

Established
1973

LINEWAITERS'

GAZETTE



Volume CC, Number 3

January 31, 2008

Your Coop Questions Answered Here

By Hayley Gorenberg



ILLUSTRATIONS BY ROD MORRISON

The Park Slope Food Coop's membership is filled with inquiring minds. What do we most often want to know? Conversations with Coop members and staff provided answers to a clutch of our most frequently asked questions:

What's Going On at the Entrance Desk?

Now that the Coop accepts debit cards, some functions of the entrance desk have changed, and some members might still be confused about this. Due to space and security issues, members must now go to the second floor to handle bottle returns, refunds, parking validation stickers, visitor sign-in and cash register receipt errors. This way members staffing the entrance desk can focus on check-in and security.

A bit of technical insight explained why one cannot correct checkout discrepancies

after paying by debit card at a check-out aisle: "The way the old system worked was that a transaction was started at the checkout and then completed at the cashier, which meant that there was the ability in between to make corrections (errors were usually caught while waiting on the cashier line)," explains Karen Mancuso, an Office Coordinator. "The way the new system works is that if a member wants to pay with a debit card at the checkout, the transaction is completed at the checkout. Once it's completed you can no longer make any changes, which is

why members have to go to the second floor service desk at that point."

To head off trips upstairs due to checkout discrepancies, Mancuso advises members paying with debit cards who want to review their receipt before paying to tell the checkout worker they plan to pay at the cashier. "The checkout worker will suspend their transaction, give them a receipt and then the member can step to the side to review the receipt. If there is an error at that point, they can take the receipt to the cashier, or even back to any checkout station, where the receipt will be resumed and corrections made. The customer then goes to the cashier to pay. "You can still pay with your debit card this way; you're just adding back that extra step of going to the cashier," says Mancuso.



"One more thing that people might not know," says Mancuso, "If a member finds

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Kombucha

Latest Craze in Health Drinks

By Ann Pappert

Not too long ago wheatgrass was the go-to juice, quickly followed by pomegranate. But in the last year kombucha has become the new craze in health drinks.



PHOTO BY LISA COHEN

Kombucha is the Western name for a type of tea fermented by a culture of microorganisms. Used in Asia for thousands of years, the Chinese called it the "immortal health elixir," because it was believed to aid in digestion and healing. It also became popular in Russia and Eastern Europe.

Although kombucha surfaced in the U.S. decades ago, there were few companies marketing the drink and its use was mainly limited to people who brewed their own.

But all that changed with the advent of commercial producers, like GT's, one of

the two brands sold at the Coop. GT's Kombucha started in 1995 when GT Dave's mother started drinking it while undergoing treatment for breast cancer. GT started brewing kombucha in his kitchen. Soon he had customers throughout his California neighborhood. These days, GT's Kombucha is a multi-million dollar business, sold in virtually every state in the country.

How It's Made

Some people believe, mistakenly, that kombucha is made from a mushroom. In fact, kombucha is a symbiotic

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Next General Meeting on February 26

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, February 26, 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, February 6. For more information about the GM and about Coop governance, please see the center of this issue.

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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

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.
Sat, Mar 8 • **Kids Variety Show:** 7:00 p.m.
Sun, Mar 30 • **Pub Night:** 7:00 p.m.

Look for additional information about these and other events in this and future issues of the Gazette.

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.

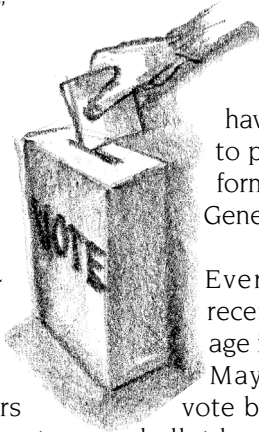
The Board of Directors conducts a vote at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

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.

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.

Your Coop Questions Answered Here

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a mistake on their receipt after they've paid, they have 30 days to bring their PAID IN FULL receipt to the second floor service desk to get a credit (which is good for another 30 days)."

Expressing Yourself in the Gazette

How many letters from the same member will the Gazette print? Noticing the frequency with which some writers get their names in print led to an inquiry about the policy on letters to the editor.

"Gazette policy, set by the editorial committee, is to print all letters we receive, no matter what the topic, as long as they meet the letters guidelines," writes Gazette Coordinating Editor Stephanie Golden in an email. "We feel this openness is important, since it's the newsletter's role to be the 'voice of the people' and not exclude anyone's voice. It's true that the result is that some letters do stray pretty far from the

many people were to write a letter each week to the degree that it taxed our resources, cost the Coop money by forcing us to expand the paper to many more pages or something like that, we'd most likely have to confront the issue of a more restrictive letters policy, but the way it stands we can be as open as we are."

More Plastics Recycling?

The most frequently asked question for this story was, "Why doesn't the Coop recycle plastic more often?"

The answer is, we are. Currently, the Coop accepts plastics for recycling on the third Thursday, second Saturday and last Sunday of each month. The good news: The weekend recycling shifts have been expanded by two hours. (For exact times, look for the listing published in each issue of the Gazette.)

The Coop's recycling effort extends to plastics that the City does not collect; any plastics designated for pick-

recycling squads should contact the Membership Office to find out about available workslots. For more information on the Coop's recycling program, write to plasticrecycling@foodcoop.com.

It's Childcare, Not Daycare

The most frequently asked questions about childcare on the second floor can be addressed through a basic understanding that childcare at the Park Slope Food Coop is a member-run service providing free childcare—up to four hours at a time—for Coop members who are working or shopping in the Coop building. Childcare workers are not licensed. The service is designed for members whose children can handle a low-key stint companionably with other children and the adults overseeing the room.

"The most important generality to remember is that families who use the childcare room must work around the rules of the room—the



ILLUSTRATION BY ROD MORRISON

Coop, but since there are not many letters and we have the space, we can handle it."

Some logistical quirks having to do with rotating four teams of editors through Gazette workslots also contribute to a different approach to letters, Golden continues. "The Gazette can't really be compared to other newspapers, since we as editorial coordinators don't have the same kind of editorial control that editors of other publications have. Due to the workslot system the eight editors are not working in a single office with a hierarchical structure.

"There is also the question of coming up with a criterion that would enable eight editors working separately to make reasonably consistent judgments about deciding which letters not to print, or how many letters from one person is too many," says Golden.

In the end, it seems that the minimal filter applied, given the few that do come in, may keep a lid on Pandora's box. "Who would like to develop a clear, fair-minded, easy-to-interpret judgment about what content can be excluded from the Gazette?" Golden challenges. "Step right up."

Her fellow coordinating editor, Erik Lewis, concurs. "If

up by the City's recycling efforts should first be diverted there.

Referring to the codes stamped on most plastic containers, the Coop accepts non-bottle shaped #1, #2 and #4 plastic and plastic film (plastic bags, dry cleaner bags, etc., but not cellophane), all of which are sent to a Brooklyn recycling center. The Coop also accepts #5 plastic (yogurt containers, etc.), which is some of the most versatile plastic for recycling. That plastic is sent to a recycling center in Massachusetts that is extremely strict about what it will accept. Only clean and dry containers, no residue, labels, plastic or foil can be left on these containers. For all recycling, members are asked to stay with their plastic while a squad member helps them sort. Never just drop off your recycling.

Squad leaders would love to offer even more recycling times, but they explain that absorbing the recent increase in hours, a dearth of drivers with large vehicles who can transport recyclables to their destination, plus a lack of space to store collected plastics on-site at the Coop limit how much plastic recycling the Coop can handle.

Coop members interested in getting involved with the

childcare room does not work around the rules of individual families," according to the manual forwarded by member Jessica Greenbaum, who coordinates trainings for childcare workers. "Families who argue with childcare workers about enforcement of the rules risk losing the privilege of using the childcare room."

Rules dictate a maximum of five children for any childcare worker to watch at a time, with a room maximum of twelve children for three workers. The maximum may be dropped to a lower number if the workers feel that restricting the number of children is necessary to maintain "safety and serenity," according to the guidelines. Workers' children have priority over shoppers' children. Parents must stay in the building while their child is in childcare, and parents may only drop off two of their children at one time.

Parents of children who can't confine themselves to quiet play may be called to remove their children. (No jumping on furniture or climbing poles allowed!) And no adults other than the childcare workers—with the exception of nursing mothers or those feeding infants—may stay in the room for any extended period. ■



Kombucha

CONTINUED FROM PAGE 1
colony of bacteria and yeast (known as SCOBY) that grows in sweetened tea. Sugar (or honey) is added to black or green tea and combined with a kombucha culture. The culture reminds many people of a pancake, albeit a somewhat slimy one, which might be how people got the idea that kombucha contained mushrooms.

When the ingredients are mixed together and allowed to sit in a warm environment, the mixture begins to ferment, converting the sugar into organic acids. Fermentation also produces a variety of other beneficial nutrients, including B vitamins and probiotics.

Not Your Average Drink

Kombucha is unlike any other drink you may have tried. It might be carbonated, like so many other drinks, but how many bottled drinks have a vinegary odor or slimy globs floating in the bottle?

