

Established
1973

LINEWALTERS' GAZETTE



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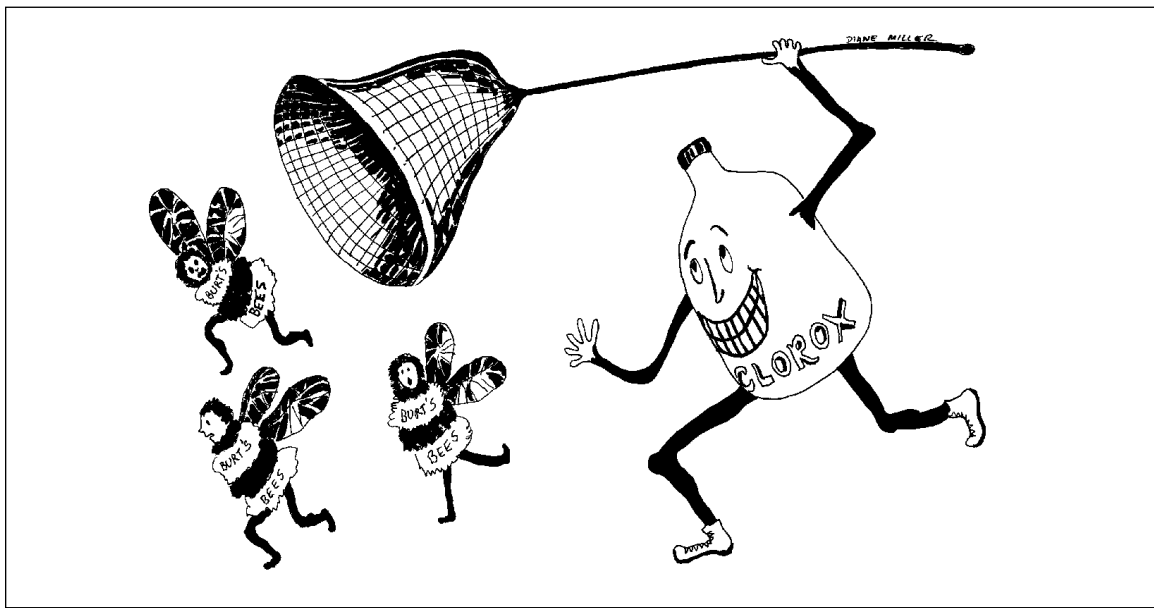


ILLUSTRATION BY DIANE MILLER

It Ain't Always Easy Being Green and Clean—or Red, Too!

By Diane Aronson

In this day of escalating megacorporation domination of the marketplace, one might think that what we consumers lather and slather with might be rendered politically correct by choosing seemingly indie brands like Burt's Bees. Think again. Don't judge all products by a seemingly PC (politically correct) reputation. If you were to pick up an item from the Burt's Bees line at the Coop, or if you surfed to the Burt's Bees home Web page, you would not see the name of the brand's owner—Clorox, which according to a January 6, 2008 New York Times article, bought Burt's for \$913 million in November 2007.

Coop Shoppers React

Clorox's brands-off approach to Burt's Bees packaging surprised several Coop shoppers. Emily Mahon first learned about the sale of the natural-based brand as I was interviewing her at the Coop. She had assumed through the company's packaging that it was (still) independently owned. Asked if she would buy Burt's now, Mahon

answered, "Probably not."

Hanakyle Moranz buys all of her personal care products at the Coop; she's a fan of Burt's Bees, but is conflicted about the brand now that it is owned by a large corporation. Hanakyle feels the same way about Tom's of Maine, which has been majority owned by Colgate since 2006. To find alternatives to these conglomerate brands, Hanakyle is committed to "experimenting," although she's concerned about the cost of such a learning curve, since samples are unavailable at the Coop.

Chenda Fruchter wasn't surprised about the sale of Burt's to Clorox, remarking that a number of food brands at the Coop are owned by "big agribusiness," and observing that a lot of large businesses want to get access to the sorts of shoppers who would be attracted to brands that represent progressive social and ecological values. Chenda tries to buy indie brands when she can, but commented that "it's difficult."

Anngel Delaney, a Receiving Coordinator, didn't know a lot of details about the sale,

but she felt that if Clorox didn't change Burt's formulas, then it would be okay. She pointed out that several brands the Coop stocks and shoppers cherish are majority owned by large corporations: Cascadian Farms and Muir Glen brands are now part of General Mills, for example. She observed of the Coop, "So many things here are owned by other companies. It's kind of a reality that I've gotten accustomed to. When I can, I try to support local products. The yogurt I buy is from the Catskills, but sometimes there are not a lot of choices. In order to be in supermarkets, a brand has to be pretty big, and at that point it will often sell to a larger corporation that has more distribution, more marketing." She mentioned Dr. Bronner's as a personal care brand that continues to be an independent.

When I pointed out that the Clorox logo did not appear on the Burt's Bees products or on the brand's Web site, Anngel observed, "I'm not saying it's a good

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Don't Quit Your Day Job ...Yet

Baked Goods Business: Exciting, But No Cakewalk

By Willow Lawson

Who hasn't dreamed of escaping a cubicle to start some kind of food business? To go pro with that zucchini-bread recipe or chocolate chip cookies?

Romantic thoughts of warm ovens and self-employment are especially apt to cross one's mind while waiting in the Coop's express line, gazing upon boxes of neatly wrapped peanut butter cookies and sour cream muffins with their homemade stickers.

In fact, if you look closely, there are a fair number of items—especially baked goods—that are made in the five boroughs and sold at the Coop. Local Coop products like Z Crackers and Rico M. Panada empanadas are often tucked away in low-rent districts, such as parts of the Bronx and the outskirts of Brooklyn. And guess what? Business is pretty tough in the City. But for those who can make it, it's a pretty satisfying existence.

The Savory Pie Company

Keith and Pam Pollack, the makers of Z Crackers, have been selling to the Coop for more than a decade. A former audio engineer and graphic designer, respectively, they got their start in the restaurant business at a pizzeria on the

south shore of Long Island. They made "fancy pizzas" with toppings like cauliflower and garlic or escarole with raisins and nuts.

When they moved to Ditmas Park 20 years ago, they continued to make pizzas and sell them locally, including to the Coop, as the Savory Pie company. But because the shelf-life of a fresh pizza is only a few days, Keith would often encounter old, unsold pies from the week before when he made new deliveries. That was pretty depressing, not to mention expensive. Sometimes they were losing money.

The Pollacks turned a corner when they developed Z Crackers from a pizza dough recipe containing cornmeal. In 2001, it won the silver medal at the Fancy Food Show in Manhattan. Now, during a great week, they'll sell 500 cases (12 boxes of crackers to a case). About seven cases go to the PSFC. The crackers also sell at Whole Foods, Zabar's and Fairway, and to stores all over the country, including in Hawaii and Puerto Rico. Best of all, there are no returns, because the crackers stay fresh for weeks. And Keith does all the local deliveries

CONTINUED ON PAGE 4

Next General Meeting on April 29

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

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

* Exceptions for November and December will be posted.

Coop Event Highlights

- | | |
|--------------------|--|
| Thu, Apr 24 | • Blood Drive 3:00 p.m.–6:00 p.m. |
| Fri, Apr 25 | • Blood Drive 11:00 a.m.–6:00 p.m. |
| Sat, Apr 26 | • Blood Drive 11:00 a.m.–6:00 p.m. |
| Sat, May 3 | • The Coop's 35th Birthday Party 7:00–11:00 p.m. at the Garfield Temple Ballroom |
| Thu, May 1 | • Food Class: Ayurvedic Healing 7:30 p.m. |
| Thu, May 15 | • Film Night: Let the Church Say Amen 7:00 p.m. |
| Fri, May 16 | • The Good Coffeehouse with Tomas Rodriguez and the Cooperating Cooperators 8:00 p.m. |
| Sat, May 17 | • Adult Clothing Exchange 10:00 a.m.–2:00 p.m. |

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

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It Ain't Always Easy Being Green...

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thing, but most products you wouldn't know. They're not going to associate themselves with a large brand."

Jessica Van Campen has tried Burt's Bees and, after learning about the brand's sale to Clorox and mulling over my question about whether it would affect her choice of Burt's, she remarked, "I used to work for L'Oreal and there was that kind of questioning going on about the Body Shop. There's one side of me that thinks business is business, but I think that L'Oreal was very concerned about maintaining the prosperity of the product, and I would hope that Clorox would do the same for Burt's Bees for the sake of their clients. I don't know if that is happening." Cosmetic giant L'Oreal bought the Body Shop in 2006.

When I mentioned that

Chenda Fruchter wasn't surprised about the sale of Burt's to Clorox, remarking that food brands at the Coop are owned by "big agribusiness."

Burt's Bees packaging doesn't include Clorox corporate identification information, Van Campen revealed her skepticism about branding and packaging in general,

observing, "I think a lot about branding and symbols, and what people gravitate towards. With the green movement, so many companies have jumped into the slipstream of the movement with false advertising."

Shopper Stephanie Etienne was one of the few I interviewed at the Coop who knew about Clorox's purchase of Burt's Bees. Although the brand's purchase wouldn't stop Stephanie from putting Burt's Bees in her shopping basket, it would make her "look closer at the ingredients of Burt's Bees to [see] if anything's changed. I know that's happened to other companies when they've gotten bought out. They start adding things that aren't healthy."

What Are We Comfortable With?

As Judy Shatzky and I spoke, she mentioned she was reading *The Omnivore's Dilemma*. When Judy learned about the sale of Burt's, through our conversation, she drew some comparisons between the book's concern about the corporatization of the food chain and the sale of Burt's to Clorox: "OK, if Clorox has bought Burt's, then what is Burt's Bees doing? Are they still practicing the same systems? How does this affect their products?" Shatzky felt if the product remains the same, if the company was following the same business practices as

before, then it would be all right. She would want proof that Burt's was still following the same principles before she would feel comfortable buying their products. Shatzky was generally troubled by how many products at our Coop have become part of conglomerates, and she went on to question, "How do we separate what our mission is in this Coop from having to deal with a lot of corporations that we're not comfortable with? What are we comfortable with; what are our boundaries?"

Jennie Harney was shopping at the Coop for the first time; her parents had just joined. "Ingredients, the kinds of chemicals" are very important topics to Jennie as she shops for skin-care products. She was a fan of Burt's Bees and wasn't aware that it was now owned by a large corporation. When we looked at a Burt's product together in the Coop and Jennie saw no Clorox logo, she commented, "That makes me feel like I can't trust what they're actually saying on the packaging."

The Red Cross Symbol on Bleach Labels?

