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1973



# LINEWAITERS'

## GAZETTE



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Volume CC, Number 4

February 14, 2008



Maintenance Committee member on task.

## Cleaning Up

### Zen and the Art of Coop Maintenance

By Johannah Rodgers

**S**crubbing toilets, sweeping floors, taking out the garbage—and loving every minute of it. Such is life on the Maintenance Committee at the Coop. Some think they choose it because the shifts can be shorter than others, but committee members say working maintenance allows them the freedom to work in the ways they like best—either independently or in close-knit groups—and the ability to realize a sense of satisfaction and pride in the work they accomplish.

Robbie Butler, who lives in Queens and has been working on a weeknight maintenance shift for about two years, says simply, “I love it. It is my favorite shift and I’ve done quite a few other types of workslots, including Outside, Receiving and Soup Kitchen Prep.”

In terms of what appeals to her about the shift, Butler says it’s not only how she works, but the work itself that she likes. “You can wear a

headset or else you can just do your job at your own pace and there’s something very relaxing about cleaning toilets. It’s a real sweet shift. I take pride in it. I love the Coop and I love cleaning it.”

Like Butler, Ann, another member who works Thursday evenings, says she likes “the ability to work at [her] own pace,” as well as the fact that “there’s always something to do.”

#### Enthusiasm and Pride

Sandra Fried, who is assigned to a Wednesday evening shift, expresses a similar sense of enthusiasm and pride in the work she gets to do, which mainly takes place on the second floor and involves cleaning the staff offices, the second floor bathrooms and the childcare room.

In addition to cleaning floors, bathrooms and

CONTINUED ON PAGE 2



PHOTOGRAPH BY ANN ROSEN

Legs for sale...

## GET TO KNOW YOUR CHICKEN

By Gayle Forman

**R**ecently, when I bought a Murray’s chicken from the Coop, I noticed a little sticker attached to the packaging. It read *Farm Verification*, and listed a four-digit code which, if I logged on to [murrayschicken.com](http://murrayschicken.com), would give me information about my chicken and the family that raised it.

I didn’t learn too much about the chicken, but I did find out it came from one of two farms in or around Lancaster County, Pennsylvania. I could even see pictures of the farms and learn a few details about the people who owned them. For example, there are

14 siblings who help run the Martin Farm in Millmont, PA, and the family does not eat anything raised with antibiotics and grows its own vegetables. I also learned that no matter which farm my chicken comes from, it never travels more than 300 miles to get to New York City.

#### Sign of the Times

Perhaps this is a sign of the times. As the organic movement is consumed by agribusiness, consumers are becoming ever more aware of the dangers of factory-farmed livestock and of the carbon

CONTINUED ON PAGE 5

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

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

\*Exceptions for November and December will be posted.

## Coop Event Highlights

- Thur, Mar 6** • Food Class: Energizing Spring Cleanse 7:30 p.m.
- Sat, Mar 8** • Kids’ Variety Shop at Old First Church, 7:00 p.m.
- Fri, Mar 21** • The Good Coffeehouse: An Evening of Jazz, Tap and Song at the Society for Ethical Culture, 8:00 p.m.
- Sun, Mar 30** • Pub Night: Sing in the Spring at Freddy’s Back Room, 7:00 p.m.

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

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# Cleaning Up

offices, the Maintenance Committee attends to parts of the Coop that many of us may never see, or never think about cleaning. For instance, reports enjoying most about her shift is not so much the independence it gives her, but the chance to work collaboratively with other mem-

*"You don't think that cleaning toilets will allow you to develop a friendship, but it does."*

Fried's shift is responsible for cleaning all of the phones at the Coop, as well as the floor area under the conveyor belt, a place, she says, "where all kinds of things end up!" A big part of what Fried

bers. "I took the shift because it was at a good time for me, but I've found there are many reasons why I like it. It is fairly short, which is nice, and very active, but most of all, we work together. Our squad is a



Maintenance supply cart, fully stocked.

very interactive group. You get to know these people over one two-hour shift a month at a time. You don't think that cleaning toilets will allow you to develop a friendship, but it does."

In terms of a sense of camaraderie, Chase Valdez, the Coop staff member who oversees many of the Maintenance squads, points particularly to the Sunday evening squads, which he describes as "very close-knit," a result not only of the collaborative way in which those squads work, but the kind of work they do, which extends well beyond sweeping floors and cleaning bathrooms.

"It's during the Sunday night shifts that we do the more in-depth cleaning," explains Chase, referring to activities such as cleaning the coolers on the main shopping floor and in the basement, as well as the produce shelves.

### The Elite Cleaning Shift

Having recently established a new, "elite" cleaning shift that meets once every 12 weeks on Sundays from 8 p.m. to 2 a.m., Chase himself is somewhat surprised by how quickly the new slots filled up. "It is down and dirty work," says Chase, "but peo-

ple like it. The Sunday night crew is actually thinking about having T-shirts made since people are so into the works. There is a really strong sense of community because everyone feels they are contributing to a product with fairly immediate and very tangible results. When you clean the produce case, you know you are going to buy and eat the food from there."

Though members of the Maintenance Committee are generally very positive about the work they do, they point to two issues—both related to what they consider mem-

tion that Maintenance workers don't like their shifts or that doing maintenance is a less desirable shift than some others. Commenting on this issue, Fried explains that there have been occasions when she has been on the main shopping floor taking out the garbage, and encountered "members who seem embarrassed that you are there and like to pretend that you are invisible." Fried has also noticed that "when you put on those gloves and travel around, people look at you like they are happy they're not doing what you're doing. People really are embarrassed that other people take out their waste. But the truth is that it is a very enjoyable job. And, of course, not all members ignore you. Some are actually very appreciative, particularly if you've just cleaned the bathroom."

Another common misperception about Maintenance at the Coop is that the squads are there at all hours of the day. In fact, they are not, which means that if something breaks or spills, members who are shopping or are working on non-Maintenance shifts are responsible for cleaning up whatever has created the mess.

Valdez notes that, paradoxically, "every member has a sense of ownership at the Coop, and yet when it comes to cleaning up after yourself there's a sense that someone else should do it."

So what do we all need to do if we break or spill something? Though our first instinct may be to page a Maintenance worker, Valdez suggests instead retrieving the cleaning supplies you need from the back room and picking up the mess. And, if you need help, you can page either a staff member or a working member who, Valdez explains, "will help get the proper supplies to assist an individual in cleaning up whatever needs to be cleaned up." ■



Cleaning toys in childcare.

ber misperceptions—that can sometimes be frustrating to them.

The first is the mispercep-

### 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](mailto: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 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](mailto: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.

