INEWAITE STATE

Volume CC, Number 5 February 28, 2008

Orientation at the Park Slope Food Coop

By Diane Aronson

Established

1973

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Orientation Then...

In the pre-Internet days of the late 1980s, I visited the Coop thinking I could just sign up to join, only to have an entrance worker kindly explain that prospective members were required to attend an orientation. I jotted down the day and time and the instruction "to go to the second floor."

I remember the orientation took place in our thensmaller function room. We were a vibrant, energetic crowd—happy that the Coop was again accepting members (back then, Coop membership was frozen at times) and, if we chose, we could be part of it. At precisely 7:30 p.m., the door closed, and the presentation began.

What struck me were the guidelines and rules for seemingly everything—I looked at the bulging packet of photocopied sheets, including workweek schedules, and heard information and terms that made me feel like I was a freshman. If we work once a month, why do members work 13 times a year? (Because, of course, we work every four weeks.) What was a swap board? What was the difference between checkout and cashier?

The presentation was low-tech—mostly one person talking. No visuals come to mind, although I do recall the tour of the shopping floor and being amazed at the crackling P.A. system, the absence of shopping carts, and all the produce—very little of it cocooned in plastic.

Orientation Now...

To join the Coop, the portal is still the orientation session. All shoppers will have



Dena Wetzel takes it all in at the February 13 orientation.

gone through an orientation before passing through the Coop's entrance as official members. Twenty years after my session, I stopped by the PSFC to check out orientation, 2008-style.

The sessions I dropped by took place on dreary January and February evenings, but winter blahs did nothing to put a damper on attendance. Each orientation had a dozen or so prospective members: some were students; there were moms with their children; others who were just starting out, perhaps in their first apartments; while others were joining as middle-age couples.

According to the office

coordinators I interviewed, attendance by that many prospective members was not unique. Office coordinator Ginger Hargett registers new Coop members on Wednesday and Sunday nights. She's noticed that since debit cards came to the Coop there's been "a steady, high number of people coming to all of the orientations." The average attendance figure for middle-of-the-week Wednesday is, according to Ginger, "between twenty and thirty" prospective members, and the majority sign up for membership the same evening. Office Coordinator

CONTINUED ON PAGE 2

Shoplifters Arrested at the Coop

On Thursday, February 14, 2008, two Coop members, Renny Nocera and Katherine Daley, were arrested in front of the Coop and taken away in handcuffs for allegedly stealing more than \$1,100 worth of products. These members have been expelled from the Coop and are being prosecuted.

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.

Corn, Hay Put the Squeeze on Dairy Farmers

By Willow Lawson

are talking organic, grass-fed milk from the Coop, it's \$3.13 per half-gallon carton.

Along with the cost of many other everyday staples—a ride on the subway, a sesame bagel at Le Bagel—those numbers are on their way up. The price of basic commodities like gasoline, corn, wheat and milk are at historic highs. As a result, nationwide grocery prices were up 5.6 percent last year, according to the U.S. Department of Labor's Bureau of

Statistics. (By comparison, that same half-gallon of organic milk costs \$3.69 at Fairway or \$4.59 at Key Food Market on Flatbush Avenue and Sterling Place.)

Passing On the Pain

For dairy farmers and other food producers, the cost of doing business—of feeding animals and hauling goods—is simply much more expensive than it used to be. As costs pile up, companies are passing the pain on to their customers. "That's not a good situation for food prices," says

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Next General Meeting on March 25

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, March 25, 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, March 5. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Orientation at the Park Slope Food Coop

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Camille Scuria commented that a recent orientation session had seen 42 attendees. She observed she has heard it said that a softening economy often contributes to a surge of interest in the Coop.

The session I attended in January was presented by Linda Ellman, a member since the Coop's founding year, 1973. She started by highlighting that it had been an "honor and a privilege to watch the Coop grow."

As it was in my orientation session twenty years ago, Linda stressed the requirement that all adult members in a household work, or as she described it, "if you share

stuff, you are a household"

and "we expect everyone in a

household to sign up." She

went over the Coop's work

shift schedule and require-

ments, and I noticed the

prospective members were

critical member labor is,

Linda shared an astonishing

statistic: our \$27 million

annual sales are supported

by 75 percent member labor,

with a mere 60 paid staff

members. This fact certainly

got the attention of the audi-

To underscore just how

listening intently.

ing to shop, Linda mentioned that not all shifts are available at all times and that the childcare slot required special training. She recommended the shopping squad as a great introduction to being a Coop member, describing the shift as one where members "get to experience the whole place." She drew on her own past experience on the receiving squad, observing: "I loved stocking the fruits and vegetables; they're beautiful."

During the course of Linda's presentation, I marveled at how far the documentation materials had come. There was an inviting slide show of the February orientation I attended. A Coop member for 14 years, Matthew has presented orientation sessions for several years, and, like Linda Ellman, he stressed the importance of the member work commitment.

Matthew also included some eye-opening details to support the freshness of food

at the Coop. Our stock turns 55 times a year, which means our stock moves at a more-thanonce-a-week rate. Matthew also mentioned Park Slope Food Coop's produce buyer Allen Zimmerman's mission to buy produce grown within 500 miles of the Coop when possible.

and were excited by a food

option that wouldn't involve

a cab ride, which they have

done to make the trek to the

Coop was "cool." As she

walked around, she comment-

ed, "The prices are really

good." Priya recently moved

from Manhattan, and would

Priya Patel thought the

Fairway in Red Hook.

From the **Prospect's** Viewpoint

reasons wanting to join.

Gabi Carmo and Allison Fleming discovered the Coop through eating with their downstairs neighbor,

who is a chef and serves son, raves "about the freshat the Coop. Gabi and Allison They live in Windsor Terrace, plan to shop by walking from her Seventh Avenue apartment. She was looking forward to meeting people and "becoming a part of the community," in addition to saving money. Priya was fine with a workslot, so long as it was something she would enjoy.

orientation. All three joined the Coop that same day.

Jamie Principe (top photo) and Sara Antunovich (left) and Orion Montoya

get the facts, the history and the produce prices at the February 13

Jason Sital was planning to join because he really likes "the idea of commune, of everybody working together, for the cause of organic

at City Tech, Jason was hoping for an evening work shift, one that would work around his school schedule.

food—to get it affordably. I

think that kind of philosophy

of working together is good

for the community—for

building the community." In

terms of the work commit-

ment, Jason liked what he

saw, observing that the mem-

ber workers he saw during his

orientation tour looked "chip-

per." An engineering student

Tammy Mahone came to the orientation session with her young daughter, Zailey. Tammy explained that she and her daughter were interested in eating organic, but "it's very high priced everywhere else, so we're thinking this will be a better betone-stop shop." Tammy

remarked that she had seen some organic frozen foods during her Coop tour that were two or three dollars less than they had paid at a store the night before. Nineyear-old Zailey noticed "all the different kinds of food," and that shoppers needed to pay for produce bags.