This is not the first time in recent history that Clorox has viewed packaging as a way to manipulate consumer perception. In February 2007, Beyond Pesticides sent a letter to the U.S. Environmental Protection Agency petitioning it not to allow Clorox to be able to market certain products with labels featuring the American Red Cross symbol. In its February letter, Beyond Pesticides outlined

among its concerns that:

The use of the Red Cross Symbol is very misleading to the public and communicates a false sense of safety and false values regarding these products. The inherent danger is that misleading the public about pesticides can result in harm to consumers who either do not unfortunately take the time to read pesticide labels or who cannot read or comprehend labels (e.g. non-English speaking citizens, visually impaired persons, children).

Among the twelve who signed the Beyond Pesticides letter to the EPA were signees affiliated with the Natural Resources Defense

of the products listed in the Red Cross's press release and cited by Beyond Pesticides are potentially quite harmful if used improperly.

As a further action, in March 2007 Beyond Pesticides urged U.S. state government agencies in charge of regulating pesticides not to allow the marketing of Clorox products branded with the Red Cross symbol. Under pressure from Beyond Pesticides and other groups, the EPA was compelled to extend the public comment period from December 2007 to the end of March 2008.

Mary Havell, an associate in the American Red Cross's communication and marketing department, wrote me in an e-mailed statement:

As an organization, we acknowledge and are cognizant that the Red Cross logo is universally one of the most trusted and recognized symbols and we go to great lengths to protect it by following the Better Business Bureau requirements on all cause marketing programs and including non-

endorsement disclaimers on all cause-marketing campaigns.

Her e-mail concluded with this declaration:

Additionally [sic], financial support provided through this partnership enables us to accomplish our life-saving mission. It is only with the help and generosity of companies like Clorox that we continue to be able to support our work.

The Red Cross product non-endorsement disclaimer shown on the Clorox label mock-ups approved by the U.S. Environmental Protection Agency (EPA) (www.epa.gov/pesticides/ppdc/may2007/session11-causemark.pdf) seems a bit understated when one sees it in the small type to the right of the much-larger image of the Clorox logo twinned with the Red Cross symbol, which are separated only by a thin rule. Centered directly underneath the paired logos and in larger type than the disclaimer appears the following: "Dedicated to a Healthier World."

In an e-mail exchange, Jay Feldman, executive director of Beyond Pesticides, wrote, "Since the public comment period ended, we are now waiting to see if [the] EPA decides to go ahead with a new policy that allows cause marketing. The only option we would have down the road, if [the] EPA was [sic] [to] adopt this policy, is to get it reversed under a new [a]dministration, or seek legislative action. A lot of damage could be done before either of those options play out."

Queries from this reporter to the Clorox Corporation and the U.S. Environmental Protection Agency regarding the concerns outlined in the Beyond Pesticides' letter to the EPA were unanswered at the time of this article's filing. ■



ILLUSTRATION BY DIANE MILLER

PARK SLOPE FOOD COOP

Product Return Policy

The Coop does not "exchange" items. You must return item and repurchase what you need. Returns of eligible items will be handled at the Second Floor Service Desk within 30 days of purchase only when accompanied by the PAID IN FULL receipt.

Please use the following guide to determine if an item is eligible for return:

Produce (fresh fruits & vegetables)	May not be returned with the exception of <i>coconuts, pineapples and watermelon</i> . Even if the claim is that the item is spoiled or that it was purchased by mistake, produce cannot be returned except for the three items listed above. The produce buyer may be contacted on weekdays by members to discuss any other claims for credit.
Books	May not be returned.
Juicers	May not be returned.
Bulk items & bulk items packaged by the Coop	May not be returned. Members may contact the bulk buyer to discuss any other claims for credit.
Refrigerated items Frozen items	May not be returned unless spoiled.
All Other Products (not covered above)	A. Other products may be returned if they are spoiled or defective and the category is not specified above B. Other products may be returned if they are unopened, undamaged and therefore can be sold again. C. Other products may not be returned if they are opened or unsellable, and were purchased by mistake or not needed.

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

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

Voicemail (888) 204-0098

E-mail psfcdiversity-cpr@hotmail.com

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



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

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

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



MAKBET: A Wicked Work in Progress



PHOTO BY JUDY JANDA

Matt Mitler (center) rehearses for *Makbet* with the Dzieci theater group.

By Cristin Flanagan

A group of ten men and women in sweats are seated cross-legged in a meditation circle. Suddenly a blonde in sweats thrusts her body across the circle and shouts, "What is thy name?" The man she addresses leaps forward and stabs back with the same shout, "What is thy name?" The question continues traveling around the circle until everyone has said the line. This is not some new-age self-awareness ritual or group therapy, or at least not exactly: it is Theatre Group Dzieci's rehearsal for *Makbet*, a gypsy retelling of *Macbeth*, Shakespeare's classic tragedy.

Countless acting troupes have staged adaptations of *Macbeth*. Recent interpretations read the play as a modern parable on fascism; a James Bond-esque adventure; and even a Bollywood musical. Coming up with an original performance of such a well-thumbed classic challenges actors and directors alike, but the Theatre Group Dzieci faces off with the age-old tale of sound and fury, and hopes to conquer it with gypsy cunning.

The Theatre Group Dzieci's methods are unusual: all the actors first learn all the lines by repeating them orally before they even look at a script. When they finally perform *Makbet* for an audience, there will be no single actor starring in the role of Makbet or Lady Makbet. Instead, having memorized all the lines, the troupe's members will jump in and take over roles at random. If an actor is not cutting it in his or her role, any other actor may step in and take over. Every actor will try to play all the main characters at least once per enactment; nothing else is required. These are the rules of Theatre Group Dzieci.

Birth of Dzieci

The controlled chaos of the Theatre Group Dzieci is the brainchild of Coop members Matt Mitler and Yvonne Brecht (Note: this is her stage name; she is registered in the

Coop system as Yvonne Brechtbuhler). Dzieci was first conceived over ten years ago when Brecht attended one of Mitler's workshops, then approached him with the idea of starting the troupe. Brecht, who had recently immigrated to the United States, was looking for a community of actors in experimental theater, and a teacher to continue the acting training she had started in her native Switzerland. Mitler, who had trained in an avant-garde method known as "poor theater," embraced the idea and became the company's director.

Poor theater is a school of acting that shuns elaborate set designs and props, or the *spectacle* of theater, instead focusing on the interaction between the actor and the audience. For Dzieci's stripped-down performance of *Makbet*, there will be no stage and no physical separation between the audience and the actors, says Mitler.

"...the Theatre Group Dzieci faces off with the age-old tale of sound and fury, and hopes to conquer it with gypsy cunning."

An independent film actor and director, as well as a Pokemon voice-over actor, Mitler was not only trained in acting with poor theater creator Jerzy Grotowski's Polish Theatre Laboratory, but also in existential psychology under R. D. Laing. With so many disparate influences under his belt, Mitler has led Dzieci's evolution into a unique theatrical experiment.

"We return to silence often. We do not seek applause... We commit to not knowing. We destroy what we create. We wear funny teeth." In a unique combination of the holy with the profane, Dzieci's performances mix chanting, acrobatics, and theater with members costumed as medieval fools, ragamuffins, or traveling gypsies.

Dzieci Lifestyle

The theatre group's mission statement calls Dzieci a "search for the sacred through the medium of theatre." While Dzieci appears to be an acting troupe to the casual observer, it's actually incorporated as a church. Dzieci's founders and members insist that it's a philosophy that informs the rest of their lives, with service playing leading role as a cardinal virtue.

Dzieci is "more dedication than skill," says Music Director and Coop member John Norman. Members commit to regular performances for hospitals and hospices, as well as for temples, churches, and sweat lodges. Dzieci's audiences have even included the Benedictine sisters of the Abbey of Regina Laudis. Mitler says clergy and healthcare workers are often attracted to Dzieci's frequent workshops, as they connect with the spirit of the group's work.

Always emphasizing the spiritual side of their acting, Dzieci rehearsals start with a meditation circle. The circle is to draw the actors attention to their bodies, and create a place of stillness for them to return to, says Mitler. Dzieci's public performances similarly start with a chant or song performed with the audience, to draw the audience into the performance. Actors also mingle in the audience, further blurring the line between performers and observers.

Band of Fools

An architect, several teachers, more than a few experienced actors, even an ordained practitioner of Santeria, make up the motley crew known as Dzieci. Dzieci's members are as eccentric as you might expect from a traveling band of gypsies and self-proclaimed fools.

Dzieci's members have varying levels of experience and talents. Coop member John Norman joined Dzieci eight years ago, and is currently the group's Music Director. With a Bachelor of Arts in Performing Arts from Oakland, he's also the Operations Manager for Ripley-Grier Studios, where Dzieci rehearses. "We're all seekers of some sort," says Norman.

Long haired and bearded, Golan Reinitz came to Dzieci from clown school; with a background from both Clown Lab and New York Goofs Ultimate Clown School, Reinitz takes his clowning seriously. During Reinitz's first three months as a member of Dzieci, he performed at the group's *Fools Mass*, but lacking any formal voice training, played a mute in the primarily musical production.

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PSFC APRIL 2008 GENERAL MEETING Tuesday, April 29, 7:00 p.m.

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

AGENDA:

Item #1: The 401(k) Plan (10 minutes)

Proposal: "That the Coop establish the Park Slope Food Coop, Inc. 401(k) Plan and Trust. The Coop will pay administrative costs but will not contribute any other funds to the 401(k) plan. Employee accounts will be funded solely through employee contributions."

The administrative costs to the Coop are expected to be less than \$4,500 the first year and less than \$3,000 in subsequent years. Because the cost of this benefits program is low, a benefit costing this much would ordinarily not be brought to the General Meeting. However, legal corporate resolution requirements mean that it must be enacted at the GM. Please note the reason the Coop will not be contributing funds to the individual employee investment accounts is that the Coop is already committed to contributing to the existing defined benefit pension plan.

—submitted by the General Coordinators

Item #2: Creating a Bike Committee (25 minutes)

Proposal: "Proposal for the creation of a bike committee" The ad-hoc Park Slope Bike Committee proposes the creation of an official Bike Committee to improve bicycle parking (via valet bike parking), provide information and bicycle-related resources and products to members, and act as a contact for bicycle-related issues at the Coop.

—submitted by Josh Gosciak

Item #3: Bottled Water (55 minutes)

Proposal: "That the PSFC discontinue selling bottled water" Because selling bottled water violates our mission—polluting the environment and handing over public resources for private gain—we resolve to discontinue selling bottled water. Selling bottled water undermines support for and confidence in the public water system, which distributes our most precious common resource equitably. Plastic bottles pollute the environment, required oil and lots of water to produce and fuel to transport. They take up landfill space where toxins can leach into the water table. Selling bottled water allows corporations to exploit public resources for private gain. Bottled water is an unnecessary expense to the consumer. Unloading and schlepping bottled water is backbreaking work and shelf space could be better used.

