

Established
1973

LINEWAITERS'

GAZETTE



Volume CC, Number 1

January 3, 2008

Sneaky Vegetables

By Nicole Feliciano



ILLUSTRATION BY PATRICK MACKIN

For Dorothy (*The Wizard of Oz*) it was a fear of lions and tigers and bears. For kids it's more likely to be carrots and spinach and squash that make their knees shake and their little mouths clamp shut. Conscientious parents know they can't give in and let kids dictate the meal plan, shunning all nutritious menu items in the process. But no parent relishes meal time fraught with screaming and tantrums. Now there are a slew of new tricks to get kids eating better without the battle.

Celebrity Advice

The latest notion in getting toddlers and school-age kids to eat well is disguising food in clever ways. Jessica Seinfeld, wife of millionaire comedian Jerry Seinfeld and mother of three, has taken a stab at bringing a truce to the table. Seinfeld's new book, *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food* (\$24.95 from HarperCollins), though simplistic at times, provides solid nutritional advice to time-strapped parents.

The big trick up her sleeve? Camouflaging nutritious ingredients into meals that

kids recognize. Sure it may be sneaky, but the author swears her ideas have improved her family's diet and brought serenity to the house.

According to Seinfeld, her motivation was to achieve "a little peace around the dinner table." Tired of hearing complaints about the nightly menu, Seinfeld got motivated to bring about a change. Rather than directly confronting her children and forcing them to swallow peas, broccoli and the like, Seinfeld became an "expert at hiding vegetable purees and other healthful additions" in her family's meals. Coop members with kids can certainly relate to this wish.

How It Works

Seinfeld's basic premise is this: Spend one day a week preparing simple vegetable purees that you can work into your family's meals for the rest of the week. It doesn't require a huge outlay of cash. According to the author, all you'll need is a vegetable steamer, food processor/blender and some storage bags/containers.

Seinfeld recommends shopping for vegetables in one-pound bundles (a head

of cauliflower should weigh about a pound). To get started, Seinfeld advises trying basic vegetables: cauliflower, butternut squash, zucchini and yellow squash. From there the steps are simple: Wash and drain the vegetables

Dice/cut vegetables
Steam vegetables
Puree vegetables
Portion vegetables in serving containers

After steaming and pureeing the vegetables, the resulting creamy purees are stored in small containers and frozen or refrigerated until needed in a recipe. Seinfeld's easy-to-make recipes may inspire Coop members to skip a night of microwaving a prepared Amy's Organic meal and try their hand at crafting homemade chicken nuggets (with broccoli puree added).

If meat is off the shopping list, Coop members can be assured there are plenty of vegan and vegetarian-friendly recipes. For the non-meat eaters among us there are suggestions such as the *Rice Balls with Sweet Potato & Spinach* and the *Tofu Nuggets*.

The latest notion in getting toddlers and school-age kids to eat well is disguising food in clever ways

Sophisticated chefs at the Coop may find *Deceptively Delicious* a bit heavy on the sweet stuff, but the author does make a valid point: sometimes it's easier to take a stealthy approach towards improving a child's diet. If you're going to feed your child brownies, they may as well have a serving of carrots and spinach in them as Seinfeld's do.

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Reggie Ossé: PSFC Member Profile

By Diane Aronson

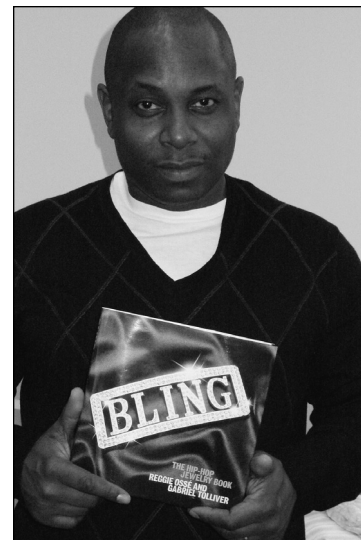
From Brooklyn and Back Again

It was a snowy Sunday when I dropped by to interview long-time Coop member Reggie Ossé, coauthor with Gabriel Tolliver of *Bling: The Hip-Hop Jewelry Book*, recently published by Bloomsbury Publishing.

A native Brooklynite, Reggie was born not far from the home near Bedford Avenue that he and his family bought in fall 2007. Growing up in the Brooklyn of his childhood was, as Reggie termed it, an "adventure." As an only child he had the full measure of his mother's resources, and she opted to send him to St. Francis Xavier school in Manhattan.

Reggie's school commute was more than a trip between two boroughs, it was a trip between two lives—one with kids in his neighborhood and the other with kids in his private school—that daily transformed him. It was during this journey between cultures that Reggie discovered hip-hop right before, he observed, it became "an industry."

His introduction to hip-hop came by chipping in with neighborhood friends to buy a cassette of GrandMaster Flash and the Furious Five,



PHOTOGRAPH BY JUDY JANDA

Coop member and *Bling* author, Reggie Ossé

recorded live. In Reggie's recollection, "We had never heard anything like it." For a teenager commuting between Bed-Stuy and St. Francis, this Afro-urban beat was an authentic alternative to the bland, late-1970s teen tune divide of disco versus Brit rock bands like Led Zepelin and Genesis. It was music that, like its cousin, punk, had an honest, questioning edge.

Discovering hip-hop was "a metamorphic change" for Reggie. It became his "driving soundtrack to succeed at whatever I was facing." It was this energy and ability to make such declarations that would take Reggie through his undergraduate years at

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Next General Meeting on January 29

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be Tuesday, January 29, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, January 9. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

SUN, FEB 3 The Coop will be closing early at 5:00 p.m. due to our annual Coop-wide inventory

Fri, Jan 4 • **Film Night:** *Chasing Perfection* Short Films 7:30 p.m.

Sat, Jan 5 • **Coop Kids Variety Show Auditions** 2:00 p.m.

Sun, Jan 13 • **Coop Kids Variety Show Auditions** 12:00 p.m.

Fri, Jan 18 • **The Good Coffeehouse** Swing Street 8:00 p.m.

Thur, Feb 7 • **Food Class:** Mama's in the Kitchen 7:30 p.m.

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

Sneaky Vegetables

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Help Is Just a Click Away

For Coop members who don't want to invest in a trendy recipe book, there's free help available online. A new Web site called ProduceGuru.com is a wealth of information for information-starved parents. According to the Web site, ProduceGuru.com has "the answer to all of your produce-related parenting woes."

The site offers free tips on eating well and improving the family's diet. ProduceGuru.com helps parents and children learn about different types of fruits and vegetables and investigate what it means to be organic. ProduceGuru.com also provides kid-friendly recipes featuring any and every type of fruit and veggie. Jackie Nigro (one of the founders) offers up one of her favorite kid-pleasing snacks:

Polka Dot Applesauce

(Serves: 4)

Ingredients

- 2 cups applesauce (Coop members can pick from several brands)
- Handful fresh blueberries
- Handful dried cranberries
- Handful raisins

Directions

1. Divide applesauce into four bowls.
2. Wash and dry blueberries.
3. Sprinkle applesauce in each bowl with blueberries, dried cranberries and raisins.
4. Serve immediately or refrigerate until ready to serve.

20 Other Ideas

Parents will appreciate the ProduceGuru's list of "20 Fun Ways to Help Kids Pack in More Produce." Two top highlights from the list include using cookie cutters to make foods more appealing (works great for fruit and soft vegetables) and substituting lettuce wraps (try Boston lettuce—it wraps nicely) for tortillas. Navigating the site is fun and easy and definitely pro-organics.