William Mee is new to the neighborhood. A vegetarian, William heard about the Coop through a friend. He remarked "it was difficult to find good vegetarian stuff at normal supermarkets here."

During each orientation session, attendees had an opportunity to tour the shopping floor and the basement. As we walked through the Coop, I got to know several prospective members and some of their

"such great food and drinks," and who, as described by Alliness, the organic" to be found were looking forward to being able to choose produce that was not "disgusting," and was reasonably priced. Allison remarked they had tried Whole Foods but it was too far away and too expensive.

To join or not to join: That is the question.

cashiering—interspersed with shots of tempting produce. In place of photocopies of various sized and shaped sheets, there was the neatly bound membership manual—with a nifty line drawing of the Coop on the cover and a wonderfully replete table of contents introducing new members to PSFC's mission statement through to "What Do We Do to Reduce/ Reuse/Recycle." (Note to all members: the manual can be found through a link on the PSFC's home

Coop workers stocking

shelves, working checkout,

As orientation attendees page, www.foodcoop.com.) pondered the notion of work-Matthew Lore presented

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

What struck me were the guidelines and rules for

seemingly everything—I looked at the bulging packet of

photocopied sheets, including workweek schedules,

and heard information and terms that made me feel like

I was a freshman.

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

> psfcdiversity-cpr@hotmail.com E-mail

Contact Form DEC Contact forms are available in the literature rack or Letter: 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.

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.

Office Mailbox

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

He felt the prices were "very good." A student at Columbia, William was hoping for receiving during the week, but wanted to see what the semester's academic schedule would bring before he settled on a specific Coop workslot.

John and Nelsy Webber attended an orientation session after John dropped by the day before with a friend who is a member. John observed they had always heard about the PSFC and they shop regularly at the Flatbush Food Coop, which is closer to their south Midwood neighborhood. John went on to conclude, though, as much as they love the other cooperative, it was, in John's description, "a great deal more expensive." When I asked the couple if they thought they would join, Nelsy answered, "I think so. The prices are great, and I like it." John felt that although their lives are busy they could make the labor commitment work, particularly with saving money on organic food in mind. According to John, their baby boy "hardly eats anything that's not organic, and neither do we. We've become more and more aware of local and organic."

> He really likes "the idea of commune, of everybody working together, for the cause of organic food. I think that kind of philsophy is good for the community."

Jamie Principe is attracted to the Coop through, as she described it, "its legendary reputation." For Jamie, joining the Coop is part of her desire to be "part of this collective movement; it's a unique opportunity to have in one's community." Value and being able to walk to grocery shop are also important to Jamie. Her husband works and travels a lot, so Jamie is planning to fill both household slots when her husband is not available to work.

After hearing about the place for years from friends and recently returning to New York, Olga Camacho was attracted to the food and the values. She has "spent lots of money at more expensive organic stores" and she couldn't believe the prices at the Coop. She didn't think the workslot every four weeks seemed like a lot.

Dena Wetzel moved from Boston to New York about a year ago. She and her partner had been intending to join, because they "cook a lot and like healthy food, and prefer to buy stuff locally as well. All the benefits are appealing." A video producer working out of her home when she's not traveling on assignment, Dena is also looking forward to the community. She will probably opt for FTOP, so she can work around assign-

Matthew Weber moved to Brooklyn less than a year ago and discovered the Coop as he was "walking by it" and through friends. Working on an organic farm—this one on the Jordanian border—made Matthew more concerned, among other things, about his food. He was attracted to the Coop through feeling that "there's no super in supermarket."

Becky Duignan just moved to Brooklyn and was buying an apartment with her brother, who is a Coop member.

Her expenses are going to be "mortgage, plus food, plus everything else." And the Coop is a place where she is looking forward to finding "great value and organic food and countless benefits." She's fine with the workslot, and observed that it "would add value to her week." As we were chatting, her brother was working in produce.

Healthful food, savings, community, social responsibility: These are shared reasons that people come to the Coop's orientation sessions and, if they choose, stay on. Through the efforts of each, members make the Park Slope Food Coop a unique institution, combining dollars-andcents and social values.

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.

Show 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, written, produced...and get workslot credit if we show it in 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

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, I and 3 trains 718-676-2721

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 threeyear 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 platforms 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 ballots by mail or by bringing them to the Coop. Members may also vote at the Annual Meeting on June 24.



Cooking for Vegetarians and Omnivores

By Cristin Flanagan

f they look behind the frozen meats on one side and the salt-and-pepper shakers on the other, across from the hummus, Park Slope Food Coop shoppers will find an eclectic compilation of healthy living manuals, dietary guides and cookbooks. The cookbook selection, with titles ranging from Aromas of Aleppo to Wild Fermentation, is the work of Coop member Elinoar Astrinsky. While Astrinsky's duties as a receiving coordinator include ordering calendars, wrapping paper and other dry goods, stocking the Coop's collection of cookbooks is a job she savors.

A Selection for Education and More

With selections like Beyond Nose to Tail: More Omnivorous Recipes for the Adventurous Cook, Astrinsky tries to ensure that Coop shoppers have on hand not only the latest and most popular cookbooks but also something to please the more idiosyncratic palate. One of the quirkier books the Coop carries, Beyond Nose to Tail is filled with illustrations and a number of recipes for baked goods as well as a recipe for braised squirrel and instructions on what to do with half a pig's head.

British authors Fergus Henderson and Justin Piers Gellatly dish out ample doses of sage advice to interested readers. For their Pot Roast Half Pig's Head they recommend " ...only half a head, as it is a perfect romantic supper for two. Imagine gazing into the eyes of your loved one over a golden pig's cheek, ear and snout."

Recipe instructions are equally colorful: of the half pig's head, they advise "to welcome it to its new environment, pour the glass of brandy over it, nustle in your bundle of joy, add the wine and then the chicken stock." There are recipes for everything under the sun in this book, Astrinsky assures us, up to and including good old-fashioned meatloaf. For readers interested in food writing in a similar vein, Astrinsky also recommends Roast Chicken and Other Stories from another English author, Simon Hopkinson.

Local Bestsellers and Old Favorites

For the less adventurous and omnivorous among us the Coop keeps on hand a number of local bestsellers and old favorites. Copies of Mark Bittman's latest book, How to Cook Everything Vegetarian, were quickly snapped up before the holidays. It's easy to see how this comprehensive guide, with over two

thousand basic recipes and variations, would be popular with Coop shoppers. How to Cook Everything Vegetarian was a desirable follow-up to Bittman's Julia Child Award winner, How to Cook Everything: Simple Recipes for Great Food.