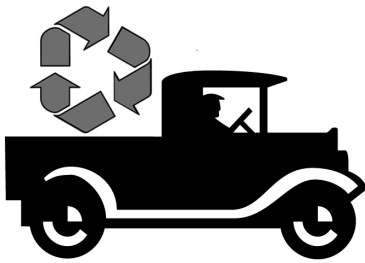


Mail Park Slope Food Coop  
Attention: Diversity & Equality Committee  
782 Union Street  
Brooklyn, New York 11215



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.



## 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 Coordinitor Cynthia Pennycooke at [cynthia\\_pennycooke@psfc.coop](mailto:cynthia_pennycooke@psfc.coop) or drop by the Membership Office to speak to her.



# General Meeting Report

## Consumer Survey, Plastic Bag Usage

By Kira Sexton

The first item on the agenda for the January 29 General Meeting was a proposal that Coop members take a survey administered by the Federal Reserve Bank of Boston.

Researchers are eager for the opportunity to study a consumer organization that recently switched from a cash-based economy to a debit-card system. Most consumer organizations made this switch long ago.

"Business as unusual," said General Manager Joe Holtz, referring to the PSFC. General Coordinators Holtz and Trisha Leith submitted the proposal. Leith was quick to point out that the original idea of collaborating with the Federal Reserve came from a Coop member who works at the Fed's New York City branch.

Holtz said one of the benefits of cooperating with the Federal Reserve is that the PSFC could benefit from lower processing fees if it's able to provide a commercially sponsored debit card for members.

The general coordinators reiterated that the Federal Reserve is a respected government organization, and it would be smart to form a relationship with them.

This point of view was challenged by member Lixuan An who pointed out that the Federal Reserve isn't wholly a government-sponsored and government-regulated banking system, and that the general coordinators should be clearer about who the Coop will be dealing with. Member banks of the Federal Reserve system are money-making entities, and what would they do with information gleaned from Coop shoppers?

The Coop member who initially suggested working with the Federal Reserve, Lucinda Brickler, is not a government employee and deals in wholesale payment issues. She gave a brief history of the Federal Reserve Bank, which was founded by the federal government in 1914 after many banks failed.

Still, some members worried that a group of bankers, provided with free information by the PSFC, would then try to sell us stuff—or worse, sell our information to nefarious marketers. Donald Murk, an FTOP member, voiced concern that if the surveys were done on home computers, wouldn't marketers then have access to individual members' IP addresses? What would they do with those

addresses? And do we really want to encourage this kind of behavior?

The coordinators said the Coop would gladly provide computers for members to use if they were uncomfortable taking the surveys from their home computers.

The Emerging Markets Division would also create paper surveys to be filled in by hand.

At this time, Donald brought forth a motion to shelve the proposal until the next meeting. While many agreed with shelving this agenda item, others, such as member David Moss, who works in the legal division at a self-described evil hedge fund, disagreed, saying that based on all his dealings with the Federal Reserve Bank, as well as the dealings of his banking colleagues, he thinks the Federal Reserve has a very good reputation.

Member Gisbert Mayr commented on the absurdity of shelving a proposal to take a survey, calling it "totally insane, actually," an opinion which infuriated several Coop members who mistook Giespard's comments to mean that they themselves were "insane, actually." Finally, Carl Arnold of the Chair Committee suggested the proposal be amended to include the statement that members have the right to use two designated computers in the Coop for filling out the survey. Once the proposal was amended to include this statement, the proposal to take the survey passed.

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### Plastic Bags

The second item on the agenda, submitted by the Environmental Committee, was a discussion of reducing plastic bag usage at the Coop. The two kinds of plastic bags used at the Coop are T-shirt bags (the larger, white bags at checkout), and roll bags (clear and thin, used for bulk items and produce). Many members commented on how surprising it is that the Coop even provides plastic bags in the first place. A new member suggested that as part of the new member packet, the Coop could provide recycled bags or a number of plastic bags, along with information on recycling and using resources responsibly.

As for paying for plastic bags, that practice has pretty much fallen by the wayside ever since October 1, 2007, when the debit-card system was put into place. Shoppers no longer find themselves staring at those small gray lock boxes while waiting to pay for their groceries. Coop management is working on a plan to place additional boxes at each checkout in the Coop. This way, no matter how they pay for their purchases, or what they are shopping for, individual members can pay for their bags in an informal manner.

Up for discussion were ways to make the payment system for plastic bags more formal and perhaps purposely draconian—thus preventing their overuse. Should bags be placed behind checkout counters to make them less accessible? Many attendees protested—do we really want to slow down lines at

## PSFC FEBRUARY 2008 GENERAL MEETING

Tuesday, February 26, 7:00 p.m.

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

### AGENDA:

#### Item #1 Member Survey\*

Proposal: "The Diversity and Equality Committee proposes surveying a portion of the general Coop membership to better understand issues of diversity in the Coop."

—submitted by The Diversity and Equality Committee

#### Item #2 Enforcing Coop Rules\*

Proposal: "Proposal of a stronger enforcement of Coop rules and requirements"

—submitted by The Diversity and Equality Committee

\*"In the pursuit of improving human relations and communications at the Coop, the Diversity and Equality Committee (DEC) has implemented a focus group with 9 participants, offered several diversity education workshops to over 250 Squad Leaders and received 3 officially reported complaints of bias/discrimination. As a result the DEC discovered many Coop circumstances perceived to be bias/discrimination incidents which often people don't know how to manage. Therefore the DEC would like to survey a larger portion of the general Coop membership to better understand the issues of diversity, bias and discrimination in the Coop. The DEC also proposes the Coop enforce its policies with more vigor because a lack of consistency leads to perceived bias/discrimination incidents."

### Future Agenda Information:

For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*.

The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.



Saturday, March 8  
7:00 p.m.

Old First Church  
Carroll St. & 7th Ave.

Admission: \$5  
Refreshments for sale  
Non-members welcome

## The Park Slope Food Coop Fun'Raising Committee Presents: Our Third Biennial Kids' 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 Schlauf 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

Espinete (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!

## EXPERIENCED REPORTERS Please Apply

### Workslot Description

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



### For More Information

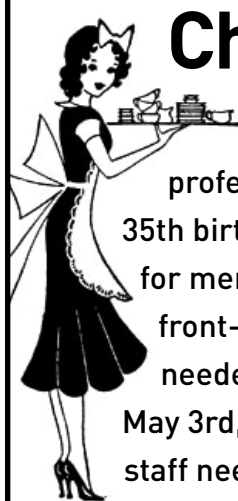
If you would like to speak to an editor or another reporter to learn more about the job, please contact Karen Mancuso in the Membership Office or email her at [karen\\_mancuso@psfc.coop](mailto:karen_mancuso@psfc.coop).