Because of its naturally sour taste, it's not for everyone. Some commercial producers add fruit juices or ginger to mask the taste.

Coop member Teresa Theophano first tried kombucha a year ago. For her, the taste wasn't a drawback. In fact, it added to the appeal.

"I really like the slightly sour taste. But I know that other people may not agree," she says. When she gave some to a friend to try, she took one sip and spit it out and asked her how she could drink it.

Clearly, the Coop has a lot of members who agree with Teresa. When *Edible Brooklyn Magazine* ran a story on kombucha last spring, the Coop was selling 1,200 bottles a week. (And according to the magazine, when the Coop ran out, a Coop coordinator posted a sign that read "There is no kombucha. We are unable to get it from our supplier. We are trying every day. Please don't riot.")

Since then, sales of kombucha have hit over 1,500 bottles a week, priced between \$2.42 and \$2.62 each—over \$3,400 worth. In addition to GT's Kombucha, the Coop now also sells kombucha from Katalyst, a Massachusetts-based company.

Health Benefits

One reason for the growing popularity of kombucha is the long list of health claims that have been made for the drink. The most fervent fans believe kombucha can cure a host of medical ills, from cancer to problems with metabolism.

Based on earlier observations, advocates believed that kombucha helped to detoxify the liver. But none of the health benefits of kombucha have been scientifically proven.

Although a study of kombucha done at Cornell University failed to support that hypothesis, the study did

suggest that it was helpful against a range of disease-causing bacteria.

Teresa, who drinks between 8 and 16 ounces of kombucha a day, says that it boosts her energy. And it seems to help her immune system. "If I'm coming down with a cold it seems to shorten the cold's duration."

Making Your Own

Because ready-made kombucha is expensive to buy, people who develop a taste for it frequently become home brewers. Making your own is relatively easy.

Each new batch of kombucha produces an additional culture, which can be used to make another batch. Many home-brewers give away cultures, and kombucha cultures are also commercially available.

When Teresa realized how much money she was spending at the Coop on bottled kombucha, she started making her own. For her kombucha she brews 3 quarts of tea in a soup pot, adds a cup of sugar and six tea bags, and then lets it cool to room temperature. From there it goes into a large glass jar with the culture and is covered with a tea towel and left in a warm place. Teresa says her apartment is warm enough to leave it on the kitchen counter, for about a week.

At the end the drink becomes naturally carbonat-



PHOTO BY LISA COHEN

Kombucha enthusiast Teresa Theophano shows off her home brew.

ed and slightly sour. "I scoop out what I want but leave some from the original pot that becomes the starter for the next batch."

Although home brewing kombucha is simple, care

must be taken to prevent contamination. The key elements when brewing your own are the cleanest possible environment, proper temperature and low pH.

Your hands and anything that will come into contact with the culture must be spotlessly clean. Experts recommend using only food-grade glass containers for brewing. Metal, plastic or ceramic containers can leach dangerous by-products and contaminate the batch. The right pH ensures favorable conditions for the culture to grow and inhibits the growth of mold and bacteria.

Additional recipes for kombucha can be found at the Coop and on many internet sites. ■

Thursday, Feb. 7

7:30 p.m.

at the Coop

Susan Baldassano
coordinator

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.

How to Contact the Disciplinary Committee

The Disciplinary Committee is responsible for the review, investigation, and disposition of all submitted complaints of member misconduct.

If you would like to submit a complaint, please contact us.

Email: foodcoopDC@gmail.com

Letter Drop Off: Written reports may be left in the **DC mailbox** located to the left as you enter the Membership Office.

By US Post: **Park Slope Food Coop**
Attn: The Disciplinary Committee
782 Union St Brooklyn NY 11215

Voicemail: **888.922.2667, ext 86**

Thank you

The Park Slope Food Coop

Fun'Raising Committee Presents:

Our Third Biennial Kid's Variety Show

David Gratz(7) will play Bourree I and II, by Bach, on the violin, accompanied by his mom. • Laila Iarussi (7) will sing "Somewhere Over the Rainbow" accompanied by Cindy Radke on piano. • Oliver Sand (7) will play "Hey Jude" on the piano. • Maria Pondikos (7) will do a tap dance demonstration. • Natasha Radtke (8) will recite her original poetry. • Maeve Farrell (8) and other violin students of Hagai Kamil will play. • Reuben Gelley-Newman will play "Simple Gifts" solo and "Apples" by Sheila Nelson with his cello teacher, Martha Siegel. • PS 321 PAC (Performing Arts Company) directed by Karen Curlee. • Iolanthe Brookes and many others!

Intermission

Solana Schlau Appenzeller (10) and Milan Puentes (10) will sing an original song called "I Thought I Was". • Isabelle Siegel (10) and Alexis Williams(10) will sing. • Sarah Gratz (10) will play "Largo" from the New World Symphony by Antonin Dvorak, on flute, accompanied by her mom. • Zoe Gorenberg Screwvala and Sarah Gratz will sing "There's a Hole in the Bucket, Dear Liza". • Marina Zero Espinet (11) will sing "Beautiful" by Linda Perry. • Maya Carino (11), Julianne Carino (9), Justine Farhi (10) and Eli Rose (10) will do an original dance to the Beatles song "I Saw Her Standing There". • Eliza Jane Schmidt (10) will sing "Sitting On The Dock of the Bay" by Otis Redding. • Benjamin Schmidt (12) will do tricks with diabolo sticks. • Riley Stanzione (12) and Ruby Bilger(11) will do a comedy skit called "The Credit Card". • Raye Holab (13) will perform a dance that she created as a requirement for a school project. The music is: "Not Ready To Make Nice" by the Dixie Chicks. • Zach Hicks (13) will play klezmer clarinet, "Hava Nagila" and "Rhapsody in Blue" by Gershwin, and possibly flute accompanied by his dad, Gene Hicks. • Aidan Farhi 14), Jory Dawidowicz (16), and Ellen Farhi will play "Sonata for 2 Cellos" and "Continuo" by Handel. • Conaugh Cutler (14) will sing. • Fun'Raising Committee member Len Heisler will lead the parents in the song "You are the Champions" by Queen. Participation requested!

Saturday, March 8

7:00 p.m.

Old First Church

Carroll St. & 7th Ave.

Admission: \$5

Refreshments for sale

Non-members welcome

Should the Coop Start Valet Bike Parking?

By Ramona Tirado

More than 100,000 New Yorkers use bicycles as transportation daily, according to the Transportation Alternatives (TA) website. TA further reports that lack of secure bike parking is the primary obstacle for people who want to commute by bike in New York City. A cadre of Park Slope Food Coop members agrees. At any given time, you can see bikes chained to just about anything outside the Coop. Finding convenient and safe space for parking has long been a problem for many members who use bicycles as transportation.

“The unattended bike parking that we have now just isn’t safe,” said Marina Bekkerman, adding that when she biked to the Coop years ago, bikes were often stolen and vandalized.

The topic was brought to members’ attention by a small group of members at the November General Meeting. After some discussion, mostly intended to gauge member interest in this idea, the presenting committee has set about doing research and discussing the possibility of introducing a system of valet bike parking before returning to the GM with a formal proposal.

In cities that boast dedicated Bike Stations for biking commuters, valet bike parking is not at all unusual.

Valet bike parking would work similarly to a coat check. Riders surrender their bikes in exchange for a ticket that matches one attached to their bicycle, which will be secured in a protected space. This type of setup will allow for the storage of several



Valet bike parking in Santa Monica, California.

times more bikes than can be achieved with individual lock-it-yourself racks.

In cities that boast dedicated Bike Stations for biking commuters, valet bike parking is not at all unusual. An article in *Time* magazine reported that west coast cities have been using this system to address high bike traffic and security for some time. According to the article, Santa Monica provides free valet bike parking outside the local farmers’ market each Sunday.

The committee, which at this point is informal and not an official workslot committee, includes Bekkerman, Josh Gosciak, Robert Matson and Transportation Alternatives Volunteer and Membership Outreach Coordinator, Oksana Mironova. The group is currently considering the idea of petitioning the City Department of Transportation (City DOT) for a permit to use one or two parking spaces near the Coop to be used as a dedicated valet bike parking space.

Steve Faust, a Coop member who has been involved in bicycle planning and operations for 40 years, said this is something City DOT has already started to do in

Brooklyn. While Faust agrees that using parking spaces is something that could be done, he feels that it is not something that should be done directly in front of the Coop as that space is currently required for food deliveries and trash removal. He added that one of the easiest things to do would be the installation of some sort of removable rack that can be rolled or pulled out during Coop shopping hours and removed when the Coop closes.

The way Faust sees it, the Coop has two problems. “We have a number of bikes, and we have theft,” he explained. “I can’t think of a better way [to deal with both problems] than supervised space.” In fact, Faust said, parked bicycles already outnumber parked cars on Union Street between Sixth Avenue and Seventh Avenue. It has not yet been determined how valet bike parking would be handled in the winter months when weather conditions are unfavorable.

The valet bike parking committee is looking for more volunteers. Anyone interested should contact Marina Bekkerman at marinab@0mindspring.com. ■



Bikes lined up in front of Dixon's bike mural.