Bittman, the author of a series of How to Cook Everything books, is perhaps best known for his New York Times column "The Minimalist." For those familiar with his books, How to Cook Everything Vegetarian is an extension of his earlier works: simple recipes with minimal ingredients and uncomplicated instructions for the novice.

Madison's writing serves the would-be cook a reminder of the aesthetics of food preparation. 'Plant life is visual, tactile, aromatic, fetching and mysterious...'

How to Cook Everything Vegetarian is broken down into categories of food, such as soups, salads and grains. It also contains useful sections on ingredients, equipment and techniques. The recipes and variations are well indexed, so it's easy to find recipes by their main ingredient. Bittman also includes suggested menu plans for a number of occasions.

While Bittman espouses

eating less meat and more vegetables, he also makes it clear in How to Cook Everything Vegetarian that he's not a vegetarian himself, nor necessarily espousing a vegetarian lifestyle.

How to Cook Everything Vegetarian isn't the best choice for a vegan looking to broaden her horizons; the preferred reader of this book is likely the inexperienced home chef hoping to expand her repertoire to include some of the basics of American homestyle cooking with a vegetarian bent. Bittman's reader, he says, is "willing to cook like a vegetarian, at least some of the time," and Bittman's goal is to increase his or her ability and options for doing so.

Coop member and nutrition counselor Dages Juvelier Keates thinks How to Cook Everything Vegetarian works best for those who still eat animal products but are trying to move away from them. "It's less of a whole food approach and more for a heavy-flavored palate," she says, but it's also a good source for beginning cooks seeking to refine how to cook a single dish and build from that.

While the Coop carries the latest cookbooks, Astrinsky also makes sure the Coop carries classics, such as Deborah Madison's Vegetarian Cooking for Everyone, now in its tenth edition. "It's the bible of vegetarian cooking," says Astrinsky: simple recipes with tasty results.

In Vegetarian Cooking for Everyone, Madison, like Bittman, hands out advice on kitchen tools and technique

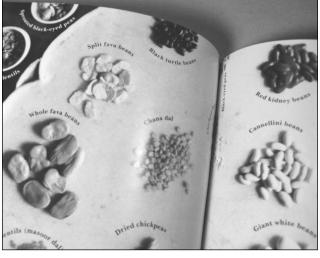
but adds her own unique twist, with wine pairing recommendations for vegetarian food. In the chapter "Vegetables: the Heart of the Matter," Madison also gets in-depth with detailed instructions on how to select, store and prepare many popular—and a few more obscure—vegetables.

Madison's writing serves the would-be cook a reminder of the aesthetics of food preparation. "Plant life is visual, tactile, aromatic, fetching and mysterious—beans that look like jewels; subtle grains; the strange beauty of seaweeds; the ingenuity of manmade foods like coils of pasta, myriad cheeses and the different hues and fragrances of oils," she writes in a passage on how she came to be interested in cooking. Madison's recipes are real whole-foods recipes, asserts Keates. "This is what I'm going to be buying for myself ... it's a book I could learn a lot from," says the holistic health counselor. Keates also finds the recipes in Vegetarian Cooking for Everyone more vegan-friendly.

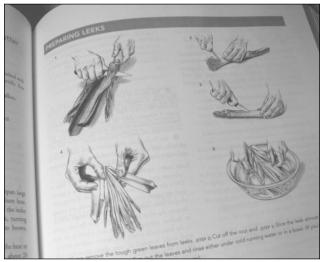
Around the World Between Covers

Another Coop favorite is Madhur Jaffrey's World Vegetarian: More then 650 Meatless Recipes from Around the Globe. Jaffrey is known as an actress in Merchant-Ivory films as well as a cookbook author. For those who want to tastetest her food before committing to a book, she also has a restaurant, Dawat, in Man-

World Vegetarian is organized by ingredients and cov-



Bean identification, from World Vegetarian



Preparing leeks, from How to Cook Everything Vegetarian



Roast whole suckling pig, from Beyond Nose to Tail



Bookcase for cookbooks



Madhur Jaffrey, author, from World Vegetarian



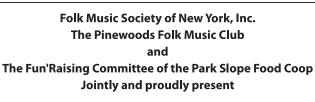
Some of the many veggie cookbooks on the Coop's shelves

ers a lot of familiar ground for Jaffrey. Much of her writing focuses on the vegetarian dietary staples of beans and grains. Keates thinks World Vegetarian is an excellent option for those home cooks who want to branch out of their standby dishes, and the spices are pleasing for the more diversified palates of many New Yorkers.

The Coop has other cookbook offerings focused on particular countries and regions. Marcus Samuelsson's The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa brings readers to the cuisine of a single continent and includes a foreward from Desmond Tutu. With more pictures than recipes, The Soul of a New Cuisine borders more on art book than cookbook, but the stunning photos are likely to inspire readers to try their hand at a few recipes. It's almost a travel book, agrees Astrinsky.

One of the quirkier books is filled with illustrations and recipes for baked goods, as well as a recipe for braised squirrel and insructions on what to do with half a pig's head.

The Coop's collection also carries cookbooks covering other regional cuisines with titles like the Italian classic The Silver Spoon, or Poopa Dweck's Aromas of Aleppo: The Legendary Cuisine of Syrian Jews. Astrinsky wants to bring in more seasonal and gardening books and is pleased that the Coop now carries Leslie Day's Field Guide to the Natural World of New York City. For those interested in catching and braising their own squirrel, it might come in handy. ■



Sing in the Spring

Park Slope Food Coop, Brooklyn, NY

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

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



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.



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. 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 diversifying 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.

Puzzle Corner			
March Jumble			
Write the answers to each of the clues provided. When finished, rearrange the circled letters to reveal what these people have in common.			
1. "Yo Soy Boricua" Director (1964)	$-\bigcirc -\bigcirc -\bigcirc -\bigcirc -\bigcirc -$		
2. "Tapestry" Singer (1942)			
3. First Sista in the House (1924)			
4. Abstract Expressionist (1908)			
5. Diva (1929)			
6. " Brownstones" Author (1929)	$\overline{}$		
7. "Gilda" Portrayer (1918)	$\bigcirc - \bigcirc - \bigcirc - \bigcirc$		
8. "Stormy Weather" Chanteuse (1917)			
9. Majority Whip (1940)			
10. Bogie Lover (1924)			
Puzzle Author: Janet Farrell. For answers, see page 14.			

Corn, Hay Put the Squeeze on **Dairy Farmers**

CONTINUED FROM PAGE I

Joe Holtz, General Manager of the Park Slope Food

About 90 percent of the milk sold at the Coop—about 1,400 gallons per week, give or take—comes from a company called Natural by Nature, which produces organic milk from cows fed grass on Amish and Mennonite family farms in southeastern Pennsylvania. The cows are raised on an old-fashioned diet of grass—most American cows eat cornwhich is healthier for the cow, the environment and the people who drink the milk. Organically farmed cows are also free from growth hormones and unnecessary antibiotics.