### To Apply

Please send a letter of application and two writing samples at least 800 words long (one sample must be a reported interview) to [karen\\_mancuso@psfc.coop](mailto:karen_mancuso@psfc.coop). Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.

### Seeking to Diversify the Gazette Staff

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



## 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](mailto:ouicater@yahoo.com)**

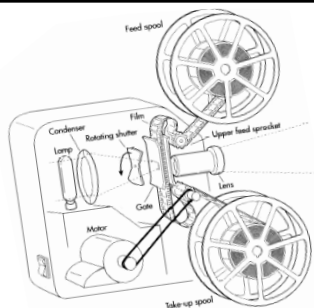


## Band Needed



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**



## Show Your Movie!

### and earn workslot credit.

Exposure, Conversation, Reactions...

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

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

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

**For more information, contact**

**Alexandra Berger at [isisprods@yahoo.com](mailto:isisprods@yahoo.com)**



## Have a story idea for the Gazette?

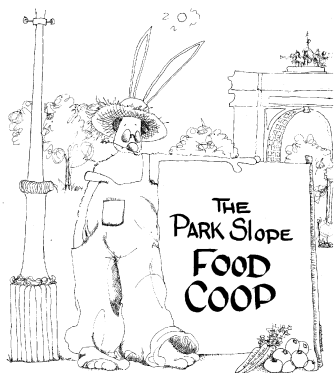
**Or know of an interesting Coop member you think others would like to read about?**

**Email your suggestions to  
[GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop)**

**(please write Gazette Story Ideas in the subject line).**

# Join the Street Squad

Do you love the Coop? Do you enjoy talking to friends, neighbors and strangers about the joys of Coop membership? The Street Squad may be the workslot for you. Work outdoors on Saturdays and Sundays from April to October, and help keep the Coop strong.



**The Street Squad** serves an important public relations role for the Coop. From tables set up outside the store, at local street fairs and special events, the Street Squad talks to current and prospective members, hands out literature, answers questions, gives tours of the Coop, and just generally offers people the chance to become familiar with our organization.

### We invite you to join us if you are:

- ◆ a Coop member in good standing for at least six months
- ◆ friendly and upbeat with enthusiasm about the Coop
- ◆ knowledgeable of Coop procedures
- ◆ willing to work outdoors
- ◆ reliable, responsible and able to work independently

New Street Squad members must attend a training session.

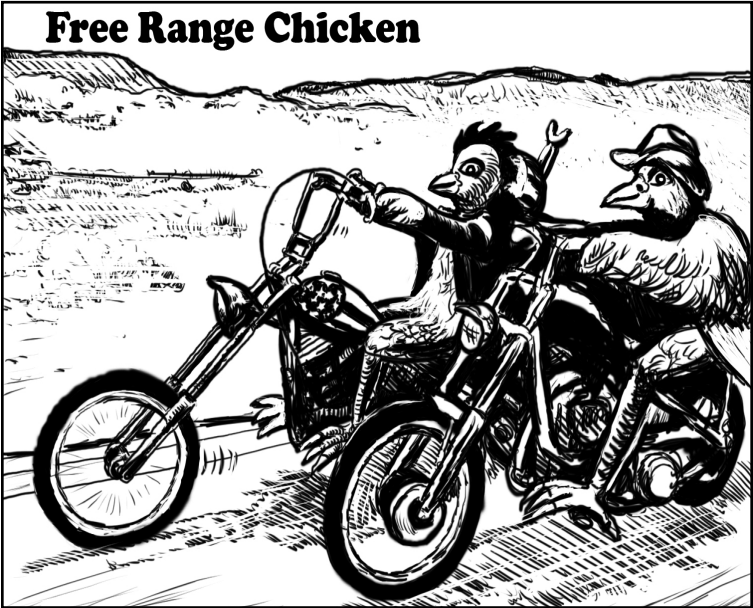
If you are interested in joining the Street Squad, please contact :

Robin  
718-230-7199  
**call before 9:00 p.m.**



GET TO KNOW YOUR CHICKEN

CONTINUED FROM PAGE 1



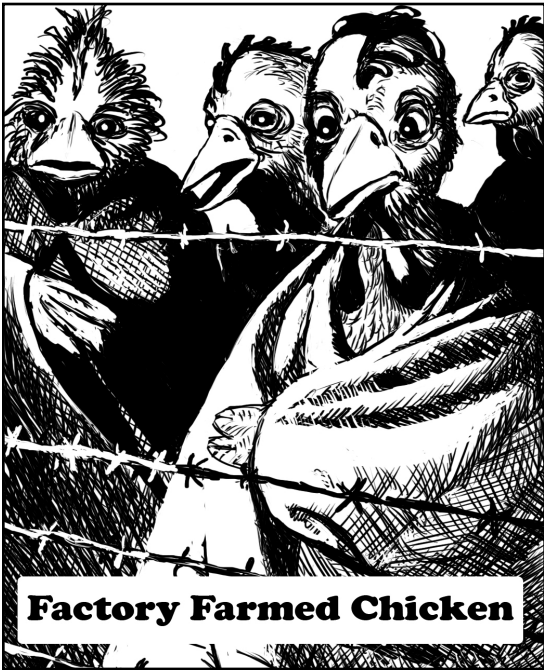
ILLUSTRATIONS BY OWEN LONG

Free Range Chicken

footprint attached to their dinners.

“A lot of consumers don’t trust organic anymore,” says Steve Gold, vice president of marketing at Murray’s Chickens. “They read about the feedlots and the milk farms and companies that are marketing products as organic, even though they slip in ingredients that are not.”

Gold noted a recent controversy in which Tyson marketed its chicken as “raised without antibiotics,” only to have to amend that claim to “raised without antibiotics that impact antibiotic resistance in humans” after it was discovered that its chicken feed contains an animal medication known as an ionophore, which the Department of Agriculture considers an antibiotic. It’s tactics like this, says Gold, that give consumers a yearning for “transparency and traceability. They want to know who is growing



Factory Farmed Chicken

for a relatively large company. Murray’s “processes” 7,000 chickens a day, although that’s a lot less than the 30,000 a day at the larger companies, says Gold.

More Connected

Murray’s farm verification program also reflects a growing need among shoppers to feel more connected to their food. Indeed, last summer’s spinach salmonella recall

scored the dangers of the disconnect between farm and dinner table.

