actually tilled much soil. The idea of feeding his family for a whole month with food grown in his Brooklyn backyard grew out of more literary soil. He read that his Prospect Park South property had almost certainly been a cabbage patch as recently as 1890. When family and friends pointed out that not even grass was currently growing in the clay-laden soil it was already too late. Howard was under the spell of Michael Pollan, “philosopher king” of the “burgeoning locavore movement” and the author of *The Omnivore’s Dilemma*. As he considered how hard this project might be he doubted it could possibly be harder than the work he had been doing for the last two years—endlessly re-writing a film script for a documentary about the war in Afghanistan. Soon *New York* magazine had signed on for a project that might make the motivation for Barbara Kingsolver’s best selling *Animal, Vegetable, Miracle* seem modest. If Kingsolver’s goal of purchasing “our food from so close to home, we’d know the person who grew it,” Howard was going to be the person who grew the food. Alas dear readers, you will have to hold on to your Coop membership cards. Despite persistence bordering on lunacy, Howard’s “My Empire of Dirt,” reads as a cautionary tale. Here are some excerpts:

Down on the Farm

“I started my farm, here—after referred to as The Farm,

in March, with my eye on August as the month I’d eat what I had grown. It was, in original conception, equal parts naïve stunt and extreme test of the idea that drives the burgeoning “locavore” movement. According to this ethos, we should all eat food produced locally, within 100 miles—some say 30—of where we live, so as to save our planet and redeem our Twinkie-gorged souls. Now that the “organic” label has rapidly become as ubiquitous and essentially meaningless as the old “all-natural,” the locavores have established a more sacred code, one meant to soothe our anxieties about what goes into the food we eat.

“...I planned to take its philosophy to its logical conclusion. The locavore movement thus far has been about moving us closer to where our food comes from, narrowing the gap. I was trying to do something different. I wanted to erase the gap...

“It is illegal to have a cow or a goat in New York City, but I figured I could at least hide a goat in the garage.”

“In those giddy, delusionally hopeful first days, as The Farm took shape in my mind, I had occasional moments of clarity. I realized, for example, that there are things I need that I could never grow. So I allowed myself what I considered three reasonable exemptions: salt, pepper, and coffee beans. Beyond that, I identified dairy, cooking oil, and bread as the biggest

conundrums. Because it was March already, it was too late to plant wheat, which has a winter growing season. Okay, no bread. As for dairy: It is illegal to have a cow or a goat in New York City, but I figured I could at least hide a goat in the garage. Was it worth the risk? Cheese would be nice, but have you ever put goat’s milk in your coffee? Black seemed the way to go. Finally, cooking oil: I didn’t have enough garden space for all the plants I’d need to produce vegetable oil, so I’d have to make do with animal fat of some kind. A pig, maybe? Duck fat was another good possibility—I could confit everything.

“I live in a verdant part of Brooklyn where the houses are detached and fairly big, but without much land. My backyard is 20 by 40 feet, prone to flooding in the lightest rain and thus unsuitable even for grass; the only living thing back there was a half-dead cherry tree, which, in my first chore as a farmer, I chopped down. Then I sent out soil samples for analysis, and the results were dire: No nutrient content to speak of, and high levels of lead. A toxic wasteland. It wasn’t so much dirt as clay, and before it was buried by five and a half tons of fecund topsoil trucked in from a Long Island farm, I had to excavate a drainage system, a crosshatch of graded trenches, with a deep hole in the middle that went all the way down to sand.

As time went on, things got ugly:

“The rabbits kept themselves cool in the summer heat by kicking over their water dishes. The wet conditions invited flies to lay eggs, which turned into maggots, which attached themselves to the does. I lost a doe and the kids’ buck to hideous infestations that I care not to describe further or ever think of again. I was not a farmer so much as an undertaker, stuffing their bodies in plastic garbage bags, covering them with a scoop of lime, and leaving them in cans at the curb to be picked up.

And bloody:

“Inspired by the coop design in Nick Park’s animated film *Chicken Run*, I was using the table saw to mill eight-inch plywood into strips to make footholds for the entrance ramp when the blade of the saw tagged my right pinkie, destroying the second knuckle. Parts of my finger were left on the saw and on the ground.

If you have the stomach for it you can read the rest of the

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PSFC NOVEMBER 2007 GENERAL MEETING Tuesday, November 27, 7:00 p.m.

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

AGENDA:

Item #1: Discontinue Selling Bottled Water (50 minutes)

Discussion: “Because selling bottled water violates our mission—polluting the environment and handing over public resources for private gain—we resolve to discontinue selling bottled water. Selling bottled water undermines support for and confidence in the public water system, which distributes our most precious common resource equitably. Plastic bottles pollute the environment, requires oil and lots of water to produce and fuel to transport. They take up landfill space where toxins can leach into the water table. Selling bottled water allows corporations to exploit public resources for private gain. Bottled water is an unnecessary expense to the consumer. Unloading and schlepping bottled water is backbreaking work and shelf space could be better used.”

—submitted by Susan Metz, David Barouh, Lew Friedman

Item #2: Valet Bike Parking (40 minutes)

Discussion: “We would like to hear a discussion and agreement on implementing a better, safer system of bike parking at the Coop that encourages rather than discourages commuting to the Coop by bicycle for shopping and work. Valet parking, a proven success throughout the city, at Fulton Ferry and elsewhere, and an ideal workslot and project for Coop members, is one option. A representative from Transportation Alternatives, as well as Coop members with the 5 Borough Bicycle Club, will speak.”

—submitted by Josh Gosciak, Marina Bekkerman

Future Agenda Information:

For information on how to place an Item on the Agenda, please see the center pages of the Linewaiters’ Gazette. The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.



Thursday,
Dec. 6
7:30 p.m.
at the Coop



PARK SLOPE FOOD COOP

'Tis the Season

Healthy Eating Tips and Recipes for the High-Stress, High-Calorie Time of Year



MENU

- White Bean, Rosemary and Roasted Red Pepper Spread on Toasted Whole Wheat Pita (vegan)
- Breakfast on the Go Bars (vegan)
- Tomato -Tofu Dip with Vegetable Crudite (vegan)

\$4 materials fee

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

About Guest Chef Tanya Braham. After a career in journalism, Tanya put down her pen and picked up the whisk to follow her passion in educating people about proper food choices, nutrition and fitness. She is a graduate of the Natural Gourmet Institute for Health and Culinary Arts and now is a professional “foodie”. She volunteers for City Harvest, is a personal chef and consultant, teaches a kids’ cooking class and works in a gourmet grocery store.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

To Save A Farm

CONTINUED FROM PAGE 1

important political voice. For example, a group of farmers, co-op members and concerned citizens rallied around the couple last September to keep the Minnesota Pipe Line Company (MPL) from running a crude-oil pipeline through Gardens of Eagan. Not only did they force MPL to reroute its plan, in the first legal agreement of its type the corporation agreed to protect organic soils, replace bird and insect habitats needed to keep pests at bay and even ban tobacco use at construction sites. The measures were designed to protect the three organic farms along its construction route and hopefully set a precedent that would aid organic farms in future legal battles.

“Pipelines are not rerouted everyday,” says Barth Anderson, research and development coordinator at The Wedge. “The case was a testament to Atina and Martin’s integrity and strength. It shows that they are important leaders in our community. Their farm is an agricultural, political and community leader.”

A Dream Buyer, Firmly Committed

But age, not big oil, threatened to end the farm’s three-decade run. Martin and Atina, ages 57 and 47, decided they didn’t want to farm into their senior years, and their children had no desire to take over the business. That is when The Wedge stepped in. “We really want to help our farmers. We need the product on the shelves. If we can’t find a way to keep them going, we are nobody,” says Bannister.