Although Natural By Nature's farms don't use corn to feed their cows, they are facing their own cattle feed price crunch. During the winter, when pastures are covered with snow and ice and grass has withered, it's necessary to supplement the cows' diet with hay, minerals and silage, a kind of fermented grain often made from alfalfa or other plants.

"Grass is a great thing, but it's inhumane not to feed grain over the winter," says Ned MacArthur, the chief executive officer for Natural by Nature in West Grove, Pennsylvania. "These cows need calories."

Hay prices in the eastern part of the U.S. are unusually high this year because of a drought in North Carolina and Georgia, according to MacArthur. Farmers who were

Organic Milk Prices Steady, Nonorganic Milk Prices Soar.

Month	Natural by Nature half gallon	Farmland half gallon
2/2008	\$3.13	\$2.43
7/2007	\$3.13	\$2.36
12/2006	\$3.10	\$1.82

selling their hay for \$150 per ton a few months ago in the New York region can get \$300 per ton for it if they ship it to the southeast. That's caused the price to climb all over the eastern U.S. The cost of hay now hovers around \$220 per ton. "It's outrageous," says MacArthur. "The hay price is probably the worst thing for us right now."

The price of basic commodities like gasoline, corn, wheat and milk are at historic highs.

It can be tough for consumers to understand the many layers of the dairy business and how those factors affect what they pay at the cash register. MacArthur meets regularly with the farmers in the Natural by Nature coop to discuss their business costs and price increases. "You have customers who really care about what you're doing and you don't want to poke them in the eye," says MacArthur. "It's a heck of a give and take." Perhaps that's why the price Coop members pay for a half-gallon of Natural By Nature milk has only increased 3 cents over the last year. The difference between the cost of nonorganic and organic milk is now only about 60 cents per half gallon, a far cry from the days when organic milk cost almost double the price of standard milk. (Farmland milk is different from most

nonorganic milk on the market: the cows don't receive bovine growth hormone.)

Holtz says the Coop gets a pretty good price on the organic Natural by Nature milk compared to the nonorganic Farmland brand it also sells, which accounts for less than 10 percent of the Coop's milk sales. Coop members often ask why the Coop's price for Farmland milk isn't better than the price at the grocery store near their apartment or at the bodega on the corner. Holtz says that's because many members—for whatever reason—don't buy their milk at the Coop and so it can't ask for a better price from distributors. "Small customers get beat up badly on prices," says Holtz. Recently, a half-gallon of Tuscan milk cost \$2.59 at the Key Food Market on Flatbush. The half-gallon of Farmland milk cost \$2.43 recently at the Coop.

The Wisdom of Corn

Just over a year ago, the Coop's Farmland milk cost almost 40 percent less than it does today. That's because the price of corn has doubled in the past year as more of the grain goes toward ethanol production. Globally, there's also a dairy shortage. The economic boom times in many countries have created a thirst for milk products, which are a source of high-quality protein. The demand has pushed up the

price of other food products made with milk, such as infant formula, cheese and chocolate.

Ethanol's effects on corn prices affect the organic corn market, too. Some farmers that used to grow organic corn have abandoned the practice because they can get so much more these days for nonorganic grain than they could a year ago, without the extra hassle of growing organic, says MacArthur. And as the supply of organic corn has dwindled, that's put pressure on farmers who sell organic meat because those animals are fed a diet of organic grain. "The cost of organic corn is astronomically high," says MacArthur. "I wouldn't want to be the guy making organic poultry."

> The price of corn has doubled in the past year as more of the grain goes toward ethanol production.

Like many people, MacArthur believes the United States needs to reconsider the wisdom of turning to corn to reduce our dependence on fossil fuels. He thinks consumers just end up paying the price in other ways. "We need to quit building ethanol plants," he argues. Compared to the amount of energy used to produce ethanol versus the cost of burning oil, ethanol "only comes out a few percentage points ahead." ■

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

March 10 (B Week) Mondays

March 17 (C Week)

Noon to 1 p.m. 1:30 to 2:30 p.m.

and

March 16 (B Week) Sunday Noon to 2 p.m.

Tuesday March 11 (B Week) 11:00 a.m. to 1:30 p.m.

You can join in any time during a tour.



CONCERT COMMITTEE REPORT

The Good Coffeehouse Presents: A Night of Jazz and Dance

By Zenobia Conkerite

Margaret Morrison will share the stage on Friday evening, March 21 at 8 p.m., at the Good Coffeehouse.

Jezra Kaye

"My mother started playing classical music to me when she was pregnant. Little did she know ... " says Jezra Kaye. It wasn't until the age of 13 that she realized she wanted to sing. Singing along with big-band records is how Jezra got hooked on becoming a professional.

And though not many parents are thrilled "to hear that their kid wants to be a jazz singer," her parents were cool about it once they realized that she was going ahead with her dream anyway, and that she wasn't going to listen to reason.

Jezra always packs the house and it's no wonder: her abundant love of music inspires her to offer up more than her audience would expect but gratefully receives.

And even I am inspired when I ask Jezra what inspires her: "Killin' vocalists in any genre and great songs!" she replies. "I love blues that you can turn up real loud while you're driving—Bonnie Raitt, Solomon Burke, Hornheads ... but rock, country, bhangra, Broadway—it's all good." Right on!

Musicians always have great stories to share, and so does Jezra. Once she asked Billie Holiday's pianist, Mal Waldron, how he decided to be a musician. He said, "I knew I'd need a job where I could sleep late." Jezra thought he was joking, but he wasn't. "If you can't hang with the lifestyle, you're not going to stay in the business."

Jezra knows all about dedication in everything she does. Although she is not actually a working musician anymore, she pours that same kind of dedication and passion into her career as a public speaking coach, speechwriter and media trainer. "Those skills come straight from my music background, so my mother

was actually right: music lessons never go to waste!"

I would guess that she rises with the dawn, but how can you separate the two loves? I hope Jezra will continue to fill our ears and hearts with her beautiful voice for years to come. To learn more about her coaching, you can check out her site: www.jezrakaye.com.

Jezra's has been a member of the Coop for 27 years, and a squad leader on Sunday mornings for 20 of those years. She adds, "I currently have the best squad in the universe, and two great squad co-leaders, Anna and Jackie."

Jezra knows how to express herself through her voice and Margaret Morrison knows how to express herself through her feet ... tap, that is.

Margaret Morrison

When she was 10 years old Margaret started dancing ballet, tap and jazz. "As a kid, I danced as much as I could and found every opportunity to perform. I loved tap, but I never considered it a career option," Margaret explains. But when she was in college she realized that the only time she was truly happy was when she was dancing. She made the decision to devote her life to training seriously and going after professional work. "I figured, I'll try being a dancer until I get tired of it, and that hasn't happened yet," she says.