—submitted by Susan Metz, David Barouh, Lew Friedman

Future Agenda Information:

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

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

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



Don't Quit Your Day Job...Yet

CONTINUED FROM PAGE 1

just once a week on Fridays.

"If you have a product that, for whatever reason, sells, it's a miracle," says Pam. "It's a very tough business." It took the Pollacks over a year just to get an appointment to see a buyer at Fairway. Keith was once thrown out of Zabar's while trying to do a sales pitch. "People are gruff. They are so busy they don't want to talk to you."

All the hard work and bumps along the way have now paid off. The Pollacks live around the corner from their 1,000-square-foot baking facility on Beverly Road. The success of the crackers allowed them to spend time with their two daughters, now grown, while they were in high school.

Another perk: fans. Strangers are often familiar with their crackers. "They are actually excited to meet us," says Pam. "It's like being Ben and Jerry!" More information about the crackers, and their other baked goods, can be found at www.savorypie.com

Luminous Kitchens

Four years ago, Doug Cullen, a massage therapist, avid baker and Coop member, decided to try to sell the fruit-and-nut bars he'd been making at home. It was a recipe he'd honed over many years. He called his company Luminous Kitchens and, at first, the bars weren't much to look at. "It was totally handmade, wrapped in Saran Wrap, and labeled with homemade stickers," he says.

Now he bakes batches of "Apricot Bum Bars" and "Hemp Bum Bars," and sells them to 40 retail outlets around the city, mostly yoga studios. He bakes on Sundays in a rented commercial kitchen in the Bronx. It takes over eight hours to produce 1,000 bars. He packages them with the help of friends and delivers them personally in his 1995 Nissan Maxima. The Coop orders about 75 to 100 bars per week. (You can find them at the end of aisle 7, next to the individually wrapped cookies.)

"It takes a lot of work, and is not glamorous," says Cullen, who lives in Crown Heights. "I'm not making a living from this." His dream is to run a small café, just a few tables, and sell giant loaves of sourdough bread, which he loves to bake.

Like Pam and Keith Pollack, Cullen's success hinges on his product's shelf life. He also sells boxes of his bars online (www.luminouskitchens.com), shipping them through his local post office.

Cullen hopes Luminous Kitchens is on the verge of the big time. Whole Foods at Union Square recently agreed to carry his bars. At press time he was waiting for his first order.

Margaret Palca Cakes

Margaret Palca has been in the baking business too long to sugarcoat the realities of the job. She's been a New York City baker for 25 years, first in Manhattan and now in Carroll Gardens. She has a small café and bakery that produces muffins, cakes and cookies for restaurants around the city, including about 35 customers in Manhattan.

"It would be easier to do business somewhere else," she says. "There are a huge number of regulations. The health department has had a lot of flack [for restaurant cleanliness] so they are going to be really, really, really careful." If the city inspectors find a few fruit flies in the kitchen, the fine can be \$300, she says.

Margaret Palca has been in the baking business too long to sugarcoat the realities of the job.

Expanding the business, as she has recently done, has plenty of risks as well. She used to have four refrigerators and now has eight. "Which means there are more things to break," she says.

Still, Palca says she's been lucky. She started the business in her home, so her only overhead was her mortgage. She's grown slowly and been able to weather the changes in the City and the real estate market. Her husband does daily deliveries beginning at 6:30 a.m.

"Baking is a labor-inten-

sive, low-profit-margin business," says Palca. "I can't believe how many people are opening up bakeries in the city," she notes.

Her advice for newbies to the business? "Everyone should learn some business before they decide they want to bake cookies."

Rico M. Panada

Learning business is exactly what Ricardo Rezk did. For the last four years he has made frozen empanadas as the Rico M. Panada company in the South Bronx.

Originally from Argentina, renowned for its version of the savory turnover, Rezk came to the U.S. to study music. In 2000, he was riding the 7 train as he watched two people try to eat pizza and a hamburger on the subway. It was messy. He decided he needed to introduce his version of the tidy, hand-held empanada to the American masses.

So he went to business school at Baruch College and earned an M.B.A. After two years of classes, he put together a business plan for the empanada business. It won second prize at a school competition. The prize money helped him get the company off the ground (www.ricompanada.com). He chose to rent a kitchen in Mott Haven in the South Bronx because the rent is cheap, unemployment is high, and the bridges nearby don't have tolls. Hunts Point Market, where he purchases his raw ingredients, is also nearby.

Last year he and his two employees baked 240,000 empanadas and sold them to



PHOTOS BY WILLIAM FARRINGTON

Top: Empanada maker Ricardo Rezk, founder of the Rico M. Panada company, in his Mott Haven kitchen; Bottom: Keith and Pam Pollack, owners of the Savory Pie Company, which makes Z Crackers in their Brooklyn home.

supermarkets in the metro area. Like many small-time bakers, he does all his own deliveries.

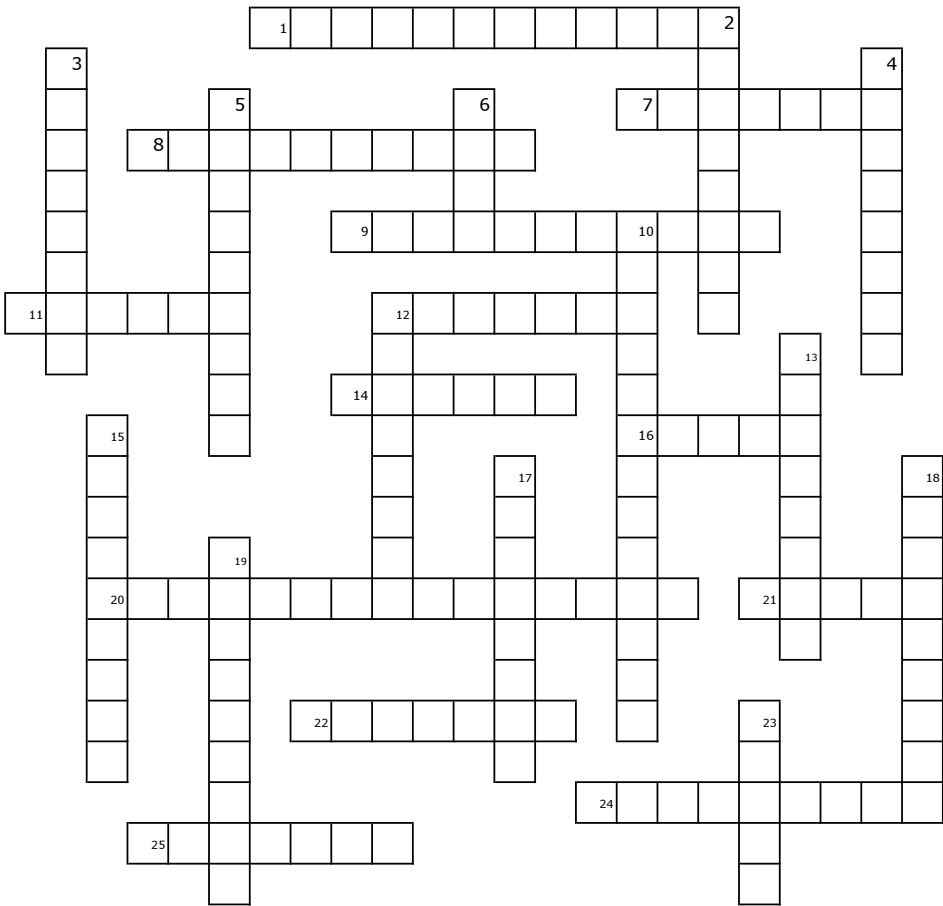
The Coop sells roughly 1,200 empanadas per week, 4 empanadas to a box. The two

most popular versions at the Coop are the beans and cheese, and the corn flavors.

The Coop is among his favorite customers. Says Rezk, "The Coop is the best payer. They always pay on time." ■

Puzzle Corner

Replanting



Each clue is an anagram. Rearrange the letters to form a word or series of words to fill in the grid. The numbers in brackets refer to the number of letters in each word of that answer. Clues without brackets have a one-word answer. HINT: 6 Down is "ROSE."

ACROSS

- | | |
|-------------------------|---------------------------------|
| 1. Wise Wall Item (5,7) | 16. Stare |
| 7. A Big One | 20. Yale Liveth Folly (4,2,3,6) |
| 8. No Grand Spa | 21. I Call |
| 9. Ye Luck Shone | 22. A Sly Sum |
| 11. Love It | 24. A Solid Lug |
| 12. The Hare | 25. I See Far |
| 14. A Worry | |

DOWN

- | | |
|---------------------|----------------|
| 2. Main Goal | 13. Near A Dig |
| 3. FDA If Old | 15. Worsen Flu |
| 4. Molar Dig | 17. Maine Rug |
| 5. No Inca Rat | 18. Sinus Scar |
| 6. Eros | 19. Handy Rage |
| 10. Many Crush Them | 23. I'd Say |
| 12. Any Hitch | |

This week's puzzle by Janet Farrell. For answers, see page 15

Harold the Grasshopper

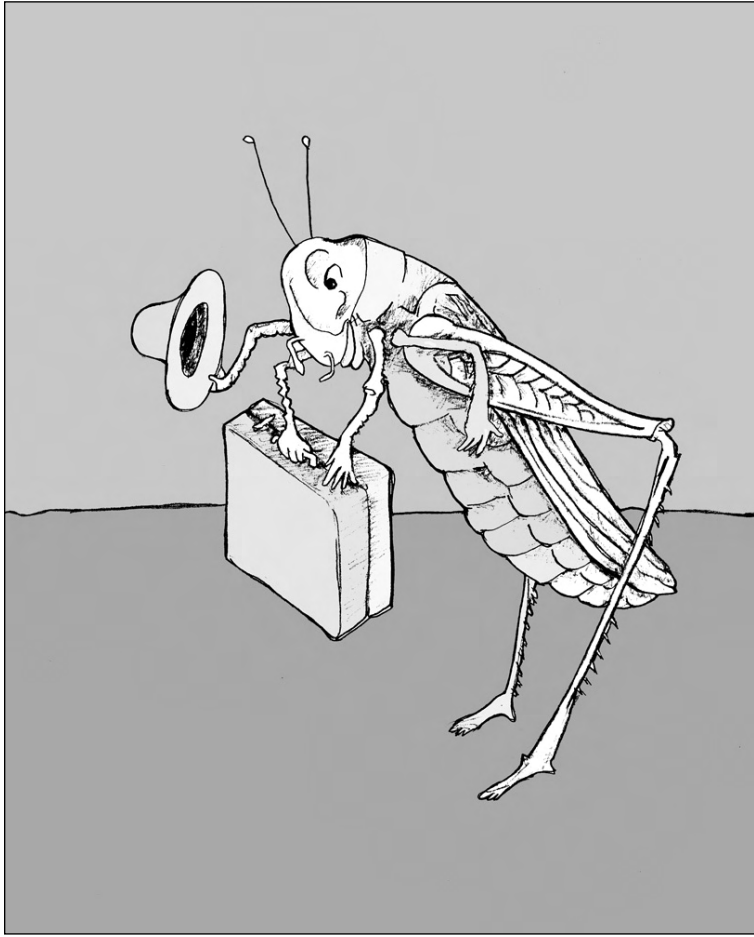


ILLUSTRATION BY PATRICK MACKIN

By Christian Benjamin

A few days ago I began my usual morning ritual of making a fresh veggie juice: carrots, spinach and celery...all the yummiest produce that the Coop has to offer. As I was about to wash the spinach, I noticed a bright-green grasshopper staring at me from my dish rack. I was quite startled, as you could imagine. I mean, I haven't had this kind of greeting since I lived in New Paltz, and I am quite sure that my apartment doesn't host this kind of insect. As it turns out, neither does the entire east coast. This particular variety

is a Packard grasshopper, living west of the Mississippi. So it came from my spinach.