Family Fun

Panela Productions (co-owned by two certified Holistic Health Counselors: Latham Thomas and Prospect Heights resident Phebe Palin) targets families trying to improve their eating habits. From private cooking parties to individual pantry makeovers, they can offer most families a bit of help. Their number one tip: Get the kids involved in the kitchen.

For Coop members this can start with the shopping trip. Members can talk about good food choices and healthy meals while cruising the aisles with their kids. Kids can select the produce and start to feel they are contributing to the meal. Once back at home, even the youngest family members can chip in. Toddlers can rinse and dry fruit and vegetables, toss the salad and set the table for supper. Older kids can help with slicing and stove top preparations. Why not even give them an apron of their own and assign them one night a week to pick the menu? To get them started, here are three tasty meals from Panela:



PHOTO BY WILLIAM FARRINGTON

Phebe Palin, right, and her business partner Latham Thomas with her son Fulano Librizzi at the Union Square Greenmarket.

Sweet Lemongrass and Lime Corn

(Serves 6, prep time 15 minutes)

Ingredients

- 6 corn cobs or 2 bags of frozen corn
- 4 tbsp butter (optional)
- 2 tbsp olive oil
- 1-2 stems lemongrass, bruised and cut in half
- 3 small bird's eye chilies, seeded and finely chopped
- 2 tbsp lime zest
- Juice of 1 lime
- 2 tsp finely chopped cilantro leaves
- 1/2 bell pepper diced

Directions

Heat the butter and oil in a large saucepan over low heat. Add lemongrass and braise gently for 5 minutes, then remove from the pan. Add the chili and cook for 2 minutes, stir in lime juice, zest, a few tablespoons of water and the corn.

Cover and cook, shaking the pan frequently, for 5-8 minutes until corn is nice and tender.

Season with a bit of sea salt and serve hot.

Creamy Cashew Oatmeal

(Serves 4, prep time 10 minutes)

Ingredients

- 2 cups porridge oats
- Water to cover
- Handful of ground up cashew nuts
- 2 tbsp flaxseed oil
- Honey or maple syrup to sweeten

Directions

Bring the oats to boil in a saucepan, and gently simmer until the oatmeal thickens. Before serving add the

cashew nuts and flax seed oil and stir in well. Serve with your choice of sweetener and pour over milk of choice.

Thomas notes that hot cereal is a great way to get essential fats into a child's meals. With the cold and flu season here, we have to be mindful of our nutrient intake and pack in as much nutrition into each meal we prepare for our kids.

Beet Hummus

Ingredients

- 6 oz cooked beetroot or 2 medium beets (red, golden or rainbow)
- 1/8 cup tahini
- 1 clove of garlic
- 1 tsp cumin powder
- 1 oz lemon juice
- 1 oz olive oil
- Salt and pepper to taste

Directions

Blend all the ingredients together into a smooth paste. Serve with pita chips or sliced veggies.

This is not your ordinary hummus. This unique variation features beets as a star ingredient. These colorful root vegetables contain powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer.

More Veggies Please

Panela offered three tips for getting kids to increase their vegetable consumption:

1. Timing: Set out the healthy stuff when the kids are hungry.
2. Dips: A simple white bean spread makes carrots and celery much more appealing.
3. Something Old with Something New: If you want your child to try snow peas and you know they already love peanut butter, make a peanut dipping sauce for the peas.

For many of us busy parents, trying to clean up our diets and set a positive example for our kids takes constant effort. Fortunately, help is available in new books, online and in the neighborhood. ■



PARK SLOPE FOOD COOP COMMUNITY TIES

Coming Soon
The newest issue of
Community
Ties

This is the long-awaited directory of neighborhood merchants offering exclusive discounts to Park Slope Food Coop members.

By New Year's Day, check www.food-coop.com for the latest issue of this invaluable reference. Printed copies will also soon be available throughout the Coop. Get ready to enjoy your discounts in 2008!

- In every issue:
- Advertising & promotion
 - Antiques
 - Apparel
 - Art gallery
 - Beauty salon
 - Bed & breakfast
 - Books
 - Business coaching
 - Car rental
 - Career counseling
 - Children
 - Classes
 - Cleaning services
 - Computer café
 - Computer services
 - Cosmetics
 - Counseling
 - Dance
 - Dentist
 - Design
 - Dry cleaning
 - Extermination
 - Financial services
 - Food & restaurants
 - Furniture
 - Gym/trainers
 - Healing arts
 - Health & beauty
 - Health products
 - Health services
 - Management
 - Maternity/infant/nursing
 - Mediation
 - Museum
 - Organizing
 - Parties & entertaining
 - Photography
 - Solar energy
 - Specialty
 - Sports & sporting goods
 - Used furniture
 - Video services
 - Web design
 - Writing/editing

The Diversity & Equality Committee (DEC) is dedicated to improving human relations and communications through impeccable interpersonal interactions, policies and procedures in the Coop.

The goal is to work toward preventing and eliminating discrimination in the Coop and to promote the ideal of equal and respectful treatment between all Coop members and paid staff regardless of each individual's different identity. The DEC also aims to provide advocacy for individuals who feel they have experienced discriminatory practices in the Coop.

Voicemail (888) 204-0098

E-mail psfcdiversity-cpr@hotmail.com

Contact Form or Letter: DEC Contact forms are available in the literature rack in the ground floor elevator lobby. Place a completed form or other letter/note (anonymously if desired) in a sealed envelope labeled "Attn: Diversity and Equality Committee" and use one of the three methods listed below to get it to the committee.

Mail Park Slope Food Coop
Attention: Diversity & Equality Committee
782 Union Street
Brooklyn, New York 11215

Mail Drop Box Which is located in the entryway vestibule on the ground floor under the flier caddy.

Membership Office Mailbox The DEC has a mailbox in the Membership Office on the second floor of the Coop.



General Meeting Debates Boston Fed Survey

By Cristin Flanagan

December General Meeting highlights included: debate on a proposed survey collaboration with the Federal Reserve Bank of Boston; the passage of a proposal on new election deadlines; and a fiscal update for the Coop.

Attendance was sparse, with fewer than 70 members at the December 18th pre-holiday General Meeting. Allen Zimmerman noted that while the evening's agenda items were not particularly weighty or controversial, like last month's bottled water debate, they were important to the Coop, and that he hoped that—if not exciting—they might at least be interesting to those present.

New Board Candidates Deadline

The first agenda item was a proposal to change the candidacy announcement deadline and proxy mailing dates to establish a second meeting, allowing board candidates time to present themselves to members and answer member questions.

Members spoke out in favor of the proposal, saying it allowed transparency and "let the sun shine in for people to make more knowledgeable decisions," as there wasn't enough time in the past to look at candidate platforms in depth. The proposal was made on concerns that issues in last year's elections weren't addressed until after the election. No one objected to the proposal, and it was summarily passed with 64 voting in favor, two absten-

tions and no one voting against the proposal. All the board members present approved the proposal. Under the new guidelines candidates must submit a statement of candidacy to the *Linewaiters' Gazette* by March 1st. Candidates would be able to reach out to members twice per year: once at the General Meeting in March and next at the Annual Meeting, which is usually held in June. In addition, the *Gazette* would print candidate statements once per month, in March, April, May and June. The new rules would also allow *Gazette* reporters adequate time to cover candidates.