During the time Margaret was studying and trying to break into the modern dance world, she was studying tap with her mentor, Brenda Bufalino. In 1986, with Brenda, she cofounded the American Tap Dance Orchestra. The '80s were the beginning of the Tap Renaissance when there was an explosion of tap companies, Broadway shows, tap festivals, and documentaries. She has performed internationally with Brenda and the ATDO for 15 years, appeared at major theaters around the country, toured Europe and danced on the PBS special Tap Dance in America with Gregory Hines.

In 1997, Margaret started working as a soloist and has

since performed and taught across the U.S. and in Brazil. She helps produce Tap City, the annual New York City Tap Festival, which brings together hundreds of tap performstudents—professionals and amateurs, adults and kidsfor a week of amazing performances and workshops. As a professor in the Dance Department at Barnard College, Margaret gets to teach beginners who are discovering dance for the first time. "I also teach some really advanced students, kids who have studied with the best tap teachers around the country and then end up in my college classes," she says with pride.

Park Slope Food Coop, Brooklyn, NY

"I see students get into tap because it's fun and they want some exercise, and then it's like they get bitten by this rhythm bug. A lot of people see tap as a man's form, but women have always tap danced, from the teens through the '40s; women performed in trousers and flat shoes, and could lay down some iron."

I enjoyed watching—no, hearing—Margaret tap to the African/Cuban strains of the Djembe and Conga drums and once watched in awe as she tapped alongside fellow tap dancers Vatá from Brazil, whose only manner of communicating (because neither spoke the language of the other) was through tapping, nodding in agreement and laughing out loud. What a night! I don't think anyone even attempted to speak a word, just tapped. Like music, tap has its own universal appeal.

Margaret's performance will include works from her tap show, "Body of Rhythm." She will be performing with some of her favorite musicians: Theo Hill on piano; Lisa Parrot, a kick-butt sax player; and Robin Burdulis, her life partner of 16 years, on percussion. So come and watch Margaret lay down some iron of her own!

See you Friday, March 21, 2008, at the Good Coffeehouse. Doors open at 7:45 p.m. Music starts at 8 p.m. ■

Support a New Coop!

Do you live or work in the Bronx?
Would you prefer to do your workslot on Saturdays?

Then inquire about supporting the South Bronx Food Cooperative!

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

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

To receive credit, you should be a PSFC member for at least one year and have an excellent attendance record.

To make work arrangements, please email ellen_weinstat@psfc.coop or call

718-622-0560

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

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

Must know how to:

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

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

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

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.

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

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.



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 MARCH 20 7:00-9:00 p.m. **Last Sunday**

MARCH 30 10:00 a.m.-2:00 p.m.

Second Saturday MARCH 8 10:00 a.m.-2:00 p.m.

On the sidewalk in front of the receiving area at the 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

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.



This Issue Prepared By:

Coordinating Editors: Stephanie Golden

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Petra Lewis

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Cristin Flanagan Willow Lawson

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Desktop Publishing: David Mandl

Dana Rouse Lenny Henderson

Editor (production): Lynn Goodman

Final Proofreader: Teresa Theophano

Post Production: Jessica Tolliver-Shaw

Index: Len Neufeld

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 job that requires you to 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

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

Are you a stickler for details and accurate on the computer? Do you like working independently? 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.

Early Morning Receiving/ Stocking Committees

Park Slope Food Coop, Brooklyn, NY

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

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

Mop Cleaning

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

This workslot involves organizing the cleaning equipment used by the maintenance squads, washing (by hand) all the mop heads in the Coop, and replacing any worn-out mop heads. Speak to Mary Gerety in the Membership Office if you are interested. CONTINUED ON PAGE 10

COP 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:

Mar 13 issue: 7:00 p.m., Mon, Mar 3 Mar 27 issue: 7:00 p.m., Mon, Mar 17

CLASSIFIED ADS DEADLINE:

Mar 13 issue: 7:00 p.m., Wed, Mar 5 7:00 p.m., Wed, Mar 19 Mar 27 issue:

General Meeting

TUE, MAR 4

AGENDA SUBMISSIONS: 8:00 p.m. Submissions will be considered for the Feb 26 General Meeting.

TUE, MAR 25

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).

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-forworkslot-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-forworkslot-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

 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 memberowned 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 nontoxic, 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, earthfriendly 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

ABOUT 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, March 25, 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.

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, MAR 1

PEOPLE'S VOICE CAFE: Carolyn Hester 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.

THU, MAR 6

PARK SLOPE CIVIC COUNCIL SUSTAINABILITY FORUM: From simple eco-friendly tips to solar panels and green roofs, our expert panelists will provide you with the know-how to start making Park Slope a greener community today. Old Reformed Church, 7th Ave. & Carroll St. 7 p.m. - 9 p.m. Free onsite childcare.

FRI, MAR 7

JEWISH JOKES & ETHICS: Improbable Bedfellows. With Rabbi Stan-Schachter, scholar in residence. Enjoy laughter at wonderful Jewish Jokes while learning the serious side of Jewish humor. Services: 6:30 p.m. Dinner: 7:30 p.m. Talk: 8:45 p.m. You can join us just for talk. Fee for dinner: \$25/\$18 for 6-18 y.o. Reserve by 3/3/08. Synaplex Shabbot. Park Slope Jewish Center, 8th Ave. & 14th St. Info/RSVP: 718-768-1453; www.psjc.org

SAT, MAR 8

THE MYSTERY OF THE SLEEP-LESS NIGHT, with Dr. Lifsa Schachter, scholar in residence. As we look ahead to Purim, explore the night the king couldn't sleep. What kept him awake? How did Esther cause this? What light does this shed on the role of Esther? Services begin 10 a.m. D'var Torah during services. Kiddush afterward. Synaplex Shabbot. Park Slope Jewish Center, 8th Ave. & 14th St. 718-768-1453. www.psjc.org

CHELM: WHERE JEWS ARE FOOLS & FOOLS ARE JEWS, with Rabbi Stanley Schachter. Havdallah, dessert & discussion. No charge. Uncover the secret of the Jews of Chelm, that fictional town celebrated for bizarre solutions to life's myriad problems. Rabbi Schachter's newest book will be available for sale & signing. Hosted by Park Slope Jewish Center members. 8th Ave. & 14th St. Info: 718-768-1453; www.psjc.org

PEOPLE'S VOICE CAFE: Jolie Rickman Celebration 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 RECY-CLING: Donate used clothing, shoes, boots, hats, jackets, towels, bedding & linens for reuse or recycling. Grand Army Plaza Greenmarket, every Saturday through March. 8 a.m. - 4 p.m. For more info, visit www.cenyc.org