So, I am standing there staring at Harold...well?...

Member Contribution

what would you call a bright green creature with very long antennae and big bulging eyes that heralds in the spring? Anyway, I began to panic. It is cold in this part of

the world. I can't just let Harold go. And I definitely couldn't in the middle of the street. So I did some quick research. It seems that they are quite hardy and can live to just above freezing temperatures. Naturally they eat grass but they also eat cereal grains and other vegetation. I decided that Harold could live with me a few days. I loaded up a large plastic take out dish with spinach and grass from Sunset Park. I set Harold, all cuddly cozy in the plastic-covered dish, with breathing holes, on top of my cable box. I figured Harold may as well stay nice and toasty for the time being. The cable box emits a bit of heat, and in my drafty apartment it would have to do.

When I came home from work, I was so excited to check on my visitor from out West. I was very happy to see that he was clinging to the warmest spot in the dish. I also noticed some small droppings. This meant he was eating. As with any pet, eating is a good first indicator of health and adjustment to its surroundings. I don't know if grasshoppers ever get emotionally disjointed from being in

strange places, but I sure do. So I figured a little caution couldn't hurt.

Well, Saturday came. I checked the ten-day forecast to see if there was any freezing weather in site. Forty degrees was the lowest I saw. But then the pang started to hit me. Somehow I felt responsible for Harold. I had a choice. Would it be better to keep him alive?; fed?; warm but locked in a cage?; or let him go into the wild, so he could be what he is?—free to jump, and fly, and be in the sun. I've never been a father, but have been in that role from time to time. I used that experience and decided to bring him to the middle of Prospect Park.

Be free, Harold. May you make your way in the world successfully. ■

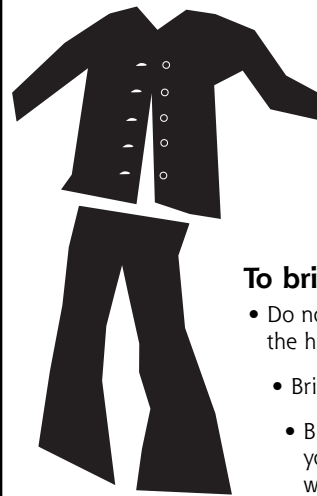
Adult Clothing Exchange

Have you noticed that Coop members are great dressers?

The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear with other Coop members.

A clothing exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can wear clothes that have already been well loved?

Bring items that you think others might enjoy—and a snack to share.



FREE
Non-members
welcome

Saturday, May 17
10:00 a.m.—2:00 p.m.
in the meeting room

To bring Clothes...

- Do not leave clothing in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean clothing that you are proud to be able to exchange with it's new owner.

Unchosen clothing will be donated to a local shelter.

Thursday,
May 1
7:30 p.m.
at the Coop



PARK SLOPE FOOD COOP

Ayurvedic Snacks, Scrubs and Sprouts

The healing powers of Ayurveda for body mind and spirit.

MENU

- Mustard Green Paneer
- Sunflower Flax Pate with Fenugreek Sprouts on Raw Carrot Chips
- Two Skin Scrubs: Make your own exfoliants in minutes

\$4 materials fee

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

Guest chef **Paige Churchman** is a graduate of Dr. Naina Marballi's Ayurvedic Nutrition Program and is a certified nutrition counselor by the National Association for Drugless Practitioners. Paige will discuss the healing powers of fenugreek and turmeric and prepare recipes using both spices. She will also give tips on how to use spices to stop bleeding, control dandruff and assist in mild sleep disturbances.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

SAVE A LIFE

Give Blood

Join the Blood Drive
at the Park Slope Food Coop

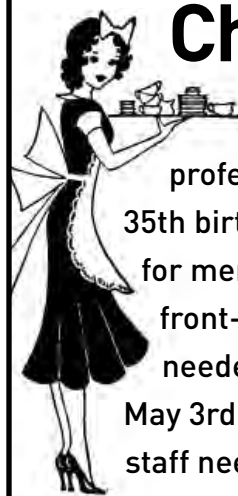
- ☞ **Thursday, April 24** • 3:00 – 8:00 p.m.
 - ☞ **Friday, April 25** • 11:00 a.m. – 6:00 p.m.
 - ☞ **Saturday, April 26** • 11:00 a.m. – 6:00 p.m.
- In the second floor Meeting Room

FACT: Less than 3% of the population donates blood and 90% will use blood some time in their life.

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

• In cooperation with New York Methodist Hospital •
For further information about blood donation, call Stuart Rosenhaus, 780-3644

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





PHOTO BY JUDY JANDA

A Dzieci Makbet rehearsal

Makbet: A Wicked Work in Progress

CONTINUED FROM PAGE 3

Performances

Fools Mass, perhaps Dzieci's signature work, has been performed each December in New York since 1998. Often performed in churches, *Fools Mass* tells the tale of a group of village idiots who decide to perform their own mass when their pastor dies, and includes hymns and chants.

For the past three years, the Theatre Dzieci has intermittently worked on *Makbet*, while also performing *Fools Mass* and other pieces. Dzieci also recently debuted its first public performance of *Cirkus Luna!*, self-described as possibly 'the worst circus act ever to perform in public.'

The seemingly inept acrobatics of *Cirkus Luna!* and loosely coordinated battle scenes in *Makbet* require agility. In rehearsal, the years of experience of members like Mitler and Brecht shine through, as they perform their roles with a necessary tension, but also an ease in their skin that some of the newer members are still working to project.

Future Performances

Mitler hopes *Makbet* will

lead to future performances of Dzieci's next project, *Ragnarok* within the year. *Ragnarok*, the Nordic myth of Armageddon and ensuing rebirth of the world, Mitler feels, seems like a natural progression following *Makbet*. Says Mitler, "the next beat of the story is a new beginning; out of an energy of destruction, something good arises."

To See Makbet

If you haven't yet witnessed the Dzieci ensemble in action, *Makbet* will be unlike any rendition of *Macbeth* you've experienced. Audience members who have seen Dzieci's *Makbet* before are still in for a surprise, as all Dzieci's performances are constantly evolving, and a continuous work in progress.

Dzieci's *Makbet* will be playing on May 1st, at 5:00 p.m. and 7:00 p.m.; and May 2nd and 3rd at 7:00 p.m., at the John Street Church courtyard, at 44 John Street in lower Manhattan. For admission, there is a suggested donation of \$10. Call 718-638-6037 for more information. ■

Coop Job Opening: Receiving/Stocking Coordinator Late Afternoons, Evenings & Weekends

Description:

The Coop is hiring a Receiving/Stocking Coordinator to work late afternoons, evenings and weekends. The evening and weekend Receiving/Stocking Coordinators have a lot of responsibility overseeing the smooth functioning of the store and supporting the squads. They work with the Receiving squads, keeping the store well-stocked and orderly and maintaining the quality of the produce. At the end of the evening, they set up the receiving areas to prepare for the following day's early morning deliveries.

We are looking for a candidate who wants a permanent afternoon/evening/weekend schedule. The ideal candidate will have been working on a Receiving workslot for the Coop. Because fewer paid staff work evenings and weekends, it is essential that the candidate be a reliable and responsible self-starter who enjoys working with our diverse member-workers. You must be an excellent team player, as you will be sharing the work with one to several other Receiving Coordinators. You must have excellent communication and organizational skills, patience and the ability to prioritize the work and remain calm under pressure. This is a high energy job for a fit candidate, and you must be able to lift and to work on your feet for hours. The job will include work in the walk-in coolers and freezer.

Hours: 35-40 hours per week, schedule—to be determined—will be afternoon, evening and weekend work.

Wages: \$21.64/hour.

Benefits: —Health and Personal time
—Vacation—three weeks/year increasing in the 4th, 7th & 10th years
—Health insurance
—Pension plan

Application & Hiring Process:

Please provide a cover letter with your résumé as soon as you can. Mail your letter and résumé or drop it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. *Please do not call the office.*

If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Minimum of six months' membership in the Park Slope Food Coop.

Applicants who have not previously worked a Coop shift in Receiving should arrange to work in Receiving.

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

Coop Job Opening: Receiving/Stocking Coordinator Monday–Friday

Description:

The Coop is hiring a Receiving/Stocking Coordinator to work primarily in the dairy and refrigerated foods department. We are looking for a perishable foods specialist who is passionate about food and knowledgeable about dairy, soy and vegetarian/vegan products. Perishable items require a great deal of attention to detail. Good math skills are essential for checking invoices from small suppliers.

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

Hours: 35-40 hours per week, Monday – Friday

Wages: \$21.64/hour

Benefits: —Health and Personal time
—Vacation—three weeks/year increasing in the 4th, 7th & 10th years
—health insurance
—pension plan

Application & Hiring Process:

Please provide a cover letter with your résumé as soon as you can. Mail your letter and résumé or drop it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. *Please do not call the office.*

If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Minimum of six months' membership in the Park Slope Food Coop.

Applicants who have not previously worked a Coop shift in Receiving should arrange to work in Receiving.

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

The Environmental Committee has a blog!

Please visit often
for timely news and
information
from the PSFC
Environmental
Committee.

We're
blogging
about our
activities at the Coop,
as well as
environmental events
of interest at the Coop
and beyond.

Find us at:
<http://ecokvetch.blogspot.com/>

Emotions, Cancer and Heart Disease

By Richard Eisenberg

By now most people know that there is a connection between what we think and feel and our health. Two emotional risks have come to the attention of researchers in recent years: suffering a major loss and holding in your emotions.

