

Established
1973

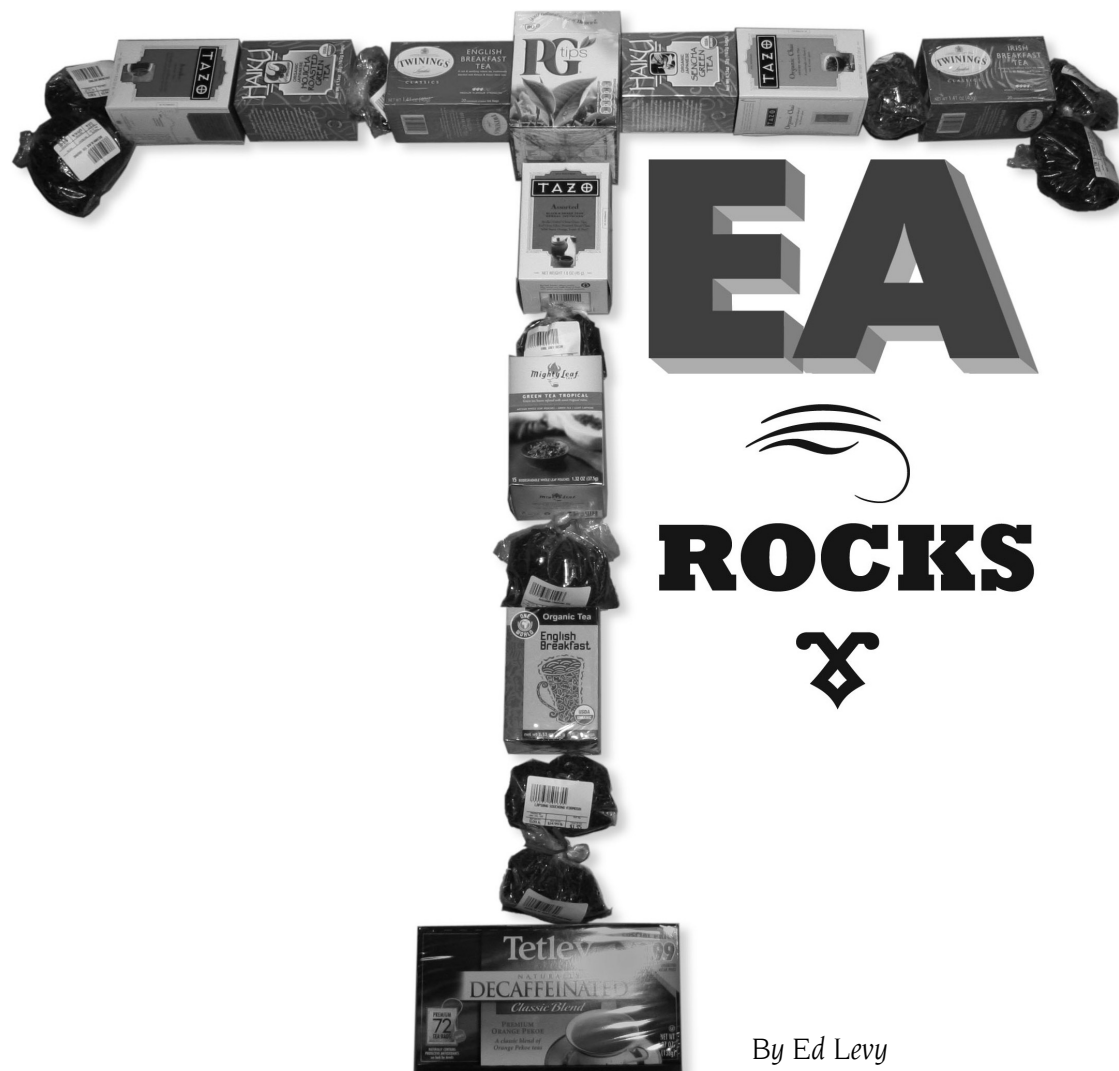
LINEWAITERS'

GAZETTE



Volume CC, Number 2

January 17, 2008



By Ed Levy

In our age of cinnamon dolce grande double lattes, ordering tea might seem like walking into the saloon in Dodge City and asking for a glass of milk. But in case you haven't noticed, tea is no longer just for aunts with difficult digestion. For the tea connoisseur, teas are like wines, each with a unique bouquet and finish. The Coop now carries dozens of teas, ranging from the kind your aunt drank, the Tetley 72 pack, to Nagobilev Village, a Russian variety sold at the caviar-like price of \$42.37 per pound.

What Is Tea, Anyhow?

Nonherbal tea comes from the *Camellia sinensis* plant, grown in hot, humid climates with regular rainfall. There are over 2,000 varieties of tea, but by the time it reaches your mug, tea is grouped into four categories—black, green, oolong and white.

How the leaves fall into these categories depends on how much oxygen they absorb during processing. Making tea can involve withering, steaming, pan-frying, shaking, tumbling and crushing the leaves. It is largely the crushing process, when the

leaves are bruised, that encourages oxidation. More oxygen produces dark-colored, black teas with the most caffeine (40 mg. per cup), while less oxygen results in green and oolong teas, with less caffeine (30 and 20 mgs. per cup, respectively). Leaves that are not processed at all are called white tea (with 15 mg. of caffeine per cup). (For reference, a cup of coffee contains on average 80 mg. of caffeine.)

The elevation at which the tea is grown also affects quality. Elevation affects not only climate but soil. On average,

the higher the elevation, the better the quality.

Coffee or Tea?

Coffee has fewer known health benefits than tea, aside from being a laxative for some people. It has also been used in asthma treatments, to relax the lungs and open the air passages. Tea, on the other hand, has medicinal constituents, including antioxidant levels that, according to studies, fight off cancer and heart disease, and anti-inflammatories that help arthritis and other condi-

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Catch a Rising Star

The Third Biennial Park Slope Food Coop Kids Variety Show

By Frank Haberle

On the evening of March 8, from 7 to 9 p.m., an extraordinary group of young people will take the stage in Old First Church, on the corner of Carroll Street and Seventh Avenue, to sing, recite, dance, play and perform their hearts out. The Park Slope Food Coop's Third Biennial Kids Variety Show will present 20 acts by children of Coop families, from 7 to 18 years old. The Kids Variety Show raises funds for the Park Slope Food Coop while providing a venue for Coop members to see and hear our neighborhood's young rising stars. The event costs \$5 at the door.

"So much is going on with people when they're in the Coop that it's hard to get their attention for something that may seem unimportant," says Len Heisler, a Coop Fun-raising Committee member, "but this event is actually really exciting and fun for everyone involved." Len is one of a core group of Coop members who help to organize the talent shows and other events throughout the year. (Outside the Coop, he is the director of DreamStreets, a musical theater company for people with Down syndrome.)

To people who find themselves underwhelmed with the rising popularity of mainstream overnight celebrity programs like *American Idol*, the Coop's Kids Variety Show may provide a refreshing alternative. Park Slope and its surrounding communities have a long, rich tradition of fostering and developing artistic talent. This event offers a glimpse of a new generation of young people who work hard to develop their craft. The Kids Variety Show is a source of great pride, not only for parents and

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ILLUSTRATIONS BY LYNN BERNSTEIN

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, 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.

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

Thu, Jan 24 • **Blood Drive** 3:00–8:00 p.m.

Fri, Jan 25 • **Blood Drive** 11:00 a.m.–6:00 p.m.

Sat, Jan 26 • **Blood Drive** 11:00 a.m.–6:00 p.m.

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

Fri, Feb 15 • **The Good Coffeehouse:** Cello Everybody! 8:00 p.m.

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

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Tea Rocks

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tions, without the downside of Celebrex and Vioxx. Tea also contains theanine, an amino acid shown to reduce mental and physical stress and promote alpha activity in the brain.