SUN, MAR 9

ZEEMEEUWSIC III!: an eclectic Sunday concert series at the Old Stone House, featuring Bruce Markow* (nouveau-folk infused with 60s pop, jazz & Afro-Brazilian melodiousness) and the Chelsea String Band (lively old-time music from the southern Appalachians). JJ Byrne Park, 5th Ave. (btwn. 3rd & 4th sts.), 2 p.m. \$10. For info/reservations: 718-768-3195

SAT, MAR 15

CAVALLERIA RUSTICANA: See Mascagni's most popular opera updated to present day California, performed in English (Rustic Chivalry) by Brooklyn Repertory Opera with orchestra. Food Coop Office Coordinator Kathleen Keske* sings the role of Santuzza. Brooklyn Lyceum, 227 Fourth Ave. (President St.) at 3:30 p.m. Admission \$20, seniors/students \$10. For info: www.bropera.org

PEOPLE'S VOICE CAFE: Bright Morning Star 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 RECY-CLING: Donate used clothing, shoes, boots, hats, jackets, towels, bedding & linens for reuse or recycling. Grand Army Plaza Greenmarket, every Saturday through March. 8 a.m. - 4 p.m. For more info, visit www.cenyc.org

TUE, MAR 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

SAT, MAR 22

CAVALLERIA RUSTICANA: See Mascagni's most popular opera updated to present day California, performed in English (Rustic Chivalry) by Brooklyn Repertory Opera with orchestra. Food Coop Office Coordinator Kathleen Keske* sings the role of Santuzza. Brooklyn Lyceum, 227 Fourth Ave. (President St.) at 3:30 p.m. Admission \$20, seniors/students \$10. For info: www.bropera.org

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

Saturday, March 22 At the Coop

FREE

Non members Welcome

The Triple Bottom Linee Film Series

Double Feature

People, Planet, Prosperity through Cooperation

4-6 p.m.

An Unreasonable Man



Whether you hate him as a spoiler, or detest the dishonest politicians that made him look like one, Nader deserves to arouse strong emotions. Since he first began taking on unscrupulous corporations in the sixties, and started a crucial wave of public interest groups, he has made inroads for an America true to social responsibility. Come see this amazing account.

7-9 p.m. Who Killed the Electric Car?

GM's electric car, the EV-1, was on its way to wowing California, and offering America a new chance to turn over a new leaf. No such luck. Something happened on the way to making history, and by the end, they were all in the junk heap. How could this happen? Come

unravel the mystery... Bring a pot luck, munchies, friends, or just lil' ole you. Talk and activism

to follow.



Mark Rego-Monteiro has been a Coop member for years, has professional experience in social and financial services, and is pursuing a Master's in Sustainable Development. He is the founder of WakeUPDemocracy.org.

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

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

Wednesday, Thursday or Friday, 6:00 a.m. to 8:30 a.m.

We need an early riser with lots of energy to do a variety of physical tasks, including setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? Please speak to Adrianna in the Membership Office, Monday through Thursday, 8:00 a.m. to 2:00 pm.

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).

Park Slope Food Coop **Video Squad Workslots Available**

טום 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 and include "PSFC Video Squad" in the subject line.



The Park Slope Food Coop

Fun'Raising Committee Presents: Our Third Biennial Kids' Variety Show

Saturday, March 8 7:00 p.m.

Old First Church Carroll St. & 7th Ave.

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

David Gratz(7) will play Bourree I and II, by Bach, on the violin, accompanied by his mom. • Laila larussi (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

Intermission

Solana Schlau Appenzeller (10) and Milan Puntes (10) will sing an original song called "I Thought I Was". • Isabelle Siegel (10) and Alexus 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!



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 trapneuter-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.

Saturday, March 1 Non-members welcome 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 Non members Welcome

FREE

What's love got to do with EFT

(Emotional Freedom Techniques)?

Everything! You'll learn EFT. You'll also learn what kind of love you need before you work on yourself to gain a stress-free life leading to joy, happiness, and success. You never learned this important love

component in any of your schools,

and only a lucky few of you ever learned

it from parents, peers, or religious leaders. In this workshop, learn EFT and find out what it is you need to make it stick, and how to get it.

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.

lews 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 indepth look at the truth about Religion, The Financial System, 9/11, and the future.

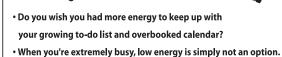
Philip Botwinick is a coop member and the Executive Director of Local Energy Solutions, a project of the Five Borough Institute a Not For Profit 501(c) 3 organization, educating and empowering people on the issues of energy, economics, food and community building.

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



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 Non members Welcome

FREE

A Workshop On

(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

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.

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

LETTERS T

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EDITOR



IT TAKES A VILLAGE

TO THE EDITOR:

I am writing in response to Cara M. Tuzzolino Werben's essay "A New Twist on the Twinkie Defense" from Jan. 31, 2008. Ms. Werben writes on behalf of the Disciplinary Committee and profiles a composite violator of Coop rules. And does this guy violate: Alex M. True illegally sublets an apartment, drives a Hummer, chats up women (with bad fruit puns no less) and is (boo hiss) a lawyer. Oh, and as a non-member of the Coop, he shops illegally.

I was a DC member for over a year and I must say that, while amusing to some, this case study sets the work of the DC back. It is not the over-the-top, less-than-human individual who usually comes to the attention of the DC. It's the more ordinary shopper who had a bad day, faces a slow-moving line, and pokes someone in the ribs; assaults someone verbally; cuts out before his or her shift is finished; pockets an item or eats it in the aisle and throws away the wrapper; allows a guest to shop. Occasionally, there is the bigger-loot thief. Very occasionally, people leave their wallets unattended and they disappear.

But for the most part, I think we do very well as a 13,000-member village. The DC is not the secret police nor witch hunters. The committee is there to help out, be a reality check, and remind us all that (while we don't leave the real world behind when we enter the Coop), we can create a bit of the type of world we value.

Susan Behrens

ADVERTISING IN LETTERS

TO THE EDITOR:

The Feb 14th issue of the Gazette contained a letter entitled THAI MAS-SAGE that was a barely disguised advertisement for the business that a Coop member patronizes. "In the interest of holistic health," she writes to share her devotion to a particular massage parlor. The rest of the letter is 700 words of selling, exactly what we might expect to find in, for example, the Spa issue of Time Out New York, where advertisers pay to be written about in articles.

Letters and articles published in the *Gazette* are usually about Coop issues, products or members. Coop members can purchase ads for themselves or their businesses or promote themselves by giving free workshops in exchange for ads promoting them. I think a terrible precedent is being set by publishing letters that baldly advertise a non-Coop member's business (or even a Coop member's business) with name, location and a detailed, glowing description of the services being sold. I hope other Coop members will also express their opinion about this issue to the editors. Don't let the *Gazette* turn into an advertising rag!