Development pressures have driven land values higher around the country, and the Diffleys believed that they would have to shutter the farm if a suitable buyer could not be found. “But if we had to sell to a beginning farmer that person would have to take on debt, and that endangers the farm.” A dream buyer would not only be able to buy without borrowing against the land, it would have



says Anderson. “They are extremely important to our local produce sales.”

With one of the region’s largest sellers of local produce buying one of its biggest farms, it is hard to imagine that the deal won’t adversely impact nearby small farms. But other farmers aren’t worried.

A Local Food Community

“We all compete with each other simply because we’re all selling things. But we also fit together into a local food community,” says Greg Reynolds, the owner of Riverbend Farm in Delano, Minnesota. “When heavy rains flooded our farms this August, we all pulled together.” He adds that different farms specialize in different crops and have created distribution and storage systems around their areas of expertise.

“Gardens of Eagan isn’t going to change its mix of crops just because of the sale “They’ll grow what’s profitable for them to grow,” says Reynolds.

Chris Blanchard, of Rock Spring Farm in Decorah, Iowa, agrees that a diversity of crops is key to a sustainable network of organic farms. He is also hopeful that the sale will raise awareness about where our food comes from and how it is produced.

“We’re freeing up the energy of two great advocates for organic farming,” says Blanchard. “Martin was organic before people knew what the word meant; when you got less money because you didn’t spray your food with chemicals. Now they can pursue other opportunities in the broader spectrum of the organic world, and they will still have an essential connection to the farm because they will continue to live there

The Wedge has hired Linda Halley, a 2003 Farmer of the Year and a 20-year veteran of farm management in Wisconsin and California, to be general manager at Gardens of Eagan. The Diffleys will live on and run educa-

the status quo. That’s who stands up and discredits what I say in policy meetings, but I can reach out directly to consumers and educate them. The change comes from consumers demanding quality organic products.”

Demand for Organic Food Grows

The rise of the Wedge is certainly evidence that there is demand for organic, sustainable food in the Twin Cities area and beyond. With the purchase of Gardens of Eagan, The Wedge will now run a farm, the co-op store, an online store that sells fair-trade products including jewelry and clothing gifts worldwide, and a 45,000-square-foot warehouse that distributes certified organic produce, dairy products and frozen goods.

The Wedge’s warehouse partners with smaller businesses that can’t do the kind of volume it takes to get their products into major grocery store

chains, and gets them into the mainstream market so buyers not associated with co-ops and CSAs can access higher quality food. Bannister says they distribute to five states, and though the majority of the business is to other co-ops, they also send food

We need people to be in contact with farms and understand what they mean and how they work.

to grocery stores and restaurants. “Organic has been a big buzzword again, but it’s not going to fade,” says Diffley. “Industrial food has gotten so bad that it needs to be irradiated. This is what it has come to. Organic food is going to grow in an exponential way.” ■



Photographs and images coutesy of The Wedge and Garden of Eagan Farm.

A dream buyer would not only be able to buy without borrowing against the land, it would have to be firmly committed to running the farm in a sustainable and organic way.

to be firmly committed to running the farm in a sustainable and organic way. “Here in the Twin Cities we were lucky enough to have a dream buyer—The Wedge,” says Diffley. The deal is important for the co-op as well as for the farm. The Wedge opened its doors in 1974, just a year after Gardens of Eagan, and the two have been business partners ever since. Due to Minnesota’s short growing season, not one of the 35 local farms that supply the store with produce account for the bulk of its sales. But among local producers, Gardens of Eagan is a primary supplier of organic tomatoes, sweet corn, cucumbers, broccoli, and kale. “When the local growing season hits you’ll see Martin and Atina on signs all over the store,”

tional programs from the farm. “We need people to be in contact with farms and understand what they mean and how they work. Go back just 25 years and everyone was related to a farmer. Now the Census Bureau doesn’t count us anymore, even though knowing how food is made is critical to a sustainable food system.” There have always been educational initiatives at Gardens of Eagan, but now a non-profit organization will be set up to help the farm work with schools and universities as well as reach out to consumers. “It’s really empowering for the Twin Cities’ organic community. Monsanto has seemingly endless amounts of money to keep chemical agriculture

East New York Food Coop

Help a new coop in Brooklyn FTOP credit available

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



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

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

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



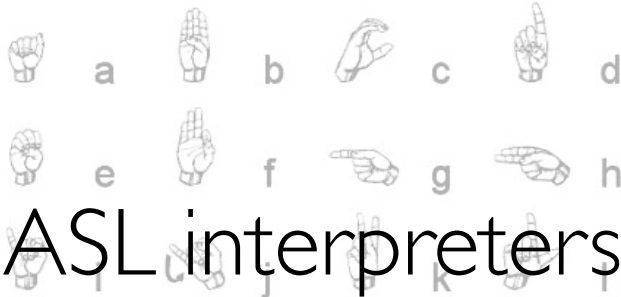
East New York Food Coop
419 New Lots Avenue
between New Jersey Avenue and Vermont Street
accessible by the A, J and 3 trains
718-676-2721



Holiday Help Needed

Owe make-ups? Want to get ahead on your FTOP work?
The Coop needs extra workers this holiday season!

You don't need to schedule make-ups in most cases.
Just show up at the start time of a shift and speak to the squad leader.
To schedule FTOP shifts, contact the Membership Office at 718-622-0560.



ASL interpreters needed

We are updating our list of members who are ASL interpreters.

If you can be available to interpret meetings, orientations, etc. for FTOP or make-up credit, please contact Ellen or Karen in the Coop office.



Do You Have Any Gently Used Toys?

The Coop Childcare ToyCollection is looking rather sparse these days.
The hobbyhorses have gone out to pasture and the trains have been derailed.
Our wish list: Brio trains and tracks, tool box, hobby horse, large cardboard blocks, food and dishes for the play kitchen, dolls and doll clothes, coloring books, markers and any other cool things you might have to donate.

Please drop off your gently used toys at the Membership Office upstairs at the Coop.



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

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

Please bring only items that are in good condition.

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

FREE
Non-members Welcome

Saturday, Nov. 17
10:30-2:00 p.m.
last drop-off 1:30 p.m.

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, December 1
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.)



CONCERT COMMITTEE REPORT

The Good Coffeehouse Presents

Meet the Artists Who Will Be Performing

By Zenobia Conkerite



On Friday, November 16, at 8 p.m., the Good Coffeehouse will present a full evening of music and poetry from three different performing acts. Though they come from different backgrounds, they meet on this night in a common venue with a common purpose and in common spirit.

Raised in a military family, **Angela Lockhart** started singing with her father, at the age of three, their favorite song, "Rockin' Robin." She says, "I have written a poem about me and my daddy singing, and how I got singing honest from my singing church relatives in the backwoods of Mississippi." Angela is inspired by love; all kinds of love.

Angela's work as a playwright and director has been noted in *The New York Times*, *Glamour* magazine and the book *Mega Trends for Women*. As a soprano in the Brooklyn Women's Choir, she continues her lifelong passion and exploration of singing, writing and performing to educate and enlighten. Some of her poems were recently published in an anthology of female political poets.

"I am a poet who can sing," she says. Angela's been a Coop member since 2002.

Clara Sala is inspired by God; creation as our community; flowers; language; the amazing diversity, complexity, spirit, endurance and strength of human beings; her neighborhood, Fort Greene; the knowledge and experience of the Divine in all things; quiet; peace; the trees in Fort Greene Park; Africa; Sufism; elders; her lover; her friends; her ferocious spirit; and so much more!