The risk of developing breast cancer was five times higher (just in case your math skills are rusty, five times higher means a 500% increased risk) if the woman had experienced an important emotional loss in the six years prior to the discovery of the tumor. This was reported in an article titled "Psychosocial Stress as a Risk for Breast Cancer" in the journal *Psychotherapy and Psychosomatics* in 1991.

I can hear the men reading this breathing a sigh of relief that the risk is for women and not men, but just because the study was conducted with women does not mean that similar results would not be found with men, if they were studied for prostate or colon cancer.

Obviously how emotions are dealt with is of paramount importance. One of the worst things one can do with strong emotions is hold them in, deny, repress, or ignore them in any way. This is not only true for those already diag-

nosed with cancer, but it is true for the development of cancer. In the *Journal of Behavioral Medicine*, 10:5 (1987), Shaffer, J. W. et al. reported the following:

The longest study to date, initiated in 1946, focused on students from the Johns Hopkins School of Medicine. Researchers divided 972 of the students into five groups based on various psychological measures. Over the course of three decades, students characterized as "loners" who suppressed their emotions beneath a bland exterior were 16 times more likely to develop cancer than those who gave vent to their feelings.

So we can see that emotional expression is important. But have you ever met someone who just seems to be drowning in their emotional expres-

sion? Emotions need to be expressed, but they need to be expressed in a way that leads to resolutions. Some people naturally achieve a balance of emotionality and rationality. Others struggle with it. We all tend to lean to one side or the other. We are either overly emotional or overly rational. The overly rational types who ignore or suppress their emotions face a much higher risk of cancer. Psychotherapist Ronald Grossarth-Maticek followed 1,353 patients for over a decade and found that he could predict who would get cancer with ninety-percent accuracy, based on an evaluation of "an overly rational, anti-emotional attitude. People with low anti-emotional scores were 29 times less likely to develop cancer...."

As you can see, emotional expression is important, but so is optimism. Harvard University researchers found that an optimistic outlook can cut your risk of heart disease by 56 percent. More than 1,300 healthy white men were tested to assess levels of optimism or pessimism. The men were all veterans, and their average age was 60. No one with heart disease was included in the study. The men underwent physicals and blood tests every three to five years. Information on most men (82 percent) was collected for 10 years; 162 developed heart disease. The researchers found that men with high levels of optimism had a 44-percent lower risk of developing heart disease than the men with high levels of pessimism.

Dr. Fleg, who examined

participants in the Baltimore Longitudinal Study of Aging, and is a member of National Heart, Lung, and Blood Institute, found that:

[H]appy people might be less likely to churn out a torrent of stress hormones, such as cortisol. These hormone surges make platelets stickier, thicken the blood and prevent coronary arteries from dilating easily... Misery-induced higher blood pressure and steadily higher heart rates add to the risk [of heart disease]. [Gordon, 03].

Christine Northrup, M.D., author of the book, *Women's Bodies, Women's Health*, uses the term "toxic emotions" to describe emotions, thoughts and beliefs that affect our biochemistry and cause illness.

If you have "toxic emotions" or thoughts, if you have suffered a loss, have overwhelming negative thoughts and feelings, or just feel down most of the time, now is the time to get to work and resolve these issues and increase your health on all levels.

Richard Eisenberg is a Coop member and practices Acu-Energetics, Acu-pressure, Polarity, Shiatsu, Reiki, Therapeutic Touch, Reflexology, EFT (Emotional Freedom Technique), TAT (Tapas Acupressure Technique), Hypnosis, Medical Massage, Trigger Points, Cranio-sacral Unwinding, Tibetan Energy Work and is a teacher of Chi Gung, Tai Chi and Yoga. He teaches Transcendence (spontaneous) Tai Chi workshops. ■

Member Contribution

sion? Emotions need to be expressed, but they need to be expressed in a way that leads to resolutions.

Some people naturally achieve a balance of emotionality and rationality. Others struggle with it. We all tend to lean to one side or the other. We are either overly emotional

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

Such a gentle season
but it rocks
our bodies, our little world

The human animal is
fundamentally resistant
to change
we are fond of our habits and ways
even when they are stubborn, tight
unbecoming
to give them up is painful and traumatic

Stick to what's simple
and not necessary
plant a few seeds in soil
you don't have to commit

Beans bend out of the dirt
in a few short days
and yield flowers, then pods
not long after that

Any seed will do
have no agenda

Soon (now!) neighbors
hang clothes on the line
anything to get outside

Sweep the walk
clean up a tree well
find some dirt to dig in
take a child with you
they will show you how

it doesn't take much more than that
there you are
it's spring
you're standing in the middle of it
the world is wonderful:
you are wonderful!

Now: go to the Coop
and tell everyone you know

The Park Slope Food Coop
helping to bring in the seasons

by Myra Klockenbrink

Mondays **May 5 (B Week)**
May 19 (D Week)
June 2 (B Week)
Noon to 1 p.m.
1:30 to 2:30 p.m.
and
Sunday **May 11 (B Week)**
Noon to 2 p.m.

You can join in any time during a tour.

Coop Job Opening: Bookkeeping Coordinator

Description:

The Coop is hiring a Bookkeeping Coordinator to help in the oversight and coordination of our bookkeeping functions. Involvement will include all of our bookkeeping areas, including accounts payable and supplier relations, cash received bookkeeping, bank account and debit reconciliations, the member loan program, and member refunds. The applicant will also coordinate and oversee member work in bookkeeping jobs.

This coordinator will help convert our manual bookkeeping into a computerized system, therefore experience in both worlds is advantageous, ease with computers necessary. Excellent organizational and communication skills are required. We look for applicants who can maintain high standards of accuracy and display initiative. Bookkeeping experience is essential, education in accounting preferred.

Hours: Approximately 35 hours per week

Wages: \$21.64/hour

Benefits: —Health and Personal time
—Vacation—three weeks/year increasing in the 4th, 7th & 10th years
—health insurance
—pension plan

Application & Hiring Process:

Please provide a cover letter with your résumé as soon as you can. Mail your letter and résumé or drop it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. *Please do not call the office.*

Probation Period:

There will be a six-month probation period.

Prerequisite:

Minimum of six months' membership in the Park Slope Food Coop.

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

COOP HOURS

Office Hours:

Monday through Thursday
8:00 a.m. to 8:30 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:

Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

*Shoppers must be on a checkout line
15 minutes after closing time.

Childcare Hours:

Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members.

SUBMISSION GUIDELINES

All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words.

Submissions on Paper: Typed or very legibly handwritten and placed in the wallpocket labeled "Editor" on the second floor at the base of the ramp.

Submissions on Disk & by Email: We welcome digital submissions. Drop disks in the wallpocket described above. The email address for submissions is GazetteSubmissions@psfc.coop. Receipt of your submissions will be acknowledged on the deadline day.

Classified & Display Ads: Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

Recipes: We welcome original recipes from members. Recipes must be signed by the creator.

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$23 per year to cover the cost of postage (at First Class rates because our volume is low).



Printed by: Prompt Printing Press, Camden, NJ.

Friday
May 16

8:00 p.m.

very The Good Coffeehouse

COOP CONCERT SERIES



Tomas Rodriguez

Tomas Rodriguez on guitar, along with Jenny Hill (flute, sax), Urbano Sanchez (percussion) and Barry Kornhauser (cello, bass), present an eclectic mix of bossa nova, flamenco, Latin boleros and introduce new original compositions that invoke the soulful musical dialogue of the Americas from Cuba to Venezuela and beyond.

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

The Cooperating Cooperators

The **Cooperating Cooperators** have over a century's worth of experience cooperating.

Their ranks span generations and were formally banded together to cooperate in the fall of 2002 as a way of avoiding having to do Coop shifts. These folks are among you as you shop and you might never expect the outstanding and unusual result of the **Cooperating Cooperators** cooperation.



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
May 15
7:00–9:00 p.m.

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

Second Saturday
May 10
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 labeled.

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

We close up promptly.
Last drop offs will be accepted 10
minutes prior to our end time to
allow for sorting.



This Issue Prepared By:

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Erik Lewis

Editors (development): Anne Kostick
Petra Lewis

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Cristin Flanagan
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Namik Minter

Patricia Stapleton

Editor (production): Lynn Goodman

Final Proofreader: Isabelle Sulek

Post Production: Jessica Tolliver-Shaw

Index: Len Neufeld

WORKSLOT NEEDS

Paper Recycling

Friday, 6:00 to 8:00 a.m.

Do you have a large vehicle and want to help the Coop be a good green citizen? Collect recycled paper from the Coop, bag it, load it into your vehicle and drive it to the paper recycling center. You need to be able to lift and work independently. Reliability a must as you will be the only person coming to do this job on your day. The recycling center is located at 165 43rd St in Brooklyn. If interested, please contact Adriana Becerra at gmcredit@psfc.coop or drop by the Membership Office to speak to her.

Refrigerator Cleaning

Monday or Wednesday mornings
9:00 to 11:00 a.m.

This position requires a desire to do physical work, enjoy cleaning and organize refrigerators. You will thoroughly clean the refrigerator, removing all movable parts and cleaning them, label food items and discard old or out-of-date products.

Cheese Inventory

Monday, A week, 8:00 to 10:45 a.m.

Work alongside Yuri Weber, the Coop's cheese buyer, to take an accurate inventory of our unsold cheese. Work involves 1.) weighing all cheese on the shopping floor and counting cheese sold by the piece and 2.) weighing and/or tallying all cheese in the basement. Must have good handwriting, be able to do basic arithmetic (weights, fractions, addition),

be reliable and have good attention to detail.

Kitchen Cleaning

Wednesday or Friday, 8:00 to 10:00 a.m.

Deep clean all three kitchens in the Coop: childcare, meeting room, staff room. You will work independently to clean countertops, cabinets, drawers, kitchen equipment, sinks, and refrigerators. Must be reliable as you are the only person coming to do this job on your day. Please speak to Adriana in the Membership Office, Monday to Thursday 8:00 a.m. to 2:00 p.m. if you are interested. Attendance Recorders or Make-up Recorders Monday or Sunday, times vary. The Coop needs detail-oriented members to

CONTINUED ON PAGE 15

COOP CALENDAR



New Member Orientations

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

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

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

May 8 issue: 7:00 p.m., Mon, Apr 28
May 22 issue: 7:00 p.m., Mon, May 12

CLASSIFIED ADS DEADLINE:

May 8 issue: 7:00 p.m., Wed, Apr 30
May 22 issue: 7:00 p.m., Wed, May 14

General Meeting

TUE, APR 29

GENERAL MEETING: 7:00 p.m.
The agenda appears in this issue and is available as a flyer in the entryway.