The First Cup of Tea, Ever

The early Americans gave up on tea when the British began to tax it heavily (remember the Boston Tea Party?), but the British and Dutch continued to fight each other around the world for who could oppress more people to get their Earl Grey and Darjeeling. Tea, in fact,

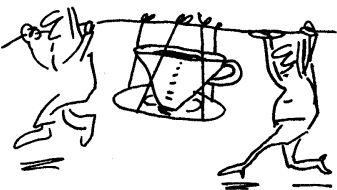
has been drunk far longer than coffee. According to legend, it was discovered accidentally by a Chinese emperor around 2700 B.C. One day, after eating a large meal, he was relaxing in his garden with a cup of boiling water (to each his own!) when some leaves from a nearby tree fell into the cup unnoticed, and he consumed the drink. The tasty brew is said to have relieved the emperor's pain, and voilà, tea was born!

Decaf

Commercial tea makers use solvents like methylene chloride or ethyl acetate to remove the caffeine, and

while some of them claim that the ethyl acetate process is "natural" because this chemical is found in fruit, this is misleading, since for the decaffeination process they are using synthetic ethyl acetate. Natural decaf methods involve processing with water or carbon dioxide. Federal regulations in the United States mandate that caffeine levels must not be above 2.5% in order for a product to be labeled "decaffeinated."

None of these methods removes all the caffeine, however, as anyone sensitive to this substance can tell you. You can decaf tea on your own. Since 80% of the caffeine is released during the first 30 seconds of steeping, simply pour boiling water on the leaves, steep for 30 seconds, pour out this batch and then brew another cup using the same leaves or bag.



Keep Dunking Till the Water Turns. Keep Tag out of Cup

This may be the method most familiar to you; but it is not how good tea is made. Use one teaspoon of leaves or one bag per cup of spring or purified water. Use boiling water (212° F.) when preparing black or dark oolong teas. Use cooler water (180° F.)—water that is just about to boil—when steeping green, light, oolong and white teas. Some connoisseurs insist you should steep black teas for five minutes, dark oolong and white for seven minutes and light oolong and green teas for three minutes. (Got that? If not, tape this to your cubicle wall.)

In case you're thinking ahead, double the amount of



Juliana Cano selecting her loose-leaf tea in the bulk aisle.

tea leaves when making iced tea and steep as usual. Then dilute with an equal amount of cold.

Small Businesses with a Mission

Many of the Coop's organic tea vendors are quite proud of their products.

Two Leaves and a Bud is known for its single-origin teas, that is, teas that are from specific areas, even specific hillsides, instead of being innocuous blends. They also avoid the CTC (crush twist curl) method in favor of the far more elegant approach of placing two leaves and a bud in triangular, organic, biodegradable sachets.

Uncle Lee's Tea, Inc. is owned and operated by a third generation of tea producers, and claims it was the first to introduce green tea, with its documented health benefits, to the North American market.

Longlife gets its Darjeeling (a black tea) from the famous 140-year-old Makaibari Tea Estate at the base of the Himalayas, and has been committed to growing organic and biodynamic teas since 1945.

Bija Teas, made by Flora, claim to use the largest and heaviest tea bag available, made from a blend of hemp

and tree fibers and whitened with nontoxic, nonchlorine, environmentally friendly hydrogen peroxide.

Numi Teas was founded by a brother and sister, a photographer and biochemical engineer, respectively, whose vision was to "revive the serenity, creativity, and comfort that is inspired by the simple art of tea."

What's in the Store

The Coop sells about 1,700 boxes of tea and about 55 lbs. of bulk tea (these figures include herbal teas) per week. General Coordinator Janet Schumacher said that she gives priority to fair trade and organic teas and responds to member requests for brands. Look in the spice aisle for loose bagged teas, including organic Bolivian black, Darjeeling, Pai Mu Tan (white tea), Snow Buds, Green Lemon Ginger, Green Sencha, Irish Breakfast, Glen Lockey and Nagobilev Village, among others.

Browsing this aisle, I asked a Coop member shopping alongside me, Michael, about his tea-drinking habits. He was newly turned on to tea, he said, and enthusiastic about the choices. He wished there was more information on the loose tea labels about contents—especially for the blends.

The Coop also sells an assortment of tools for making tea, including a travel tea mug with its own infuser that seems like a real bargain at \$7.64, a stainless steel strainer and drip bowl combo for \$2.84, and a mug with a built-in infuser, for \$3.19. And there are several Zen-looking pots that look just right in case you're feeling ceremonial.

If herbal is your cup of tea, look for the conclusion of this series in a future issue of the Linewaiters' Gazette. ■



Thursday, Feb. 7

7:30 p.m.

at the Coop

Susan Baldassano coordinator

PARK SLOPE FOOD COOP

Mama's in the Kitchen

Simple and Healthy Meals to Prepare for Yourself After You Have a Baby

MENU

- Oatmeal Muffins with Dried Cherries and Almonds (vegetarian)
- Cold Sesame Noodles with Tofu and Red Pepper (vegan)
- Carrot Ginger Soup with Parsley Garnish (vegetarian)

\$4 materials fee

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

Guest Chef Linda Monastra is a graduate of the Natural Gourmet Institute for Health and Culinary Arts and now works as a freelance chef specializing in vegetarian cuisine. Linda gave birth to her first child in August and has spent several months perfecting the art of cooking with one hand while holding a baby in the other.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

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.

PROGRAMS

Friday, January 18 and Sunday, January 20

The following programs will happen within four days of publication of this issue. For full ads, please look at the December 20 or January 3 issues or pick up copies of the flyers in the Coop.

Fri, Jan 18

7:30 Improve your Accent with Sharon Montoya

8:00 The Good Coffeehouse presents Swing Street at the Society for Ethical Culture

Sun, Jan 20

12:00 Fearless Public Speaking with Jezra Kaye

Catch a Rising Star

CONTINUED FROM PAGE 1

children, but also for the Coop and the neighborhood.

The variety show “auditions”—officially, the first 20 acts to sign up are in the show, so long as they make it to the Coop on one of two afternoons to offer a preview before several Fun’raising Committee members—offers a glimpse of the effort, skill and talent that go into each performance piece. In the

Natasha has performed as a dancer, and recited her poetry at a reading by her school at Barnes and Noble. Laila, who previewed her rendition of “Somewhere over the Rainbow,” has been singing for three and a half years. She has performed in a talent show held each summer in the bungalow community her family stays in near Peekskill. Marina, who auditioned with “Beautiful,” made popular by Christina Aguilera, has sung in the chorus of the Children’s School, and solo in the school’s talent show. She also sings in Portuguese.

Others who have registered for the variety show include a group of dancers from P.S. 321; a group of cellists; David and Sarah, who play violin and flute; singers Sara, Zoe and Aiden; Riley and Jordan, who will perform a skit; dancer Raye and singer Conaugh. There is also the possibility of a teenage rock band closing the show, followed by an impromptu chorus of parents.

The annual variety shows—on alternate years the Coop hosts variety shows for grownups—are organized and delivered by the Coop’s Fun’raising Committee. Its 15 members bring a range of artistic backgrounds to organizing creative, exciting community events that bring members together socially, off the shopping floor. “Virtually everyone on the Fun’raising Committee is in the arts in some way,” member Tasha Paley points out. “And we call in a lot of local artists from the community to help us with each event, regardless of whether they are members or committee members. The Coop events are really an extension of the neighborhood’s vibrant arts community.”

“We try to get people together, to help form a sense of community,” says Martha Siegel, a founding member of the committee who has organized special events for the Coop for nearly 25 years. “Many people think of the Coop solely as a place to buy their

groceries cheap; we’re trying to build something through these events that goes beyond that.” Martha, a professional cellist and teacher who

has been a Coop member since 1981, was the lead organizer of the Coop’s first benefit series, an annual music festival hosted at P.S. 321 in the mid 1980s that brought in 100 artists and over 1,000 people and raised \$3,000 to \$4,000 each year. The variety show series is a smaller-scale extension of that original event and is now a one-night affair attended by approximately 150 Coop members and the greater community.