A recipient of the 2003 New York Foundation of the Arts Grant in Poetry, as well as two Pen American Center Grants for Writers and Editors with AIDS, Clara is working on her first book of poetry, *The Edge of Creation*, as well as an audio CD of poetry and song.

Clara's performances weave song, spoken word, music and raw emotion together. Of her love of music, she listens to an eclectic variety, including alternative rock, funk, jazz, hip-hop and opera.

She teaches poetry and spoken-word performance around the five boroughs, prisons, homeless shelters, libraries, and schools. She is also a professional astrologer and a healer, and is currently attending the University of Spiritual Healing and Sufism.

Clara's been a member of the Coop for about a year. "I love it! Not only the great fresh food for low prices, but also the spirit of community, which makes possible the opportunity to share creatively in an event like this."

The Brooklyn based duo behind **LYTHION**, Ilyana Kadushin and James Harrell, fuse bluesy torch songs and postmodern confessional music that is at once impassioned, intelligent, satirical and sexy.

Ilyana studied voice at the age of eleven and James studied the piano at nine, plus, Ilyana says, "we are both a couple of hams, and music was an outlet for all that 'hamminess.'" It was great chemistry when they discovered a songwriting partner in each other when they met in 1999 at a recording studio.

Together Ilyana and James

consider themselves artists and activists. For the last couple of years most of the projects they've worked on as both actor and musician are activist, educational and documentary-style pieces.

Even the piece they will be performing at the Coffeehouse on Nov. 16, their radio play "As for Tomorrow," is activist in spirit. What inspires them? "We are inspired by films, stories we hear people tell, traveling and world events."

They've been members of the Coop for three years.

Visit their Web sites for a sampling of their music: www.lythionmusic.com www.myspace.com/lythion And on the iTunes store under LYTHION. ■

WHAT IS THAT? HOW DO I USE IT?

Food Tours in the Coop

The winds are flying high
we shake out our coats
count our socks
fly our kites

It spins us into a flurry of activity:
The Fall Season
the demands of family, the kids!
our friends
all those leaves to rake!

sometimes our kite runs out
too far in the wind
we have to reel it back
and sit
still
and let the wingbeat
of our breath
take us home

Then you'll be ready to come home
to The Park Slope Food Coop
and talk turkey as we prepare
for what the wind brings next!

by Myra Klockenbrink

**Mondays November 12 (A Week)
November 26 (C Week)
December 10 (A Week)
December 17 (B Week)
Noon to 1 p.m.
and 1:30 to 2:30 p.m.**

**Tuesday November 27 (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.

EXPERIENCED GRAPHIC ARTISTS NEEDED

The *Linewaiters' Gazette* is looking for members with experience working with QuarkXpress to join our desktop publishing teams. *Gazette* graphic artists cooperate as part of a team of four to put an issue together over the course of a six-hour Sunday shift. Teams generally meet from 9 a.m. to 3 p.m. one Sunday every eight weeks. **It is imperative that candidates interested in this position are extremely familiar with QuarkXpress and preferably use it on a near-daily basis, on a Macintosh computer. You must also be very reliable and have been a Coop member for at least six months.**

If interested, please contact Karen Mancuso in the Membership Office. You can also email her at karen_mancuso@psfc.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. Receipt of your submissions will be acknowledged on the deadline day.

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


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

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




Printed by: Prompt Printing Press, Camden, NJ.

**Friday
Nov. 16
8:00 p.m.**




very
The Good Coffeehouse
COOP CONCERT SERIES

A monthly musical fundraising partnership of the Park Slope Food Coop and the Brooklyn Society for Ethical Culture




Angela Lockhart is a published poet and cultural worker who's approach to the spoken word has been noted in Glamour Magazine, the New York Times, and the book Mega-Trends for Women.



Clara Sala is a poet, educator and native New Yorker who has performed her work in venues from Lincoln Center to the Bowery Poetry Club and at colleges throughout the country.

Lythion. A few hours after first meeting, Ilyana Kadushin and James Harrell wrote the song "Champagne," which appears on their debut album, "...From the Beginning". Lythion is a jolt to the soul where sultry melodies and lush orchestrations combine with a highly theatrical performance style to take the listener on a musical joyride. A musical that is at once impassioned and intelligent, satirical and sexy. The duo fuse bluesy torch songs and postmodern confessional music with a dollop of funk and a touch of glam rock thrown in for good measure. They have performed at established clubs in New York and Los Angeles, as well as doing sound design and composing for theater, television and film.



53 Prospect Park West [at 2nd Street] - **\$10 - 8:00 p.m. sharp** [doors open at 7:45]
Performers are Park Slope Food Coop members and receive Coop workslot credit.
Booking: Bev Grant, 718-230-4999



Concept & 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**

This Issue Prepared By:	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (development):	Anne Kostick Petra Lewis
Reporters:	Diane Aronson Katie Benner Barbara Ensor
Art Director (development):	Patrick Mackin
Illustrators:	Diane Miller Molly Parker-Myers
Photographers:	William Farrington Judy Janda
Traffic Manager:	Barbara Knight
Text Converters:	Joanne Guralnick Andrew Rathbun
Proofreader:	Susan Brodlie
Thumbnails:	Mia Tran
Preproduction:	Sura Wagman
Photoshop:	Steve Farnsworth
Art Director (production):	Lauren Dong
Desktop Publishing:	Dana Rouse David Mandl Patricia Stapleton
Editor (production):	Lynn Goodman
Final Proofreader:	Janet Mackin
Post Production:	Jessica Tolliver-Shaw
Index:	Len Neufeld

WORKSLOT NEEDS

Early Morning Receiving/ Stocking Committees

Monday–Friday, 5:30, 6:00, and 7:00 a.m.

Early morning Receiving/Stocking squads work with Receiving Coordinators to receive deliveries and stock the store. These squads help to unload delivery trucks, organize products in the basement, load carts, and stock shelves, bulk bins, coolers and produce on the shopping floor. You may be asked to stock perishables in the reach-in freezer or walk-in cooler. Boxes generally weigh between 2 - 20 pounds; a few may weigh up to 50 lbs. Other duties include breaking down cardboard for recycling, preparing produce for display, and general cleaning. You will have the opportunity to work closely

with our produce buyers and learn a lot about the produce the Coop sells.

General Ledger Confirmation

Monday, 11:45 a.m. to 1:30 p.m.

The General Ledger confirmation workslot consists of running a calculator tape to verify the work of the GL bookkeeper and troubleshooting any problems in the confirmation tape. Facility with numbers and working with an adding machine are necessary skills for this workslot. Bookkeeping jobs are task oriented, not time oriented. There is some flexibility for when this job needs to be completed. A six-month commitment to the workslot is required. Please speak to Andie Taras through the Membership Office if you are interested.

CHIPS Soup Kitchen

Monday, Tuesday or Saturday, 9:00 to 11:45 a.m. or 11:15 a.m. to 2:00 p.m.

CHIPS serves a daily meal to the homeless, needy and hungry at their storefront soup kitchen located at 4th Avenue and Sackett Street. Workslots preparing food, helping serve meals, and cleaning-up are available to Coop members who have been a member for 6 months. Coop members will work alongside other volunteers at CHIPS. Reliability, cooperation, and ability to take directions are vital. Experience with food prep is a plus for working in the kitchen. Please contact Camille Scuria in the Membership Office if interested.