“People are moving beyond the organic movement and are now more focused on buying locally sourced goods,” says Bill Malloy, the Coop’s meat and poultry buyer. They’re also interested in more environmentally sustainable practices. “Coop shoppers now want grass-fed meat. All of our beef is 100 percent grass-fed,” Malloy notes. “People get a little overexcited and now they want to know if our pork is grass-fed, but hogs don’t eat grass. If you want to know what hogs eat, read *Charlotte’s Web*.”

In a way, the Murray’s program will likely have more impact in larger supermarkets that lack the Coop’s emphasis on locally sourced items. Indeed, in some sense, Coop shoppers have always had a farm verification program. Malloy says that more than 90 percent of the Coop’s meat is locally sourced, and the Coop’s website has links to most of its suppliers, where shoppers can see photos and read in-depth information about the philosophy of places like McDonald Farm and Hardwick Beef. Some Coop members have even taken trips to Hepworth Farms, one of the Coop’s largest local produce suppliers.

As for trips to the farms that supply Murray’s chickens, Gold points out that the U.S. Department of Agriculture frowns on visitors. Even if that were not the case, such visits seem unlikely for the same reason that Murray’s doesn’t show pictures of its chickens on its site—what Gold calls the “ick factor of people seeing what they’re eating.”

Maybe that’s the next step in the evolution of the know-what-you-eat movement: understanding that you’re eating animals, which could motivate many omnivores—myself included—to heed Michael Pollan’s latest directive from his new book, *In Defense of Food*: “Eat food. Not too much. Mostly plants.” ■

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

I have a proposition:

Forget about eating healthy  
stop measuring grams of fat  
carb calories percent of protein  
antioxidant this  
x factor that  
forget about meat, no meat  
vegan, raw, vegetarian

Forget about conventional and  
organic, local, sustainable

Forget about you

And think of the plant  
see the seed locked in the frozen ground  
by itself and uncommitted  
imagine its indifference

soon the ground will warm and set it  
(with some unknowable spark) to grow  
the seed will yield a plant  
that will take what it needs  
from the ether of the soil  
and in the fullness of its being  
yield more seeds

Countless creatures besides ourselves  
depend on this process  
life itself is sustained by it

That’s all you need to know:  
if we take care of the plants  
they will take care of us

The Park Slope Food Coop  
raising consciousness city-wide

by Myra Klockenbrink

**Mondays**     **March 10 (B Week)**  
                  **March 17 (C Week)**  
                  **Noon to 1 p.m.**  
**and**            **1:30 to 2:30 p.m.**  
**Sunday**       **February 17 (B Week)**  
                  **Noon to 2 p.m.**  
**Tuesday**     **March 11 (B Week)**  
                  **11:00 a.m. to 1:30 p.m.**

Or you can join in any time during a tour.

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



PARK SLOPE FOOD COOP

An Energizing  
Spring Cleanse

Spring stirs our bodies, calling us from a period of introspection and conservation into one of lightness and expansive release. Come and gain a better understanding of the energetic properties of specific foods that can cleanse and tone the blood, and ease congestion and stagnation in the body. Learn to sprout grains and ferment vegetables to maximize nutritional value, quicken digestion and support the seasonal transition from winter to spring

MENU

- Apple-dandelion smoothie
- Beet pave with arugula-pinenut truffle cream
- Sprouted Quinoa and cauliflower cous-cous with raw fermented carrots
- Bitter greens with a fennel-wasabi dressing
- Sweet Mung Bean soup

\$4 materials fee

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

Coop member and chef Annie Kunjappy is a graduate of and currently an instructor at the Natural Gourmet Institute for Health and Culinary Arts. She is also teaching recreational classes at the Institute for Food and Health as well as maintaining a private cooking practice. She is a long-time student of Yoga and Chinese medicine.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

Park Slope Food Coop Video Squad Workslots Available

Did you know that the Coop has a regular show on Brooklyn Cable Access Television? And will soon be expanding to podcasting via the Internet?

The shows feature members, and issues related to the Coop and the larger Brooklyn community. Past shows include health, improv performance, live music, cooking classes and ideas for living ecologically.

There are current workslot openings for:

1. Show Host
2. Researcher/Storyboarder
3. Post Production: Editing and Compression

For more information, contact David at [simpsoda@gmail.com](mailto:simpsoda@gmail.com) and include “PSFC Video Squad” in the subject line.



**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  
Mar. 21**  
**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

## An Evening of Jazz, Tap & Song



Join **Jezra Kaye** and her trio for a night of sultry standards and swinging blues.

When she's not busy teaching people how to write and deliver strong, persuasive speeches, singer Jezra Kaye weaves her sultry, swinging magic on a mix of jazz standards, blues and sophisticated pop. Come find out why she and her great backup musicians always pack the Good Coffeehouse.



Rhythm Tap soloist **Margaret Morrison** is joined by Robin Burdulis on percussion, Theo Hill on Piano, Lisa Parrot on sax, and other friends for an evening of tap dance and swinging jazz music. For over 20 years Margaret has presented her tap dance artistry across the United States, in Brazil and Europe, performing as a soloist and with the acclaimed American Tap Dance Orchestra. Reviewers have called her "feather-footed and musically astute," a "consummate artist who breaks the mold."

**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.

**Monthly on the...**  
**Third Thursday  
Feb 21  
7:00–9:00 p.m.**  
**Last Sunday  
Feb 24  
10:00 a.m.–2:00 p.m.**  
**Second Saturday  
Mar 8  
10:00 a.m.–2:00 p.m.**  
**On the sidewalk in front of  
the receiving area at the Coop.**

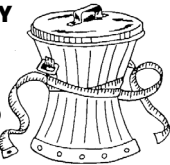
**RECYCLING**

**PLASTICS**

**What plastics do we accept?**

- #1 and #2 non-bottle shaped containers and #1 and #2 labeled lids. Mouths of containers must be equal width or wider than the body of the container.
- All #4 plastic and #4 labeled lids.
- #5 plastic tubs, cups & specifically marked lids and caps (discard any with paper labels).
- Plastic film, such as shopping and dry cleaning bags, etc. Okay if not labeled.

**ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY**  
**We close up promptly.  
Last drop offs will be accepted 10  
minutes prior to our end time to  
allow for sorting.**



|                                |   |
|--------------------------------|---|
| <b>This Issue Prepared By:</b> |   |
| Coordinating Editors:          | Stephanie Golden<br>Erik Lewis                            |
| Editors (development):         | Dan Jacobson<br>Michael O'Keefe                           |
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| Editor (production):           | Michal Hershkovitz  |
| Post Production:               | Becky Cassidy   |
| Index:                         | Len Neufeld   |

WORKSLOT NEEDS

Schedule Copying

Tuesday, 6:00 to 8:45 p.m.