Coop Member Survey Proposal Debated

While the new board candidates' deadline went uncontested, a new proposal to conduct a Coop member survey with the Federal Reserve Bank of Boston ("Boston Fed") met with some resistance. General Coordinators Tricia Leith and Joe Holtz, who co-presented the proposal, suggested that collaborating with the Boston Fed might help the Coop gain other financial opportunities in the future.

The survey would track Coop member shopping habits since the Coop's October 2nd debit conversion. A rough draft of the proposed survey had questions on individual member demographics, payment habits and overall satisfaction. A separate section solely for the Coop's use questioned member sentiment on introducing

a Coop-only debit card, as well as possible credit card acceptance.

Holtz noted that it cost the Coop approximately 33 cents for every debit card transaction and about 20 cents for every check payment. He then mentioned that a previous deal that would have saved the Coop money on some of these transactions fell through after the company was absorbed by another bank. Holtz sees working with the Boston Fed as a means to get in early on any new technology that comes along that might save us money on these types of transactions in the future.

Leith quipped that, with our new debit card system, "we've just moved into the 1990's," and noted that the Boston Fed is eager to observe how our transition to a debit-card system has affected members. The coordinators agreed that this was a chance to help influence federal policy on future payment systems.

Questions on the proposal

Leith quipped that, with our new debit-card system, "we've just moved into the 1990's," and noted that the Boston Feds eager to observe how our transition to a debit-card system has affected members.

started off on the technicalities of how the survey would reach members, which neither the Coop nor the Boston Fed has yet figured out, but Holtz assured members that the Boston Fed would be doing most of the work on this. Holtz also assured members that their names and addresses wouldn't be shared. One member suggested that the survey be done on paper to ensure anonymity, as most actions on the Internet are tracked, and easily traceable.

A number of members spoke out against the proposal, most saying they didn't want to share any information with the Boston Fed. "They don't live with us, they don't live in our neighborhoods," one member decried.

It was quickly pointed out that the survey would be completely voluntary, and that members who were worried about privacy issues did not have to fill it out. Member protests continued, with a few suggesting that the Coop request that the Boston Fed pay Coop members for their participation.



ILLUSTRATIONS
BY DIANE MILLER

Other members spoke out in favor of the survey, noting the idea was presented to the Coop by a member working for the Federal Reserve, and suggesting that perhaps some of the fears were due to a misunderstanding of what role Federal Reserve Banks play. A presentation clarifying these issues was recommended.

Coop Finances

Mike Eakin reported sales are up about 6%, to \$24.5 million, in the 44 weeks ending December 2, 2007. While sales were up, the Coop reported a loss of \$53,710 before income taxes in the same period. Eakin cited higher personnel and equipment costs. Eakin sees the loss reversing by the fiscal year end, on strong sales for the final nine weeks of the period.

The Coop's gross margin remained steady at 16.74%, close to the Coop's ideal goal of 17%, and compared favorably to the 38% gross margin for large coops. This means that about 17 cents of every dollar spent by members goes to pay Coop expenses. Eakin estimates that Coop members saved about \$8 million so far this year on our low 21% markup. The Coop's inventory turnover also remained high, at 58 times per year—three times faster than the average large coop's turnover rate of 20 times per year—leaving little time for Coop goods to collect dust on the shelves. In addition, membership rose nearly 5% from the beginning of the year to 13,454 members.

Open Forum

General Coordinator Joe Holtz fielded an Open Forum question on why Coop members can be penalized by being made to do a makeup on certain holidays when the Coop is closed, and no regular shifts are scheduled. Holtz countered that it's not really a penalty to do a makeup.

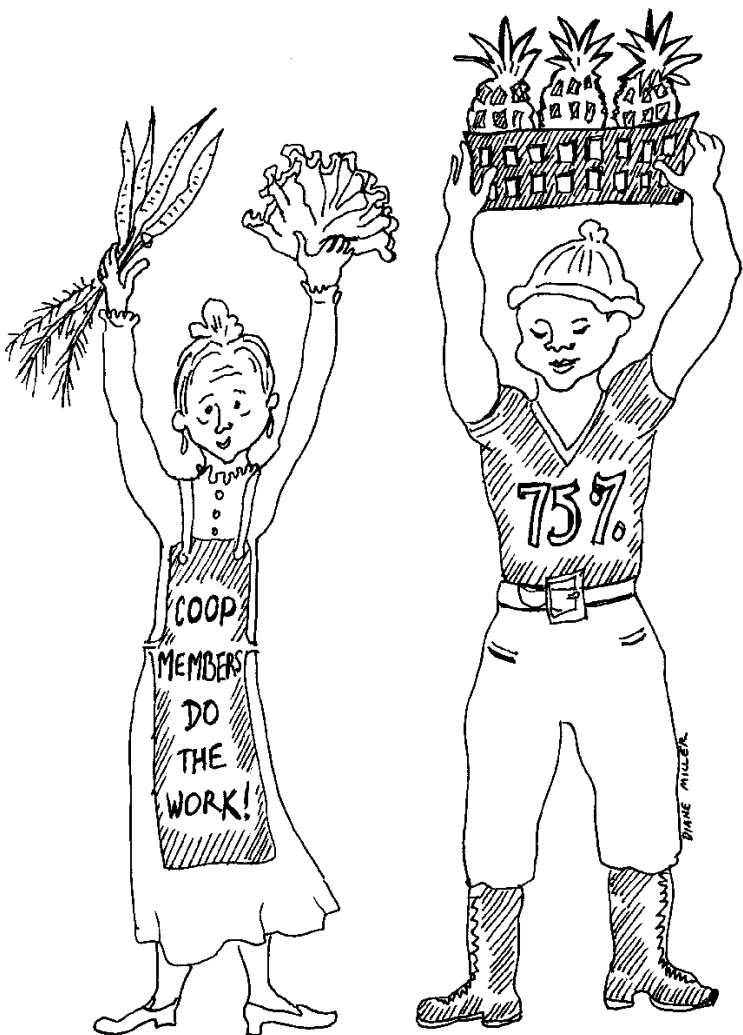
Mike Eakin responded to another question on whether or not Coop members should be concerned about the fuel consumption used to transport some of our imported products. Eakin replied that if the products were sent over on a boat, the fuel costs would actually be much lower as compared to being air shipped. He added that while the Coop does get products from around the world, and members should be concerned about the topic, distance traveled didn't necessarily correlate to higher fuel consumption. Although issues of food and fuel consumption and local-versus-organic have received a lot of media attention lately, no one chose to debate the issue further.

One member questioned if there was a vegetarian committee. After receiving confirmation from all those gathered that no one had ever heard of one, the meeting chairperson quickly responded that there was not.

A final inquiry was made on how much more money shoppers were spending per visit since the debit card implementation. Factoring in inflation, increased membership and debit-card usage, Allen Zimmerman noted sales are up somewhat over last year. Leith said the average cash transaction was about \$40, while the average debit transaction was about \$80.

Coop Members a Different Breed

Joe Holtz praised the Coop and its members for their uniqueness, observing it is possibly the only Coop where members do 75% of the work. "I don't understand how we're in such a minority," he said. Other members agreed, and Holtz suggested to one person who asked for information on other coops that members send family members and friends to the Cooperative Grocer Web site, at www.cooperativegrocer.com, to find coops in their areas. ■



Reggie Ossé

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Cornell, where he began as a fine arts major and then moved to pre-law, and later received a law degree from Georgetown.