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:

Nov 22 issue 7:00 p.m., Mon Nov 12
Dec 6 issue 7:00 p.m., Mon Nov 26

CLASSIFIED ADS DEADLINE:

Nov 22 issue 7:00 p.m., Wed Nov 14
Dec 6 issue 7:00 p.m., Wed Nov 28

General Meeting

TUE, NOV 27

GENERAL MEETING: 7:00 p.m.

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

TUE, DEC 4

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Oct 30 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, November 27, 7:00 p.m.

The General Meeting is held on the last Tuesday of each month.

Location

The temple house of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Ellen Weinstat in the office.

Meeting Format

Warm Up (7:00 p.m.)

- Meet the Coordinators
- Enjoy some Coop snacks
- Submit Open Forum items
- Explore meeting literature

Open Forum (7:15 p.m.)

Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

- The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

- Meeting evaluation
- Board of Directors vote
- Announcements, etc.

Attend a GM and Receive Work Credit

Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

Following is an outline of the program. For full details, see the instruction sheets by the sign-up board.

• Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby.

Some restrictions to this program do apply. Please see below for details.

• Two GM attendance credits per year:

Each member may take advantage of the GM-for-workslot-credit program two times per calendar year.

• Certain Squads not eligible:

Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)

• Attend the entire GM:

In order to earn workslot credit you must be present for the entire meeting.

• Childcare can be provided at GMs:

Please notify an Office Coordinator in the Membership Office at least one week prior to the meeting date.

• Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

2. Please also sign in the attendance book that is passed around during the meeting.

• Being Absent from the GM:

It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

• Is it FTOP or a Make-up?

It depends on your work status at the time of the meeting.

• Consider making a report...

...to your Squad after you attend the meeting.

Park Slope Food Coop Mission Statement

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture. We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store. We welcome all who respect these values.

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your listings in 50 words or less by mail, the mailslot in the entry vestibule, or GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

*Denotes a Coop member.

SAT, NOV 10

PEOPLE'S VOICE CAFE: New Songwriters: Krista Weaver, Emma Graves, Hillel Arnold. Saturday, Nov. 10, 8:00–10:30 p.m. at the Workmen's Circle, 45 East 33rd St. (btwn Madison & Park); wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can't/no one turned away.

STOOP SALE BENEFIT: Saturday, Nov. 10, at 9:30–4:30 p.m. One day only! The Red Tent Women's Project is having its last stoop sale of the year. We've gotten tons of great donations, and EVERYTHING MUST GO! Books, clothes, CDs, furniture, etc. 338 4th Street, between 5th & 6th Aves.

FREE WALKING AUDIO TOUR of downtown Brooklyn proves that downtown Brooklyn, far from being blighted, is a thriving neighborhood of historic and cultural importance. Every Saturday in November, 12:00–2:00 p.m. Corner of Willoughby and Adams sts. You must bring a CD player or mp3 player with the downloaded files. 917-554-7639. www.anyplace-brooklyn.com.

MON, NOV 12

TAME YOUR SWEET TOOTH! Constantly craving sweets? Want to understand how to gain control? Join Angela Davis, holistic health counselor, for a free workshop about the nature of sugar, its different names and its affect on our bodies, energy level and mood. Learn how to overcome your cravings. Monday, Nov. 12, 6:30–8:00 p.m., at TRS Professional Suite, 11th Fl., 44 E 32nd St (btwn Madison and Park). To RSVP contact angela@nourishingworks.com or call 646-522-9540.

THE FARM BILL 2007: Understanding the Political, Agricultural, and Nutritional Impact or Understanding What You Pay For an Apple or a Twinkie Can Affect Public Health. Panelists include: Marion Nestle, Dan Barber and Christina Grace. 6:45–9:00 p.m. The Robert F. Wagner Graduate School of Public Service, New York University, The Rudin Family Forum for Civic Dialogue, The Puck Building, 2nd Fl., 295 Lafayette Street. For more information: <http://wagner.nyu.edu/events/farmbill.php>

SAT, NOV 17

PEOPLE'S VOICE CAFE: Si Kahn. Saturday, Nov. 17, 8:00–10:30 p.m. at the Workmen's Circle, 45 East

33rd St. (btwn Madison & Park); wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can't/no one turned away.

FREE WALKING AUDIO TOUR of downtown Brooklyn proves that downtown Brooklyn, far from being blighted, is a thriving neighborhood of historic and cultural importance. Every Saturday in November, 12:00–2:00 p.m. Corner of Willoughby and Adams sts. You must bring a CD player or mp3 player with the downloaded files. 917-554-7639. www.anyplace-brooklyn.com.

SUN, NOV 18

TELLEBRATION! Sunday, Nov. 18, at the Brooklyn Society for Ethical Culture (53 Prospect Park W, btwn 1st & 2nd sts.) Main attractions will be a Playful Chat and Workshop with Anne Pellowski & a family storytelling concept titled "Apple Tales"—featuring Pellowski, Tammy Hall and Bill Gordh. \$8 for one event, \$10 for both. Storytelling Center Members and children: \$6 for one event, \$10 for both. www.tellebration.org.

WORKSLOT NEEDS

CONTINUED FROM PAGE 9

Office Data Entry

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

Are you a stickler for details, accurate on the computer, and like working independently? If this sounds like you, then Office Data Entry will be your perfect shift. You will receive training and Coop staff will always be available to answer questions. Please speak to a Ginger Hargett in the Membership Office if you would like more information. Workslot requires a six-month commitment.

Mop Cleaning

Thursday, 12:00 to 2:00 p.m.

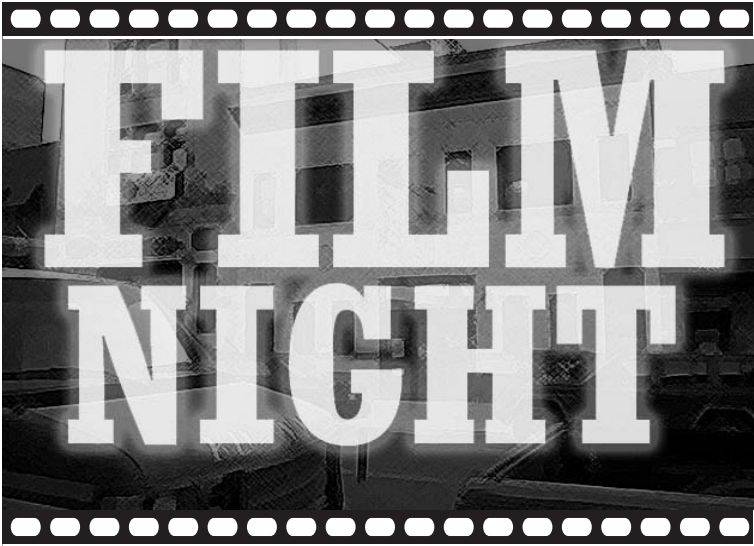
This workslot involves organizing the clean-

ing equipment used by the maintenance squads, washing (by hand) all the mop heads in the Coop, and replacing any worn-out mop heads. Speak to Mary Gerety in the Membership Office if you are interested.

Office Setup

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

We need 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 Adrianna in the Membership Office, Monday through Thursday, 8:00 a.m. to 2:00 p.m.



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



Ruthie & Gussie's and
Faces of the Farm

Ruthie & Gussie's. Just how many matzo balls can a person consume in 6 minutes? This comedic short documents a matzo ball eating contest at the Friar's Club, sponsored by the family-run food company Ruthie and Gussie's, where competitive eaters from across the country and across the ethnic spectrum face off in a sloppy race for the title of World Matzo Ball Eating Champion. These seasoned athletes dispel our myths about who loves Jewish food and why.