Monthly on the...

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

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

Last Sunday
Feb 24 • 10:00 a.m.–2:00 p.m.

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

PLASTICS

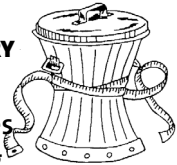
What plastics do we accept?

- #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.



RECYCLING

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



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).

PHOTO BY ROD MORRISON

A Guide to Action

By Alison Levy

Today, after the years that have passed since the founding of the Coop, those interested in constructive social change have their work cut out for them like never before. Still, successes like the movements toward promoting a living wage and corporate accountability, the movement for divestment of investments from South Africa, the internet organizing of MoveOn.org, and the popular pressure on legislators to pass health care freedom legislation in favor of access to nutritional supplements, should encourage activists that change can happen.

Fortunately, as times have changed so has the sophistication and availability of supports for social action. Now a new book, written by Coop member (and *Linewaiters' Gazette* editor) Joan Minieri (along with co-author Paul Getsos), offers the wisdom and practical advice that can only come through hard-won experience.

Their book, *Tools for Radical Democracy: How to Organize for Power In Your Community* (published by Jossey-Bass, a division of John Wiley in 2007), is a step-by-step user-friendly guide built upon the techniques that Minieri and Getsos have used as the co-founders of Community Voices Heard (CVH), a New York area group that began as an effort to organize welfare recipients and now focuses on a range of economic justice issues. Minieri, a mother of three, has a Masters in social work from Columbia University School of Social Work and has taught social welfare at both Borough of Manhattan Community College and LaGuardia Community College.

Origins of the Book

Minieri and Getsos met in 1992 as organizers during the Democratic Presidential Convention. Along with a third organizer, they co-founded CVH in the mid-1990's. With welfare reform a campaign promise of both parties, "Our goal was to get low income people to participate in the democratic process," Minieri says. Since then, under their leadership, it has grown into a successful organization serving 15,000 families, with many alliances nationally and internationally. The original purpose of the book was to capture their learning from their years in the trenches and make it available to the next generation of CVH leadership as they prepared to move on.

"We wanted to name what we do in the book," says Minieri. "Since we had collaborated for so long, it made sense to write the book together." As their collaboration now took a new form, "it was good to take a step back and see what we'd done that was unique and what was universal and could be used by others."

Radical Democracy

In the book, the authors define what they mean by "radical democracy." "Radical means going to the source or the root; democracy is rule by the people."

"If you want to make a difference, you're not alone—and you can't do it alone" they advise readers. "Individuals make a big difference when they act together strategically, peacefully, and in large numbers."

The book's goal is to show readers how to



ILLUSTRATION BY DEBORAH TINT

achieve social change through collective power-building. To do that, some basic principles must be understood and applied.

Radical democrats analyze power, and make a realistic assessment of who is with you, and who is against you.

The two authors encourage activists to get other people involved, through going out and making contact, talking, asking questions, and listening. They emphasize the need to build a membership base since more people means more clout. When it comes to moving powerholders, ie., those who control through money, authority and/or law, numbers count. Part of the organizer's task is encouraging members to make decisions and to help them see and understand the roots of the problems they experience or are concerned about. As Minieri and Getsos

define it, "Problems are based on policies, programs or practices. Convene with those with the same problems."

Once the organization's members form around a common problem, over time they can plan collective activities that confront, challenge and negotiate with those who can give the community what it wants.

Winnable Campaigns

Doing that takes sophistication, keen analysis and planning, the authors emphasize. It's important to implement winnable campaigns, which the authors characterize as a series of strategic actions designed to achieve clear goals and objectives. They advise that radicals analyze power, and make a realistic assessment of who is with you, and who is against you because "an inaccurate power analysis (or none) will make the campaign likely to fail."

Those in power have a clear vision of the world they want to create, the authors point out. Therefore to engage others in any form of social justice movement, it must be understood that neutrality is not an option. Organizers need to put forth their own view, they counsel, helping people who are "struggling to articulate what they believe or who agree with the vision of your organization but who have been convinced by misinformation or lack of access to information."

The Organizer

Minieri and Getsos view the organizer as the convener, agitator, teacher, motivator and coach for a group built to address a problem through collective action. This takes diverse skills, including:

- Listening and learning from fellow organizers, members and powerholders
- Critical thinking—since it's vital to look at all the angles of a problem to see where they lead
- Ability to use anger to motivate since organizations oppose injustice

Further, an organizer must

be able to use agitation, the specific skill of engaging people in a dialogue that moves them to action. This may involve asking questions or suggesting ideas that make people uncomfortable.

Power Building

Flexibility, a sense of humor, fearlessness, the ability to hear and even an awareness of one's own self-interest are all vital to the task, as is a willingness to share power.

They view building the power of the given community as both a necessity to achieve the targeted goal and also as an end in itself. In other words, winning on issues is important, but the authors point out that what is won can easily be lost. It's not enough to react to situations demanding change. It's important to proactively create the world you want. The process of change can be lengthy, and lapses in implementation are always a possibility. Much of what we have always taken for granted in the United States, including organic foods, labor laws, public education and environmental regulations are not givens but have been won by an ongoing process of organizing and implementing these positive rights and protections. At the same time, these can be eroded or undermined if not sustained by public support, and the world in which we live can't change unless people organize and come together in concerted, strategic collective action.

The Right Issue

One key place to start is identifying the right issue. This can be explored through research, surveys and individual and group meetings to build consensus on the most winnable entry point for change. An issue differs from a campaign demand in that the demand is the specific program, procedure, or policy

that you want to change. In other words, an issue might be food safety, but the demand might be to remove the use of industrial waste as a fertilizer for lettuce.

Minieri and Getsos further point out that the demand must have a target. Who is the key individual or entity that needs to make the change and toward whom is the demand directed?

"Problems are based on policies, programs or practices. Convene with those with the same problems."

Once that individual, group or stakeholders have been identified, organizers must determine the correct strategies for bringing about the demand. They advise that people consider both the target's position and what the target might respond to. Does the target support or oppose the organization's demands? What tactics are likely to move the target? How can pressure best be applied?

How can members be mobilized to get a response from the target? Are there other groups that can join with the group to amplify the effectiveness of the strategy? Who might oppose the demands and how can the group address this opposition? Further, Minieri and Getsos propose a realistic assessment of the organization's power to move the target and to deal with those who oppose the demand.

All in all, their primer takes readers through the entire process of mobilizing and organizing for change with checklists, suggested activities and a wide range of different options at every step, making *Tools for Radical Democracy* a must-read for Coop members who want to help shape a better world. ■



Joan Minieri and her future activist son.

PHOTO BY FRANK HABERLE

In Defense of An Apple

By Melanie Chopko

In the December 20, 2007 issue of the *Linewaiters' Gazette*, Park Slope Food Coop member Sylvia Lowenthal wrote requesting that the Coop buy organic apples from certified organic farms instead of local, minimally treated apples from Hepworth Farms. Her letter raises questions that a lot of us are asking: How “organic” are organic foods from far away lands, and how safe are local foods? I know this search for “organic” comes out of a genuine desire to support the healthiest and most earth-honoring food, so I’ve prepared a two-part article on the issue.

It’s true: the fruit from Hepworth Farms carries a slightly vague title: Minimally Treated. It was not until my recent work as manager of a local farmers’ market that I learned of the newly strict branding of the term “organic” in 2000. Many growers farm organically but cannot label their produce as such without certification. In light of this restriction, Coop General Manager Joe Holtz and Amy Hepworth struggled to find a

term that would adequately represent her ecologically sustainable growing practice in the Hudson Valley settling on “minimally treated.”

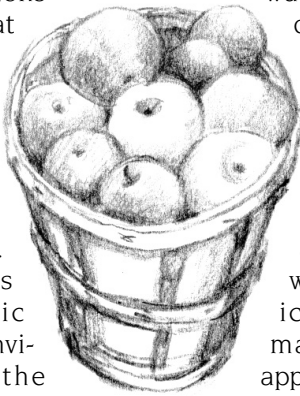
According to Hepworth, who spoke at the Coop’s Meet Your Farmer event this fall, it is the nature of the farmer that determines his or her growing practices, or “where they draw the line in the sand.” The organic label is not enough, nor is the lack of a label, to know the actual happenings on the farm. Recently, there have been more strains on the label, such as big corporations trying to chip away at environmental standards so that the organic label, and thus much higher prices, could be applied to more of their products. Growing organic is as much an economic decision as it is an environmental one as the cost of food skyrockets and organic becomes synonymous with purity and elitism.

In his book *The Omnivore’s Dilemma*, Michael Pollan uses

the example of the ubiquitous organic mesclun greens to illustrate the externalities of big organic: the diesel-fueled, mechanized harvesters and weed-whacking flame throwers that take the place of herbicides. Factor in the practices of huge, corporate farms like Earthbound Organic and Cascadian Farms, as well as the salad’s refrigerated, cross-country trip to our table, and the environmental impact of big organic remains, well, big. I like the image painted by fellow member Lewis Friedman about the “purity” of bottled

water: It takes one quarter of a bottle of oil to produce a plastic bottle. If we calculated how much oil it took to cultivate and deliver our west coast organic apples, how many bites of the apple would be slick with oil?