Hip-hop would influence Reggie’s career past his law school days. He became an entertainment attorney, starting at the hip-hop label Def Jam, became a founding partner of two law firms, and held the position of vice president of Audio/Music DVD at MTV.

Writing About Bling

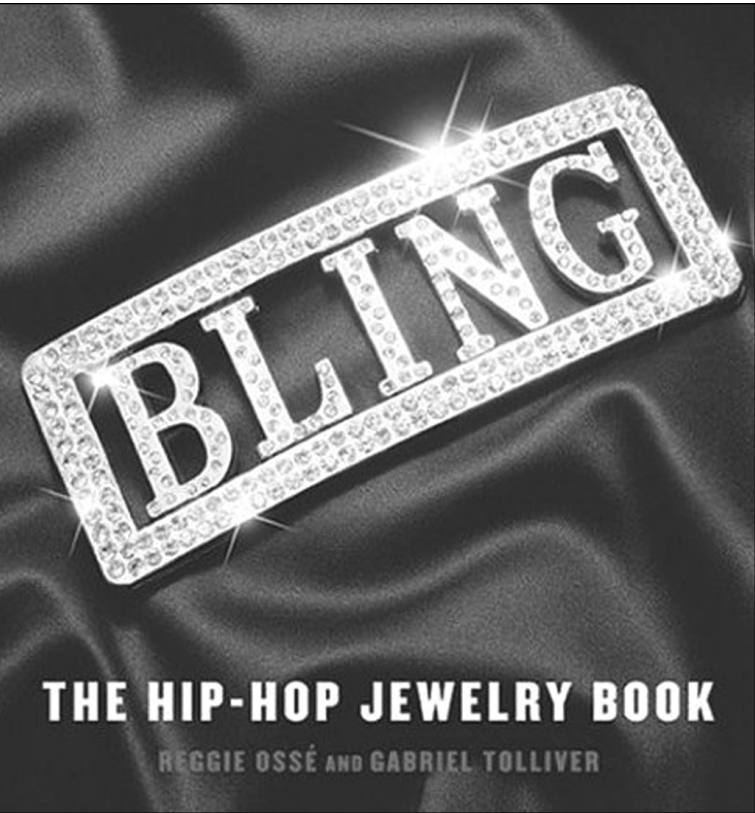
Reggie’s interest in hip-hop culture continued beyond law to include fashion. He loved how the urban street beat combined funky 1960s sneakers—complete with fat shoelaces—with very tailored slacks and tapered jackets. He liked the combo as a “class form of street expression,” similar to the style milieu found in 1980s New York City punk dress: a severe, almost Edwardian cut to slacks and jackets, combined with clunky shoes and glam hair styles.

Out of this fascination with the hip-hop creed and other urban cultures Reggie would become a chronicler of street fashion: a fashion statement, as described in *Bling*, that “flowed from the attitude, rawness and creativity bred in the urban streets.” In 2003 he would close the door to actively practicing entertainment law and open the door to becoming an author. As Reggie summed it up, “As you close one door, another one opens up.”

He was winding down his law practice when a law school colleague touched base, looking for a tip for a good candidate to write a book about the entertainment industry. The colleague put Reggie in contact with the publisher in search of an author, and Reggie suggested his own talents and skills, combining his fine arts undergrad days with his 15 years of entertainment law experience.

Reggie and the publisher traded several concepts. A book about bling resonated the loudest with Reggie and coauthor Gabriel Tolliver. Although Reggie doesn’t describe himself as a “jewelry guy,” he was intrigued by how the hip-hop nation absorbed the unabashedly materialistic mores of America post–Age of Aquarius, or as *Bling* puts it:

The influences shaping today’s form of bling can be attributed to the edgy-slick marriage of two factors: (1) the birth and rise of hip-hop in American culture and (2) the values pumped constantly into the psyche of a young hip-hop nation during the era of Reaganomics. From the late 1970s to the mid-1980s, Hollywood pro-



vided a quick fix for a generation left disappointed by the broken promises of the civil rights era. We were fed a high-calorie diet of materialism in movies like Scarface (the blueprint for gangster rap), and in TV shows like Dallas. . . .

As often happens in publishing when a proposal grows a certain distance from its roots, the two authors went elsewhere to shop their refined proposal. After lining up with an agent, the writing duo made quick progress in selling their book. Reggie recalls, “Within a couple of weeks we had two deals on the table—one with Penguin and one with Bloomsbury.”

After years of assisting artists as a lawyer, Reggie finally had the opportunity to step into the creative role of coauthor. When we spoke, Reggie talked about the book as a “catharsis,” as he moved away from entertainment law to a project that engaged everything he and his coauthor had to bring to being authors.

“‘Bling bling’ refers to the imaginary ‘sound’ that is produced from light reflected by a diamond” ...a small sampler of the hundreds of facts that make this book multitask as an accessible reference work about jewelry. ”

The result, featuring photos by Ernie Panicioli, is an exquisitely produced, wondrously eclectic four-color perusal of the street-wise of bling. In *Bling*, you will see LL Cool J with a classic dookie rope—a heavy-duty neck chain—as well as the Soul Sisters wearing ultra-large hoop-style earrings, aka, “door knockers.” But with the glam and the glitz comes the facts and figures: “rose and pink gold are made by adding various amounts of copper—the more copper, the deeper the effect”; “the term ‘bling bling’ refers to the imaginary

‘sound’ that is produced from light reflected by a diamond” are only a small sampler of the hundreds of facts that make this book multitask as an accessible reference work about jewelry.

In fact, *Bling* is a reflection—a refraction, if you will—of a Brooklyn native who has made a successful journey back and forth between life in Bed-Sty and a career as a striving, thriving entertainment lawyer: the edgy creative cool of the street melded with a scholarly command of the facts.

Bling to Bulk

For his Coop shift, Reggie works food processing, which he described as the “hidden gem—the Coop’s best-kept secret” of workslots. His wife, Akim, works in childcare.

Reggie became interested in joining the Coop when living just around the corner at the time, and from hearing how the food was a lot fresher, more organic and a lot less expensive than traditional grocers and other food retailers. When he and Akim were married, she became a big motivator for eating more healthfully and for joining the Coop. They’ve been members for more than 10 years.

The Coop savings and good quality food continue to be a draw for the Ossé family. Reggie observes, “It’s all about the food, it’s all about the savings. I’m still amazed every time I do a shop. I’m expecting at least a hundred dollars more than what I spend.” With two adults, three sons and an infant daughter, weekly grocery bills can total from \$150 to \$300.

Reggie has seen the Coop expand from one building to two, and he has also seen the shopping/working experience become a lot less stressful. He remembers how in earlier times when he didn’t know all the rules and regulations, “someone would pop out of an aisle and reprimand me.” He feels an expanded membership has meant a much

Coop Job Opening: Receiving/Stocking Coordinator Description:

The Coop is hiring a Receiving/Stocking Coordinator to work primarily in the Meat/Poultry and Cheese departments. We are looking for someone who is knowledgeable about meat and cheese and will enjoy working with these products. Working with perishable items requires a great deal of attention to detail and good math skills. You will also have more general responsibilities, working with the Receiving Squads and keeping the store well-stocked and orderly.