Faces of the Farm. This photography and recorded audio project documents a diverse cross-section of organic farmers in four regions across the U.S. We aim to use art as a means to build connections between small-scale farmers and individual consumers, enlightening audiences with the thoughts and perspectives of real farmers and augmenting a political movement that supports local, organic food production.

Producer/Director Faye Lederman holds MA degrees in documentary film and Judaic Studies from UC Berkeley and NYU. Her independent films include *Women of the Wall*, *The New Old Country* and *A Good Uplift*. Faye has traveled extensively to screen and self-distribute *Women of the Wall* and facilitate workshops for young women and girls using *A Good Uplift*. Her work has screened on PBS and in festivals, universities, museums, conferences and political organizations in the U.S., Europe and Africa. She has served on the steering committee of New Day Films, a cooperative of independent social issue media makers and taught at the School of Visual Arts and the Skirball Center for Adult Jewish Learning. She is a member of the Jews, Religion and Media working group at NYU. Her projects have received support from the National Foundation for Jewish Culture, the NY State Council on the Arts, the NY Foundation for the Arts and the Funding Exchange.

**FREE
Non-members
welcome**

A discussion with Faye will follow.

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



ENVIRONMENTAL COMMITTEE REPORT

Discussion Item: What to Do About Plastic Bags

By David Barouh, for the Environmental Committee

A future General Meeting will feature a discussion item co-sponsored by the General Coordinators and the Environmental Committee about the Coop’s use of plastic bags—specifically, whether the number of produce and shopping (or T-shirt) bags we use can be substantially reduced. We would like to solicit ideas and brainstorm with members about how this could be done without making shopping more inconvenient or burdensome.

Background

Environmental concerns in this country and internationally have spawned a movement to ban plastic bags or at least discourage their use. Manufacturing plastic bags requires energy and creates pollution. They use up natural resources, (most notably petroleum), and they cause litter, clogging drains and choking wildlife. They do not decompose; instead, they break down into ever-smaller plastic pellets that pollute our water and beaches. Researchers have found these pellets in the stomachs of dead sea mammals and birds.

The city of Mumbai, India, was the first to take action on plastic bags, banning them outright after plastic-bag litter blocked drains in the city and caused catastrophic flooding. Ireland now charges a tax of 15 cents for each T-shirt bag, and has reduced consumption by 90 percent. Countries that have acted or are considering similar actions include Australia, Bangladesh, Hong Kong, Ireland, Italy, Kenya, Scotland, South Africa, Taiwan, and others.

In March 2007, San Francisco became the first American city to act on plastic bags, outlawing their distribution in large supermarkets and pharmacies. Instead, the city mandated the use of compostable plastic bags derived from corn, or recycled paper bags. Other such initiatives are being considered in Annapolis and Baltimore, Maryland; Oakland and Santa Monica, California; Boston, Massachusetts; Portland, Oregon; and other cities.

Retail stores have also acted. Whole Foods Markets offer a nickel-per-bag refund for using canvas or reused paper or plastic bags. IKEA stores no longer offer free plastic bags to their customers; they now charge five cents per bag, and have dropped the price of their reusable “Big Blue Bag” from 99 cents to 50 cents. IKEA projects a 50-percent reduction in the amount of plastic bags they use in the United States. The program has already achieved a stunning 95-percent reduction in use in the United Kingdom.

And at the Coop’s General Meeting on August 30, 2007, an agenda item concerning the sturdiness of our current T-shirt bags led to a discussion about whether we should eliminate them altogether—a sentiment for which there was wide and enthusiastic support.

What Should We Do?

Comparatively speaking, Coop members are fairly moderate in their plastic bag usage. We use about 40,000 T-shirt bags per month, an average of about three bags per member. We use about 150,000 of the 10-and 12-inch produce bags per month, or about 11 bags per member. A substantial percentage of our members exit the Coop carrying their food in reusable bags made of rugged plastic or canvas, or cartons that will themselves be recycled. Some members clean out T-shirt and produce bags from previous trips and bring them to use again. The Coop gives out a free, reusable string bag to every new member, and sells a variety of reusable bags.

Nonetheless, there is room for improvement, especially with the produce bags. Walking through the produce section, one often sees discarded bags littering the bins and the floor, and abandoned items left in the bags they were put in before the change of mind. T-shirt bags left on the shelf of the express-checkout stations instead of being hung on the hooks provided for them often end up on the floor, stepped on and ignored. That we should somehow alleviate this unconsciousness seems to be a no-brainer.

But how? Should we bite the bullet and just eliminate the T-shirt bags altogether? Let us step back and at least acknowledge the utility of plastic bags



and the environmental benefits they do provide. Plastic packaging, wraps, and bags keep food fresh and free of contamination, and deserve some of the credit for the country’s low food spoilage rate.

Should we emulate the San Francisco ban on plastic shopping bags and use either paper or compostable, corn-based, plastic ones? Plastic bags are far more convenient than paper bags, require less energy to produce and transport, and take up much less landfill space. Paper bags are also associated with massive clearing of forests and habitat destruction.

The “compostable plastic” bags may at first seem like a natural solution, but a closer look belies that. First, they cost about 10 times more than regular plastic bags. In addition, corn used in their manufacture requires industrial-scale, intensive use of nitrogen fertilizer and pesticides; chemicals that leach into groundwater, streams, rivers and oceans, pollute our drinking water, and harm wildlife. The massive scale of corn farming in the United States is one reason for the Gulf of Mexico’s infamous “dead zone.” Growing corn for this purpose and for ethanol, in addition to its already ubiquitous uses in processed foods, may be a worse problem than manufacturing plastic bags.

The irony is that compostable bags will most likely end up in landfills anyway, which are not simply giant compost piles; landfills work to prevent their contents from breaking down. So are the corn-based bags really preferable to plain old plastic?

Should we charge for bags, as Ireland does? Perhaps placing a value on them would encourage us to think twice about their importance in our lives. But if we do charge, then how much? And should we charge for both the T-shirt and produce bags, or just one or the other? And how should we administer their sale in a way that doesn’t add to the time and trouble it takes to shop and check out? These questions are thornier than one might think. Come to the General Meeting and help us tackle this issue. ■



PHOTOS BY LISA COHEN



RECYCLING

PLASTICS

Monthly on the...
Second Saturday
Nov 10 • noon– 2:00 pm
Third Thursday
Nov 15 • 7:00–9:00 pm
Last Sunday
Nov 25 • 10:00 am–noon
On the sidewalk
in front of the
receiving area
at the Park Slope
Food Coop.

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.

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

We close up promptly.
Last drop offs will be accepted 10 minutes prior to our end time to allow for sorting.



MORE THAN
A MAJORITY

TO THE EDITOR:

An article in the October 11, 2007 edition of the *Linewaiters' Gazette* incorrectly stated the manner in which the meeting suspended the rules in order to allow absent candidate Stephen Saloom to be elected to the Disciplinary Committee. The motion was approved by a two-thirds majority, not a “majority vote” as the article stated. Suspensions of the rules are not to be entered into lightly, thus necessitating the added burden of approval by two-thirds of those present and voting.

David Hamilton Golland
PSFC Chair Committee
*The writer served as chairman of the
September General Meeting.*

A PLACE FOR
BOTTLED WATER

TO THE EDITOR:

I am not the type to actively participate in the fighting of opinions or stands, but I wanted to make my point:

You can say tap water should be used when possible, but to ban the sale of water totally? That sounds rather drastic to me. What if someone needs bottled water out of the home or when access to tap water is not possible?

Just like you quote studies showing tap water being healthier than bottled water, consider those studies showing the age-old pipes that leak unwanted minerals and toxins into the water as it is being delivered from the reservoir to your household tap in old and rusty

pipes, as well. There are two sides to the coin.