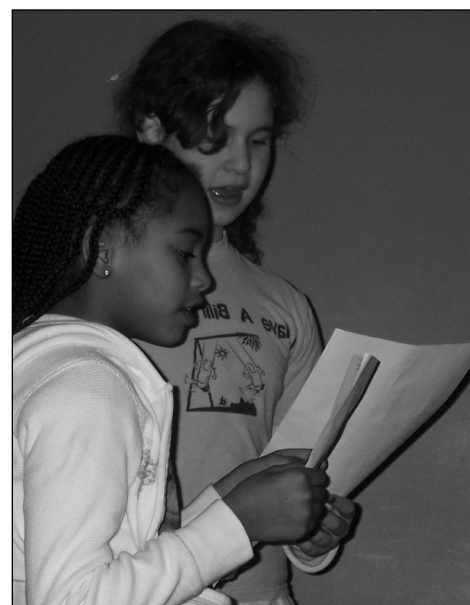
Fun’raising Committee events help to keep the Coop’s operating costs down. Additional events hosted by the Fun’raising Committee each year include poker night, games night, pub night and other activities. The larger events, member (and professional dancer) Dalienne Major admits, are an all-day affair for all members who sign up to lend a hand. “In addition to the committee, we get some F-Toppers,



Megan

first audition session on January 5, seven young people presented their acts: Natasha, 8, a poet; Megan, 9, a violinist (who auditioned solo, but may be accompanied by a group from the Music Conservancy); Zach, a 13-year-old clarinetist; duet singers Isabelle (11) and Alexis (10); singer Laila, 7; and 11-year-old singer Marina. Their performances included a piece by Vivaldi, a Gershwin tune, a current pop song and a poem about the magic of technology.

“My first-grade teacher taught me how to write poetry in school,” Natasha reported (she also lists Emily Dickinson, Robert Frost and Langston Hughes as influences). “I then taught myself how to write it freely.”



Isabelle and Alexis



ILLUSTRATIONS BY LYNN BERNSTEIN

which helps,” she says. “But from load-in to strike, we need people to form a fire line to load in and set up chairs, to move gear, to set up and staff the food and concessions, plus a range of skilled people to help with lighting and sound. So it’s pretty labor intensive.” Fun’raising Committee members also work long hours to organize the talent show auditions and to get the word out to members. “We have a huge banner over the checkout space downstairs,” Len points out, “and we always take out an ad in the *Gazette*.”

Fun’raising events in the immediate future include Pub Night, March 6 in Fred-

PSFC JANUARY 2008 GENERAL MEETING

Tuesday, January 29, 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.
- Meeting Location: Congregation Beth Elohim Social Hall (Garfield Temple) 274 Garfield Pl. at 8th Ave.

AGENDA:

Item #1: Member Survey (40 minutes)

Proposal: “To collaborate with the Federal Reserve Bank of Boston on a voluntary survey(s) of our membership regarding our transition to electronic payments.”

—submitted by the General Coordinators

Item #2: Reducing Plastic Bag Usage (50 minutes)

Discussion: “Plastic bags are useful and practical, but have many adverse environmental consequences. We would like to brainstorm with members to solicit ideas about whether we can substantially reduce the number of produce (roll) and shopping (t-shirt) bags we use at the Coop, and how to do so without making the shopping experience more inconvenient or burdensome. We would also like to get specific feedback about the following possible 5 part proposal:

1. Charge for plastic shopping and produce bags at checkout, 20¢ and 10¢ respectively, or prices determined by the Coop plastic bag buyer, with proceeds from the sales being used to subsidize a reduction in the price of reusable bags.
2. Place plastic shopping bags BEHIND checkout stations.
3. Move re-usable shopping bags to an area next to the Express and Regular checkout stations, and re-usable produce bags to an area near or in the produce and bulk shopping areas.
4. Develop informational signs that remind members of the environmental consequences of plastic bags and of the existing plastic bag recycling program, for display where plastic bags are used.
5. Explore the possibility of developing a plastic bag “exchange” program at the Coop..”

—submitted by the General Coordinators, the Environmental Committee, Johannah Rodgers, David Barouh, Henry Rock, and Barbara Kancelbaum

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.

die’s Back Room at Sixth Avenue and Dean Street and Poker Night, on April 5 at the Coop. Beyond the Kids Variety Show, the next marquee event is the 35th Anniversary Event, to be held May 3 at Garfield Temple. The committee is working hard to develop a plan for the anniversary event, which will include a program, dinner and dancing (child care will be provided).

For more information about the Fun’raising Committee, the Kids Variety Show and other upcoming events—including the 35th

Anniversary Event—please contact Fun’raising Committee member Martha Siegel at msiegel105@earthlink.net. ■



Zach



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).

Board of Directors Election

The General Meeting & the Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting...The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance.

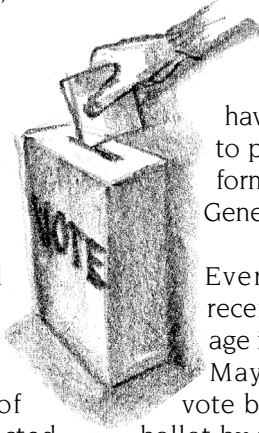
The Board of Directors conducts a vote at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

Openings

We have one full three-year term open this year.

Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Saturday, March 1. Please submit a statement of up to 750 words to GazetteSubmissions@psfc.coop. Please include a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing.



Deciding and Voting

Candidates will have the opportunity to present their platform at the March 25 General Meeting.

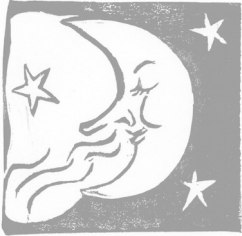
Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 24.

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 February 4 (A Week)
February 11 (B Week)
Noon to 1 p.m.
and 1:30 to 2:30 p.m.
Tuesday February 12 (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.

Monthly on the...

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

Second Saturday
Feb 9 • 10:00 a.m.–2:00 p.m.

Third Thursday
Jan 17, Feb 21 • 7:00–9:00 p.m.

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

PLASTICS

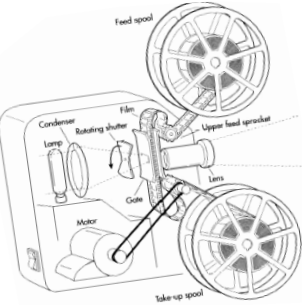
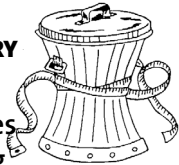
What plastics do we accept?

- #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.



Show Your Movie!

and earn workslot credit.

Exposure, Conversation, Reactions...

The film series at the Coop is only as good as the willingness of Coop members to participate in it. Submit movies you've made, you've gaffed on, acted in, PA'd, wrote, produced...and get workslot credit if we show it for our Coop screening series.

We want to see how creative our Coop members are, and we want to share the work with other Coop members and their friends.

Please send us your stuff or email us to talk about it. We need to be in touch with all of you to keep this series hot...which it is!

**For more information, contact
Alexandra Berger at isisprods@yahoo.com**

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 indi-
vidual 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**

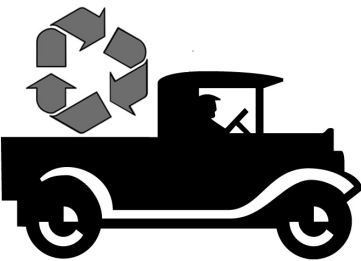
**Tuesday, January 22
7 pm–9 pm**

Please call (888) 922-2667,
voicemail box 4 to confirm
your attendance and/or for
more information. This is a
voicemail box, so please be
sure to leave your name,
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.



Plastic Recycling Drivers Needed

The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers are needed for shifts on Wednesday, Saturday, and

Sunday. Drivers must have a large capacity vehicle (van or truck) for the volume of recycling collected. You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. Member should be prepared to store recycling collected on Saturday or Sunday in their vehicle or home until recycling center opens on Monday. Wednesday drivers must be available to drop off the recycling at the center between 8:00 a.m. and 3:00 p.m. when the recycling facility is open. Member will be reimbursed for mileage according to IRS reimbursement rates. If interested please contact Office Coordinator Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or drop by the Membership Office to speak to her.