We are looking for a candidate who wants a schedule that runs from Sunday through Thursday. The ideal candidate will have been working on a Receiving workslot for the Coop. It is essential that the candidate be a reliable and responsible self-starter who enjoys working with our diverse member-workers. You must be a team player, as you will be sharing the work with one to several other Receiving Coordinators. Also required are excellent communication and organizational skills, patience and the ability to prioritize the work and remain calm under pressure. This is a high energy job for a fit candidate, and you must be able to lift and to work on your feet for hours. The job will include work in the walk-in coolers and freezer.

- Hours:** 35 hours per week, schedule—to be determined—will be afternoon, evening and weekend work.
- Wages:** \$21.05/hour
- Benefits:** —Health and Personal time
—Vacation—three weeks/year increasing in the 4th, 7th & 10th years
—health insurance
—pension plan
(no payroll deductions for benefits)

Application & Hiring Process:

Please provide a cover letter with your resumé as soon as you can. Mail your letter and resumé or drop it in the mail slot in the entryway of the Coop. Please state your availability. All applicants will receive a response. *Please do not call the office.* If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Minimum of six months’ membership in the Park Slope Food Coop. Applicants who have not previously worked a Coop shift in Receiving should arrange to work in Receiving.

COOP SQUAD LEADERS

Do you want your shift to operate more smoothly?

Are there folks on your squad who seem to irritate one another, and it’s hard to see what the problem is?

When a conflict occurs between shoppers during your shift, what can you do to ease the situation on the spot and to offer resources to anyone who wants to follow up?

The Park Slope Food Coop’s Diversity and Equality Committee is holding a series of workshops for Squad Leaders (and other squad reps who are not Squad Leaders). The two-hour workshops will explore the meaning of diversity in a group context. Through interactive discussion we will talk about the values of diversity, our own individual diverse perspectives, and how differences can create both collaboration and conflict. We will discuss conflicts that have arisen in the Coop and basic conflict resolution techniques.

- Thursday, January 17**
7 pm – 9 pm
- Saturday, January 19**
2 pm – 4 pm
- Tuesday, January 22**
7 pm – 9 pm

Please call (888) 204-0098 to confirm your attendance and/or for more information. This is a voicemail box, so please be sure to leave your name, coop member number, contact information and the date you are interested in attending so that we can be in touch with you.

Diversity and Equality Committee
PARK SLOPE FOOD COOP
Work credit (make-up or FTOP) is available to those who attend.

more diverse membership, and not just in terms of race. Reggie admires the Coop’s ability to stand by its principles, but “over time become flexible enough to adapt to the times as well.” He appreciates an institution that doesn’t observe “formality for formality’s sake” and isn’t “inflexible to maintain an image.” This philosophy sounds much like Reggie Ossé’s, coauthor of *Bling*—an author already looking toward his next book idea. ■

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
Jan 18
8:00 p.m.

very
The Good Coffeehouse

COOP CONCERT SERIES

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

A Great
Big Band Sound from
a Great Small Band

SWING STREET

Marje Wagner

Barry Bryson

Carolynn Murphy

"Swing Street is a dance band with a rare ability: It provides stirring jazz and dance tempos without compromising either one," wrote Stuart Troup in *New York Newsday*.

Come join Barry Bryson, band-leader and trumpeter, with Coop musicians for a night of big band dance music, with special guest vocalist, Marje Wagner.

George Kanzler, *Newark Star Ledger*, says, "Not only are the musicians all committed to playing the music well, they're also dedicated to making it sound fresh and interesting, too."

Barry Bryson—Trumpet/Leader
Sheila Cooper—Alto Saxophone
Andy Middleton—Tenor Saxophone
Marje Wagner—Vocals

Stefan Bauer—Vibraphone
Matt Pavolka—Bass
Rob Garcia—Drums

Dance Instruction

Carolynn Murphy has been swing dancing for over 15 years. She fine tuned her skills in the dance clubs in Harlem, where she paired with with legendary swing greats, Buster Brown, Leroy Griffin and Frankie Manning. Other dance genres to her credit include rthym tap, zydeco and salsa.

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

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

Booking: Bev Grant, 718-230-4999

Childcare is available from Brooklyn Society for Ethical Culture for a nominal fee.

What's in
what's out.

What's up.

www.psfc.blogspot.com

www.foodcoop.com

Looking
for
something new?

Check out the Coop's
products blog.

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

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

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WORKSLOT NEEDS

Early Morning Receiving/ Stocking Committees

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

Attendance Recorders

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

The Coop needs detail-oriented members to help maintain attendance recorders for Coop workers. You will need to work independently, be self-motivated and reliable. Members will be trained for this position, and staff members are available for further assistance. Please speak to any Office Coordinator in the Membership Office if you would like more information. Workslot requires a six-month commitment.

Office Data Entry

Monday, 4:30 p.m. 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.

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

CONTINUED ON PAGE 8

COOP CALENDAR



New Member Orientations

Monday & Wednesday evenings: . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.

Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

January 17 issue: 7:00 p.m., Mon, January 7
January 31 issue: 7:00 p.m., Mon, January 21

CLASSIFIED ADS DEADLINE:

January 17 issue: 7:00 p.m., Wed, January 9
January 31 issue: 7:00 p.m., Wed, January 23

General Meeting

TUE, JANUARY 8

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the January 29 General Meeting.

TUE, JANUARY 29

GENERAL MEETING: 7:00 p.m.

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

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, January 29, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up Required:

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

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

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Childcare can be provided at GMs:

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

• Signing in at the Meeting:

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

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

• Being Absent from the GM:

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

• Is it FTOP or a Make-up?

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

• Consider making a report...

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

Park Slope Food Coop Mission Statement

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

COMMUNITY
CALENDAR

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

FRI, JAN 4

“INSIDE THE PARK SLOPE FOOD COOP” television show pays a visit to 3-Corner Field Farms, a sustainable farm in upstate New York that supplies the Coop with lamb. The episode can be viewed in Brooklyn on Channels 56 & 59 on Friday, January 4, at 2:30 p.m. and 10:30 p.m.

SAT, JAN 5

PEOPLE’S VOICE CAFE: Jon Fromer; Kim & Reggie Harris at the Workmen’s Circle, 45 E 33rd St (btwn Madison & Park), 8:00–10:30 p.m. Wheelchair-accessible. For info, call 212-787-3903 or visit www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can’t. No one turned away.

CLOTHING & TEXTILE RECYCLING: Donate used clothing, shoes, boots, hats, jackets, towels, bedding & linens for reuse or recycling. Grand Army Plaza Greenmarket, every Saturday through March, 8:00 a.m.–4:00 p.m. For more info, visit www.cenyc.org

SAT, JAN 12

CLOTHING & TEXTILE RECYCLING: Donate used clothing, shoes, boots, hats, jackets, towels, bedding & linens for reuse or recycling. Grand Army Plaza Greenmarket, every Saturday through March, 8:00 a.m.–4:00 p.m. For more info, visit www.cenyc.org

PEOPLE’S VOICE CAFE: Tony Bird at the Workmen’s Circle, 45 E 33rd St (btwn Madison & Park), 8:00–10:30 p.m. Wheelchair-accessible. For info, call 212-787-3903 or visit www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can’t. No one turned away.

SUN, JAN 13

SIXTH SEMI-ANNUAL JEWISH SPIRITUAL STORYTELLING JAMBOREE: Join Maggid Yitzhak Buxbaum & seven great storytellers for an evening of holy tales, live music and refreshments. Congregation Bnai Avraham, 117 Remsen St (btwn. Clinton & Henry). 7:00 p.m., \$10 (\$5 for students). For more info, call 347-245-0606.