Incidentally, as an orthodox Jewish and kosher consumer, it may be of interest to the concerned parties that I do not use tap water directly and unfiltered. I use a filter prior to drinking or cooking with tap water, the reason being that worms were discovered in the tap water by a kosher consumer a few years back. Eating or drinking foods or liquids with worms of any sort or size is against the kosher standards and as soon as the above was discovered by an individual and publicized all over NYC by the kosher supervisory establishments, we were advised not to utilize the tap water unfiltered. (At that time water samples from tap and various bottled sources were sent to reputable labs for testing and comparison and interestingly enough, the various bottled waters tested had none of the various microscopic biological colonies that the tap water sustained.)

The above goes to show that we need a bit of everything, in moderation and with the right approach, and that educating the public to use more of or exclusively tap water may make a difference, rather than just banning bottled water plainly and inconsiderately. And neither this, nor anything, is totally all or nothing.

Obviously, I use tap water but I am against “banning” bottled water from the shelves.

Good luck and good health to everyone!

Yachet Lebovits

HATE THE PACKAGE,
NOT THE PRODUCE

TO THE EDITOR:

My awareness concerning the recycling of produce containers was raised recently. I had accumulated several bags of recyclables to bring in to the Coop last weekend. I had a large bag filled with the plastic containers that the Driscoll strawberries came in having mistakenly assumed they were composed of #1 plastic. Actually they are made of #6 plastic and are presently not accepted by NYC or the Coop recycling programs. I had to put the bag out on the curb for trash pick-up. Since then I have observed that the non-organic concord grapes, and the sprouts as well as the Driscoll strawberries all are packaged in #6 plastic containers. As an environmentally conscious consumer, I personally have to decide whether to forego buying produce packaged on non-recyclable plastic containers. However, I also feel that the Coop should try as much as possible to not buy produce packaged in containers that will end up in a landfill. The Coop probably sold hundreds, perhaps thousands of the Driscoll strawberries this season. That's a lot of trash!

Gail Wilson

SONGS TO
REMEMBER

TO THOSE WHO HAVEN'T
THOUGHT ABOUT THE COOP
INSTITUTING A RETIREMENT
POLICY FOR MEMBERS:

The Coop, fairly, considers the needs of, and has a policy towards:

the environment, vegetarians, many ethnic groups and religions, bikers, the pregnant, the bereaved, the disabled, the homeless, cows, chickens and many others. It is fair and appropriate. Why no policy towards our own elders? Denial? Unresolved parental issues? Latent ageism?

These Pete Seeger songs might be looked at in this debate.

*“To Everything Thing, Turn, Turn, Turn,
There is a season, turn, turn, turn,
And a time for every season under Heaven.*

(Paraphrased here)
*A time to work, a time to play
A time to stop working...
“Be Kind To Your Parents, though they don't
deserve it
Remember that grown ups is a difficult stage
of life.
They're apt to be nervous and over-excited.
(Skipping to the last line)
Someday you might wake up and find you're
a parent too!”*

Grandma Riva Rosenfield

AN OPTION FOR
LONGEVITY

DEAR COOP MEMBERS,

Retirement for members means different things to various people. For younger people, it may mean that older people have choices that they do not. They may have feel ambivalent and perceive it as a form of inequity. For Coop management, it may mean that they may have to make allowances for some benefits to members that are afforded to paid personnel and that the Coop may lose some workers in an older age bracket. As Joe

CONTINUED ON NEXT PAGE

COLD COMFORT FARM

CONTINUED FROM PAGE 3

gory details of Manny Howard's article at: nymag.com/restaurants/features/37273/.

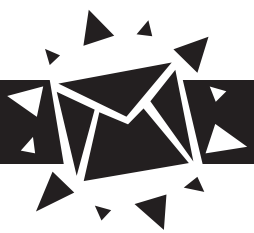
Farm Aid

“I'm almost fully recovered,” Manny Howard tells me by phone from his new office in DUMBO. Presumably he is no longer dressed in the overalls he wore for the *New York* magazine cover, which apparently had begun to grate on his wife's nerves. Howard, a former colleague of mine at *New York* magazine, comes off only slightly crazier than any of the rest of us; you can't help rooting for him. Trading war stories with a fellow journalist he tells me he stood up to the editor who suggested he might try to grow coffee, ‘telling her, “in the Andes maybe!” He didn't immediately capitulate to his daughter's tearful demand for an end to the killing to put dinner on the table—they compromised on a “no ducks” policy. But okay, the plans for a pond where he would breed fish and the idea of developing a still for distilling beer might have been a little over the top.

What is left, Howard tells me, is a small sense of triumph at the short-lived separation of commerce from putting food on the table. He cautions against any of us being tempted to try the experiment ourselves. Not surprisingly, he has not heard of anyone tempted to follow in his footsteps. Nevertheless, Howard relishes the memory of his children chasing roosters. He still has nine chickens that lay three to five eggs a day, which he scoops up every morning. A handful of rabbits still hop about; the ducks recently joined a flock in Prospect Park where he is confident they will live well off bread crumbs from visitors. “That is the last time I will write about my marriage,” Howard vows, grateful that his wife has not flown the coop, although this experiment put a distinct strain on the marriage. None of it would have been possible, he says fondly, without the indulgence of Brooklyn neighbors—who put up with barnyard smells and sounds without protest. ■



PHOTO BY BILL FARRINGTON



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

Holtz pointed out, some older members may want to continue their work-slots or volunteer, but Joe must know that some of us have worked long and hard at jobs for a very long time, raising families, having been members of the Coop since the beginning and might choose to retire given that choice. It is important to note that over the last few years as we have expanded, the Coop has changed dramatically and that change may make a retirement viable. I always work hard during my workslot but find there are often many members clamoring for the same job or looking for work.

I have many friends who choose to continue working part time because they need or want to. There came a time for me however when I knew it was necessary to retire. When people become older, concerns change. Family members become ill, you are older and more tired. Retirement is not simple. I chose to work a full time job and become a member of the Coop in order to best raise a daughter as a single parent. In order to do that, I gave up many of my personal needs. I am lucky to be able to do that now. I often think of moving upstate in order to find a studio and wonder how I could maintain my connection with the Coop. In my mind, retirement is a reward for putting in the time. I would like to see a retirement option for longevity.

Barbara Velazquez

ON MESSAGE

TO THE EDITOR:

"You, on the other hand, can nurture WBAI..."

I quote here at length from Pat

Logan because she is the only right kind of candidate and she will definitely get on the Board this year. I am such a not-right candidate that I became disqualified; however my name is still on the ballot and voting for me will do no harm *so long as you don't vote for or even rank anyone not on this list!!*

"The split in the Board which Justice And Unity erroneously claims is caused by racial animosity, a smoke screen designed to intimidate dissenters, results only partially from the extent to which members believe that identity politics should or should not be the dominant paradigm in determining programming and the makeup of the audience the LSB and management aspire to reach.

"At bottom each meeting as well as this election are confrontations between those who want to maintain the status quo, i.e. current management, at almost any cost and those who recognize the need for fiscal responsibility, greater transparency, meaningful listener input and closer adherence to the Pacifica mission.

"The current Board has accomplished so little because its J&U majority prevents the LSB from carrying out its mandated oversight and fiduciary responsibilities. If they remain the majority will WBAI survive? I fear that it will not.