“There are major ecological reasons to stop buying organic apples from the west coast,” Hepworth asserts.



Many organic apple farms are situated in deserts of Washington State, Chile and New Zealand, to avoid the 27 pests that would like to eat the apples before we do. Even with the best growing practices, that creates a considerable strain on water resources. Most growers also pull out the certified organic heavy hitters, like sulfur and copper, which are residual and build up in the soil over time. Many uncertified growers refuse to use them, choosing instead newer, less dangerous technologies that have not yet been accepted into the organic fold. “There is no question,” Hepworth says, “that there is more residue on an organic apple than ours.”

Why grow anything in a desert? Fewer bugs mean a prettier apple. That brings up another piece of the agricultural business-plan pie: the expectations of us eaters and buyers. The night of the Coop forum, Hepworth brought with her a few bags of wild apples: apples grown on uncultivated fruit trees, free of any human intervention.

They were a sort of adolescent apple, with a complex-

ion hosting little mealy worms and insect tunnels. “Are they safe to eat?” someone in the audience asked. “Safe to eat?!” Hepworth exclaimed, immediately chomping into the side. She explained that she believes the entire human digestive system is dependant on eating the insects tucked inside

Member Contribution

apples and broccoli. She pointed out that these are the most organic apples, “but it’s awfully hard to get you people to buy them!”

Finally, Ms. Lowenthal’s letter questioned the tiny size and limited variety of organic apples. I’m sure Allen Zimmerman’s buying for the Coop takes into account another issue: taste. Local apples are fresher, picked a day or two before being in our carts, and just plain taste better. An apple all the way from the west coast? Hepworth’s cousin says, “You might as well eat the box.”

Coming in Part Two: The Growing Practices and People of Hepworth Farms and Food Safety in New York State. ■

CONCERT COMMITTEE REPORT

Meet the Artists

Barry Kornhauser and Rufus Cappadocia

By Zenobia Conkerite

On February 15, 2008, the Good Coffeehouse presents multi-instrumentalist Barry Kornhauser and cellist extraordinaire Rufus Cappadocia.

I was introduced to Barry in the early 90’s when I was with the group Musicians Against Violence. He accompanied us on bass and guitar and upon first listening to him I knew that I was in the presence of a musician who was sensitive, aware and who understood the purpose of his being there. Now, these comments can only come from someone who has been supported by one such as Barry because he makes his living, yes folks a working musician, supporting many musicians in these here woods.

If I were in an ensemble and did not have hiring power, at the rehearsals, I would find that Barry was already a part of the plan. Rightfully so, it is very important to have someone who knows what they’re doing to support a ‘front person’ and to be sensitive enough to know how to blend in. Barry’s the man!

A longtime member of the

Coop, his membership number is only 3-digits, give or take a few “leaves of absence.” Barry can be found working his musical magic with many talented performers either through the Good Coffeehouse, through word of mouth or in his own performances here, there and anywhere.

Raised in the Bronx, Barry grew up listening to the Top 40 of the day and probably, like for many of us, Casey Kasem’s famous countdown.

Barry said, “We grew up with a piano in the same room as the TV. It was there but not really available for use too often.” From those early days, Barry played the piano, picking out melodies and working on chords. As a teen, briefly, he owned a snare drum and thought of being a drummer. But that didn’t go over too well as his family lived in a small apartment. An early, brief attempt at playing the guitar was when he borrowed his sister’s friend’s instrument, broke a string and gave it back. But a friend’s brother had a better guitar and that was when he learned about the “action” (playability) on a guitar.

With Barry’s interest peaked, the guitar purchased from a record store was his first main instrument. He studied chord books and started accomplishing what he set out to do, with the help of Ted Dunbar from the Jazz Mobile, who Barry describes as an “incredible teacher.” Ted helped him to unravel the mystery of the guitar, teaching him what an instrument could do and shared a path of forever searching and deepening, which inspired how Barry approaches all that he wants to learn. Barry has a line up of instruments that he uses in performance: mandolin, guitar, bass and a more recent addition, the cello.

Barry said that as an accompanying instrument, the cello brought a fresh sound to his ears. This helped him greatly. It’s like he’s been playing the cello forever, the harmonics, staccato, the bowing...check him out for yourself!

He has recently recorded with Emma Graves on cello and performs with Jana Herzen, children’s music artist Meredith Wright, and Tomas Rodriquez.

Barry quoted Ted’s inspiring words, “For every page you read, write twelve more of your own and take it to where you need it to be.”

I can’t tell you that I know Rufus Cappadocia, but I’d like to. He’s a very busy performer having just done a gig in Virginia this past Saturday and on his way to Florida for another performance later this week.

Many articles have been written about him; he has a website and even a team consisting of a record label, management and a booking agent. But all of that would still not tell you who Rufus is, unless you have an innate sense of where a person comes from with such deep rooted ability to express themselves through music.

I may have referenced Rufus as a cellist extraordinaire but that doesn’t do him justice. After visiting his site and listening briefly to his tunes, I know that this musician is multi-layered, complicated and that his sense of self comes from this deep love to explore, to feel; you can just hear it in his music. He’s introspective, moved, perhaps troubled. What great works don’t come from that place so deep?

Rufus is a multi-lingual musician, performer, composer and a recording artist who works his music magic through the styles of Middle Eastern, West African and pan-European folk forms to

blues, rock and jazz, American roots, Mediterranean textures and Caribbean percussion.

Born in Hamilton, Ontario, he first picked up the cello at the age of three to develop a long, perhaps challenging relationship with this tool of expression, still a powerful one at that. Feeling confined by the limitations of classical music, once he tuned into B.B. King’s “The Thrill Is Gone,” he wept. The journey began.

While attending McGill University in Montreal, Rufus delved into the school’s ethno-musicology department to hear everything from Pygmy chants to Balkan folk recordings. He was learning the riffs of Hendrix and Coltrane, note for note.

Rufus’s travels to Europe and the Americas have earned him an incredible chapter in the world of music. Some of the artists he’s worked with are Aretha Franklin, Odetta, Cheick Tidiane Seck and Vernon Reid, former guitarist of Living Color.

Come out to hear Rufus; check out the solid-body five-stringed cello he developed and built. It’s awesome. Check out his site: www.rufusmusic.com

Here’s to Barry and Rufus! See you Friday, February 15, 2008, at the Good Coffeehouse, doors open at 7:45 p.m. and the fun starts at 8 p.m. ■

DISCIPLINARY COMMITTEE REPORT

A New Twist on the Twinkie Defense

By Cara M. Tuzzolino Werben, for the Disciplinary Committee

In an on-going effort to illuminate how the Disciplinary Committee (DC) functions, we continue to publish occasional articles in *The Linewaiters' Gazette*. We hope these articles inform Coop members about the nature of the cases brought to the DC, the committee's thought processes and the outcome of the cases.

Below is a composite of several cases. All characters are fictitious.

Into the cast of rotating characters dwelling in the illegal sublet arrived Alex M. True, as an attorney he could afford to live on his own, but he didn't mind taking over the last person's bedroom and living space. Yeah, there was that social worker who needed a place to stay but he took care of that by offering to pay for all the groceries for a month for all the roommates, so he got the room. Besides, he had to save money to buy his Hummer and she was just trying to save money because, well, she didn't make any money. Too bad for her. He did have to clean out a load of papers from this person's room and that's when he came across this membership card for a place called the Food Coop. Alex decided to check it out.

He memorized the member number and walked back in the next day behind a group of moms with snotty-nose kids. As he was about to present his number, one of the women turned and said, oh no, I feel some morning sickness coming on. Ewww, he thought, she's going to puke. Get me out of here. While the entrance worker and other members tried to help the ill shopper, he managed to avoid her and slipped into the Coop. He grabbed a cart and wondered what the big deal was about this place.

Then he noticed the beer collection next to the shopping carts. What? No Coors? Where was the Bud? How about that St. Pauli Girl beer? He used to have that poster in college. Well, at least there was some Brooklyn lager. He put some in the cart to buy for the guys back at the sublet. He continued to walk around thinking what a strange place that didn't carry Coke, Pepsi, Kraft, Nestle or

what he considered normal products. Where the heck were the Twinkies? Maybe there were some cigars in the freezer section? Nope. But he bought more supplies for the guys back at the place.

He checked out the checkout worker. She scanned everything and placed it in the area next to the plastic bags. They stared at each

other to know? "A lot," he said, and smirked while he counted. Then, Alex left.

The checkout worker approached the Squad Leader and reported the incident. He encouraged her to file a complaint with the Disciplinary Committee (DC). She spoke with an office worker, who guided her. She emailed the committee and the report was passed along to a committee member.

Cases are distributed among the DC members. Committee members often begin a case by calling the person who lodges the complaint, so the DC member called the checkout worker.

He took notes, and then contacted the entrance worker, the Coop staffer who took the complaint and the Squad Leader and did the same. He asked each person to share the details of what he/she witnessed. Then he contacted the Coop office to obtain the contact information for Alex, the shopper.