MAY 6

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

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.
Channels: 56 (TimeWarner), 69 (CableVision).

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

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

Next Meeting: Tuesday, April 29, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby. Some restrictions to this program do apply. Please see below for details.

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Childcare can be provided at GMs:

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

• Signing in at the Meeting:

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

• Being Absent from the GM:

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

• Is it FTOP or a Make-up?

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

• Consider making a report...

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

Park Slope Food Coop Mission Statement

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

COMMUNITY CALENDAR

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

SUN, APR 27

FOUR DAYS FOR DARFUR: Gala fundraiser & celebrity auction, followed by New York premiere of a play written by L.D. Napier* and produced by Doug Claybourne* to raise money, motivate & raise awareness of Darfur crisis. The play, The G-Word: For Those Born Later, will run for three consecutive nights at La MaMa Annex, 74 E. 4th St. in Manhattan. See www.forthosebornlater.org or www.lamama.org for ticketing information.

FRI, MAY 2

THE NA FOLK BAND performs at the Good Coffeehouse Music Parlor. The group combines great musicianship with a love of the various styles of village music from Transylvania, Hungary and Slovakia. 8 p.m. \$10 adults/\$6 kids. 53 Prospect Park West at 2nd St. www.gchmusic.org

FREE FILM SCREENING & DISCUSSION: The PSUMC Social Action Committee presents a free screening of a new film on immigration called Morristown: In the Air and Sun, followed by conversation with documentary filmmaker Anne Lewis (www.annelewis.org). PSUMC, 6th Ave. & 8th St., 718-768-3093. 7:30 p.m.

PHOTOGRAPHY EXHIBIT: Photos by Carl Makower* and Stephanie Rabins* will be on display as part of a group exhibit at Ozzie's on 5th Ave. & Garfield Pl., from May 2 – May 29, with a reception on May 22. The sale of work is for the benefit of the not-for-profit Shire Village Camp's Scholarship Fund. The exhibitors are members of the SVC community.

SAT, MAY 3

PEOPLE'S VOICE CAFE: Steve Suffet; Joel Landy 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.

HAPPY BIRTHDAY!: The Park Slope Food Coop turns 35 and you're invited to the party. Live music; deejay; childcare; food and drinks for sale! At the Garfield

Temple Ballroom, Garfield St. & 8th Ave. 7 p.m. to 11 p.m. Admission is free!

NUBIAN EXOTIC JEWELRY: presents its Third Annual Fashion Show. Performances by rappers, poets, dancers, improv and more. B.C.A.T. will be on site to tape the show. For more information, call 917-287-5913.

SUN, MAY 4

JAZZ ON SUNDAYS: Hear a different jazz group every Sunday at the Brooklyn Lyceum. Two sets, 9 p.m. & 10:30 p.m. Admission \$10 per set. 227 Fourth Ave. at President St. Call 718-857-4816 or visit www.brooklynlyceum.com

BROOKLYN FLEA: This new, weekly Fort Greene flea market features 200 vendors of vintage furniture, clothing and antiques alongside new items by local designers. Every Sunday. Rain or shine. Bishop Loughlin Memorial High School on Lafayette Ave. (btwn Clermont & Vanderbilt aves.). Just don't bring your dog, 'cause pooches aren't allowed!

FRI, MAY 9

COHOUSING LECTURE & SLIDE SHOW. Interested in community-oriented living? Hear national expert Chris Scott Hanson talk about communities nationwide. Meet people who are in the process of creating cohousing in Brooklyn. 6:30 p.m. Brooklyn Friends Meeting House, 110 Schermerhorn St. FREE. Contact Alex at 212-229-9392 or alex@alex-marshall.org

SAT, MAY 10

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

SUN, MAY 11

ZEEMEEUWSIC III!: an eclectic Sunday concert series at the Old Stone House, featuring Jaque Dupree* with supporting artist Barry Kornhauser*. JJ Byrne Park,

5th Ave. (btwn. 3rd & 4th sts). 2 p.m. \$10. For info/reservations: 718-768-3195

SAT, MAY 17

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

SUN, MAY 18

VEGGIE PRIDE PARADE: Be part of the first Veggie Pride Parade in America. The procession begins at noon in the Meat Packing District where 9th Ave., Gansevoort St., Greenwich St. and Little West 12th St. intersect. It will culminate in Washington Square Park where a festival of rock music, speakers and exhibitors will take place. www.veggieprideparade.org

BROOKLYN SPRING CLEANING: Recycle your electronics and donate clothing, next to carousel near Flatbush Ave. & Empire Blvd. (Cars enter at corner of Parkside & Ocean aves.) Sponsored by the NYC Department of Sanitation. Rain or shine. 8 a.m. – 2 p.m.

FREE CHAMBER MUSIC SERIES: Eugene Drucker, violin; Ah Ling Neu*, viola; Roberta Cooper, cello; Peter Weitzner*, double bass; Marija Stroke, piano; performing Schubert's Trout Quintet and others TBA. At the Dr. S. Stevan Dweck Center for Contemporary Culture under the front steps of the Central Branch (Grand Army Plaza) of the Brooklyn Public Library. 4 p.m. FREE!

FREE ACUPUNCTURE: The Brooklyn Acupuncture Project is having its second open house. Join us for FREE acupuncture and food! 530 3rd Ave. (btwn 12th & 13th sts.). F-M-R to 9th St./4th Ave. 718-369-0123.

THU, MAY 22

ROBIN MESSING*: reads from her debut novel, *Serpent in the Garden of Dreams*, at the Community Bookstore, 43 Seventh Ave. (btwn Carroll & Garfield sts.). 7:30 p.m.



Thursday, May 15 • 7:00 p.m.
at the Coop



Let the Church Say Amen

Every year at Easter the White House engages in the annual media event known as the Easter Egg Roll, a secular interpretation of the Christian holiday, yet in one of the country's poorest neighborhoods less than a mile away, residents celebrate a more soulful commemoration of the event. In the year before Easter, this feature-length documentary follows four characters who rely on a storefront church to sustain them through the challenges in the inner city. Within the tightly prescribed boundaries of this church and its small congregation, each character calls upon their faith and community to overcome the unemployment, racism, and violence that threaten their lives and many other American families living in poverty. As the verité documentary chronicles these people working toward fulfilling their hopes for a better life, we witness how this church, like others across the country, becomes a tremendous source of strength and power for an urban community.

David Petersen has had his films exhibited at numerous international museums and festivals, including Centre Georges Pompidou, The Museum of Modern Art, The Hirshhorn Museum, The National Gallery of Art, the Museum of American History, and The Library of Congress. His films are in the permanent collections of the Museum of Modern Art, the National Gallery of Art, and the Academy of Motion Picture Arts and Sciences. His Academy Award nominated documentary *Fine Food, Fine Pastries*, Open 6 to 9, received first place prizes in numerous international film festivals and his PBS documentary *If You Lived Here You Would Be Home Now* was an Independent Spirit Award Nominee. *Let the Church Say Amen*, was an official selection of the 2004 Sundance Film Festival among many others, premiered on the PBS series "Independent Lens," and was honored as "one of the best documentaries of 2004" by the Academy Award Documentary Committee. David Petersen has received numerous artist fellowships from The MacDowell Colony, Yaddo, The Virginia Center for the Creative Arts, Blue Mountain Center, and The Ragdale Foundation. Recently, The MacDowell Colony commissioned him as a director for their Centennial film premiered in 2007 at the Museum of Modern Art. He is now assistant professor in the Media Arts Department of the New School University.

FREE
Non-members
welcome

Film Night is back after a winter hiatus! New curator Alexandra Berger will feature work from Coop members and other Brooklyn media artists. For more information or to discuss screenings, please contact Alexandra at isisprods@yahoo.com.

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

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

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

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

PSFC members may receive FTOP credit in exchange for their help. To receive credit, you should be a member for at least one year and have an excellent attendance record.

To make work arrangements, please email ellen_weinstat@psfc.coop or call 718-622-0560.

East New York Food Coop

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



LETTERS TO THE EDITOR

GREENING INDIA PROPOSAL TO PARK SLOPE FOOD COOP

DEAR FELLOW COOP MEMBERS,

This is an appeal to your palates and more. I am Premilla Dixit (unfortunately not always a member in good standing)!

I have been living in India for the past six months, and I have returned there as you read this note, to continue work I and my partners began in 2007, under our Greening India banner. (For details please visit our evolving website, the first that comes up in a google search of greening India: <http://greeningindia.net>.) If you see a place for yourself, your organization, your ideas, others you know or your funds in our partnership and 2009 conference and festival, please do contact us.

This appeal is to those who would like to work with us towards publishing a recipe book of healthy, home-made summer/winter drinks, pickles, chutneys, snacks, main courses, breads and grains, that my sister/partner Rita and I are collecting from grandmother's kitchens in and around Udaipur. Udaipur is one of Rajasthan's heritage cities, Asia's second most loved tourist spot. This effort is part of our Health and Healing and Ethical Feasts projects under Greening India.

We are requesting the following of you : a) please try out our recipes, e-mailed to you, give us feedback, help us select for quality control; b) consider a Coop work shift specifically oriented to working with Greening India's Health & Healing and Ethical Feasts projects towards co-publishing with us this recipe book by December 2008; c) work with us to design and set a fair-price for the book and advance-buy copies once we have a critical mass of recipes to go to print, to help pay for the cost of printing/shipping; d) help sell the book through the Coop and a USA-wide coop network. We are prepared to modify our proposal according to feedback from those of you who will work with us.

I gather that several professional chefs are members of the Coop. We would deeply appreciate your participation. Joe Holtz suggested that interested people could bring this project to the general meeting for a vote of support to develop it as a workslot. He also suggested that the money raised from book sales could go entirely towards supporting Greening India, as a Coop contribution to that work. Greening India would support the conference and festival sections of Health & Healing and Ethical Feasts, with such earnings. However, these decisions will be made mutually with our Coop cohorts who take this up. I can be reached in India by phone at (011-91-11)-2-953-5997; by Skype at premdixit, and via e-mail at prem.dixit@verizon.net. I look forward to hearing from all takers as soon as possible.

Bon appetit! May we all eat well, and low on the food chain. As Gandhi said, we have plenty to meet all needs not greeds.

Best Wishes,
Premilla Dixit

LETTER IMPERFECT

Non-delivery of my mail
Had me frazzled, grumbling, nervous
To the point I had no choice
But to gripe to the Postal Service.
Rep from its Consumer Affairs,
Boasting of the group's advances,
Sent assurances of help—
By E-mail. Rep is taking no chances.