"Thousands of former listeners now seek information elsewhere. Disgruntled listeners withhold their dollars. They have given up on the potential of WBAI/Pacifica. You, on the other hand, can nurture WBAI by changing the balance of power on the Local Board and its Committees, ensuring that management will be thoroughly evaluated and that balanced budgets, based on realistic assessments of station income and expenses, will be

submitted to the National Finance Committee; you who can determine the kind of folks the LSB elects to the National Board which, among other things, hires Pacifica's CEO, who, in turn, hires WBAI's General Manager."

This is your last letter from moi before the November 15th voting deadline, unless the date is extended because of the pending lawsuits, or because the 10% quorum is not reached (which I doubt).

Pat and I have a bet that if Resistance wins three seats for a solid 14-10 majority she will buy me dinner—help me out here, okay?!

CAMERA NEWS:

The October 17th Candidates' Forum movies, still portraits and text are posted at PACVID1.com/page5.html. The Nyack meeting from October 28th will probably be up when you get this. Also, yours truly is

now the official Camera Operator for The Juanita Young Support Committee; we have recorded the press conference during her civil suit for injuries from an illegal trespassing eviction! Later in the day the jury reached a verdict and We Won!! That is, a \$2.3 million award.

*In faith, beauty and cooperation,
we remain*

Albert Baron Solomon
Camera Operator - PACVID1.com
Homœopathic Visionary and the Oracle
of Yaya
718-768-9079, hobces@yahoo.com

RACKS & RUINS

*I think that I shall never see
A corner that is clutter-free,
Especially now that newspaper boxes
Proliferate on all our blockses.*

Leon Freilich

L E T T E R S P O L I C Y

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

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

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk.

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

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

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

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

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

Respect

Letters must not be personally derogatory or insulting, even when strongly criticizing an individual member's actions. Letter writers must refer to other people with respect, refrain from calling someone by a nickname that the person never uses himself or herself, and refrain from comparing other people to odious figures like Hitler or Idi Amin.



You Own It!

TWELVE THINGS
MEMBERS CAN DO TO HELP THEIR COOP

- Help make respect and appreciation part of the Coop's ambiance.
- Offer to help if you see it may be needed.
- Pick up trash if you see it in the store or in front of the Coop and report and/or help clean up spills.
- Help protect the Coop, its property and its people. If you notice shoplifting or other irregularities, please tell the squad leader or a coordinator.
- If you see wrong prices, mislabeled or misplaced merchandise, let the Squad Leader or a working member know.
- Respect the Coop's member labor system. Is every adult in your household a member? Shop for your household or other Coop members only. Remember, our costs are low because of member labor.
- Be informed. Read the *Linewaiters' Gazette*. Come to General Meetings and other Coop meetings.
- Help visitors to the Coop feel welcome. Offer to give them a tour.
- Offer constructive suggestions. Drop a note in the Coop mailbox for the Coordinators or a Coop committee. Drop a note to the produce buyer in the wall pocket in the produce area. Write in the *Shopping Committee Feedback Book*. Write a letter to the *Gazette*. The Coop welcomes ideas!
- Leave the street in front of the Coop clear for deliveries, members picking up their groceries, and our neighbors. And NEVER block the firehouse.
- Post or distribute Coop flyers where you live or work. The Coop office can supply you with as many as you like.
- Tell a friend about what a great Coop we have!

Adapted from Gentle Strength Times, Gentle Strength Food Coop, Tempe AZ.



PROGRAMS

Friday, November 9 through Sunday, November 11

The following programs will happen within four days of publication of this issue. For full ads, please look at the October 11 or 25 issues or pick up copies of the flyers in the Coop.

Fri, November 9

7:30 p.m. Turn Your Closet into Cash: How to Sell Your Unwanted Items on Ebay with Jennifer Stevens

Sat, November 10

10:30 a.m. Your Next Speech with Jezra Kaye

1:00 p.m. Alternative Dispute Resolution: Family, Community and Divorce Mediation with Andrew Gary Feldman

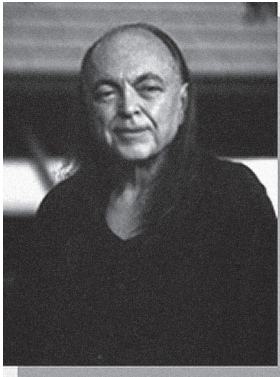
7:00 p.m. Coop Game Night

Sun, November 11

12:00 p.m. Homeopathy and First Aid with Claire Dishman

Friday, November 16
7:00 p.m. at the Coop

FREE
Non members Welcome



Cooperative Spiritual Community Exists

with Eric Van Erp

A cooperative spiritual community exists here in Brooklyn based on the Wisdom Teachings of Avatar Adi Da Samraj, a unique New York-born great sage. In this evening event, Eric Van Erp Ph.D., Coop member and resident of the Adidam community, will speak about the nature and the opportunity of living in a cooperative environment. Videos will be shown featuring the ashram in Northern California and the island sanctuary in Fiji. The benefits of this cooperative way of life for health, relationships, and financial advantages will be illustrated and discussed. Questions will be answered.

Eric Van Erp, Ph.D., is a Coop member and professor at Penn State. He is a writer on science and theoretical mathematics. Born in Holland, he has lived in community in Europe, Fiji and the United States for more than ten years.


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

Saturday, November 17
3:00 p.m. at the Coop

FREE
Non members Welcome

MOVE PAST PROCRASTINATION

with Renate Reimann, Ph.D.



This workshop explores various motivations behind procrastination and offers proven techniques to stop “stewing” and start “doing.” Throughout the workshop there are opportunities to apply this knowledge to your particular procrastination situation. In written and interactive exercises you create your own personal map out of procrastination into action. All hand-outs and materials are free of charge. Let’s get moving!

Renate Reimann, Ph.D. is a Certified Life Coach. Her professional experiences include coaching, teaching and academic and market research. She holds a Certificate in Personal and Life Coaching from New York University and a Ph.D. in Sociology from The Graduate Center of CUNY. She has been a member of the Park Slope Food Coop and a Park Slope resident since 1991.

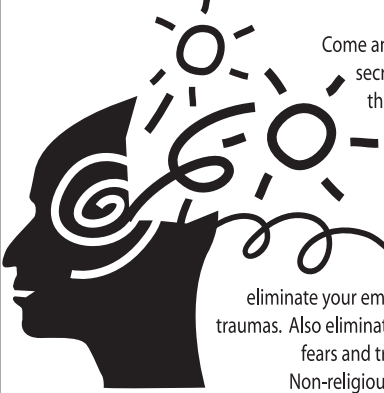
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Sunday, November 18
12:00 p.m. sharp at the Coop

FREE
Non members Welcome

JOY!

What is it? Where is it? How can I get it?
Live younger, longer!



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 introduced to Emotional Freedom Techniques (EFT), which show you how to reduce or eliminate your emotional blockages and past traumas. Also eliminates or reduces anger, phobias, fears and trauma memories. Non-religious and non-intrusive.

Carolyn Meiselbach is a long-time member of the PSFC. She has an advanced certification in both hypnosis and EFT, with a private practice in Carroll Gardens. Carolyn is also a teacher and trainer of EFT holding approved classes for professionals to add to their present holistic modality.

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

Winning the Race against Time

WITH SUSAN MARTIN

Business Owners, Sales Agents and Professionals:



Do you race against the clock?

- Miss deadlines?
- Run late for appointments?
- Feel unproductive?
- Never have time for yourself?

If so, join us for an interactive evening that will help you:

- Manage your time
- Increase productivity
- Meet your deadlines
- And, have time for yourself!

Susan Martin created **Business Sanity** to help business owners and sales professionals who struggle with marketing, management and productivity; who want to increase profits, avoid burnout and learn how to run their business most effectively. Susan is a Coop member.