It turned out that the member number had not been used in nearly a year and showed many missed shifts and makeups owed. Nor did the description of Alex match the photo stored in the Coop's computer. Clearly the shopper used another person's membership to shop. Since the checkout worker still had Alex's business card, the committee member did have a means by which to contact him.

Throughout the conversation, Alex was belligerent and rude. First, he denied using the old member number and avoiding the entrance worker. The DC member also knew that the Coop's videotape of the entrance desk also showed Alex sneaking into the Coop. Confronted with this, Alex admitted using the roommate's member ID but claimed he just wanted to see what the Coop offered.

Next the DC member related the checkout worker's complaint of harassment. Again, Alex denied saying anything offensive. Since the DC member had spoken to witnesses (the Squad Leader) he was

able to use this evidence to support the checkout worker's claim. "Hey, I was just trying to be friendly," Alex said.

This gave the committee member a chance to speak about the Coop's principles of cooperation and respect for all. Alex's actions violated those precepts. His deception about his membership violated basic rules of Coop membership—anyone can become a member but only members may shop at the Coop. Additionally, if Alex had been a member, he would not have been able to shop for his roommates, unless, of course, they were all Coop members. Doing so constitutes theft of service, another violation of Coop rules. Lastly, his harassment of the checkout worker was another serious offense and demonstrated a basic lack of respect and disregard for the cooperative behavior that allows the Coop to function.

The DC member reported the results of this investigation to the committee. If Alex had been a Coop member,

several outcomes may have occurred. The committee member could have asked Alex to write an apology to the checkout worker or could have facilitated a face-to-face apology if the checkout worker had been amenable. If Alex refused, the committee would have discussed the status of his membership with him, which may lead to a resignation or a hearing in front of Coop peers. Since he wasn't a member at the time of the incident, the committee decided that if he wanted to join the Coop he would have to undertake one of the above actions before being considered to join. The committee member created a file with a summary of the events, conversations and outcome of the case. The file, as are all the files in DC cases, is kept under lock and key at the Coop in case similar situations come up again involving the same member.

But Alex told the DC worker the Coop wasn't for him. After all, it didn't sell Twinkies. ■



The term "Twinkie defense" comes from Twinkies, a snack food.

other over the pile of goods. He waited for her to pack up his groceries. "Did you bring your own bags," she asked? He laughed, "Bags of what?"

"For your groceries," she replied evenly. "You pack them yourself." He told her that it was her job to pack, not his. She explained again that it was the member's job and asked if there was any reason he could not pack his own groceries. "Maybe I want to see your muscles," he grinned. "How about you pack up the stuff and we grab something to eat?"

"No thanks," she said.

"Oh come on," he urged and leaned closer. "Here's my card." I'm a legit guy—I'm a lawyer. Surely you want to get the hell out of this place for a while. They got rotting vegetables back there, did you know that?"

"They're for the compost at the local garden," the checkout worker said.

"Well, I got some fresh ones right here," Alex said, and "I'd be glad to let you squeeze my tomatoes if you just give me your number."

"Your comments are offensive," she said, "please leave." He glared at her. Him offensive? That was a joke. He grabbed some plastic bags and started to double and triple bag them while shoving the groceries in. He waved his cash at the next person and then was abruptly stopped by yet another worker. How many bags this worker want-

In jurisprudence, "Twinkie defense" is a derisive label for a criminal defendant's claims that some unusual biological factor entered into the causes or motives of the alleged crime, and that due to this biological factor, either they should not be held criminally liable for actions which broke the law or the criminal liability should be mitigated to a lesser offense. While biological factors may certainly influence behavior, the label of "Twinkie defense" implies that the specific biological factor is one that most people would view as not being sufficient to account for criminal activity, such as the effects of allergies, minor stimulants such as coffee and nicotine, sugar, and/or vitamins.
—Courtesy of Wikipedia.com

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 receive PSFC credit, please email ellen_weinstat@psfc.coop or call the Coop at

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!

To receive PSFC credit, please email ellen_weinstat@psfc.coop or call the Coop at

718-622-0560

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

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
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, 718-788-3741

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

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, 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 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 or Make-up Recorders

Monday, Wednesday, Thursday, Saturday or Sunday

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.

Cash Disbursed Bookkeeping Monday, 6:00 to 8:45 p.m.

Do you have neat, legible handwriting and like to work with numbers and calculators? You will be transferring information about checks written from individual papers into our checkbook (cash disbursed journal) and adding it up. Attention to details (especially working with numbers) is a must. Work slot is open to members who have been members for at least 6 months and have a good attendance record. A six month commitment is required for this workslot. If you are interested, please speak to Andie Taras through the Membership Office.

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:

Feb 14 issue: 7:00 p.m., Mon, Feb 4
Feb 28 issue: 7:00 p.m., Mon, Feb 18

CLASSIFIED ADS DEADLINE:

Feb 14 issue: 7:00 p.m., Wed, Feb 6
Feb 28 issue: 7:00 p.m., Wed, Feb 20

General Meeting

TUE, FEB 5

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Feb 26 General Meeting.

TUE, FEB 26

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

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, February 26, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up Required:

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

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

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Childcare can be provided at GMs:

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

• Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.
2. Please also sign in the attendance book that is passed around during the meeting.

• Being Absent from the GM:

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

• Is it FTOP or a Make-up?

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

• Consider making a report...

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

Park Slope Food Coop Mission Statement

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

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your listings in 50 words or less by mail, the mailslot in the entry vestibule, or GazetteSubmissions@psfc.coop. 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. 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.

PEOPLE'S VOICE CAFE: In Process.../Donal Leace 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.

SAT. 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.

SAT. FEB 9

PEOPLE'S VOICE CAFE: Bev Grant*/Judy Gorman/Alix Dobkin 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. FEB 16

PEOPLE'S VOICE CAFE: Rod MacDonald 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.

SUN. FEB 17

FREE CHAMBER MUSIC SERIES: Adela Peña, violin; Ah Ling Neu, viola; Alberto Parrini, cello; performing string trios of Dohnanyi, Beethoven, and Schubert. At the Dr. S. Stevan Dweck Center for Contemporary Culture under the front steps of the Central Branch (Grand Army Plaza) of the Brooklyn Public Library. 4:00 p.m. Free!

SAT. FEB 23

BOOK SALE: Thousands of new & used books plus DVDs, CDs,

records & tapes. Incredible bargains! Terrific Children's Corner! Park Slope United Methodist Church (6th Ave. at 8th St.). 8:30 a.m.– 4:00 p.m. Donations (excellent condition only) gratefully accepted starting Feb 18. For details & more info, visit our website at www.parkslopeumc.org.

PEOPLE'S VOICE CAFE: The Prince Myshkins/Dave Lippman 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. FEB 24

BOOK SALE (afternoon only!): Thousands of new & used books plus DVDs, CDs, records & tapes. Incredible bargains! Terrific Children's Corner! Park Slope United Methodist Church (6th Ave. at 8th St.). 1:00 p.m.– 4:00 p.m. For more info, visit our website at www.parkslopeumc.org.



Chefs and Waitstaff Wanted

The Fun'raising Committee is seeking Coop members with professional cooking and/or waiting experience to work the Coop's 35th birthday party on May 3 for FTOP credit. We're specifically looking for members who are chefs, caterers, waiters and those who have front-of-house experience in catering. Kitchen prep is needed the week prior to the event and most of the day on May 3rd, as well as the evening of the event. Front-of-house staff needed for set-up, event time and breakdown. In your email please give a brief description of your experience and availability.

Call Esther at 917-513-0860 or email ouicater@yahoo.com





Band Needed

The Food Coop's Fun'raising Committee is seeking a Coop-member band to play for workslot credit at the Coop's 35th birthday party on the evening of Saturday, May 3. We're specifically looking for a band to play Latin, R&B, and Motown music.

If interested, please call Lenny at 718-614-2289.

Puzzle Corner
Quotation

Fill in the answers for the clues below. The letters in these answers can be used to fill in the letters in the quotation with the corresponding number.

By Janet Farrell
Answers on page 16

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19	20	21	22	23	24							
25	26	27		28	29	30	31		32	33		34	35	36	37	38	39	,		40	41	42										
43	44	45	46	47	48		49	50	51	52	53	54	55	56	57	58			59	60	61		62	63	64	65	66	67				
68	69		70	71	72	73	74	75		76	77	78	79	80	81	82			83	84	85	86	87	88	89							
Big lie						26	40	71	50	61	84							Not calm									67	38	54	25	35	43
Leave behind in a rude manner						31	73	66	22	8							Nathan Hale was one									83	9	3	18	78	68	37
Change of course						24	20	48	32	6	88							Sift									34	2	79	12	85	62
Religious painting						55	76	47	74							Uncultured									77	58	49	59	60	17	45	
Venerate						72	80	10	14	52	27							Not a layperson									82	15	51	87	64	7
Avant garde chefs turn food into this						33	5	56	65							Fan magazine for mixed martial arts									69	11	13	4	57			
Elbow room						70	16	44	28	42							Type of flag or sign									89	63	21	46	23	39	
Penny Lane, for instance						81	29	36	75							Good band does this to a room, with up									30	19	86	53	41			



MORE ON
BOTTLED WATER

TO THE EDITOR:

A letter in the 1/17/08 *Gazette* takes issue with our initiative to discontinue selling bottled water at the Coop. Daniel Marshall, the letter writer, has summarized our case into three arguments: pollution from plastic bottles, the virtual equivalency of bottled and tap water, and the (pernicious effects of) commercialization of the water supply.