CONCERT COMMITTEE REPORT



The Good Coffeehouse Presents Meet the Artists

By Zenobia Conkerite

Start out the new year with a night to remember. On Friday, January 18 at 8 p.m., the *Very* Good Coffeehouse rings in 2008 with the Swing Street Orchestra.

The original Swing Street Orchestra has been together since 1985 and the group that performs for the Good Coffeehouse is made up of talented Coop members, including some musicians who perform with various Swing Street Ensembles.

This particular group was formed when they were asked to put together an entertaining program that included great music and audience participation.

Barry Bryson, the founder of the band, said, “Big Band Swing music is originally music for dancing and Coop members are willing participants. This is our third year bringing the program to the Good Coffeehouse, and the audience and band get better each year.

“Before Big Band Swing music was heard on the concert stage, it was music for dancing in nightclubs and dance halls. The dance lessons are a great introduction to the wonderful interaction between band and dancers. The same music is appropriate for novice and experienced dancers alike,” Barry wrote.

You will get to hear vocalist Marje Wagner, whose voice fills the room and your heart with your favorite songs, as in the past. And Carolynn Murphy will be the dance teacher for those of you who may want some instruction so you can share this fun-filled and romantic evening with that someone special.

Each month we, the Concert Committee, are able to bring you the best local entertainment in town, and the Swing Street Orchestra brings out all kinds of people, from schoolchildren to senior citizens and everyone in between. They come to hear the music, dance to the music or just feel good to the music. I’ve seen their audience, and the whole place just lights up with laughter, conversation and movement.

Music has been a part of Barry’s life since he found a bugle in his grandfather’s garage at the age of five. For more information about Barry, check out his site: www.barrybryson.com.

Many of the musicians will have their CDs for sale at the concert and half the price of Swing Street Orchestra’s CDs will be donated to the Coop.

Barry’s been a member of the Coop since 1995.

Don’t be shy, come on out to a swinging evening. ■

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

South Bronx Food Coop
646-226-0758 • info@sbxfc.org

The South Bronx Food Coop is seeking an experienced graphic/web designer to update their website ASAP for workslot credit!

Must know how to:

- set up online purchasing system
- create edit-able calendar
- incorporate audio & video links
- link websites

Preference for designers who can link database/inventory systems to web sales. Most important—must have cool sense of design!

South Bronx Food Coop
646-226-0758 • info@sbxfc.org

East New York Food Coop
Help a new coop in Brooklyn
FTOP credit available

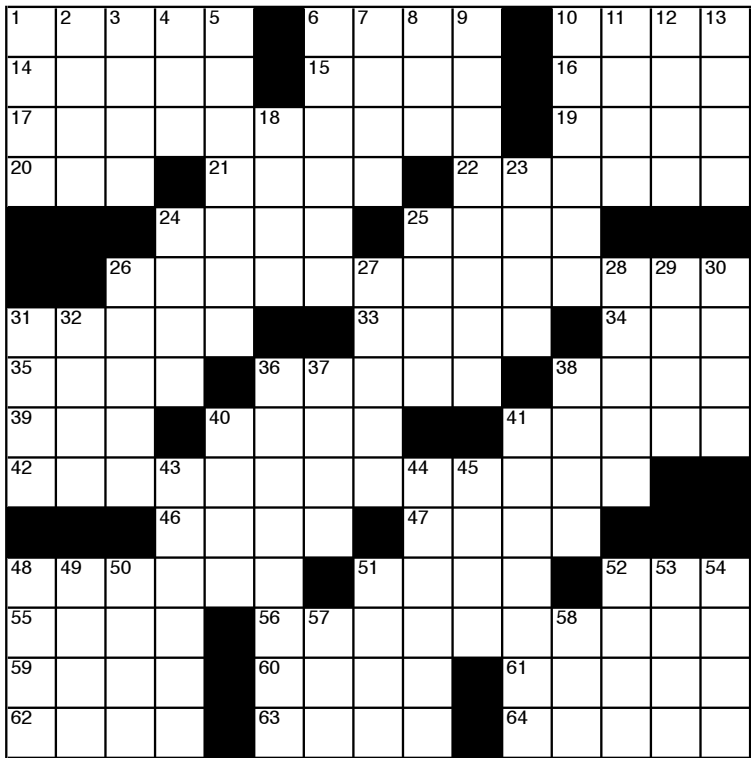
In accordance with the sixth Principle of Cooperation, we frequently offer support and consultation to other coops. For the East New York Food Coop, we have also offered help in the form of Park Slope Food Coop member workslots.

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

PSFC members may receive FTOP credit in exchange for their help. To receive credit, you should be a member for at least one year and have an excellent attendance record. To make work arrangements, please email ellen_weinstat@psfc.coop or call 718-622-0560.

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

Puzzle Corner
About Face



DOWN

- 1 They’re in the belfry flipped?
- 2 Whimper
- 3 Child with no siblings
- 4 Deep hole going up?
- 5 Fracas
- 6 A volt across an ohm
- 7 Tragic fate upended?
- 8 “___ been real”
- 9 Profundity
- 10 Text to a movie
- 11 Acid excreted from kidneys
- 12 Baking spice
- 13 “To love, honor, and ___”
- 18 Not imagined
- 23 Celebrity backtracking?
- 24 ___ Flux (2005)
- 25 Poetry ___ (competition)
- 26 First leaf below a flower
- 27 Muscle Twitch
- 28 Classic 70s miniseries
- 29 Slight advantage
- 30 Scorch
- 31 Role in a play overturned?
- 32 Jewish wedding dance
- 36 Attach again
- 37 Overdue reversal?
- 38 Furniture wood
- 40 Get ready
- 41 Swell, as after a meal
- 43 One who gets out of the way
- 44 Stand in the way of progress
- 45 Hangout for the bad guys
- 48 Buddies bent over backwards?
- 49 Hooked holiday candy
- 50 Ceremonial act
- 51 Bugle signal in retreat?
- 52 Pocket flower in a kid’s song
- 53 Some hygiene
- 54 Lazily
- 57 A long, long time ___
- 58 Possible hazard in Prospect Park

ACROSS

- 1 Ceases going back?
- 6 In the thick of
- 10 Hefty asian wrestler
- 14 Simple pull-over blouse
- 15 Speck or grain
- 16 Sour apple variety
- 17 Universal
- 19 Chinese restaurant order
- 20 Ottoman governor
- 21 Give kibble to the dog
- 22 Expensive
- 24 A long way off
- 25 Searches for gold the wrong way?
- 26 Sophisticated literature in Paris
- 31 Severe spasm of pain
- 33 Throw a spiral
- 34 Lyric poem
- 35 Horse of a different color
- 36 Paper packages
- 38 Common fraternity party
- 39 Rainbow, for one
- 40 Take one pace backwards?
- 41 Discourage
- 42 Man of the house in old Rome
- 46 Calf on a plate
- 47 Conceal ones emotions
- 48 Left-overs for the dog
- 51 Ends reversed?
- 52 Hawaiian starch
- 55 Knob turned around?
- 56 Capture an oral interview
- 59 Get in the game
- 60 “Golly!”
- 61 Like high-society speech
- 62 Equal
- 63 Short letter
- 64 How to mix a martini

For answers, see page 11.
This issue’s puzzle author:
Stuart Marquis

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).



Friday
Feb. 15
8:00 p.m.



very


The Good Coffeehouse


COOP CONCERT SERIES

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

Cello Everybody!

Rufus Cappadocia (5 string electric cello) is one of the leading voices on the cello today. He has toured throughout the Americas and Europe with numerous groups and is known for his collaborations with artists from all over the world, from the Balkans to the Caribbean, from West Africa to North America. He has toured extensively with Urban Tap and The Paradox Trio.