SAT, JAN 19

PEOPLE’S VOICE CAFE: Sharon Katz & the Peace Train at the Workmen’s Circle, 45 E 33rd St (btwn Madison & Park), 8:00–10:30 p.m. Wheelchair-accessible. For info, call 212-787-3903 or visit www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can’t. No one turned away.

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

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.

Plastics Recycling
Saturday or Sunday, 9:45 a.m. to 12:15 p.m. or 11:45 a.m. to 2:30 p.m.

Join in the Coop’s effort to be a better environmental citizen. Work outside in front of the Coop with other members of the Recycling Squad accepting returned plastic containers, making sure they are clean and meet the Recycling Squad criteria. Stack and pack plastic for recycling. Must be reliable and willing to work outdoors in all kinds of weather.

CHIPS Soup Kitchen
Monday, Tuesday or Saturday, 9:00 a.m. 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 at least six 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.

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

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 pm.

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

We did it again ~
we heaved in the new year
and here it is scattered all around us
ready to be put away

Wait before you knuckle down
before you carry on
look out at the night sky
find Orion, the odd planet
the coming moon

Let the stars inspire the work
you have to do
the turning inward
take their energy to heart
Do better: be great



Come to the Coop with your shine on
we’ll be here stacking, stocking,
standing in line waiting for you

The Park Slope Coop
Food Fun Family

by Myra Klockenbrink

Mondays	January 7 (A Week) January 21 (C Week) Noon to 1 p.m.
and	1:30 to 2:30 p.m.
Tuesday	January 15 (B Week) 11:00 a.m. to 1:30 p.m.
Sunday	January 20 (B Week) Noon to 2 p.m.

Or you can join in any time during a tour.



Friday, January 4 • 7:00 p.m.
at the Coop



Chasing Perfection

Chasing Perfection (working title) is a series of short films about body image, media, and cultural identity that will be combined to make a feature documentary.

WET DREAMS AND FALSE IMAGES is a Sundance award-winning documentary film, that uses humor to raise serious concerns about the marketplace of commercial illusion and unrealizable standards of physical perfection.

THE GUARANTEE A dancer’s hilarious story about his prominent nose and the effect it has on his career. (winner: Best Short Film, Newport International Film Festival)

34x25x36 A tour of the Patina V Mannequin Factory in the City of Industry, California. (work-in-progress)

SKIN Is the “grass always greener”? (work-in-progress)

Filmmaker Jesse Epstein received an MA in documentary film and gender studies from NYU. She has directed and produced documentary projects both nationally and internationally. Her Public Service Announcement about body image has been shown in the Media That Matters Film Festival in conjunction with the Human Rights Watch International Film Festival and on the Oxygen Media Channel. She is also the founder of a youth video program in Manhattan’s Lower East Side, and an instructor for Reel Stories: Sundance’s youth documentary lab. Jesse has received sponsorship from Chicken & Egg Pictures and the Fledgling Foundation. Some of her films are being distributed by www.newday.com.

A discussion about this work-in-progress documentary with Coop member and co-producer, Trish Dalton and filmmaker, Jesse Epstein will follow.

FREE
Non-members
welcome

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





LETTERS TO THE EDITOR

SINGLE BELLES IN RETROLAND

Looking toward the night
That ends two-oh-oh-seven
Hoping for a light
Shining down from heaven.
Single life is fun,
Something I believe,
Yet what's good for only one
Won't do on New Year's Eve.
Oh, single belles, single belles,
No need to deceive,
Oh, what times a belle can have
But what counts is New Year's Eve.
Single belles, single belles ,
No need to deceive,
Oh, what times a belle can have
But what counts is New Year's Eve.
I'm hoping for a date
That night of special nights
To launch the new year in,
A cascade of delights.
A man who's rich and bright,
Potentially a mate,
He could be even Mr. Right
Hello, two-oh-oh-eight!
Single belles, single belles,
No need to deceive,
Oh, what times a belle can have
But what counts is New Year's Eve.
Single belles, single belles,
No need to deceive,
Oh, what times a belle can have
But what counts is New Year's Eve.
Leon Freilich

DOGS IN DISTRESS: THE UNSEEN DAMAGE

TO THE GAZETTE:
As I left the Coop one recent Saturday morning, I took notice of a dog tied to the bench outside who was clearly distressed, crying for his/her human companion, and actually desperately scratching at the sliding doors. The only reservation as to leaving one's dog outside the Coop expressed by members in the recent

Gazette article was that of theft, but the stress which this is causing your dog should also be considered. And you may not know—since you never see your dog when you're not present, you may have no idea how s/he is reacting!
Janet Gottlieb

DECISIVE ACTION ON REDUCING BOTTLED WATER

TO THE GAZETTE:
In accepting his Nobel Prize, received for sounding the alarm over global warming, Al Gore said, in part: "We, the human species, are confronting a planetary emergency—a threat to the survival of our civilization that is gathering ominous and destructive potential even as we gather here. But there is hopeful news as well. We have the ability to solve this crisis and avoid the worst—though not all—of its consequences, if we act boldly, decisively and quickly."
On Nov. 27, I participated in a General Meeting presentation asking our Coop to essentially do just that—act boldly, decisively and quickly—to join the effort to solve this crisis by discontinuing the sale of bottled water. I discussed how plastic bottles are harming our environment—filling landfills and leaching toxins into the water table, or incinerated and polluting the air. Plastic bottles are made from oil, a nonrenewable resource. And oil is used to transport the heavy, water-filled bottles, further contributing to greenhouse gases and global warming.
The rate of recycling the bottles is very low—around 20%. Bottled water use has been climbing significantly each year since 1993—by an estimated 7 to 11%—fueled by corporations' huge marketing budgets. However, numerous municipalities in the U.S. have taken some action back to tap water—Los Angeles, San Francisco, San Jose, Chicago, Louisville, Boston,

Ann Arbor, Minneapolis, St. Louis, Salt Lake City, Vancouver (Washington). And New York City is sponsoring a \$700,000 campaign to promote tap water over bottled water. Tap water is far more efficient and uses far fewer resources than bottled water.
A few at the GM talked about the "convenience" of bottled water and the right to choose. If one agrees that we are in an environmental crisis, then we can't afford to continue destroying our environment for convenience or choice. And the "choice" here is really a pseudo-choice, like equating the choice between mineral and spring water, or Coke and Pepsi, with the choice between war and peace, or life and death. It's to make a mockery of the very notion of choice.
Al Gore went on to say: "The future is knocking at our door right now. Make no mistake, the next generation will ask us one of two questions. Either they will ask: 'What were you thinking; why didn't you act?' " "Or they will ask instead: 'How did you find the moral courage to rise and successfully resolve a crisis that so many said was impossible to solve?' "
We've got to back up our Coop's mission statement with action. The statement says: "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 can take the lead in the Coop movement by taking bold, decisive and quick action and join with those who are working diligently to save the planet. If we pass the resolution to discontinue selling bottled water, other Coops will follow.
Sincerely,
Lew Friedman

FTOP SLOTS SCARCE? CONSIDER COMMITTEES

TO THE GAZETTE:
As membership continues to grow and finding FTOP work becomes more difficult, joining one of our many committees might be an option for members needing workslots. Other than the Disciplinary Committee, on which I previously served, I don't know much about the other committees, and I would guess that's true for many of us. What are the names of all the Coop committees? How many members are on each, and how is it decided how many members each committee may have? What is the specific work of each committee, and how does each committee report on whether they have been able to complete that work? Do committee members report on their time, as members working shifts do? Which committees have open slots? Knowing more would enable members not only to understand how this part of the Coop functions, but also to decide whether committee membership for work credit might be of interest to them.
Robin Germany

ALL THAT'S FIT TO PRINT...