He observes that many Coop products come in plastic containers, and that water, being relatively pure and basic, is less objectionable than most of those others. He questions the premise that bottled and tap water are equivalent, citing tap water's added chorine and fluoride, and contamination from plumbing. And finally, while agreeing that commercializing water, together with the other problems, constitutes a grave environmental crisis, he refers to discontinuing the sale of bottled water as an oversimplified and insufficient salve to the conscience, and that only "changing our way of life" will resolve the crisis.

So why pick on bottled water?

While many products are packaged in plastic, few are as heavy as water, making its transport much more polluting per unit of volume than other products. But that's the least of it. These other products don't have realistic or convenient alternatives, but bottled water does—water from the tap. Although it is true that chlorine is added to keep the water disinfected, the levels are well within what is considered safe, and the gas dissipates easily with some simple procedures. Contamination from pipes is also controlled by law and monitored, much more so than bottled water. In addition to the issue of plastic leeching, bottled water has had other contamina-

tion episodes—in fact probably more of them than tap water. (A Google search will verify that.) And one can eliminate these issues altogether with a water filter, a more cost-effective, convenient, and eco-friendly way of dealing with them. The supposedly superior purity of bottled water is in fact a marketing myth, a creation of advertising.

About fluoride, the mainstream scientific and government opinion is that it is a public benefit—but we readily acknowledge substantial dissent. For those of us who share it, fluoride can be taken out of tap water with special filters like the Doulton, which the Coop sells.

Daniel Marshall's statement that "changing our way of life" is the solution is itself an oversimplified and insufficient salve to conscience, so broad that it becomes meaningless. Let us recognize that we are stuck in this consumer culture, which won't change by our moralizing. Not feeding a destructive industry with our patronage when there is a convenient and sensible alternative is something real that we can do, not ill-defined and unrealistic.

A final note: our intention is not to eliminate specialty waters, including mineral waters, seltzer, and distilled water that people use for irons and other uses. However, those who drink distilled water would be well-advised to buy a distiller for home use, a more cost-effective and practical solution than lugging heavy plastic gallons home.

David Barouh

CHILDCARE PROBLEM

TO THE GAZETTE:

I'm writing you because of an incident that happened when my child was in childcare in early January. My child told me about a sexually explicit conversation she overheard one of the childcare workers telling a friend

on the cell phone. These kinds of conversations should not take place in front of children. This worker needs to be told to keep all sexual references out of her conversation while she works with the children.

Thank you,
Cynthia Robinson

Editor's note: The Coop's childcare service is investigating this incident, according to Intercommittee Childcare Coordinators Jessica Greenbaum and Lydia Robertson. All families using childcare, shift coordinators and childcare workers should be aware that cell phone or personal phone use is never permitted in childcare.

EMPTY CHECKOUT
STATIONS

TO THE EDITOR:

In the January 3 edition of the *Gazette*, Zvi Aranoff discussed a variety of ways that checkout lines could be speeded up, but leaves out the single most important measure: fully staffing all checkout lines! Mr. Aranoff focuses on equipment defects and technology upgrades, but a misallocation of member labor surely contributes much more to the problem of slow lines. I cannot count the number of times I have been waiting in long lines to check out and have observed one or more checkout stations understaffed. The problem is not limited to day-time hours; I have often seen empty checkout positions during the much-coveted 6-8:45 p.m. weekday workslots. When I have complained to squad leaders about empty checkout slots, I have been told, variously, that there were many absences that week, or that there's no one else trained to do that job on the squad. Is it really so difficult to train people to work checkout? Do we really have such a severe absenteeism problem? Why it is so difficult to keep these crucial positions filled, especially when there is so much complaint about the dearth of FTOP slots?

Lauren Young

CHECKOUT LOGJAM

TO THE EDITOR:

As I write this letter, I am in the express line, which for my third straight shopping visit, has wound all the way back to aisle 5. Since the introduction of debit cards, based on my observations both shopping and working as a cashier and checkout worker, the lines at the Coop have been much, much worse.

It used to be that the bottleneck to smooth checkout flow was the cashier, but now that burden is on the checkout workers. I know a revamped Coop entrance, with more checkout lanes, is the ultimate solution, but in the interim, I'd like to offer the following suggestions:

- Would it be possible to have the appropriate squad enter more produce PLUs into the computers? Certain items, such as bananas, avocados, and some twist-tied greens with barcodes are already in the system, saving checkout workers from yet another search through the produce menu system. For the many items that arrive pre-stickered, this could shave tens of seconds off each transaction. A simple paper list of PLU codes for

common items such as garlic and onions would help for unstickered items. For more seasonal or rare items, the menus would still be used.

- I know this idea has been floated before, but for busy shifts, a squad to help shoppers bag their items would increase throughput dramatically. Shoppers would be free to decline the help, and those mystery "extra" workers with little to do would come in handy here.

Joshua Freedman-Wand

RETIREMENT VOTE

TO THE EDITOR:

This is to support David Meltzer's recent letter calling for a membership vote on the issue of member retirement.

The paternalistic, even manipulative techniques of our management constitute a perpetual roadblock to any defined retirement plan. We are told to plead individually and then be judged for retirement by our betters. This would have been considered reactionary 100 years ago.

Let's get this going now. We need a referendum with a few basic choices (perhaps a combination of age and coop membership years adding up to 75) and then a vote. Members preferences can then be turned into decisions.

Hopefully,
Jules Trachten

HARK, HARK,
OK TO PARK

Seeing spots before your eyes?
If you own a car, they're a prize,
Each a space where you can dock
Sans the need to check the clock.
This year rest, enjoy your slumber
Parking yeses have risen in number.
Now they're up to forty-five,
Luscious days, no need to drive
Round the block, the nabe,
the borough
Searching madly, crazy-thorough,
Bye to early rising—kick it!—
Windshield wiper sports no ticket.
Of the parking holidays
Twenty-eight (the Lord to praise)
Are religious, across the board,
Good behavior brings reward,
Touching every major group
Making up New York's rich soup;
All Saints' Day and Yom Kippur,
Good Friday and Eid ul-Fitr,
Holy Thursday, Simchas Torah,
Passover and Eid ul-Adha.
Best of all, what could be sweeter,
On six Legals forget the meter.
For the parker, a year of thriving;
Only headache: city driving.

Leon Freilich

WBAI UPDATE

TO THE EDITOR:

A person named Anthony Riddle is the new Station Manager of WBAI. Despite his undemocratic selection (see below), some of us have high hopes for Mr. Riddle as someone who will rally to our cause. The Executive Director Elect, Nicole Sawaya, continues in negotiations as to whether to take office or not. In her absence, Justice and Unity plant Dan Siegel continues as Interim Executive Director and also as General Counsel (whether

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

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehen-

sive, 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.

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

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

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:

1. 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.

2. Printed recipe for the item you've made.

3. 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.

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

Saturday, February 9
11:00 at the Coop

FREE
Non members Welcome

REVOLUTIONIZING AMERICAN HEALTHCARE:

Community
Acupuncture
and You

Join acupuncturists (and fellow Coop members) Robbie Butler and
Sarah Chase as they introduce the concepts of Community Acupuncture
and Social Entrepreneurialism.

Providing highly affordable acupuncture treatments (\$15 to \$45),
Community Acupuncture is an innovative model of "clinic," dedicated to
promoting accessible healthcare for all.

Offering high-quality preventative medicine and reaching out
to people of all classes, Community Acupuncture is part of a refreshing
movement of social entrepreneurialism that is making a great impact
on healthcare in America. Come learn about this simple and essential
model of "clinic" and how it can quite possibly change the way you live
on the planet!

Acupuncture You Can Afford • Treat Yourself Well

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

ALTERNATIVE DISPUTE RESOLUTION
FAMILY - COMMUNITY - DIVORCE
MEDIATION

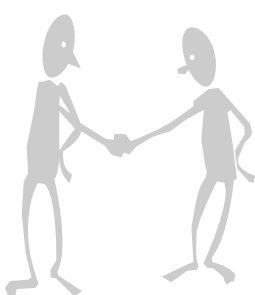
WITH ANDREW GARY FELDMAN

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

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

Past Life Regression
Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU
HAVE LIVED BEFORE?

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

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

Well there might be an explanation for
this.

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

Relax and take a journey within.


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

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

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

FREE
Non-members welcome

Friday, February 22
7:30 p.m. at the Coop



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

Saturday, February 23
6:00 p.m. at the Coop

FREE
Non members Welcome

Alkaline
Water

Change Your Water, Change Your Life

The workshop will discuss the acid/alkaline balance
of bottled, tap, and alkaline water, while discussing
how drinking the right type of water will help
balance out our bodies' pH levels and help
improve our environment in the process.