The main task of this workslot is to copy committee schedules from originals provided using the Risograph machine. You will need to be able to troubleshoot possible problems with the printer. This is a continuous job that requires that you will be on your feet for most of the shift. You will be working independently so good work attendance is required. A six-month commitment is required. If interested please speak to Debbie Parker in the Membership Office.

Office Data Entry

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

Are you a stickler for details, accurate on the computer and someone who likes working indepen-

dently? If this sounds like you, then Office Data Entry will be a perfect shift for you. You will receive training, and Coop staff will always be available to answer questions. Please speak to Ginger Hargett 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. Workslot is open to people

who have been members for at least six 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.

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 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 28 issue: 7:00 p.m., Mon, Feb 18  
Mar 13 issue: 7:00 p.m., Mon, Mar 3

CLASSIFIED ADS DEADLINE:

Feb 28 issue: 7:00 p.m., Wed, Feb 20  
Mar 13 issue: 7:00 p.m., Wed, Mar 5

General Meeting

TUE, MAR 4

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 the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop  
FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.  
Channels: 56 (TimeWarner), 69 (CableVision).

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, 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 p.m.)

(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.

THU, FEB 14

AVI FOX-ROSEN—singer/songwriter/guitarist—and his band perform at Congregation Beth Elohim, 274 Garfield Pl. Folk, jazz, world music & rock collide in Avi's intricate songs and stunning guitar playing. Avi kicks off a monthly New Jewish Music Performance Series co-hosted by CBE & Brooklyn Jews. \$10.

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](http://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](http://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](http://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](http://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](http://www.parkslopeumc.org)

TUE, MARCH 18

TAKING HEALTH INTO OUR OWN HANDS: A Forum on Community-Grown Solutions. Grassroots leaders from around NYC will share stories of urban farming and immigrant food traditions as ways of mobilizing communities around healthy food. Free. 6:30–9:00 p.m. Cuny Graduate Center, 365 5th Ave, NYC. To register, visit [www.whyhunger.org](http://www.whyhunger.org).



# Puzzle Corner

## Ticker Symbols

|    |    |    |    |  |    |    |    |    |  |    |    |    |    |    |
|----|----|----|----|--|----|----|----|----|--|----|----|----|----|----|
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| 14 |    |    |    |  | 15 |    |    |    |  | 16 |    |    |    |    |
| 17 |    |    |    |  | 18 |    |    |    |  | 19 |    |    |    |    |
| 20 |    |    |    |  | 21 |    |    |    |  |    |    |    |    |    |
| 22 |    |    | 23 |  |    |    |    |    |  | 24 |    | 25 | 26 | 27 |
|    |    | 28 |    |  |    |    | 29 | 30 |  |    |    | 31 |    |    |
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|    |    |    | 49 |  |    |    | 50 | 51 |  |    |    | 52 |    |    |
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| 57 |    |    |    |  |    |    |    |    |  |    |    | 59 |    |    |
| 60 |    |    |    |  |    |    |    |    |  |    |    | 62 |    |    |

1 “Avast, me \_\_\_\_\_”

5 Settled up

9 The final frontier

14 At one time

15 \_\_\_\_\_-de-camp

16 Something to get on or fall off

17 Floating sheet

18 Like a vest or halter top

20 Cheer up

21 Boyfriends

22 On the shelves

24 Coifed and gelled

28 Brouhaha

29 Especially sincere conversa-

1 Innermost soul

2 Inverted cape?

3 Penny-pinchers

4 Meet with

5 Hardly vibrant

6 Fared poorly

7 Light bulb, in comics

8 “No good \_\_\_\_\_ goes unpunished”

9 Turtle doves

10 Bell’s, for one

11 Stone or iron

12 Trig. Function

13 Printer gaps

tion

31 Brown, for one

32 Flickr uploads

33 Clockwork components

34 At one time

35 Athens aperitif

36 Dryer harvests

37 Frequent yoga maneuver

38 Mimic

39 Plutarch’s classic, in brief

40 Sinbad’s seven

41 Feather adhesive

42 Already retired

43 More substantial

44 Tahini base

46 Lawn lunches

49 Cad, rogue, and brute

52 Albeit

53 Unconscious

56 Support at a funeral

57 Coconut meat

58 Tap options

59 Seven \_\_\_\_\_ Itch (1955)

60 Rub out

61 McCarthy quarries

62 Glimpse

ACROSS

DOWN

19 Some sun blocks?

21 Does a black diamond

23 Husky nut

25 Predictable statistical correlations

26 Squares

27 \_\_\_\_\_ in the wool

29 Encouraged

30 Makes lace

32 Cocooned caterpillars

33 Take partner

35 Granola ingredient

36 Misrepresents in print

37 Has-\_\_\_\_\_

39 Layers on a leaf or a hoof

40 Quotation caveats

43 Vigor

45 Alleges

46 On top of another, on top of another

47 Tawdry

48 Classic board game

50 Pinocchio, e.g.

51 \_\_\_\_\_ Danger, military intelligence program

53 Diamonds, to a fence

54 It leads the way in Scandinavia?

55 Restful resort

56 Telephone sign-off

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

### General Meeting Report

CONTINUED FROM PAGE 3

Emmeline Chang suggested that people reuse their Coop bags as often and as innovatively as possible. Since she is single and lives alone, Chang said that the T-shirt bags, with their small size and limited capacity, make perfect sense as garbage bags.

Member Theresa Bartoldus had many suggestions about ways the Coop could phase out plastic bag consumption while keeping the shopping experience relatively painless. One idea was to rent reusable bags.

One of the most interesting aspects of this discussion was the examples provided by the Environmental Committee of countries that had stopped using plastic bags or that had initiated costly taxes and fees for their use—countries such as Bangladesh, which banned plastic bags in 2002 after they were found to contribute to severe flooding. As a result, their jute bag industry is undergoing a renaissance. China is encouraging its citizens to forgo plastic bags (banning superthin bags and charging a fee for regular plastic bags), and is encouraging the use of cloth bags and baskets. Ireland instituted a 20 cent tax on plastic bags in 2002 (and raised that tax again in 2007). The fees raised from this tax went toward a fund to benefit the environment. Look for continued debate and a vote about plastic bags at the Coop on future GM agendas. ■

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

# 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

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)—click on Online Library



# USDA Pressured to Address Almond Pasteurization Issue

By Will Fantle for the Cornucopia Institute. Reprinted with permission.