TO THE GAZETTE:
Thank you very kindly to *Gazette* editor Michael O'Keefe for printing our letter in the last issue! We try to

respect *Gazette* editors as much as we would like them to respect us. Unfortunately, the underlying issue remains that an expression that we never thought of as a racial slur has not been allowed, now, by three editors. Worse, we are not even allowed to say what the expression was. It is not one of the 12 words banned by the FCC so one would think we could at least discuss it! We call on editors Joan Minieri, Tom Moore and Michael O'Keefe and rulers Stephanie Golden and Erik Lewis to release these poor little unintended words from the limbo of repression!
More important, we hope we will soon see the day when *Gazette* editors will be *elected* rather than appointed by their own self-serving clique. In that way, maybe some variety and pizzazz, fiction and poetry, gossip and inside news, Co-Op politics, and general freedom of speech will see the light of day and the *Gazette* will be justified in printing more than its measly 3,000 copies.
Michael, you said I wouldn't thank you, and I did. How's about an answer to my concerns from you and the other editors and rulers in these pages?
As to WBAI, the latest news is that Nicole Sawaya, the new Executive Director we told you about in the last Issue, has resigned. We can well understand her desire to produce radio rather than referee raging warriors. But her resignation has not been officially confirmed, so we wait with bated breath on several fronts. Hopefully the banning of J&U star *Cerene Roberts* from the WBAI premises will not be her last official action!
With or without the new Executive Director, WBAI politics continues in its screaming crescendo towards self-destruction, and at the same time everything is in limbo and nothing is happening. The ballots have been impounded till at least January 24th, and the J&U is screaming for blood. The next Board meeting is two days from now, too late for me to notify you about it, but it promises to be the showdown of the decade and I am almost afraid to be seen there with my camera. Wish us luck and the protection of better people than *Gazette* editors!
Getting back to the Co-Op, we consciously missed the last General Meeting in favor of an important rally of the Juanita Young Support Committee. Assuming that the rulers' new election procedure was passed in its entirety:
We applaud any action that gives the Board of Directors more importance. But rather than instituting a ridiculous and almost crippling lead time, we would advocate:
1. Qualifications appropriate to functioning (rather than rubber-stamp) Board members.
2. Meetings of the Board held on different days than the general meetings to assure at least some small measure of independence.
In spite of the Co-Op lawyer's statement, we believe our evisceration of the Board's power illegally undermines and evades the purposes of the New York State Non-Profit Corporations Law.
For Democracy and in cooperation, we remain
Albert Baron Solomon
PACVID1.com
Disqualified Candidate
WBAI Independent Campaign 2007
718-768-9079, hobces@yahoo.com

LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory
The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.
You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk.
Anonymity
Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.
Fairness
In order to provide fair, comprehensive, factual coverage:

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

Eating Healthy on a New York Budget

with Ameet Maturu



Start off the new year with a new relationship with food and money. In this interactive workshop, we'll discuss the importance of eating well and also how our thoughts about money can sometimes get in the way of truly nourishing ourselves.

We'll also share real solutions to spend less, eat better, and feel great.

Ameet Maturu, HHC is a chef, personal finance guru, and founder of The Intuitive Cook, a local holistic health counseling practice. He has worked for several years in the food industry and is a member of the Park Slope Food Coop.

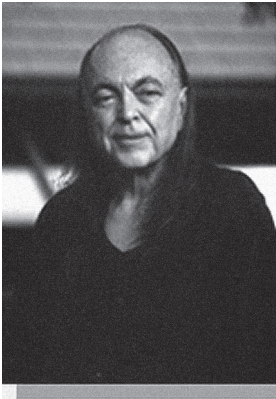
FREE
Non members welcome

Sunday, January 6
12:00 p.m. at the Coop

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

Friday, January 11
7:00 p.m. at the Coop

FREE
Non members Welcome



The Universe Is Not An Object

with Erik Van Erp

Erik Van Erp, professor of mathematics, will discuss the penetrating insights of his New York-born guru Adi Da Samraj into the precise anatomy of human dilemma and seeking. Deeply aware of the limits of modern science and traditional spirituality, Adi Da points to the possibility of a life based in reality itself, beyond the opposite points of view of East and West. Erik Van Erp will discuss his work, show videos, and entertain open discussion with all.

Erik Van Erp is a Coop member. He is a professor of theoretical mathematics at the University of Pennsylvania, and a writer on science and spirituality. He has lived in a spiritual community in Holland, Fiji, and the United States.

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

Saturday, January 12
12:00 p.m. at the Coop

FREE
Non members Welcome

Homeopathy and First AID

PART II

with Claire Dishman

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

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

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



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

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

Saturday, January 12
3:00 at the Coop

FREE
Non members Welcome

Experiencing Art Therapy in a Group Setting



Whether you want to enjoy working with art materials or are feeling post holiday blues, come explore, experiment and create a mural together as easily as making a mark

on paper. You can choose to work in your own space or with others, relate verbally or with colors and shapes, make artistic decisions and see what comes together.

In an atmosphere of acceptance and non-judgement each participant will have an opportunity for understanding, satisfaction and connection.

Sarah Zahnstecher is a New York State licensed Creative Arts Therapist who works in private practice as well as in a hospital setting and has been practicing for over 20 years. She is a coop Member.

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

Saturday, January 12
7:30 at the Coop

FREE
Non members Welcome

THE SECRET OF SUCCESS IN YOUR ACTING CAREER

with Christiaan Oranje

This interactive evening is about a journey to find, discover, define, and refine one's artistic signature by using a holistic approach.

The more authentic you are, the more you stand out. The more interesting you are for a director to work with. The better the chances you have to get what you desire, quicker, with more ease, and with much more fun.



Christiaan Oranje, through the search for authenticity and by applying a holistic approach in his own work as a performer, speaks in a clear, simple way, of what makes your artistic career successful. Christiaan is a Coop member.

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

Friday, January 18
7:30 p.m. at the Coop

FREE
Non members Welcome

Yes, You Can Improve Your Accent!

with Sharon Montoya

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

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



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

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

Sunday, January 20
12pm at the Coop

FREE
Non members Welcome

Fearless Public Speaking

Does the thought of speaking in public make you a nervous wreck?

You can banish fear and enjoy making speeches and presentations when you know how to:

- Prepare
- Practice
- Present

Join Communication/Speaker Coach Jezra Kaye for a hands-on workshop where you'll write, practice and deliver a brief speech on a topic of your choice.

It's easy.

It's fun.

(Honest!)

See you there.



As President of Communicate with Power and Ease, Jezra Kaye helps people find their true voice and speak out! She is a 27-year member of the Park Slope Food Coop. That is not her picture on this flier.

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

Tuesday, January 29
7:30 p.m. at the Coop

FREE
Non members Welcome

Memories Still In a Box?

with Martie McNabb

Overwhelmed with your photo and memorabilia collection? Learn:

- tips to tackle your &/or your family box(es).
- techniques to preserve and protect your memories.
- organizational techniques.
- sorting methods for genres and timelines.
- presentation and layout options and more.

You can get your memories out of their boxes, bags, suitcases etc...and bring them back into your life!