The workshop will consist of a live
presentation of testing several types of
commercial bottled waters, tap water, and
alkaline water to illustrate this knowledge.

We encourage everyone in attendance to bring
one bottle of the water they drink most often to be
tested live. If not, no worries — we come equipped with many
different brands of bottled water — the good and the bad!

Bobbie L. Watkins (a Park Slope Food Coop member for almost two years)
and Stephan Dickson have been active presenters and distributors of
Enagic Kangen Water for the past two years. They have presented at
numerous companies throughout the New York City area.

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

Sunday, February 24
12:00 at the Coop

FREE
Non members Welcome

VIRTUOUS FATS


Are you confused about which fats are good
for you and which aren't?
Bamboozled by which fats are safe to eat and
which are dangerous?

No-fat, low-fat, trans-fat...
we're not falling for it; we're
just going for the real stuff.
Join us as we explain why the
traditional fats —
including cream, butter, even lard
— are good for you, and expose
why the industrial
fats like margarine and
corn oil aren't.

Learn how to use “virtuous
fats” to support weight loss and
overall well-being. From there you can
make better decisions about what your
own body needs.

Jena la Flamme is the director of the Jena Wellness Center, a certified holistic health
counselor, yoga teacher, published columnist, and a grateful Coop member. Erica Mather
is a holistic health counselor, yoga teacher, and teaches cooking classes. Both guide
clients in addressing weight loss, low energy, and other health concerns through a fun,
easy, and pleasurable approach to nutrition and lifestyle choices.

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



LETTERS TO THE EDITOR

CONTINUED FROM PAGE 11

that is legal or not!) to destabilize the Foundation financially and bias the election in favor of Justice Unity. The main line of defense is our lawsuit led by attorney Tom Hillgardner, Mitchel Cohen and the other plaintiffs, which will be heard on January 24th at the New York State Supreme Court.

The selection of the Station Manager has been entirely removed from the hands of the voting membership by the ruling majority by electing a committee that has a minority of Local Station Board members, effectively disenfranchising the membership. Disenfranchising the membership would seem the least of the evils in this new world of electronic voting machines, massive fraud against blacks in Florida voting lists, and dimpled chads, but in this case hiring or dismissing the Station Manager is one of the two primary powers the Bylaws place in the hands of the membership! The other power is to elect members of the Board of Directors.

The Co-Op Management has it easier. Rather than disenfranchising the membership they never enfranchised them in the first place. Recently they have touted their reverence for the Sixth Principle of the 1995 Statement of Cooperative Identity: Cooperation among cooperatives. Indeed, we seem to have many initia-

tives going to help other cooperatives.

The Second Principle, "Democratic Member Control" requires "elected representatives" who are "accountable to the membership." The praises of this principle are rarely if ever sung by the Rulers of our cooperative, because the fact remains that the management does not crow about this issue very often if at all, because of objections like the one above.

When you read this, the January 24th Court hearing and all-weekend Board of Directors' meeting in Newark will have passed, and pray with us that the Court and Board will bring some resolution to the many issues that have come up. Not the least of them is our (the Independents') claim that only the Unexpired members of the WBAI Local Station Board are competent to conduct business or elect directors. The upshot is two boards running around, one with 24 members and one with 12, making different directives and electing different directors. *Fiat voluntas tua*, as the Romans say!

Yours in Peace and Cooperation,
Albert Baron Solomon
More than 30 Meetings Recorded at PACVID1.com
Homœopathic Advisor to the World
Terrible of the Park Slope Food Co-Op Disqualified Candidate for the 2008 WBAI Local Station Board

Energy Medicine...Any Proof?

By Richard Eisenberg

There are "healers" who claim that they can heal by projecting energy (chi) into people. They further claim that projecting energy into a person will "balance" and "heal" them. Is this possible, is this for real or are these people fakes?

Several questions must be answered in order to make this determination. 1. Is there such a thing as energy (chi, prana or bio-electric/life force energy)? 2. If it does exist, can it be projected out of one person and into another person? 3. If it is real, and can be projected into another person, will it help the other person heal? This article seeks to answer these questions by providing summaries of studies that prove the claims of some healers.

In 1978 in the Journal of Nature, in a paper titled "The Preliminary Experimental Results of the Material Basis of Qigong Therapy," researchers reported on the results of experiments aimed at validating or invalidating the claims of 3 Chi Gung masters that they could "emit chi" (project energy) out of their hands. The researcher used an AGA 680L W Thermography and measured inferred radiation coming out of the hands of the Chi Gung masters at a distance of 1 to 2 meters. They also recorded, with an infrasonic detector, infrasound (inaudible sound of less than 20 Hz) coming out of their hands.

Dr. George Shen Director, of the Shanghai Research Institute, which is affiliated with Shanghai College of Traditional Chinese Medicine, conducted similar experiments with Chi Gung masters and obtained similar results. He measured infrasound between 1 and 12

Hz., inferred radiation and also raman spectra, ultraviolet spectra, microwave emissions, magnetic field generation and electrostatic filed generation coming out of the Chi Gung master's hands. The energy emissions were measured to be about 100 times the magnitude of a non-master.

These experiments, for the first time in history, proved the existence of chi and also validated the claims that it could be emitted from a person's hands.

In 1998, Dr. Jean-Claude Darras and Dr. Pierre de Vernejoul at Necker Hospital in Paris carried out experiments designed to validate or invalidate the existence of the classical Chinese acupuncture meridians (channels that carry chi). They injected radioactive isotopes into acupuncture points and photographed the isotopes with a gamma-imaging camera as the isotopes followed the course of the meridians. This, for the first time in history, proved the existence of the meridians.

The existence of the acupuncture meridians and chi has been proved. It has been proved that we can project this energy, chi, from our hands. The only question left is, can it help us heal?

Abstracts of Selected Papers Presented at the First Medical Conference of the Exchange of Medical Qigung China, 1988. "Stomach cancer cells in tissue culture were treated with emitted Chi for one hour. The experiment was repeated 41 times and an average of 25% of the treated cells died or were inactivated." Other studies performed on cancer cells of the cervix, treated with 20 minutes of emitted chi, repeated 20 times, showed a kill and

inactivation rate of between 13 and 36%.

Spiritual Healing and Related Evidence: Implications Beyond Individual Treatment. Daniel J. Benor, M.D. 8/27/2001. "...The author has found 191 published studies of healing (Benor 2001a, b). Close to two thirds of these demonstrate significant effects."

Larry Dossey M.D. in his book Healing Words reports on experiments done with Mathew Manning. Mr. Manning was able to change the

Member Contribution

growth rate of cancer cells in a beaker by between 200 and 1,200% simply by placing his hands near the beaker and sending his "healing" energy into the beaker. He was also able to produce similar results when the beaker was placed in a distant room that was shielded from electrical influences.

Many other experiments proving the existence of Chi and its ability to help people heal have been carried out. The goal here is not to give a complete report of all available research. My goal in this article is simply to provide you with enough information to show you the validity of "Energy Medicine."

Richard is a Coop member and practices Acu-Energetics, Acu-pressure, Polarity, Shiatsu, Reiki, Therapeutic Touch, Reflexology, EFT (Emotional Freedom Technique), TAT (TApas Acupressure Technique), Hypnosis, Medical Massage, Trigger Points, Craniosacral, Unwinding, Tibetan Energy Work and is a teacher of Chi Gung, Tai Chi and Yoga. ■

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 February 17 (B Week)
Noon to 2 p.m.

Or you can join in any time during a tour.

WORKSLOT NEEDS

CONTINUED FROM PAGE 9

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 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.

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.

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, implementation 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 membership in this Coop. Please address to: Personnel Committee, Park Slope Food Coop, 782 Union Street, Brooklyn, NY 11215.

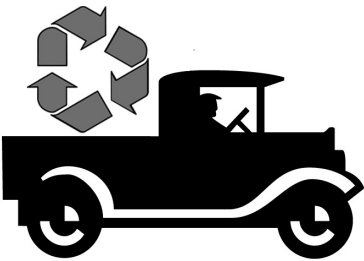
We are seeking an applicant pool that reflects the diversity of the Coop’s membership.

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



Celebrate
Groundhog’s
Day with tasty
treats from the
Coop!

Spring
is on the way!



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.

Saturday, February 2
at the coop

FREE
Non members Welcome

The Triple Bottom Line Film Series

Double Feature

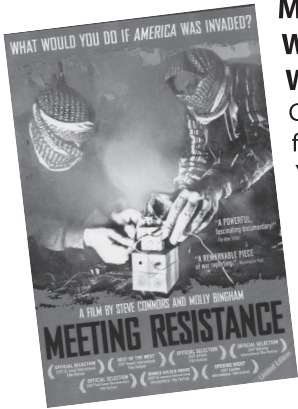
People, planet, prosperity

4-6 pm

MEETING RESISTANCE:

What Would You Do If America Was Invaded?