In approaching the cello, **Barry Kornhauser** draws on a parallel musical incarnation as a bass player & guitarist—thinking rhythm section first, plucking and strumming, laying down a funky skeletal harmonic foundation. Performing original jazz-informed compositions, improvisations and songs in collaboration with drummer Rob Garcia. Saxophonist TBA.

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.



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:	
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Post Production:	Becky Cassidy
Index:	Len Neufeld

WORKSLOT NEEDS

Cashier Report Prep

Monday, 6:00 p.m. to 8:45 p.m.
This job is task-oriented, not time-oriented. You will be sorting, organizing and labeling paperwork generated by cashiers for a given day. Being detail oriented is a must, as is reliability and a good attendance record. This is a all paperwork job and does not involve the use of a computer. You must be able to show up for your scheduled slots and/or find coverage for your absences. Please speak to Michele Weimer

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.

Attendance Recorders

Monday, 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.

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 lbs., a few may weigh up to 50 lbs. Other duties include breaking down

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:

Jan 31 issue: 7:00 p.m., Mon, Jan 21
Feb 14 issue: 7:00 p.m., Mon, Feb 4

CLASSIFIED ADS DEADLINE:

Jan 31 issue: 7:00 p.m., Wed, Jan 23
Feb 14 issue: 7:00 p.m., Wed, Feb 6

General Meeting

TUE, JAN 29

GENERAL MEETING: 7:00 p.m.

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

TUE, FEB 5

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Feb 26 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, 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.

LETTERS TO THE EDITOR



RETIREMENT—TIME TO VOTE

TO THE EDITOR:

When I ran for the Coop Board, one of the changes that I wanted to make was to allow retirement at age 55, along with 20 years of service. Retirement has now become a hot issue in the Coop.

It is curious that Joe Holtz is so adamant against a retirement policy. After all, the paid staff are allowed to retire—with pensions. Once again demonstrating that all members are equal, some are just more equal than others.

The time has come to put the issue of retirement to the entire Coop. It is clear that no progress on retirement will be made by either the paid coordinators or their stackable General Meeting. It is time for ALL of us to vote on this issue.

In the past, there have been Coop-wide votes on such issues as expansion, meat and beer. Surely, this issue, which affects us all, is just as important.

Please join me in demanding that ALL of us get a vote on the retirement issue. Democracy—it's a good thing.

Yours for Change,
David Meltzer

BOTTLED WATER I

TO THE EDITOR:

There is a well-coordinated appeal currently to remove bottled water from Coop shelves. Why water?

1. OBJECTION: Because plastic water jugs contribute to pollution and global warming in production, transport, and disposal.

RESPONSE: Many other products that the Coop sells are packaged in plastic. If properly regulated, water is at least pure, basic and unobjectionable in itself.

That cannot be said of most packaged foods, including those marked “natural” or “organic”. Almost all packaged foods contain added salt, sweetener or other preservative, let alone colors, texturizers and flavorings.

Further, some food substances packaged in plastic are harmful and objectionable in themselves. Take meat and dairy, for instance. Animal food production is the main source of water pollution and a major source of global warming. Furthermore, it is as well-established that animal food consumption is a major cause of several of our most common and costly degenerative diseases as it was in the early 1990s that smoking is detrimental to health. Meat and cheese are sold in plastic. Should the Coop therefore stop selling them? Should it butcher animals for dispensing directly into containers supplied by members?

2. OBJECTION: Because tap water is virtually equivalent to bottled water.

RESPONSE: Pure water is not available from city taps. Additives include chlorine and fluorides. These are commonly used as bacterial and rodent poisons. Some days so much chlorine is added that its tell-tale smell is strong. The web site of Lieberman and Blecher says: “Our industrial past has left behind a legacy of dirty drinking water, groundwater pollution and contaminated streams and rivers.” Industry pollutes, but there are other sources of contamination. Chemicals are added for a reason.

Lead and copper contamination from pipes is also a real consideration.

Finally, the water supply, like all centralized services, is very vulnerable. Bottled water is a resource against accident or attack.

3. OBJECTION: The water supply is becoming commercialized.

RESPONSE: As government and society enter the age of environmental awareness, I am concerned about over-

simplified salves to conscience that do not produce comprehensive solutions.

Plastic in the environment is a great and very grave problem. So is commercialization of the food and water supply. These deserve serious and immediate attention. We need acceptable alternatives to all non-biodegradable plastics; and we need to de-centralize services.

However, in the long run, the crises we face can only be resolved by changing our way of life. Alternatives are insufficient.

Meantime, let's not get diverted in petty quarrels about whose plastic is to be retained!

I only occasionally buy bottled water at the Coop. It is more convenient for me to get it close to home. More important, on a doctor's order I need distilled water. Distilled water is not available from the tap or from a filter. A distiller is not a solution in every situation; nor is any filter 100% effective. Can the Coop buy distilled water?

In cooperation,
Daniel Marshall

BOTTLED WATER II

TO THE EDITOR:

In the *Linewaiters' Gazette* of December 20, 2007, it was reported in the excellent article on the November GM, “H2WHOA! Water Debate at GM” that I had said: “The amount of oil it takes to make a plastic bottle would take up half of the bottle.” I actually said that it would take up about a third of the bottle and the reality is that it would take up about a quarter to a third of the bottle.

Sincerely
Lewis Friedman

FANTASY PRODUCE

TO THE EDITOR:

Sylvia Lowenthal makes a plea for more organic apples in a December 20, 2007 letter. Unfortunately, since there are no organic apples in New England, the Coop's organic apples have to come from great distances, either the other side of this country or South America. The energy that goes into transporting and refrigerating such product is unsustainable. The pollution created along the way is criminal. Simply put, organic apples are environmentally untenable. Additionally, the big organic growers are monoculturalists, producing an extremely limited number of apple types and threatening genetic diversity in the name of profit. “Organic” has a nearly mystical aura about it, but the food industry has done its best to capture the word and use it for its own purposes. We need to move beyond organic when it comes to global warming, petroleum use and industrial farming. The Coop needs to stop providing fantasy produce from thousands of miles away.

Respectfully,
Matthew Wills

THE COST OF A POUND OF FLESH

TO THE EDITOR:

This letter is being sent a bit past when I wanted to but the premise is still relevant so I felt it was still worthy

of sending. In the 11/22 edition of the paper, the story, “Hunger and Hope” sang the praises of Heifer International. However, I must disagree with the writer's stance on this as Heifer International is not the best way to feed people nor the most sustainable for the environment. In reality, animal donation programs worsen global hunger. They force impoverished people to funnel resources (like grain and water) through animals to produce much less nourishment than they'd have if they just ate the grain and drank the water directly. It takes up to 16 pounds of grain to produce just 1 pound of animal flesh. In addition, animals who are left to graze often eat all the vegetation in the surrounding area, which causes more water run-off and leads to drought. If one wanted to support others through a food donating program, one could look to The Fruit Tree Planting Foundation or Food For Life.

Victoria Booth

RIDE SHARE

TO THE EDITOR:

I'd like to suggest that a ride share message board be added to the Coop's website. This could be similar to the shift swap message board that already exists there. People could link up with others to share rides to the Coop or work, thus cutting down on the environmental and health effects of so many vehicles on the road. Pollution from traffic contributes greatly to the already hazardous air quality in New York City. Air pollution has been linked to respiratory diseases, lung cancer, cardiac problems and premature death. Vehicle emissions also contribute to global warming. Then there is the high cost of gas and the ramifications of importing it from other countries, or potentially destroying pristine areas such as the northern part of Alaska to drill for more oil. Ride sharing is a relatively simple thing that many of us can do, with great positive impacts for everyone.