Leon Freilich

LETTER FROM EMERALD VALLEY KITCHEN

HI,

I recently wrote Emerald Valley Kitchen about their hard-to-remove labels, and received this kind response, which might be of interest to Coop members.

Thanks,
Layne Harris

Thank you for taking the time to give us feedback on our product. We always like to hear from our customers for better or worse. As for the issue you bring up we are looking into that already and have a team of people coming up with a new printed look. Here at EVK we not only care about these issues we try to practice them whenever we can at home or at work. The choice to change our old logo to the new slick looking sticker was done with good intentions but was not thought out as well as it should have been. We did have stickers that came off really easy but the way we process things they did not stay on the cup well so we changed to a material that stayed on better. Of course that material now hampers people's ability to recycle our cups. We hope to have this issue resolved by mid summer so please look for the new cups then. It's our hope that people will be able to enjoy our product and help recycle the waste for as long as we continue to make it.

Best regards,
Kenneth Eldredge
Plant Manager
Emerald Valley Kitchen
541-688-3297 ext. 107

BOTTLED WATER: AN IMPERFECT WORLD

TO THE EDITOR:

I've written once about it and won't repeat the arguments for the continued sale and availability of all bottled water to those consumers who wish to utilize this commodity.

I just want to point out that it seems to have become a political issue here rather than anything else.

I am concerned about biodegradability and the environment as well. I just feel that taking bottled water away from consumers is forcing an agenda on people.

Please let everyone make their own informed choices. Education doesn't hurt, but radicalization of issues does. I want bottled water for many reasons, and from other letters and the heat along with it, I understand many oth-

ers also want bottled water on the shelves. Perhaps a compromise will help—continue to run articles on the subject, and post a notice on the bottled water shelf. But don't demand totality in a world where it doesn't exist. This is an imperfect world, whether we like it or not.

Yachet Lebovits

BOTTLED WATER: A MISPLACED EFFORT

DEAR GAZETTE:

I think the Coop's efforts to ban bottled water are misplaced, and fail to address the single largest contributing factor to global warming. The recent letters to the editor claim that bottled water is unnecessary, and that our tap water is safe. While there is merit to the claim that bottled water needs to be more carefully regulated, our tap water is by no means safe. Whether it's cryptosporidium, heavy metal contamination, or now, the recent news reports of contamination with hormones, pet vaccines, psychotropic medications, and antibiotics, there are compelling reasons to drink bottled water or filtered water. As a former EPA attorney in Washington, D.C., I also question the alleged statistics and ratings, which do not square with my memory of newspaper and Newsweek reports which ranked NYC drinking water as somewhere around 19th nationally.

It is disingenuous, to say the least, for a coop which voted to carry meat, and now has expanded to three enormous coolers, one freezer and two shelves of meat byproducts, as well as end cap items, to institute a ban on bottled water, which takes up a small area on two shelves.

Pamela Rice, founder of the Viva Veggie Society, has circulated the 2006 report of the U.N.'s Food and Agriculture Organization (FAO), which found that one of the major causes of the world's most pressing environmental problems, including global warming, land degradation, air and water pollution, and loss of biodiversity, is livestock production.

A trip to any major health food store will make it apparent just how skewed towards animal products our selection is. We should be winnowing our selection of meat products first and foremost.

Very truly yours,
Carol Lipton

KEEP SPRING WATER

TO THE EDITOR:

David Barouh argues that pharmaceuticals have turned up in ground water, which is the source of the spring water that the Coop sells. Really? I phoned Appalachian Spring. I was directed to the bottler. I left two messages for the fellow that would know. Despite verifying that he was there, he would not call me back. So I phoned Poland Springs. I spoke with customer service. They have tested their water, and there are no pharmaceuticals. And for comparison they tested municipal water. They did find drugs there.

There should only be two options voted on. Removal of all spring water, or only selling spring water proven to be free of pharmaceuticals in gallon and larger sizes. There is no reason for the Coop to sell water in smaller, wasteful packaging sizes. And is not the choice of size at the discretion of the coordinator that buys? Could not the buyer right now, without a vote, drop all smaller sizes?

Don Wiss

MEMBERS & NON- MEMBERS' THEFT AND BLATANT VIOLATIONS

TO THE EDITOR:

In the March 27 issue, the *Gazette* reported that a disciplinary hearing was conducted for two members of one household who owed 31 shifts between them and continued to shop, despite the fact that they were suspended. The committee decided to suspend the household for one year, with no opportunity for amnesty. After the year, these members must complete all make-ups owed before their shopping privileges will be restored.

The article does not address one serious question: How was it possible for them to shop while being suspended? They were suspended for many months, during which time they shopped freely. A suspended member is not allowed in the shopping area. How did they get in? Have all the entrance workers been derelict in their duty to prevent entrance of suspended members? Did someone sneak them in?

An even more startling case was reported over a year ago, about a non-member who managed to shop—and steal—for 10 years. How is it possible for a non-member to enter the Coop for 10 years, without being caught, and even worse—waltz out the door with stolen goods? Are all our entrance and exit guards asleep?? How is this possible??

These instances must be taken seriously. They must be investigated, and appropriate mechanisms need to be established to prevent this from ever happening again.

Zvi Aranoff

LETTERS POLICY

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

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

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

FTOP workers needed

for the Coop's
birthday party on
the afternoon and
evening of
Saturday, May 3.

We need
Coop-trained
childcare
workers,
cashiers,
set-up and break-
down crews.

Contact the
Membership
Office at
718-622-0560
to sign up.



Support a New Coop!

Do you live or work in the Bronx?

Would you prefer to do your workslot
on Saturdays?

Then inquire about supporting the
South Bronx Food Cooperative!

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

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

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

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

718-622-0560

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

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

Must know how to:

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

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

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

South Bronx Food Cooperative

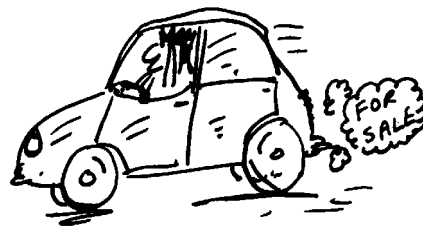


The Orientation Committee Needs You!

We are looking for energetic Coop members with a
teaching or training background who can work
Sunday afternoons, Monday or Wednesday evenings,
or Wednesday mornings. Orienters lead sessions
every six weeks, and on the week midway between
sessions you must be available as backup for emer-
gency coverage. Only Coop members with at least
two years of membership will be considered.

Workslot credit will be given for training sessions.
An annual meeting of the Orientation Committee is
part of the work requirement.

For more information, contact the Membership
Office or write to karen_mancuso@psfc.coop.



Saturday, May 10
At the Coop

FREE
Non members Welcome

The Triple Bottom Line Film Series

People, Planet, Prosperity through Cooperation

Double Feature

The presenter recently made a trip across Europe visiting many
international nonprofit groups, and will make a brief
presentation about the trip and the visits.

4-6 p.m.

SIR! NO SIR!

NPR just reported on Iraqi veterans' "Winter
Soldier" revelations of violence. Similarly,
while the Vietnam War protests have come up
in events like John Kerry's campaign, little has
been heard about an incredible early
movement of noncooperation and protest by
soldiers themselves. Largely censored and
unpublished, the courageous resistance of GIs
is recounted vividly in this electrifying
documentary. Underlying modern violence lies economics, and a
brief discussion of Herman Daly's book For the Common Good will
precede it.



7-9 p.m.

THE TAKE

Corporations and industrialists have long
subordinated employees unfairly, but
alternatives to communism have not been
widely advocated. Recent crises with
international financing and corruption have
allowed employees to try to keep their
factories working, and end up as entrepreneurs
and activists like Food Coops and United
Airlines almost has. Avi Lewis and Naomi Klein
take us into the surprises involved with a new quality of democracy.
A brief talk on William Greider's The Soul of Capitalism will provide
additional perspective.

Bring potluck, munchies, friends, or just lil' ole' you.
Talk and activism to follow.

Mark Rego-Monteiro has been a Coop member for years, has a background in
social and financial services, and is currently working on a degree in Sustainable
Development. He is the founder of WakeUPDemocracy.org.

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

Sunday, April 27
12:00 p.m.

FREE
Non members Welcome

Healing at Home with Homeopathy

Homeopathy is a holistic approach to health and
well-being. Remedies are chosen based on the
totality of symptoms, with an emphasis on what
is unique about the individual case. We'll discuss
how to prescribe homeopathic remedies at home
for common ailments such as fevers, colds, flu,
allergies, and coughs. We'll cover
several remedy pictures and learn
how to take an acute case,
developing an eye for
characteristic symptoms in
order to find the most
specific remedy for the
complaint. Homeopathic
remedies are natural, nontoxic, and
non-invasive, and many are available
right here at the Coop.



Coop member **Erika Simonian** is a classical homeopath with a private practice in Manhattan.
She is a graduate of the School of Homeopathy, N.Y., and her postgraduate study includes clinic
work in India with Rajan Sankaran's Bombay School. For more information, visit her
website at ny-homeopathy.com.

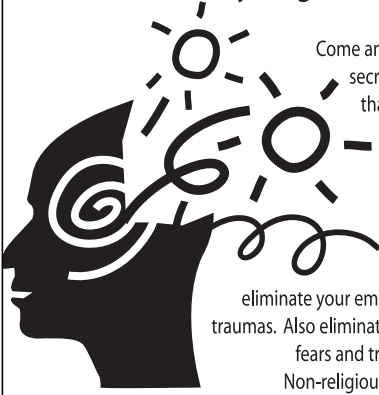
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Saturday, May 3
2:00 p.m.
at the Coop

FREE
Non members Welcome

JOY!

What is it? Where is it? How can I get it?
Live younger, longer!



Come and learn specialized eastern
secrets to discovering what it is
that may be blocking you from
your own power, strength
and joy. You will be
introduced to
Emotional Freedom
Techniques (EFT), which
show you how to reduce or
eliminate your emotional blockages and past
traumas. Also eliminates or reduces anger, phobias,
fears and trauma memories.
Non-religious and non-intrusive.

Carolyn Meiselbach is a long-time member of the PSFC. She has an advanced
certification in both hypnosis and EFT, with a private practice in Carroll Gardens.
Carolyn is also a teacher and trainer of EFT holding approved classes for
professionals to add to their present holistic modality.

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

Friday, May 9
7:00 p.m.

FREE
Non members Welcome

The Women Writers' Workshop presents

A Moment to Yourself
Through Writing

Join Bisi Ideraabdullah, founder and director of the Women Writers' Workshop, which offers a creative writing experience for all genre, all levels of writers. The workshop's aim is to motivate, enhance self confidence, and offer collective support in crafting and shaping the next cadre of women writers.