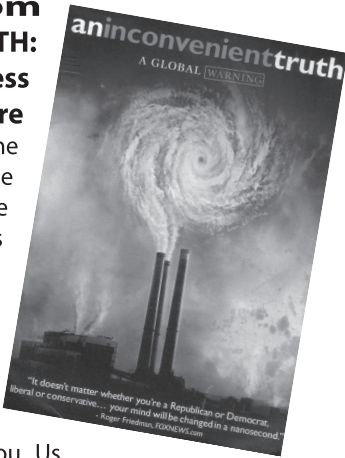
Coops are amazing and like paths to freedom. Still, Paul Krugman in the New York Times has talked about Republican methods of distracting from Corporate robber barons, including their approach to terrorism. Meeting Resistance is a groundbreaking film by two journalists that bypasses the censored press to talk with the real people of Iraq. Come and see.



7-9 pm

AN INCONVENIENT TRUTH: Not a voice in the wilderness anymore

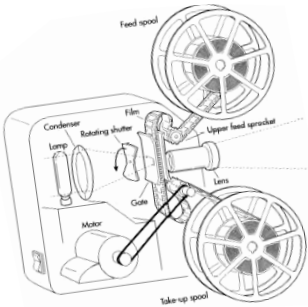
Come and count the nine “inaccuracies” highlighted by the “Cooler Head” Corporate representatives. Review the basics of the whole matter, with Nobel winner Al Gore unleashed from politics and effectively spokesperson for the international scientific community. The shareholders they serve are all of you.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



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 Film Night 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 Closing at 5pm Sunday Feb 3rd.

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.

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THE HOUSE ON 3rd ST. B&B - Beautiful parlor floor thru on 3rd below 6th Ave. Charming, comfortable apt. private bath, double living room, kitchen, deck, sleeps 4-5 call 718-788-7171 or visit us on the web at www.houseon3st.com.

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GOAL GROUP. Having difficulty being, doing or having what you want? People act with more daring & diligence when they have support. Clarify what's possible & overcome the obstacles. Short term groups start in Feb. Mon. eves 7:15-9, 6 sessions, \$20 each. PS/WT loc. Info-Margaret Rose de Cruz DC, LMHC 718-499-7258.

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PEOPLE MEETING

I'M LOOKING FOR A WOMAN 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

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.

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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 pickup/drop off. References, reasonable rates. Longtime Coop member. 347-351-3031 or info@nygeekgirls.com.

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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.

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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.

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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.

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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.

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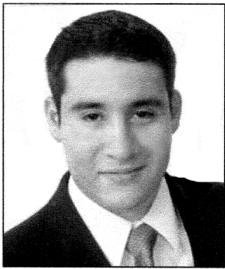


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Experience: NYS Certification, Ivy League Education, Native Spanish Speaker.

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.



Puzzle Answers

W I T H O U T H A V I N G E X P E R I E N C E D
T H E C O L D O F W I N T E R , O N E
C A N N O T A P P R E C I A T E T H E W A R M T H
O F S P R I N G . C H I N E S E P R O V E R B

Big lie	W	H	O	P	P	E	R	Not calm	H	E	C	T	I	C	
	1	26	40	71	50	61	84		67	38	54	25	35	43	
Leave behind in a rude manner	D	I	T	C	H			Nathan Hale was one	P	A	T	R	I	O	T
	31	73	66	22	8				83	9	3	18	78	68	37
Change of course	D	E	T	O	U	R		Sift	W	I	N	N	O	W	
	24	20	48	32	6	88			34	2	79	12	85	62	
Religious painting	I	C	O	N				Uncultured	H	E	A	T	H	E	N
	55	76	47	74					77	58	49	59	60	17	45
Venerate	R	E	V	E	R	E		Not a layperson	E	X	P	E	R	T	
	72	80	10	14	52	27			82	15	51	87	64	7	
Avant garde chefs turn food into this	F	O	A	M				Fan magazine for mixed martial arts	F	I	G	H	T		
	33	5	56	65					69	11	13	4	57		
Elbow room	S	P	A	C	E			Type of flag or sign	B	A	N	N	E	R	
	70	16	44	28	42				89	63	21	46	23	39	
Penny Lane, for instance	S	O	N	G				Good band does this to a room, with up	L	I	V	E	N		
	81	29	36	75					30	19	86	53	41		

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.

Tolani Adeboye	Stephanie Cleaver	Olivia Griffith	Joseph Macias	Lubomir Penev	Taras Strachnyi
Bailey Anderson	Sean Connelly	Jason Haas	Kelly Mahoney	Nicole Peyrafitte	Theo Stuart
William Anderson	Maia Conty	Ata Haddad	Sean McAlindin	Rodrigo Pintos-Lopez	Wen Sun
Jenni Andrea	Gabrielle Coppola	Intissar Haddad	Afi McClendon	Andie Poehlker	Ria Tabacco
Lois Anshus	Mathew Crosby	Rayanne Haddad	Brian McCorkle	Mara Poehlker	Lucia Tanaka
Adrienne Atilas	Iris Cushing	Damian Harris	David McDonald	Janine Ptaszek	Stephanie Tatham
Arjuna Balaranjan	Ashonda Davenport	Aaron Hartman	Michelle McInnis	Christina Pumariega	Ben Tear
Nina Bannett	Yvette Demmis	Michelle Hecht	Rebecca McMackin	Hana Quinn-Feit	Christopher Toia
Alejandro Barragan	Emanuela Deneku	Christina Henry	Malika McMillan	Hilary Redman	Alexander Tolchinsky
Brian Baum	Simon Doolittle	Richele Henry	Katie Merz	Anna Roberts	James Torres
Maurice Bavli	Matt Epstein	Tom Hohmann	Ander Mikalson	Francesca Romo	Jennifer Torres
Paul Benney	Daniela Erle	Verna Holmes	Sarah Miller	Luci Rosalia	Katie Tracy
Kati Bicknell	Scott Fairlee	Anneiga Zion Hyatt	Atiya Muhammad	John Rosenthal	Paige Travis
Mary Bishop	Danielle Fallon	Inna Jackson	Dr. Muhammad	Antoinette Rowie	Simone Turner
Elizabeth Bland	Erica Feder	Reuben Jackson	Hasina Muhammad	Anthony Roy	Olivia Valentine
Dara Blumenthal	Renee Fidz	Yosef Jacobson	Robert Munroe	Kelley Roy	Roselvia Vargas
Catherine Bordeau	Henry Finkelstein	Ayala Jonas	Daniel Murphy	Cynthia Salvodon	Elizabeth Venturoso
Karim Bouabdelli	Josh Flug	Helen Chaya Katz	Timothy Murphy	Benjy Sarlin	Michael Viera
Julie Brenner	Brad Fox	Benjamin Kilinski	Nir Naaman	Barbara Schauwecker	Vanessa Weaver
Dennis Broe	Michele Fox	Selena Kimball	Matthew Nemeth	Chet Schwartz	Danny Wen
Jamie Brown	Tony Frater	Leslie King	Marianne Nieman	Alexander Sedgwick	Heather White
Rachel Brown	Dave Gallagher	Tricia Kissinger	Gelareh Nikpour	Amanda Segilia	Dean Wilkie
Kelly Anne Burns	Noriko Gallagher	Christina Kolbe	Golnar Nikpour	Laura Sheinkopf	Anastasia Williams
Julia Burrer	Sheri Garzelli	Natalie Komforti	David Nugent	Susannah Shepherd	Sam Wilson
John Burrows	Laura Gavenda	Christopher Konkur	Brendan O'Brien	Pamela Silver	Jessica Wisloski
Russell Busch	Marisela Genao	Rebecca Laks	Karla Osorio-Perez	Minh Singer	Miriam Yeung
Maisy Card	Jonathan Gess	Zoe Langer	Lily Ovadya	Letitia Spangler	Ariela Zamcheck
Colin Carew	Leah Gilliam	Marilyn Lee	Yacob Ovadya	Michael Sperling	Mike Zatorski
Ricardo Carranza	Paul Girolamo	Anaai Lee-Ender	Eric Owens	Brian Squibb	Chris Zelisko
Etan Chatlynne	Jon Glaser	Julie Lei	Diana Paquin	David Stadler	Mykhaylo Zhytomir
Alice (Soman) Cheng	Scott Gordon	John Leo	Manuel Paredes	Damon Stallings	Zoe Ziff
Wenjei Cheng	Kyle Graffan	Sophia Leu	Samantha Parton	Jennifer Stark-Hernandez	
Shakira Chin	Lael Greenstein	Alanna MacCord	Darren Patrick	Scott Stevens	
Kiritin Clausen	Sarah Gregory	Joshua Machat	LaToya Pearce	Peter Strachnyi	

THANK YOU!

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

Ann Agee	Cricket Cooley	Michelle Hayworth	Ameet Maturu	Ziv Ravitz	Abby Subak
Irobia Allen	Jennie Correia	Desiree Herrera	Wini McBride	Matthew Reid	Krisan Swaminathan
Yasmine Alwan	Margaret Crocker	Michael Hodge	Columbia McCaleb	Eugene Resnick	Tara
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