Sincerely,
Cynthia Blayer

MACHKNEESMO

Let it snow, let it sleet, let it blow, let it freeze,
What you see all this winter's a glut of bare knees.
They belong to the walkabout Boys of Park Slope
As they saunter the streets, somehow daring to cope
With a wind chill of twenty or even of zero,
Leading oldsters to sputter, My dear, oh my dear, oh.
For these “boys” are no youngsters, not by a long shot
Nor are they a species that time has forgot.
These are men plainly thirties and forties and fifties,
So eternal youth is not one of their gifties,
Though observing the group as they walk in their shorts
(Just as if they were guests at posh summer resorts)
Makes you wonder what drives them to go in bare legs.
Too much vino? Excessive time spent with beer kegs?
Seeing them for the first time makes

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.

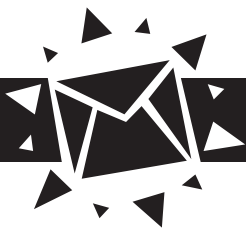
2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

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.



some think they're runners,
Yet they're no more than they're
aircraft gunners,
For as any Park Sloper can obviously
tell,
The bare-legged battalion are clien-
tele
Of the Food Coop or Key Food, whose
bulky groceries
They are carrying home in their carts
with great ease;
Or they're back from a bank, either
Chase or Astoria,
Always looking much gladder, not a
whit any soria,
With their bellies sucked in and their
shoulders held back,
All leg muscles a-bulge wholly
prepped for attack.
They're determined to show no
effects of the cold,
Being made from a sturdier, manlier
mold,
And the shorter the covering, the
taller they reach,
These amazing specimens of Snowy
Beach.
So here's to the guys in the winter-
time cut-offs
For whom macho means more than
does freezing their butt offs.

Leon Freilich

FREE RADIO
TO ALL INDEPENDENT-
THINKING LOVERS OF FREE
RADIO:

Please come to court on THURS-
DAY, January 24, 2007, 10:30 a.m.

(come 15 minutes earlier!, be fore-
warned small courtroom, security
downstairs, slow elevators, etc.)
80 Centre Street
Part 23 (3rd floor, room 320)
Judge Braun's courtroom
Your presence and prayers will be
much appreciated and will do a lot of
good. The ballots were impounded at
the Peck Slip Station Post Office a
couple of blocks north of Fulton
Street. On November 19th. They will
not be opened until the Court is
assured that everyone who asked for a
ballot gets one and has a chance to
fill it out and mail it in.
The Court ordered a conference on
Nov. 27 and arguments to show
cause on Nov. 29, where the Defen-
dant's lawyer, Dan Silverman, did not
even submit papers, claiming he just
got the case, even though the sum-
monses were hand delivered on
November 17 and 18. The Order to
Show Cause was issued with Defen-
dant having until December 20 to file
papers and the next court appear-
ance was set for January 24th, as
above. We hope you can help us Pack
the Court on that date.
If anyone wants to get in touch with
the plaintiffs, message me and I will
forward your queries. Legal help will
also be appreciated!
The screaming crescendo has
degenerated to a smoldering
expectancy as we await these events.
But no one is growing grass under
their feet! Omowale Clay made what
sounds like a death threat against
Mitchel Cohen and most amazingly:
The 12 members of the Board whose
terms have *not* expired constituted

themselves as the only valid Board
until the court case is ended. On Jan-
uary 25th (open to the public) they
will meet to elect six new Directors to
the National Board (the *de facto* Board
of Directors) in contrast to the *differ-
ent* six directors who will be elected
by the "full" (and illegal) Board,
which is also meeting. *Are we having
fun yet?*
In any case if you want to see what a
Divided Papacy looks like the video of
the *December 27th meeting* is available by
searching for "07-12-27 WBAI" on
video.google.com and you will find it
right away. All of the events are open to
the public and relatively safe despite
all the screaming and posturing and

they are as follows. You may get the
locations from me or probably from
FriendsofWBAI@yahoogroups.com.
10:30 a.m. Thursday January 24th—
State Supreme Court (as above)
Friday January 25th—Legal Board
at National Board meeting
For information and updates: join
FriendsofWBAI@yahoogroups.com or
Newpacifica@yahoogroups.com, go
to Listenerforums.net, or look at
RADIOACTIVIST.net or GLIB.com, or
watch PACVID1.com/page4.html for
all the latest videos.
*In solidarity and defeat, ———- :) —
————- Albert*
718-768-9079— Hobces@Yahoo.com
PACVID1.com

REPORTERS WANTED

Job Description
We have four distinct Gazette teams—each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team's editor every eight weeks.

Seeking to Diversify the Gazette Staff
The *Gazette* is looking for qualified reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the *Gazette* and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

For More Information
If you would like to speak to an editor or another reporter to learn more about the job, please contact Karen Mancuso in the Membership Office or email her at karen_mancuso@psfc.coop.

To Apply
Please send a letter of application and two writing samples to karen_mancuso@psfc.coop. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.



Coop Job Opening:
General Coordinator

We are looking for someone to join our Coop management team of General Coordinators. The ideal candidate would have significant experience in systems project management, preferably utilizing project management and collaboration software to achieve results. Responsibilities would include management of a team of three staff engineers, organization and planning of current and future hardware/software projects and needs, implementa- tion and launch planning of projects, training, documentation of all current systems and programs. An additional objective is the development of an environment that facilitates and coordinates member labor to improve and expand the software tools available to Coop staff and members. Familiarity with a Mac environment, networking, security, and backup applications is a plus.

Equally important, the ideal candidate should be able to contribute to the General Coordinator management team by possessing many of the following qualities:

- Consistently brings to bear excellent judgment in management decision-making.
- Takes initiative and provides leadership in strategic planning and implementation.
- Understands short and long-term financial planning.
- Displays both excellent oral and written communication skills.
- Possesses the interpersonal skills to work well with a broad, diverse range of co-workers and members.

Work Schedule
Average work week of 45-50 hours, some evening meetings required.

Salary
The General Coordinator salary is \$71,645.00 plus a COLA increase in February 2008.

Benefits

- Four paid holidays: July 4, Thanksgiving Day, Christmas Day, New Years Day
- Five weeks vacation
- Health & Personal paid time
- Health insurance and long-term disability insurance, fully paid by the Coop
- Defined benefit pension plan, fully paid by the Coop

How to Apply
Please provide a cover letter with your resume stating why you would like to be hired for this position and how your qualifications, skills, and experience will benefit the Coop.

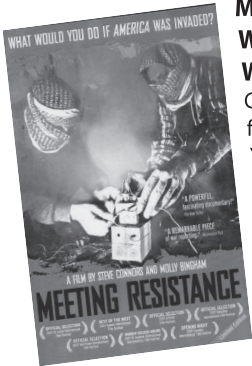
Submit materials by February 15, 2008. Applicants must be current members with at least one year of member- ship in this Coop. Please address to: Personnel Committee, Park Slope Food Coop, 782 Union Street, Brooklyn, NY 11215.

We are seeking an applicant pool that reflects the diversity of the Coop's membership.
FYI: Our production and development environments include:
Operating Systems: Mac OS (9 and X), RedHat Linux (Fedora, CentOS), Solaris, and Windows XP
Development software tools: Omnis7/Studio with DML and/or SQL implementations, Java, SQL, PHP, and Perl
Point of Sale equipment: i386 based Linux registers and servers, Ingenico pinpads, Epson receipt printers, Magellan & Symbol scanner/scales, and Hobart food processing scales
Network Infrastructure: Ethernet, TCP/IP
Network Services: pfSense Firewall, AFP/SMB via OS X and Linux, HTTP via Apache/Linux, MySQL via Linux and OS X, DNS via OS X and Solaris, SMTP via OS X

Saturday, February 2
at the coop

FREE
Non members Welcome

The Triple Bottom Line
Film Series
Double Feature
People, planet, prosperity



4-6 pm
MEETING RESISTANCE:
What Would You Do If America Was Invaded?
Coops are amazing and like paths to freedom. Still, Paul Krugman in the New York Times has talked about Republican methods of distracting from Corporate robber barons, including their approach to terrorism. Meeting Resistance is a groundbreaking film by two journalists that bypasses the censored press to talk with the real people of Iraq. Come and see.