FREE
Non-members welcome

Tuesday, November 27
7:30-9:00 p.m.


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

Sunday, December 2
12:00 noon at the Coop

FREE
Non members Welcome

Bag Lunches for Grownups

Peanut Butter and Jelly No More!



with Dages Juvelier Keates

Tired of salads from the deli and overpriced poor quality take out? Stumped when it comes to what to pack for lunch?

Spend less, eat better, and feel great with options that we'll cover in this interactive workshop. You'll walk away with concrete action steps to take in order to have more energy and nourish yourself right!

We'll cover:

- * Planning and shopping for success
- * Preparing healthful, fast lunch options at home and at work
- * Transporting victuals with no mess and no fuss
- * Being ready for worst case scenarios
- * Sneaky snacks to have in a snap
- * And More!

Dages Juvelier Keates is a PSFC Member who certified as a Holistic Health Counselor with accreditation from the American Association of Drugless Practitioners (AADP). Dages is the founder and director of Delicious Dialogues and brings skillful listening, caring and education into the wellness programs that she personally crafts for individuals.

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


Saturday, December 8
2:00 p.m. at the Coop

FREE
Non members Welcome

Simple Solutions for Organizing Your Life

with Susan Kranberg

Is the clutter in your home or office causing you stress? Are you having trouble finding the space for everything that you own?



Certain papers and documents too emotionally charged to face?

Moving date looming and you don't know what to keep or toss?

Learn how to:

- Prioritize
- Develop a task list
- Clear out clutter
- Create filing systems
- Find more time for fun

For the past ten years, **Susan Kranberg**, a professional organizer and experienced business consultant, has helped homeowners and professionals find relief from chronic clutter and disorganization. Susan is a Coop member.

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

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.

ARTISTS/CREATIVE WORKSPACES- Private spaces with natural light for quiet artists using non-toxic materials. 12 ft ceilings shared slop sink, 24 hr. access, B67, M, R Trains, great parking. 1 yr. lease 200-250 sq ft for \$386-460 mth includes utilities. Call 718-857-0140. No living.

EMPLOYMENT

PART TIME POSITION is available for a dental assistant/dental receptionist in excellent Brooklyn and Manhattan locations. Will train. Both dental offices are convenient to public transportation. For an interview, please call 212-505-5055.

HOME ATTENDANT FOR THE ELDERLY seeks employment: a wonderful woman who assisted my mother at home with bathing, shopping mobility and all aspects of life is now available. Capable, trustworthy, warm, wise and cheerful. Please call me for more info and reference. Linda Nagel 718-788-9243 or 917-816-1335.

MERCHANDISE

DINING ROOM CHAIRS. Set of 6 chairs (no table). Light cherry wood. Brand new, never used. At discount price or best offer. In Midwood. 718-376-1639. Please leave message for Sam.

PENDANT LAMPS – one is from Horchow & the other is made of stained glass. New and in good condition. \$300 or best offer. Pre-owned boys' clothes – sizes 8 to 10. A whole wardrobe of designer pants, shorts and shirts in good condition, \$150 or best offer. 347-446-0631.

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.

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

PAINTING-PLASTERING+PAPER-HANGING-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

ATTORNEY-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.

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.

ATTORNEY—Personal Injury Emphasis. 30 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.

ACCOUNTING—Income Tax Service for individuals and businesses. Financial & investment counseling available. Over 40 years experience. Reasonable rates. 10% discount to active Park Slope Food Coop members. Robert Cofresi. Office: 718-372-3754, Cell: 718-702-3999.

PIANO TUNER-TECHNICIAN. Complete piano service by long-time Coop member with 30 years experience tuning, regulation, rebuilding, voicing. Vintage electronic pianos serviced. Meticulous workmanship at fair prices. Discount for Coop members in Slope area. Michael at 718-965-3296 or mestero@earthlink.net.

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.

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.

JOIN US for a guided meditation and aura cleansing. Learn to balance your energy centers. Activate your personal healing through sacred mantras. Heal relationships, increase abundance and improve your health. Tuesdays 7:30 PM, 1837 Stillwell Ave., Brooklyn, NY 11223. Bob Cofresi, Reiki Master. 718-702-3999.

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911 TRUTH INFO RESOURCE SERIES

Sunday evenings at St. Marks Church
2nd Ave. & 10th Street, Manhattan

We've been lied to about Iraq, torture, wiretaps, & Katrina. You think we've been told the truth about 9/11? Not likely. Come view documentaries exposing the motives and proof of gov't deception. See where our military agenda and erosion of civil liberties emanate from. Learn how the real conspiracy theory is the government's official story. Honor the victims. Get informed, then get active. Get film schedule and times at www.ny911truth.org or call Hotline at 212-714-7147

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Puzzle Answers

Phone It In

1 BURGERS 2 8 7 4 3 7 7	6 CHOWDER 2 4 6 9 3 3 7	11 BURRITO 2 8 7 7 4 8 6	16 CALZONE 2 2 5 9 6 6 3
2 BBQ RIBS 2 2 7 7 4 2 7	7 CHOWFUN 2 4 6 9 3 8 6	12 TAMALES 8 2 6 2 5 3 7	17 PAD THAI 7 2 3 8 4 2 4
3 EGG ROLL 3 4 4 7 6 5 5	8 SASHIMI 7 2 7 4 4 6 4	13 LASAGNA 5 2 7 2 4 6 2	18 PEA SOUP 7 3 2 7 6 8 7
4 HOT DOGS 4 6 8 3 6 4 7	9 PATTIES 7 2 8 8 4 3 7	14 RAVIOLI 7 2 8 4 6 5 4	19 CATFISH 2 2 8 3 4 7 4
5 FALAFEL 3 2 5 2 3 3 5	10 KNISHES 5 6 4 7 4 3 7	15 TEMPURA 8 3 6 7 8 7 2	20 CHICKEN 2 4 4 2 5 3 6



Holiday Help Needed

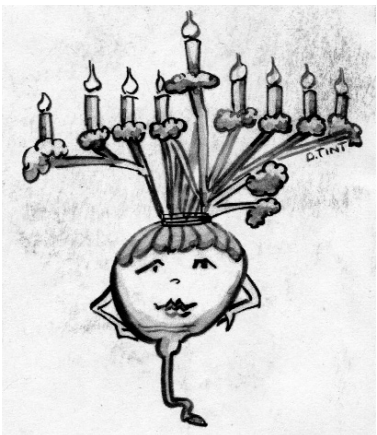
Owe make-ups? The Coop needs extra workers this holiday season! You don’t need to schedule make-ups in most cases. Just show up at the start time of a shift and speak to the squad leader. Do you want to get ahead on your FTOP work? Contact the Membership Office to schedule FTOP shifts.

Swapping Helps the Coop and You!

Can’t make it to your regularly scheduled shift over the holidays? Don’t leave your squad mates understaffed! Swap with another member to make sure your job is covered.

There are three ways to find a swap:

1. The “Shift Swap” bulletin board next to the cashier area is where members looking to trade shifts put up notices.
2. The Coop website (www.foodcoop.com) has a “Shift Swap” section where members post messages for trades. Look for “Arrange a Shift Swap” on the homepage.
3. The Coop provides Committee schedules that include the names and phone numbers of other members who do the same type of work as you at the same time on alternate weeks. These schedules are available in the entrance lobby and in the Membership Office.



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.					
Halima Abdul-Wahhab	Andrea Cowsert	Sarah Hartman	Richard Lombardo	Matthew Ott	Sherri Staples
Michael Adams	Robert Del Principe	Jessica Hayes	Danny Lubin-Laden	Maria Michela Palermo	Juliana Steele
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