Thank you, Sam Berlind

MAKING A CONTRIBUTION OF WORK

TO THE EDITOR:

Recent letters have discussed the possibility of a retirement option for Coop members. The retirement of Linda Wheeler and the potential retirement of Joe Holtz were brought up. The writers suggested it was unfair that staff members could retire and other Coop members could not. Yet Linda Wheeler retired from her full-time job when she left her coordinator position, and not a 2.75-hour-permonth workslot.

Perhaps the letter writers were upset that retired staff members could continue shopping at the Coop without a workslot. I know that various employers, Macy's for instance, allow retired full-time staff to continue to have an employee discount. Personally, I am grateful for the thirtyplus years people like Joe and Linda have put into the Coop, often working 80-hour weeks with relatively low pay. Without their efforts there would be no Coop. Allowing them to continue to have shopping privileges after retiring is the least we can do.

As far as the rest of the 13,000+ members go, the issue of retirement is a different matter. It is a question of instituting a retirement policy for a monthly commitment of less than three hours. As Joe has pointed out, there is a policy in place to allow anyone who is not physically able to work to claim disability status and continue to shop. The PSFC membership manual states, "You can be exempt from working at the Coop if you are permanently or temporarily unable to work because of a serious physical, psychological, or emotional condition, or if you are caring for someone who is ill or disabled." This is a generous policy, which allows those who are truly unable to work to continue to benefit from the low-cost healthy food options at the Coop.

There are Coop members who, retired from their full-time jobs, truly value their ability to continue to contribute to the Coop. Some voluntarily commit extra time. The experience and insights of long-term members is integral to the success of a large coop such as ours. Instituting a retirement policy because some individuals do not want to continue working 2.75 hours a month seems contrary to the idea of a cooperative.

Sincerely, Cynthia Blayer

PARK SLOPE FOODIES

The strollered tot would not stop squirming,

Annoying his mom a bunch,

Till finally, she threw down the gauntlet:

"Stop, or no sushi for lunch."

Leon Freilich

NO IDLING THREATS

TO THE EDITOR:

It is now 10:45 on February 5, 2008. My shift began 15 minutes ago. I am a walker.

I am writing this letter to you, instead of accompanying heavily laden shoppers to their cars, to write this complaint. During the time that we walkers are awaiting the people that we accompany, we sit on the bench outside.

Last month, and again this morning, my time on the bench has been made miserable because the truck driver, whose truck is unloading, leaves his motor on*. When I asked the driver to please shut off his engine, he claimed it needed to be on so that the lift at the back of the truck could operate

This idling motor produces air and noise pollution, both of which are directly antithetical to the goals of the Coop.

I believe that the Coop, with due notice to the companies with which it does business, should require that their delivery trucks' engines do not idle while they are in front of the Coop. The notice would allow the companies time to adjust to the new policy, either by revamping the trucks, reeducating their drivers, or buying new trucks that could unload without their motors idling.

As I said earlier, we, and the companies with which we deal, should be striving to improve our environment. Eliminating the idling of engines would be a small step in that direction.

Gene Glickman

P.S. After taking the time to write this *last month the engine idled for a full two hours. I anticipate a similar situation today.

THE IRISH WAY CAN BE OURS, TOO

DEAR COOP GAZETTE,

I still remember the day I walked into a convenience store in Dublin and was told it would be an additional 15 cents for a plastic bag. I was outraged. I had been scraping together my change and found I had none left for a bag to carry my groceries home with me. I put them in my arms and elbows, and managed to walk home. I soon learned that there was a national tax on all plastic bags. As a recent NY Times article highlighted, the tax has gone up to 33 cents per bag. Like the rest of Ireland, I came to embrace that tax and carried tote bags or plastic bags from previous purchases with me wherever I went that summer. It became a fast habit, and one I grew to appreciate. It's an easy way to feel good about your contribution to the environment.

With that in mind, I am appalled by the number of people at the Coop who use plastic bags. As a checkout person on the express line I am continually amazed at the number of people who take bag after bag without thinking about it. To be sure, there are many who bring their backpacks, tote bags and free Coop bag. But for every person who does this, there are two to three who do not. Now with the new debit card system there is not even a prominent place to give a donation toward the purchase of bags. I ask my fellow Coop members to think twice before taking a plastic bag.

It is a habit that is easy to break, and simply requires a little foresight. It is the way of the future, and Coop members have an opportunity to be at the forefront of this movement.

Suzanne Grossman

NW.



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.

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

H

BOTTLED WATER: OBJECTION RESPONSES

TO THE EDITOR:

In response to the rejoinder of David Barouh re: the initiative that he introduced to discontinue selling bottled water at the Coop:

David makes the following objections to what I wrote:

1. OBJECTION: Water is heavy, making its transport more polluting per unit of volume than other products.

RESPONSE: Most animals and plants contain more than 60% water by volume; many Coop products are quite heavy in water and fat. More important, water is usually packaged in relatively large quantities and, therefore, does not require as much plastic packaging, per unit, as many other products that the Coop sells. Take cheese, candy, and snacks, for instance, which are packaged in small quantities. Milk is almost as heavy as water. Meat is very heavy. This is not a valid objection.

2. OBJECTION: Other products sold at the Coop don't have realistic or convenient alternatives.

RESPONSE: For the last 40 years I have lived with healthy and convenient alternatives to all the products listed at the end of the last paragraph. This is not a valid objection.

3. OBJECTION: Tap water is a realistic and convenient alternative to bottled water. If not, there are simple procedures for eliminating objectionable contaminants, such as using a Doulton water filter, dissipating chlorine, or using a distiller.

RESPONSE: I am not going to quibble about the disadvantages of each of these means—considerable investment of time and money, alkalinization of the water, consumption of electricity, imperfect filtering. I have used them all; however, life sometimes gets complicated. This is a partially valid objection.

4. OBJECTION: Bottled water has had contamination episodes, proba-

RESPONSE: Maybe it is time to bring bottled water under regulation.

5. OBJECTION: Mainstream official opinion is that fluoride is a public benefit; there is substantial dissent.

RESPONSE: The night that I decided to write to the Gazette, I serendipitously found on the Coop bookshelves an extensively annotated book, The Fluoride Deception, written by an award-winning investigative reporter, Christopher Bryson, and based in part on recently declassified files. It links the introduction of fluoride to the Manhattan Project and the aluminum industry. There are other

6. OBJECTION: I oversimplified and moralized with an ill-defined and unrealistic suggestion about "changing our way of life."

RESPONSE: I recommended "serious and immediate attention" to obtaining biodegradable plastics. These exist. Then I wrote, "However, in the long run, the crises we face can only be resolved by changing our way of life." Do any disagree that we have to change the way that we relate with the earth, that we can't imagine how people will live a century from now?