7-9 pm
AN INCONVENIENT TRUTH:
Not a voice in the wilderness anymore

Come and count the nine "inaccuracies" highlighted by the "Cooler Head" Corporate representatives. Review the basics of the whole matter, with Nobel winner Al Gore unleashed from politics and effectively spokesperson for the international scientific community. The shareholders they serve are all of you. Us.



Bring friends, munchies, your own show and tell, or lil' ole' you.
Time to talk and current activism to follow, as you like.

Mark Rego-Monteiro is a long-time Coop'er, has worked in social and financial services, with the PIRG's, and founded WakeUpDemocracy.org. He is now pursuing a Master's in Sustainable Development.

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

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, 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.

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

CERULEAN QUARTET CONCERT: Haydn, op. 20, no. 2 Dvorak, Terzetto Shostakovich, Quartet no. 8. At the Tenri Cultural Institute, 43A West 13th Street (btwn 5th & 6th aves.), 8:00 p.m.

FRI, JAN 25

HUMAN DIGNITY, DEFENSE OF LIFE & TICKING BOMBS TORTURE IN JEWISH LIFE & VALUES: How humanely must we treat enemies during wartime?

Overview of twin ideals of human dignity and protection of life, as well as current Israeli & American policy. Rabbi Melissa Weintraub. Park Slope Jewish Center, 1320 8th Ave. at 14th St., 8:30 p.m. For more info & to RSVP contact: 718-768-1453 or office@psjc.org

SAT, JAN 26

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 26

COLLECTIVE PUNISHMENT & COMBATANT/CIVILIAN DISTINCTIONS: Advanced text study on battlefield ethics in Jewish law. What do Jewish texts teach about constraints around the imperative to defend life, "collective punishment" & "combatant/civilian" distinctions? Rabbi Melissa Weintraub. Comfort with original rabbinic texts required. \$15 members, \$25 nonmembers, \$10 seniors/students.

Pre-registration required. Park Slope Jewish Center, 1320 8th Ave. at 14th St., 1 p.m. Contact: 718-768-1453 or office@psjc.org

SAT, FEB 2

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.

MON, FEB 4

A SONG OF ASCENTS: A Spiritual Journey Back to Judaism. Join Rachel Ravitz*, singer & storyteller, as she shares her fascinating journey through the world's major religious traditions back to her Jewish roots. This is an evening for women. Ravitz shares her songs and stories in communities throughout the Northeastern U.S. \$12, Chabad Loft @ 182 5th Ave., 2nd Floor (just South of 23rd St. in Manhattan), 7 p.m. Information: 347-245-0606 or rachrav@verizon.net.

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

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.

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 direc-



tions are vital. Experience with food prep is a plus for working in the kitchen. Please contact Camille Scuria in the Membership Office if interested.

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.

ALTERNATIVE DISPUTE RESOLUTION
FAMILY - COMMUNITY - DIVORCE
MEDIATION
WITH ANDREW GARY FELDMAN
A spirited, interactive workshop on the benefits of mediation where you will:

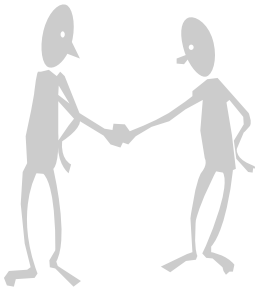
- Learn how to change the quality of conflict interactions from negative and destructive, to positive and constructive.
- Learn how to go from being fearful and defensive, to confident and considerate.
- Learn how to act from strength, while staying compassionate.

Andrew Gary Feldman joined the Coop in 1979 and has been mediating since 1998.

FREE
Non-members welcome

Sunday, February 10
12:00 at the Coop

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



Saturday, February 9
3:30 pm - 5:15 pm

You're Invited to a
Healthy Treat and Recipe Exchange and Tea Party

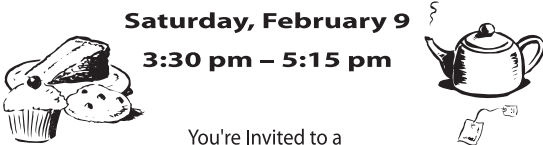
Brrr... It's cold out.
Come inside, warm up, relax with a cup of tea, and sample homemade healthy goodies and exchange recipes with fellow coop members.

All participants should bring:

- At least 24 servings of homemade goodies (muffins, breads, cookies, cakes snacks etc.). Treats should be made with high quality ingredients and without refined sugar or white flour.
- Printed recipe for the item you've made.
- A tea bag and mug.

The coop will provide hot water and paper goods and make copies of all of the recipes for participants to bring home at the end of the event.

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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

Forgiveness
WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

FREE
Non-members welcome

Saturday, February 16
2:00 - 4:00 at the Coop

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.

CLASSES/GROUPS

YOGA WITH MINA. Feel great, be strong, find peace and serenity. 17 years experience, Kripalu-certified. Convenient Park Slope locations. 212-427-2324.

DRUMSET AND RHYTHM LESSONS with world-class professional, all levels and styles. Call Todd at 718-623-1490, email charliefits@gmail.com. References upon request.

IMPROVE YOUR PUBLIC SPEAKING! Hands-on coaching, writing, outlining, body language, relaxation, etc. Ongoing classes. Next Brkln class begins Sat. Feb. 2 @ BAX, 421 5th Ave (8 St). Pre-registration required. Evaluations: "Tremendous" "Exceptional!" "Fantastic on-camera feedback." Lauriekellogg@gmail.com. 718-832-5482 or 718-440-1550.

EMPLOYMENT

HELP WANTED: part-time master's level mental health clinician to work with homeless mentally ill women at the Park Slope Women's Shelter. Innovative project helps women cope with trauma, care for selves, obtain housing. Contact Linda Nagel at 917-816-1335.

MERCHANDISE-NONCOMMERCIAL

STAY WARM THIS WINTER – Cashmere camel coat from Sak's 5th Ave., small, \$150 neg., other wool coats. Do-it-yourself shelving module s - \$25. Utility drawers – good storage - \$10. Coins and old paper money, including gold 50 pesos. Call 718-826-3254 between 10 a.m. and 10 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 long-time Coop member who is all of the above and more. Call or email me, Marty 917-273-3213 or boskesboy@verizon.net.

PETS

WARM UP YOUR HOME with a sweet kitty. Emily was rescued from a parking lot. She's an adult black-and-white, friendly, loving, but a little shy at first. Healthy, spayed, fully vetted and ready to bring you plenty of love! To meet her, please call Laura at 917-733-0283.

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+PAPERHANGING-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.

Puzzle Answers

S	P	O	T	S		A	M	I	D		S	U	M	O	
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COMPUTER HELP-CALL NY GEEK GIRLS. Setup & file transfer; hardware & software issues; data recovery; viruses & pop-ups; networking; printer/file sharing; training; backups. Home or business. Mac and PC. Onsite or pick-up/drop off. References, reasonable rates. Longtime Coop member. 347-351-3031 or info@nygeekgirls.com.

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.

MAKE THIS THE YEAR you get all those memories out of those boxes and back into your life or let us do it with you or for you! A box isn't any place to keep a life. Memories Out Of The Box, 633 Vanderbilt Ave. Brooklyn. 718-398-1519. www.memoriesoutofthebox.biz.

ATTORNEY—Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation. Member of NYSTLA and ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White. 212-577-9710.

SERVICES-HEALTH

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.

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 Win-trob, 718-789-2020. holisticeyecare.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.

YOGA WITH MINA. Think you're too stiff, too old, too large, too out-of-shape to do Yoga? Gentle, nurturing classes, both individual and group. Convenient Park Slope locations. 212-427-2324.

LIFE COACHING WITH MINA. Are you in transition? Want to explore new possibilities in your career? More fully express your creative potential? Life Coaching is a powerful tool for change and growth. Sessions either by phone or in convenient Park Slope location. First session free. Call 212-427-2324.