Codirectors of the Cornucopia Institute met with three high-ranking officials at the USDA in Washington to discuss the outpouring of public concern regarding the agency's very controversial mandatory almond pasteurization order for domestically grown raw almonds. Cornucopia used the meeting as an opportunity to deliver more than 1,500 individual proxy letters opposing the new requirement, adding to thousands of other e-mails and contacts the USDA has received. For the better part of an hour, Cornucopia discussed the concerns of consumers and the mounting negative impact the almond pasteurization rule has on family farmers and organic farmers.

### Compromise Proposal

Cornucopia then offered a compromise proposal for the USDA to consider. The farm policy group suggested a plan permitting the sale of untreated American-grown almonds with a warning label, which would allow for continued freedom of choice

in the marketplace and would allow marketers the option of continuing to sell raw almonds. Cornucopia also requested that the USDA consider a second solution—a pasteurization exemption for organic almond growers (since the organic sector has not been implicated in any of the past contamination problems associated with almonds, and organic regulations have certain food safety protocols built in). The response from USDA staff was encouraging (“constructive,” in the word of one official). Half of all public comments being received by the Secretary of Agriculture, according to these USDA officials, have been on the almond issue! They are clearly hearing the public's voice, but they need to respond as well.

**Impact on Family Farmers**

A number of family-scale almond farmers and organic farmers—who rely upon the sale of their nuts to domestic markets—are being severely harmed by the almond rule. Costs of almond pasteuriza-

tion, either with the toxic fumigant propylene oxide or steam heat, were underestimated by the USDA. And a number of retail outlets have switched, due to consumer demand, to foreign-grown raw almonds that can still be sold in the U.S. without being pasteurized. One American family farmer growing almonds has reported to Cornucopia that he has incurred losses totaling \$400,000 from the new rule. As part of the compromise proposal to the USDA, Cornucopia offered to wait until early 2008 before initiating any legal action seeking to suspend or overturn the pasteurization rule. If the plan falls through at USDA, watch for news on the legal front. Meanwhile, Cornucopia is seeking to keep the issue front and center at USDA. As proxy letters from the public continue to come in to the organization, they are being hand delivered to the USDA. If you haven't already, please make your voice heard! An action alert with downloadable proxy letter and directions about where to send it are available

at: <http://www.cornucopia.org/almonds/>. Scroll down to embedded link on the page “Click here to send a Letter to acting USDA Secretary Chuck Conner.” ■ The Cornucopia Institute is ded-

icated to the fight for economic justice for the family-scale farming community. Through research, advocacy, and economic development our goal is to empower farmers both politically and through marketplace initiatives.

## 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](mailto: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.

## 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

**Folk Music Society of New York, Inc.**  
**The Pinewoods Folk Music Club**  
and  
**The Fun'Raising Committee of the Park Slope Food Coop**  
Jointly and proudly present

# Sing in the Spring

## Another Fabulous Pub Night!

A night of informal singing, partying, food and drink, with your friends old and new.  
This year featuring songs for the renewal of life.

**Sunday, March 30, 7:00 pm**  
Bring voices, instruments, friends, family, good cheer at Freddy's Back Room, 485 Dean St., near Park Slope, Brooklyn  
— Dean St. and Sixth Ave., East side of Flatbush Ave. (left if coming from Manhattan) —  
**Free Admission!**

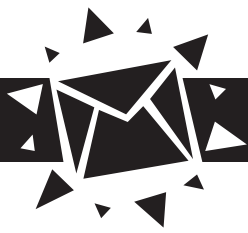
**All ages welcome • All songs, tunes, stories welcome**

Freddy's has a choice selection of drink (including Guinness and Bass on draught!), but does not serve food (BYO).

Directions: M, N, R, W trains to Pacific St.; 2, 3 trains to Bergen St.; 4, 5, Q trains to Atlantic Ave. Parking is relatively easy on Sunday. See map here: <http://www.freddysbackroom.com/directions.htm>

**Further info: 718-429-3437**





BALLAD OF THE  
FOOD COOP FROG

He tagged along as the member took  
Her head of lettuce home;  
Among the green organic leaves  
He quietly chanted Om.  
For three cold days he went on chanting,  
Napping now and then  
And wondering if he'd ever see  
His Florida pals again.  
The member had taken the tiny frog  
Across the Carroll Street Bridge  
And reaching her kitchen, had transferred  
Her Coop food to the fridge.  
Till now he'd basked beneath the sun,  
Floating on a lucky tide,  
Escaping certain painful death  
By fatal pesticide.  
The third day on his frozen shelf,  
He replaced his chant with a yelp,  
And Om gave way to urgency,  
For Froggie needed help.  
It came at last, when just in time,  
He found his lettuce haven  
Withdrawn by a knowing hand and placed  
In a bowl by a salad maven.  
The member's eyes doubled in size  
And yet she had no regret  
As she spied her guest and marveled, How  
Organic does it get!  
Past shock on her part, relief on his,  
Froggie no longer drifts;  
He's joined the Coop and shops in peace—  
As long as he does his shifts.

Leon Freilich

ORGANIC APPLES  
FELLOW MEMBERS:

Matthew Wills states that “There are no organic apples in New England.” This is a glaring and downright strange misconception. Does Mr. Wills realize that petrochemical pesticide and herbicide is less than a century old? Apple agriculture predates those lamentable substances by several thousand years, *Malus domestica* having been first cultivated by the ancients of what is now Kazakhstan. Apples have similarly been grown (i.e., organically) in New York State and all the states of New England since Colonial settlement. Mr. Wills is mistaken if he assumes, as he seems to, that every last apple tree in the region instantly converted to the tenets of the Orwellian-named “Green Revolution” after WWII and has remained fervent ever since.

Having worked for several seasons as an orchard worker/fruit picker in the Finger Lakes region, I can personally attest to the existence of organic apples right here in New York State, and delicious ones at that.

Growing modern varieties of apples organically is difficult to be sure, and cannot be done on an industrial level, but produce on an industrial level is an oxymoron, is it not? Growers of

these fruits are usually small, family-run operations who do plenty of other things to sustain themselves financially and to support the orchard.

I have no doubt whatsoever that if the Coop wished to fill, oh let's say merely ONE of the apple bins with say organic Empire apples, that bin could remain full from September through April. Would they be cheap? No, they would cost more per pound, certainly.

Mr. Wills calls organic apples “fantasy produce.” No, sir: fantasy produce is the produce we have been addicted to since WWII, grown with the aid of petroleum, and doomed to die in the next hundred years as that fuel becomes scarce.

If anyone is interested in learning more about organic apples from our region, I urge them to read “The Apple Grower” by Michael Phillips, an innovative and well-known farmer from New Hampshire.