Despite the current exhibit at the Museum of Natural History, which recommends discontinuing use of bottled water, I think that quarreling over whose plastic has to go first is a distraction from the bigger issues.

er's unreasonable idiosyncrasies.

At the Coop, we tolerate each oth-

I think that I would like to meet and talk with David Barouh.

> In cooperation, Daniel Marshall 212-749-2215

BOTTLED WATER: MORE RESPONSES

TO THE EDITOR:

In David Barouh's letter in the 1/31/08 Gazette there are several oversights.

He writes: "While many products are packaged in plastic, few are as heavy as water, making its transport much more polluting per unit of volume." Almost any product that is a liquid will be as heavy as water (with the exception of oils).

If one wants to minimize packaging, then water and other liquids, like cleaning products, should be sold in as large a container as available. The cleaning products sold at the Coop are not the largest available. Glass cleaner refills without the sprayer are not sold in the Coop. Ultra Dawn dish detergent is sold only in the small 11oz. bottles. As for water, it should be sold in gallon sizes (or larger) only. Members can transfer the water to smaller reusable containers.

David points out that, "Contamination from pipes is also controlled by law and monitored." But what is of concern, and what no organization regulates, is the pipes from the street to the top. Here in Park Slope, many, if not most, of the houses still have their original lead water mains. Why? Because lead pipes don't wear out. I replaced my perfectly good lead water main, mainly because my tenant has access to the cellar and I did not want him to notice that he had been drinking water from a lead pipe. Plus, lead from pipe solder can leech into the water, especially into the hot water.

Now, it would not be unreasonable for someone to want to filter out lead, fluoride, and chlorine. You now have multiple filters or an expensive reverse osmosis system (which wastes water). The Brita pitcher filters

(which the Coop stocks) do not filter out added fluoride, which some people, at least, prefer not to ingest. If one is single and doesn't drink all that much water, it is hard to justify the upfront expense, plus the ongoing fil-

David ends recommending a distiller for water to use in an iron. This would not be cost-effective for someone who rarely irons. And many people don't have the space. Plus he puts "lugging heavy plastic gallons home" in a negative light. Whether I use a cart to push my water home, or actually lug a gallon or two, I look upon this as an opportunity to get some exercise of my arms that I don't get walking around and sitting at a keyboard. I sometimes lug a bottle home just for this reason.

Don Wiss

LETTERS POLICY

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The Gazette will not publish hearsay—that is, allegations not

based on the author's first-hand observation.

- 2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.
- 3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

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

Respect

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



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. 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!

- *eBay Auctions, Fixed Price Listings & St
- *PayPal & Other Payment Option:
- *Packing & Shipping
- *eBay Wiki, Blogs & Seller Commun
- *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

Richard Eisenberg



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,

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

quantum healing, and past lives.

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

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

Friday, March 21 7:00 at the Coop

FREE Non members Welcome



WHAT IS A True Guru?

evening with guests considering the value and need of a guru, one who serves as guide and mirror of reality for the purpose of gaining wisdom, understanding, and enlightenment.

Erik speaks of his guru, Avatar Adi Da Samraj, born in the West, who points to the possibility of a life based in reality, beyond the opposite points of view of East and West.

Videos will be shown with discussion to follow.

Erik Van Erp, Ph.D., is a Coop member and professor at Penn State. He is a writer on science and theoretical mathematics. Born in Holland, he has lived in community in Europe, Fiji, and the United States for more than 10 years.

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

Saturday, March 22 10:30 am - 2:00 pm at the Coop Non members Welcome

FREE

Adult and Teenage Book and Media Swap

home entertainment when you can find new treasures for free! • Do you love to read? • Listen to music? • Watch movies?

Bring your books, DVDs, CDs, videos, and cassettes to the Coop to swap with fellow Coop members.

Please follow these guidelines when choosing what to bring:

Bring only items that are in good condition. **NO CHILDREN'S BOOKS OR MEDIA. Books** suitable for ages 10+ may be swapped. No textbooks, travel or guide books, outdated how-to, or computer books.

BRING SNACKS TO SHARE!

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

Tuesday, March 25 7:30 p.m. at the Coop Non members Welcome

FREE

Memories Still In a Box?

with Martie McNabb

Overwhelmed with your photo and memorabilia collection?

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

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

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

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

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

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, March 28 7:30 p.m. at the Coop

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

Saturday, March 29 4:00 p.m. at the Coop

FREE Non members Welcome

Seven Reasons Those Pounds are Sticking Around With Coleen Devol

What many people don't seem to realize is that you can lose weight and still be unhealthy—which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your

body in a state of calorie-burning health while at the same time



teaching you to prevent arthritis, heart problems, diabetes, fatigue, insomnia, mood disorders and other dis-ease. Find out how to become the shape you are meant to be!

Coleen DeVol is a certified Holistic Health Counselor from the American Association of Drugless Practitioners and a certified yoga teacher. She runs a private wellness practice in Prospect Heights, Brooklyn and is a Coop member.

ENHANCING FERTILITY **NATURALLY:**

A CHINESE MEDICINE APPROACH

WITH LARA ROSENTHAL, L.AC.

UNDERSTANDING FERTILITY:

 The energetics of reproduction What our grandmothers never told us: reading our body's signals

OBSTACLES TO FERTILITY:

• Chinese medicine patterns of

imbalance "Unexplained infertility" explained

IMPROVING THE ODDS:

 Nutrition and lifestyle choices for your Tilling the soil: preparing the body for the rigors

WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES: • Eastern and Western approaches side by side

Lara Rosenthal is a Licensed Acupuncturist and Board Certified Chinese Herbologist. She maintains a private practice in Manhattan specializing in Women's Health and Fertility and works at the NYU Hospital for Joint Diseases Initiative for Women with Disabilities. She has a B.S. in Biological Sciences from Stanford University, is fluent in Chinese, and studied and worked in Taiwan for three years. She is a faculty member at Pacific College of Oriental Medicine and a Coop member.

FREE

Non-members welcome

Sunday, March 30 12:00 p.m. at the Coop

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

Puzzle Answer

March Jumble – Answers

- Rosie Perez
- Carole King
- Shirley Chisholm
- 4. Lee Krasner
- Beverly Sills 6. Paule Marshall
- Rita Hayworth 7.
- 8. Lena Horne
- Barbara Boxer 10. Lauren Bacall

Brooklyn-Born Women

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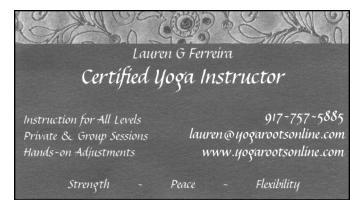
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WELCOME!

A warm welcome to these new Coop members who have joined us in the last four weeks. We're glad you've decided to be a part of our community.

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