ACUPUNCTURE in Park Slope. Rejuvenate your body in a relaxing and supportive atmosphere. Treatments include: pain relief, women's health & fertility, hypertension, digestive, respiratory, smoking cessation, weight loss and fatigue. Ann E. Reibel, L.Ac., National board-certified. 911 Union St. 212-629-2007.

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.

FREE INITIAL LIFE COACHING SESSION. 30-minute complimentary session. Coaching will help you clarify your life goals, increase options, advance your career. Call Mina 212-427-2324.



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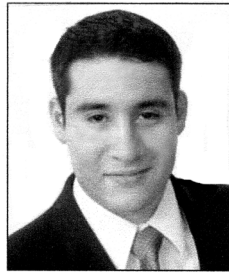
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SAVE A
LIFE

Give Blood

Join the Blood Drive
at the Park Slope Food Coop

🕒 Thursday, January 24 • 3:00 – 8:00 p.m.

🕒 Friday, January 25 • 11:00 a.m. – 6:00 p.m.

🕒 Saturday, January 26 • 11:00 a.m. – 6:00 p.m.

In the second floor Meeting Room

• Park Slope Food Coop • 782 Union Street •
• Brooklyn, NY • 718-622-0560 •

• In cooperation with New York Methodist Hospital •

For further information about blood donation, call Stuart Rosenhaus, 780-3644

Meet Your
Mind

WITH ALLAN NOVICK

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

Meditation opens and calms the mind.

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

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

FREE
Non-members welcome

Friday, February 8
7:30 p.m. at the Coop

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

Eating Green - MSN Money

The cost of eating green

Look it is the new organic... and a great way to cut your carbon footprint. But unless you get creative, you'll end up paying more.

Continued from page 2

Some CSA arrangements include more than one farmer, and you can often get meat, eggs and flowers in addition to fruits and vegetables, at prices usually better than farmers' markets. The City Farm trial I belong to charges \$12 for a 21-week vegetable share that averages about \$14 a week for roughly eight to 10 pounds of vegetables.

Most food co-ops also try to buy locally, so if you live near one, check it out. Some charge a membership fee; others ask you to spend a few hours a month working. In return, you get local and organic food for some (sometimes very below) supermarket prices. My local coop in Brooklyn sells everything at just 2 to 3% above wholesale... unless it's a typical 40% markup at the supermarket and as much as 60% at health-food stores... and buys locally whenever possible.

Most of us can't buy all of our food locally through some of us, like antibiotics and oranges, have had at least for short periods. 10 Video: Hear how Bill Hixson and local

We probably shouldn't try... because a lot of very poor people around the world use our appetite for treats such as coffee, chocolate and bananas. When you buy goods like that from organic and fair-trade growers, you know they're making their crops sustainably and earning a fair return. This does a lot to make up for all those food miles.

Eating locally does take some getting used to. For one thing, it means eating seasonally: asparagus in spring, tomatoes in high summer, and kale and bits of broccoli and cabbage in the wintertime. But honestly, have you ever bought a tomato in the store that wasn't like a watermelon?

Transferring data from secure to streamdown.com...

Park Slope Food Coop
in the News!

Coop member and freelance business writer Ann Monroe is the author of *Walk the Talk*, a seven-part multimedia series on MSN Money, in which she explores the green stuff in relation to the green movement. In one video segment titled "Go Shopping With Ann," Ann takes the viewer on a tour of the Coop where she shows off our great products and low prices. Check it out at: http://articles.moneycentral.msn.com/Investing/StockInvestingTrading/CostOfEatingGreen_SeriesHome.aspx



Early Closing

The Coop will be closing early for shopping at 5 pm on Sunday, February 3 so that we can conduct our annual Coop-wide inventory. Some shifts will be affected, others will not.

Please help inform the membership about this early closing by telling your Coop housemates and friends.

Members whose shifts are affected by the closing will be contacted by 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.					
Alejandra Ayala Dan Acton Kristina Alexander Julia Allen Malick Antoine Dionne Avery Sonia Banner Judy Bartlett Marianne Bell Stephanie Bencin Delphine Berthellier Eva Boster Nathalie Bouillon Claire Brassil Doris Brautigan Shatikwa Brown Jaine Canizares Kalma Charles Nelise Charles Todd Clark Connie Coady	Ariana Cohen-Halberstam Robbie Cooper Aja Davis Jody deBest-Holthaus Samuel DeFranceSchi J.R. Delia Jeremy Dillahunt Natasha Dillahunt Rob Eisenstat Meghan Eison-Farkas Holly Evans Laura Evans Benjamin Farkas Rachel Jayne Filippetti Cari Friedman Paris R. Gamble Denise Ganjou Estevan Garcia Colleen Gillespie Michael Goodstein Nobuko Hasegawa	Ferdinando Holthaus Shyda Hoque Shaoling Hu Anne Hubben Page Hubben Heiner Huntemann Ari Jort Fergus Kaiser Lon Kaiser Stacey Kalish Miriam Kalman Chris Karwowski Heather Kinlaw Kate Kirby Emily Klass Arlene Kriv Brock Labrenz Fara Lazerus Mollie Lorberbaum Lenore Los Kamp Juliana Marx Wolpe Matt	Suzanne McCaffrey Marcel Menges Liz Montgomery Alexandra Munoz Kamala Nair Kristine Nesburg Morgan Noble Thom O'Hearn Jose Olivera Danielle Paddock Helene Park Jane Parrott Rachel Parsons Rebecca Pedinotti Jacqueline Piacentino Marcelo Piza Sonia Placide Ulrick Placide Sarit Platkin Jennifer Presant Robin Rae Raddatz Dean Rodgers	Patrick Rorick Heather Rose Jackie Rosenthal Katie Rosenthal Gregory Rosewell David Ross Morgane Rouault Emanuel Rudy Emily Ryan Anne Sandler Geri Saxe Ruth Sebag Benjamin Seigel Lisa Seigel Sapna Shah Jessica Sheldon William Sherr Elana Shneyer Dwight Simmons Paulanne Simmons Robert Simmons Daniel Simon	Megan Sipe Cecilia Smith David Smith Shana Spitzman Charles Star Stephanie Sunwoo Victoria Sweat Colin Talbot Natalie Thomas Cameron Tonkinwise Sophie Tonkinwise Jerry Treglia Brittany VanDover Andrea Vaszko Ellen Vaz Debra Warshaw Leah Wienhold Sam Withrow Taqiy Witter Sara Zick

THANK YOU!					
Thank you to the following members for referring friends who joined the Coop in the last two weeks.					
Alejandra Ayala Eric Bradley Caitlin Brady Diane K. Brown Juanita Brunk Heather Bryant Julia C. Cami Robert Childs Deanna Christman Bridgett Davis Sara Dimmick Julie Dohrma	Edible Brooklyn Anya Estrov Rob Fields Emma Firth Jennifer Friedman Laura Friedman Crystal Gaudio Helen Gyger Diego Hadis Jolie Holland Hilary Jacobs Jenny W. Adrian Jones	Lola Kalma Jennifer Kline Clara Latham David Le Levenberg Family Jojo Li Deborah List Heather M. Nicki Marshall Maya Marilyn Maywald Riccardo Mazzei Melissa Mazzie	Julia McComiskey Mike McComiskey Nora McComiskey Carrie McLaren Michele Abigail Miller Kim Miller Chad Nackers Shanti Nayak Malika Owusu-Hassan Blaine Perry Monique Perry Raphael	Rachel Ravitz Ziv Ravitz Rebecca Sara Rottenberg Anya Rous Sarah Sajda Meg Schlefer Emily Sharrock Abigail Shepard April Silver Tessa Silver Nicole Simon Jeanne Solomon	Max Stein Amy Stevenson Krisan Swaminathan Heather Thomason Todd Victoria Mary Vonckx Adam Weinstock Sasha Weiss Sarrah Weston Mera White Han Yu