Sincerely,  
Josh M. Rudder

THAI MASSAGE  
TO THE EDITOR:

In the interest of holistic health, I am writing to share my devotion to one of Brooklyn's best kept secrets. The only traditional Thai massage parlor in NYC is right in our own backyard on Coney Island Avenue between Cortelyou Road and Avenue C.

A year ago, after a trip to Prague, which was rife with Thai massage parlors, I came home assuming that there had to be one here—and ultimately I found it. It's called New York Thai Aroma. The proprietress is a lovely woman named Pat Patamikakorn, and she does speak English. Her business is small, clean and a little careworn, tucked in next to a car repair shop and across the street from some killer Punjabi food. The practitioners are all well trained—my favorite masseuse used to teach at Wat Po in Bangkok.

I have been going every other week since last January, and it has had a profound impact on my well-being. Essentially, Thai massage is intended as a regular activity. It focuses on circulation as well as muscle therapy. The amazing practitioners of this art use their hands, forearms, elbows, knees and feet as the tools of their trade. Unlike Western massage, which can put you happily to sleep, traditional Thai massage incorporates sitting and stretched positions and requires your partial participation.

Basic Thai massage is either an hour or an hour and a half. It begins with a thorough and lengthy treatment of the legs and feet. (The theory is that you use this part of your body the most.) It then moves upward to the back, arms and head. It also often includes the entire abdominal area. The technique includes a fair amount of pressing, rather than kneading, and there are often surprising encounters with unexpected pressure points. At New York Thai Aroma they provide you with a voluminous short and top to wear, and also use towels against

your skin for certain techniques. It is quite modest, yet intimate, as it seems that no muscle is ever neglected. It leaves you energized and limber, and I haven't been sick since I started going. On top of that, if you are having a specific problem, they can break the traditional routine and focus on that area. I once had my right hip and sciatic nerve rescued from a bad eight-hour car trip in only one session.

Here at the Coop, eating well and caring for one's body are a way of life. But how many of us, at so many times in our life, have resolved to incorporate massage into the routine and then let it slip away? I want to recommend trying this one. Google them and take a chance. It's reasonably priced and easy to get to—bike, bus or car—in less than half an hour from the Slope. Enjoy.

Meg Schlefer

CELL PHONES,  
BABY CARRIAGES  
SIR/MADAM:

May I ask that you consider (or reconsider) Coop policy on two issues, and then publish the resultant policies (if not already publicized):

1. Cell phone use by Shopping Committee members while assisting shoppers
2. Size of baby carriages permitted in the shopping areas

Thank you.  
James Erwin

LETTER WRITING  
COMMITTEE  
TO ALL READERS OF  
IRRELEVANT RHETORIC:

I beg you all who love to read irrelevant rhetoric to join with me in establishing a new organization, Readers of Irrelevant Rhetoric (“RIR”). Our group will have the purpose of writing letters to the editor of the PSFC Gazette to be published in each and every issue of the *Gazette*. The only criteria our organization will follow is that 1. The letters should be written timely so that they appear in each and every *Gazette*, 2. That they should not pertain to matters that are of concern or interest to the *Gazette's* readers, and 3. The letters should be signed, not submitted anonymously.

It should be emphasized that our program will be in conformance with the requirements of the *Gazette's* “Letters Policy,” which requires only anonymous letters to “...relate to Coop issues...”

The RIR, of course, intends to invite Albert Solomon to become an honorary founding member of the organization since he has led the way to, and pursued the organization's goals relentlessly for some time. RIR members will be well aware that we may be shamelessly using the resources of the PSFC in the form of wasting space in the *Gazette*, but it is believed that its activities should be accepted in the cause of freedom of speech.

Yours cooperatively,  
Mel Spain

GM DISCOURAGING  
DEAR MEMBERS:

The January 29th GM was discouraging but, let us say, I was there. The two issues were a survey by the Federal Reserve Bank (not a politically correct organization these days) and a discussion about plastic bags. I didn't stay for the discussion.

I came in with a list of three objections to the survey (none of them being how politically incorrect their Bank is!) but they were knocked out of my head when I saw that the survey text was offered. More on that later. Still, since this was the first any of us had seen of it, I offered an amendment that a committee should be formed from the members present at the meeting to review the survey and add questions to it for the benefit of the membership. Allowing a survey, I offered, was a major responsibility of the Co-Op since we have a rule against doing them without GM permission. And since we hadn't had one in a long time, I reasoned, why not add questions of general interest.

One wag got up and made fun of the survey or rather of our efforts to modify it, saying that if there were any real objections to it someone would have brought it up. He got people laughing, but I would disagree about what they were laughing about.

For once, my motion was seconded—after an agonizing pause while the maker of the previous motion (to Table the proposal to a time selected by the Agenda Committee) asked a question about my motion. Someone got up and asked whether they would take suggestions before the survey was finalized, implying that that would take care of my motion. Joe CEO Holtz got up and said sure—a cheap shot without any hope of follow-up or accountability.

Needless to say, the motion failed by a significant margin—but the Chair for this meeting took approximate votes rather than counts, the first time I have ever seen this done. I wish I had asked for a Division of the house (Robert's odd way of saying, Do a count), but these things happen so fast and there's always something new—one of the consequences of having seven rotating chairs!

I was offering the Co-Op's Alfonso Chile olives (\$2.36/lb) to people with no takers until a very attractive person who was lurking by the back door took one. But I didn't get her number. Dang! If you'd like to see my face again my information is below.

The Pacifica National Board held its in-person meeting in Newark January 25-27. Naturally the two contending contingents from BAI clashed over who was legitimate. At the January 24th hearing Judge Braun did not rule on this question because of a technicality, but he will rule on it and all other questions in the future with nothing scheduled till about a month from now. He did grant our Preliminary Injunction, indicating that he believed we had a chance to win on our issues.

Albert Solomon

CHECK OUT THE NEW AND IMPROVED COOP WEBSITE AT WWW.FOODCOOP.COM  
Current and back issues of the Linewaiters' Gazette • Daily Produce List • Product Blog • Membership Manual  
Videos and Podcasts • A map of our local suppliers and much, much more.



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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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.

HEALTH

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

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporomandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

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

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

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FUTON SOFA-Bed For Sale: 7 ft. wide, barely used, superb condition. \$400 or best offer, Call 718-263-0301.

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

SERVICES

TOP HAT MOVERS, INC., 145 Park Place, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-965-0214. D.O.T. #T-12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

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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

EXPRESS MOVES. One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071

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

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

NEED AN ELECTRICIAN, call Art Cabrera at 718-965-0327. Celebrating 35 yrs. in the electrical industry, skilled in all aspects of field from single outlets to whole buildings. Trouble shooting specialist. No job turned away. Original Coop member, born in Brooklyn. Brownstone specialist, low voltage & 220 wiring.