Bring 3-5 photos and a story to share. We provide the rest! Help us plan by pre-registering at (718) 398-1519.



Martie McNabb has been helping friends and family preserve and present the moments of their lives for more than 15 years. She recently opened Memories Out of the Box in Prospect Heights, Brooklyn, to help people get their memories out of their boxes and back into their lives. She has been a PSFC member for more than 10 years.

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

Sunday, February 3
12:00 at the Coop

FREE
Non members Welcome

GETTING TO YES

Hearing Others and Making Sure You've Been Heard

Do you find that some people in your life just don't listen? No matter what you say, they don't hear what you're saying ... or take it the wrong way?

Via an interactive workshop based on role-plays, come and learn practical skills to increase your ability to connect with others and be heard and understood. This workshop offers a basic introduction to the practices of Compassionate, Nonviolent Communication.

Dian Killian, PhD, is founder and director of Brooklyn Nonviolent Communication, a Certified Trainer with the Global Center for Nonviolent Communication, and co-author of Connecting Across Differences: A Guide to Compassionate, Nonviolent Communication. Her new book, Urban Empathy, is due out in June 2008.

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.

CHILD CARE

EXCEPTIONALLY FINE So. American woman with medical knowledge seeks employment with children or elderly care. Prefers full time, will take part time. Speaks some English. She is enlisted in English evening classes. References available. Contact EveMarie10@aol.com or phone evening 718-596-0794.

CLASSES/GROUPS

BLUEGRASS HARMONY SINGING CLASS—Interested in learning to sing three-part harmony? Sunday, January 13, 1 p.m. to 4 p.m. in Park Slope. Cost: \$40. Instructors Pete Peterson, Kellie Allen and Peter Szego. Hear their music at www.wakinguptillie.com. If you can sing in tune, come join us. Call Steve at 917-365-4683 or info@eldercareny.com

COMMERCIAL SPACE

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

EMPLOYMENT

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.



MERCHANDISE NON-COMMERCIAL

FOR SALE: Singer sewing machine—never used in white carrying case, can do fancy stitches: \$80. Joan & David plum suede oxfords, 2 1/2" heel, worn once, size 8.5M: \$50. 718-436-5359.

STAY WARM THIS WINTER – Cashmere camel coat from Sak's 5th Ave., small, \$150 neg., other wool coats. Do-it-yourself shelving models - \$25. Utility drawers – good storage - \$10.



Coins and old paper money, including gold 50 pesos. Call 718-826-3254 between 10 a.m. and 9 p.m.

PEOPLE MEETING

LOOKING FOR SOMEONE who is mature (50+ non-smoker), playful, empathetic, affectionate, supportive, happy with herself and is looking to laugh & receive hugs. I am a longtime Coop member who is all of the above and more. Call or email me, Marty 917-273-3213 or boskesboy@verizon.net

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.

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.

GET YOUR HOME CLEANED...With a Clean Conscience. The We Can Do It! Women's Coop has eco-cleaned the homes of dozens of happy Park Slope Food Coop members. Our business is women-owned and operated and

our workers earn 100% of the fee paid. Call 718-633-4823 for a free estimate. 10% discount on first cleaning for PSFC members!

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

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

HYPNOTHERAPY AND SUCCESS COACHING: I'll help you discover what you want and then create it using the power of your subconscious mind. Call Tracy Atkinson, Certified Hypnotherapist, at 347-489-9797 or e-mail tracyatkinson@gmail.com.

WHAT IF there was one molecule that represented the greatest breakthrough in Med Sci ever. What if this molecule significantly reduced one's risk of cancer, diabetes or heart disease? Over 60 published scientific studies. Welcome to BIONOVIX. 917-515-8821. mybiocareny.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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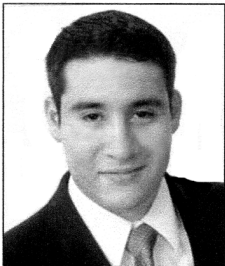
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Have a story idea for the Gazette?

Or know of an interesting Coop member you think others would like to read about?


Email your suggestions to GazetteSubmissions@psfc.coop (please write Gazette Story Ideas in the subject line).

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



South Bronx Food Cooperative

Support a New Coop!

Do you live or work in the Bronx?

Would you prefer to do your workslot on Saturdays?

Then inquire about supporting the South Bronx Food Cooperative!

In accordance with the 6th Principle of Cooperation, the Park Slope Food Coop is offering the SBFC support and consultation by allowing PSFC members to complete their workslot at the Bronx location.

PSFC members will receive FTOP credit in exchange for their help.

To receive credit, you should be a PSFC 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



ANNOUNCING AUDITIONS FOR OUR THIRD COOP KIDS VARIETY SHOW



Auditions:
Coop members ages 4-18
•Saturday, January 5, 2:00-4:00 p.m.
•Sunday, January 13, 12:00-2:00 p.m.
Coop second floor meeting room

To reserve an audition spot contact:
Martha Siegel: 718-965-3916 or msiegel105@earthlink.net

You must audition to be in the show.

- Polished act not required for audition; we can help you polish it.
- Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please)

Performance Date:
Saturday, March 8, 7:00 p.m.
at the Old First Church
We look forward to hearing from you!



Monthly on the...

Last Sunday
Jan 27 • 10:00 a.m.–2:00 p.m.

Second Saturday
Jan 12 • 10:00 a.m.–2:00 p.m.

Third Thursday
Jan 17 • 7:00–9:00 p.m.

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

RECYCLING PLASTICS

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.



THANK YOU!			
Thank you to the following members for referring friends who joined the Coop in the last two weeks.			
Nicky Agate	Wesley Gray	Dolores Natividad	Mandu Noa Sen
Yakova Baum	Leia Ignacio	Richard Nisa	Jenni Tonti
Polly Cheung	Adam Jaffee	Agnieska Osek	Victoria
Bruna De Araujo	Adrian Jones	Natasha Paul	
Coleen Devol	Misako Koga	Freya Powell	
Melanie Forstrom	Victoria Libertore	Sarah S.	

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.						
Jonathan Baum	Sara Cohn	Curtis Flowers	Celeste Holt-Walters	Diana Lopez	Andrew Personette	Texkumske Swao
Jen Bervin	Ronald Cooper	Peter Giles	Helene Ivry	Cyrille Martin	Jon Price	Anastassia Tsviy
Stephanie Bifolco	Beth Davenport	Jocelyn Golarz	Ouri Ivry	Justin Martin	Esther Roitman	Becky Vas
Al Brown	Cory Declusin	Karey Green	Esti Jacobson	Catherine McRae	Katie Rosen	Latisha Walters-
Hannah Capaloff-Jones	Danya Declusin	Kate S. Greenberg	Megan Jones	Isaac Miller	Denise Ruchala	Brown
William Cathcart	Nicholas Delany	Marni Greenstein	Christopher Kanyongolo	Candice Mitchell	Hiva Shafa	Itta Werdiger
Rutu Chaudhari	Daniela Dover	Jessica Hanmer	Darya Kerzhner	Mieko Miyamoto	Joseph Silovsky	
Joe Chavez	Alessandra Duarte	Cliff Hoffman	Smadar Leiserowitz	Ravi Nandi	Stewart Stone	
Daniel Ciambone	Kari Evanson	Deb Hoffman	Nadejda Lokhanova	Maya Nathan	Gopi Sundaram	
	Jakob Feltham	Jonathan Hoffman		Bert Newton	Sathya Sundaram	