FIDDLE LESSONS, adults and children, by ear and with written music. Tunes from the southern mountains, Shetland, Ireland, England, Sweden, Quebec. Bowing, style, ornaments, repertoire. Paul 917-592-7148

HAIRCUTS HAIRCUTS HAIRCUTS in the convenience of your home or mine. Also color perms, hot oil treatments. Adults \$30.00, Kids \$15.00. Call Leonora 718-857-2215.

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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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Puzzle Answer

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Tuesday, February 26  
7:30 p.m. at the Coop

FREE  
Non members Welcome



Before you build that website...  
  
A primer for effectively marketing  
your service business online  
with Susan Martin

You'll learn:

- Why most websites don't work.
- The critical marketing basics you'll need to be successful.
- The structure of successful websites.
- The difference between organic seo and pay for click.
- How blogs are changing the face of online marketing.



Susan Martin created Business Sanity to help business owners and professionals make more money with less effort and stress. She is a Coop member and maintains a private coaching practice in Park Slope.


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

Helping Feral/Outside Cats:  
Trap-Neuter-Return

WITH JESSE OLDHAM

Do you want to help your neighborhood cats?

Please join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats.



We will speak about the trap-neuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretaking tips!

All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks.

Jesse Oldham, a PSFC member, has been an animal welfare advocate for 13 years. She is the founder and President of Slope Street Cats and is on the NYC Feral Cat Council.

FREE  
Non-members welcome

Saturday, March 1  
3:00-6:00 p.m. at the Coop

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


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

FREE  
Non members Welcome

What's love got  
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Carolyn Meiselbach, EFT-Adv, C.H., is a long-time member of PSFC; has a degree in psychology with advanced studies and practice in Community Psychological Counseling. She is presently a Peak Performance Counselor/Coach, and a holistic and EFT therapist and trainer in Carroll Gardens.

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

Saturday, March 8  
7:00 p.m. at the Coop

FREE  
Non members Welcome

Screening - Zeitgeist



Zeitgeist - The Spirit of the Times!  
  
Are you searching for the truth  
and not the secret?  
  
Want to find out what the spirit  
of the times is today?  
  
Then start your journey with Zeitgeist. An in-  
depth look at the truth about Religion, The  
Financial System, 9/11, and the future.



Philip Botwinick is a coop member and the Executive Director of Local Energy Solutions, a project of the Five Borough Institute a Not For Profit 501(c) 3 organization, educating and empowering people on the issues of energy, economics, food and community building.

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

Sunday, March 9  
12:00 at the Coop

FREE  
Non members Welcome

The Most Powerful,  
Natural Energy Boosters  
for Busy People



- Do you wish you had more energy to keep up with your growing to-do list and overbooked calendar?
- When you're extremely busy, low energy is simply not an option.

IN THIS CLASS YOU'LL LEARN:

- How to make it easier to get out of bed in the morning
- How to quickly get rid of your mid-morning & afternoon crash & early-evening energy crash
- Foods to eat for maximum energy & foods to avoid
- The most energizing snacks
- Inexpensive products that provide natural, immediate energy boosts

Stacey Antoine Savariau, JD, CHHC, AADP, is a Certified Holistic Health Counselor, who works with busy people to restore balance in their lives through wonderful self-care, healthy eating, and authentic living. She is a member of the Coop.

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

Friday, March 14  
7:30 p.m. at the Coop

FREE  
Non members Welcome

A Workshop On  
ADULT

(Attention Deficit Disorder)

This workshop will address the diagnosis and treatment of adult ADD. Included in the discussion: What constitutes adult ADD? How is it diagnosed? Is it overdiagnosed? Underdiagnosed? Can one develop ADD as an adult?

Treatment considerations will include discussion of medication, but the emphasis will be on other modalities. Consideration will also be given as to whether and how one might manage one's own ADD symptoms; also information on support groups.

Rick Ruscoll, LCSW, has been in private practice for 20 years, and is a senior counselor at Merrill Lynch EAP. He has presented on Adult ADD, and many other topics.

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

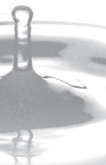
Saturday, March 15  
3:00 at the Coop

FREE  
Non members Welcome


Nanlaoshu

Movements for Health  
And Longevity

"The hard and the stiff will be broken.  
The soft and supple will prevail."  
- Tao Te Ching



Flow like water.  
Use balance, flexibility,  
agility, and grace as a path  
for health and longevity.



Recommendation:  
Wear comfortable clothing and shoes.

Carolyn Lin is a Coop member, a 30-year Nanlaoshu practitioner, and teacher and co-founder of the Society for Nanlaoshu.

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Saturday, March 15  
7:30 at the Coop

FREE  
Non members Welcome

Turn Your Closet  
Into Cash!

Learn how to sell your unwanted items on eBay!

WITH JENNIFER STEVENS

Looking for a supplemental or full-time income? Are you a stay at home parent looking to work from home? Trying to raise money for a good cause? Maybe you've got a lot of Grandma's stuff to get rid of? Liquidating your inventory? Whatever the reason, you can sell it on eBay!

Learn about:

- \*eBay Auctions, Fixed Price Listings & Stores
- \*What Sells
- \*PayPal & Other Payment Options
- \*Packing & Shipping
- \*eBay Wiki, Blogs & Seller Community
- \*Third-Party Services
- \*Fundraising on eBay
- \*Recent Changes at eBay



Jennifer C. Stevens, a Coop member, has been selling on eBay for over eight years. She is an eBayPower Seller, eBay Trading Assistant and an Education Specialist Trained by eBay. A former technical trainer who's left the corporate world, she now sells on eBay full-time, much to the delight of her dog, Tilly, and cat, Sammy.

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

Sunday, March 16  
12:00 at the Coop

FREE  
Non members Welcome

The Healing Arts Explained  
BODY MIND WELLNESS

Richard Eisenberg



"I will demonstrate and help some people on the spot."

I will explain or demonstrate: acu-energetics, reiki, shiatsu, therapeutic touch, medical massage, chi-energy healing, reflexology, meridians, chakras, the aura, karma, and emotional healing. We will explore cellular, sub-atomic, quantum healing, and past lives.

"I will work on someone from 20 feet away and help them. Think it's impossible? See it for yourself!"

Richard Eisenberg, Coop member, Acu-Energetics, Polarity, Shiatsu, Reiki, Therapeutic Touch, Reflexology, EFT, Hypnosis, Medical Massage, Acupressure, Trigger Points, Yoga, TachiTaTaChi

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Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)—click on Online Library