Space is limited to 10 women. Bring your notebook, a favorite pen, and creativity, and join us for an amazing experience. Advance reservations requested. Call Traci, 718-638-2059.

Mrs. Bisi Iderabdullah is a certified affiliate of (AWA), and the founder and executive director of Imani House, a nonprofit organization based in Park Slope, Brooklyn, and Liberia West Africa. She is currently working on a memoir of her experiences in Liberia during its civil war.

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

Saturday, May 10
1:00 p.m.

FREE
Non members Welcome

REVOLUTIONIZING
AMERICAN HEALTHCARE

COMMUNITY ACUPUNCTURE AND YOU — PART II

JOIN US AGAIN (OR FOR THE FIRST TIME)

Coop members Robbie Butler and Sarah Chase of the Brooklyn Acupuncture Project host the second in a series of discussions on sustainable healthcare.

Topics include:

- Community Acupuncture: the concept, the vision, the revolution.
- Social Entrepreneurialism: conscious ways of creating affluence.
- Health and Wealth: how and why they are not exclusive.

COME LEARN ABOUT INNOVATIVE WAYS OF MAKING ALTERNATIVE HEALTHCARE ACCESSIBLE TO ALL!


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

Saturday, May 10
10:00 a.m.

FREE
Non members Welcome

How I Built
a Park Slope
Green Roof Garden

You can build your own green roof for active gardening or simple, drought-tolerant vegetation to slow rainwater runoff and moderate summer heat. Annotated slide presentation with before-and-after photos, how-to discussion on modular planting trays, growing medium, irrigation, plant choices, and other pointers.



Jeff Heehs is a Park Slope resident, Food Coop member, rooftop and community gardener, and regular volunteer at Red Hook Community Farm. Active for the Coop and Red Hook Farm with composting work, Jeff is ever humbled by the miracles of plant life.

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

Sunday, May 4
12:00 p.m.

FREE
Non members Welcome

Yes, You Can
Improve Your Accent!

with Sharon Montoya

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

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



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

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

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 years, and works as a psychologist for the NYC Dep. of Education

FREE
Non-members welcome

Friday, May 16
7:30 p.m. at the Coop

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

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

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

Saturday, May 17
3:00 p.m. at the Coop

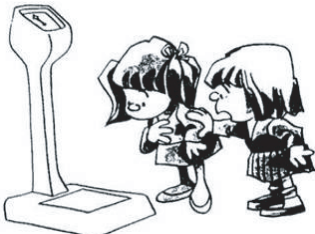
FREE
Non members Welcome

Why You're Not
Losing Weight:

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.

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

Sunday, May 18
12:00 at the Coop

FREE
Non members Welcome

PARK SLOPE
SLOW FOOD
TASTING FESTIVAL

Come and share the delightful things you (or those you admire) are brewing, fermenting, and pickling — including, but not limited to: sauerkraut, kimchi, cheese, root beers, tsukemono, miso, kombucha, yogurt.

Or come for a taste of slow food culture, to tell stories, to ask questions, or just to say hi.

ALL ARE WELCOME!

Please bring kombucha babies, kefir grains, or any other starters, etc., you wish to share, and please bring your own containers if you plan to adopt any.




Danna James Zeller is a cheese blogger, food lover, advocate for responsible agricultural and food production practices, and avid fan of general ferment and of the rich and important cultural life of fermented foods. Contact her at danna.james@gmail.com.

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

Friday, May 23
7:00 at the Coop

FREE
Non members Welcome




The Enlightenment
Of the Whole Body

Professor Erik Van Erp spends an evening with guests considering the process and the nature of enlightenment and reality.

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 the University of Pennsylvania. 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

To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal). Submission forms are available in a wallpocket near the elevator.

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HOUSING SUBLETS

JULY and AUGUST (rates neg.). Furnished room on ground floor of lovely Prospect Heights brownstone. Share kitchen and bath with retired woman who travels and three friendly cats. Wireless internet. \$800/mo. one month security and ref. Near museum, library, BAM. Near trains, 2/3, Q, 4/5, C. Contact Tasha 917-613-4207 or tashapal@jps.net

MERCHANDISE

UPHOLSTERED BARREL CHAIRS (2): Swivel and rocking, 25 inches high, 28 side-to-side, 30 deep. Tan with muted pattern of small brown and blue squares. Very comfortable. \$100 each or best offer. Call 718-965-2184.

MERCHANDISE-NONCOMMERCIAL

FABULOUS FABRICS for sale. French, African, creative prints & textures, cotton, rayon, wool. Craft projects like quilting, women's & children's clothing & toys. Call Jessie 718-788-0539.

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BEAUTIFUL MOTHER/DAUGHTER Tuxedo cats urgently need home due to owner's illness. Playful, healthy, loving cats prefer to stay together but can be separated. Call 347-244-4510.

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

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

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

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

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ATTORNEY—Personal Injury Emphasis—30 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultation. Prompt, courteous communications. 18-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tgucionelaw.com.

SERVICES-HEALTH

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

HOLISTIC OPTOMETRY: Most eye doctors treat patients symptomatically by prescribing ever-increasing

prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com

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

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

LIFE COACHING WITH MINA. Are you in transition? Want to tap into your creativity? Jump-start your present—or a new—career? Live a happier, more fulfilled life? Life Coaching is a powerful tool for change and growth. Sessions either by phone or in convenient Park Slope location. First session free. Call 212-427-2324.

VACATIONS

BERKSHIRE LAKE HOME. 4 bedrooms, dock and deck on beautiful clean lake. Canoe, kayak, rowboat. Large screened-in porch. Well-equipped kitchen. Near Jacobs Ladder and other cultural attractions. \$1100/wk. Call Marc 917-848-3469

COTTAGES FOR RENT in charming Catskill summer community. Beautiful wooded grounds. Olympic-size pool, tennis courts, basketball, baseball, lake for swimming, boating, fishing. Wonderful families with lots of kids. Wonderful family vacation. Very reasonably priced. Contact Agnes, 212-362-3919, faireye@aol.com.

COMMON GROUND CENTER in beautiful Vermont. Fantastic family camps on 700 acres with a great cooperative community, delicious vegetarian food and fabulous programming. Relax and have fun with your family this summer. Site rentals for reunions, camps, retreats. Visit us at www.cgcvt.org. 1-800-430-2667.

WHAT'S FOR FREE

FREE INITIAL ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly minimized so bring your own. Dr. Goldberg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

BROOKLYN ACUPUNCTURE PROJECT (BAP) invites you to a special open house on May 18th from 1-5pm. Come find out about "community acupuncture," an international movement who's mission is affordable health care. BAP's sliding scale is \$15-45; you decide what you can afford. 530 3rd Ave (between 12th and 13th Sts.) 718-369-0123.

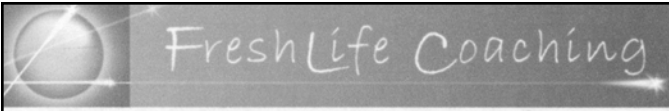
FREE INITIAL LIFE COACHING SESSION. 30-minute complimentary session. Coaching will help you clarify your life goals, overcome limiting beliefs, jump into your own unique greatness. Call Mina, 212-427-2324.



THANK YOU!

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

Meredith Alcarese	Ian Douglas	Ame Johnson	Daniel Morgenroth	Rene S.
Sarah Amico	Nancy Doyle	Kenny	David Moses	Wendy Sawyer
Adam Aronson	Kate Elliot	Darrin Kevin	David Myers	Nathan Schilling
Cindy B.	Rachel Elson	Deepak Khosla	Nancy	Fabienne Seveillac
Jennifer Bacon	Stephanie Elson	Jay Kiecolt-Wahl	Edo Natasha	Matthew Sheridan
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Teva Bjerken	Filippo Fossati	Consuela Lawless	Clare O'Reilly	Anat Soudry
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Nicole Burke	Kathleen Freis	Andrew Lee	George Olken	Sarah Stout
Sarah Burns	Ian Gaffney	Melanie Lefkowitz	Laurie Ourlicht	Sonja Sweeney
Martha Cameron	Sally Gil	Sarah Lenigan	Maggi Pattillo	Carolyn Tacey
Abby Cassell-Nyysola	Natural Gittens	Josh Lerner	Paul	Simona Tanasescu
Sarah Caufield	Greg Glassman	Degna Levister	Kris Percval	Sofia Taylor
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Jeffrey Cobb	Sarah Gregory	Bobbi Lin	Emily Phipps	Ellen Warner
Seth Cohen	Olivia Griffith	Sarah Ludwig	Jonathan Podborsek	Beccah Watson
Andrew Corless	Marcella H.	Angelica M.	Jessica Polk	Rachel Weiss
Amy Crossfield	Emily Hagburg	Anna Maria	Clara Presler	Linda Wheeler
Martha Crum	Ahssan Haj-Yehia	Mark	Damian Quinones	Mera White
Jason D'Angelo	Joseph Hankins	Julie May	Marion Ramirez	Brica Wilcox
Gideon D'Arcangelo	Sarah Hansen	Hubert McCabe	Isaac Ravishankara	Anna Wong
Doug Daniels	Terry-Anyia Hayes	Tom McDonald	Tamar Reich	Nicholas Yagoda
Thea Delage	Adrienne Heald	Malcolm McFarland	Anne Roche	Delia Yarrow
Cortney Denison	Helmi	Josh Mechem	Marc Rosenblatt	Nikole Yinger
David Dini	Katerina Herodotov	Delia Mellis	Lara Rosenthal	Laura Zeidenstein
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Support the Farmers
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Your organic Oké USA fair trade bananas come from El Guabo, a cooperative of 500 family farmers in coastal Ecuador.

In January & February, the co-op experienced devastating floods. One member's son was killed, roads and houses were damaged and several farmers lost all of their plantings.

The coop will use this tool to drain the flooded farms and do preventative maintenance to mitigate the impact of future floods.

Thank you for your concern, your contributions and your solidarity with the farmers of El Guabo.

To learn more please visit www.buythebobcat.org

We are asking you to join us in supporting the farmers of El Guabo by raising \$20,000 to buy a Bobcat Excavator.



www.okeusa.com

WORKSLOT NEEDS

CONTINUED FROM PAGE 9

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

Early Morning Receiving/
Stocking Committees

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

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

Mop Cleaning

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

This workslot involves organizing the cleaning equipment used by the Maintenance

Committee, 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.

CHIPS Soup Kitchen

Monday, Tuesday or Saturday, 9:00 to 11:45 a.m. or 11:15 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

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

Need an early riser with lots of energy to do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? This job might be for you. Please speak to Adrianna or Cynthia in the Membership Office for more information.

THE COOP IS TURNING 35!

Big birthday bash • Saturday, May 3 • 7–11 pm
Garfield Temple Ballroom

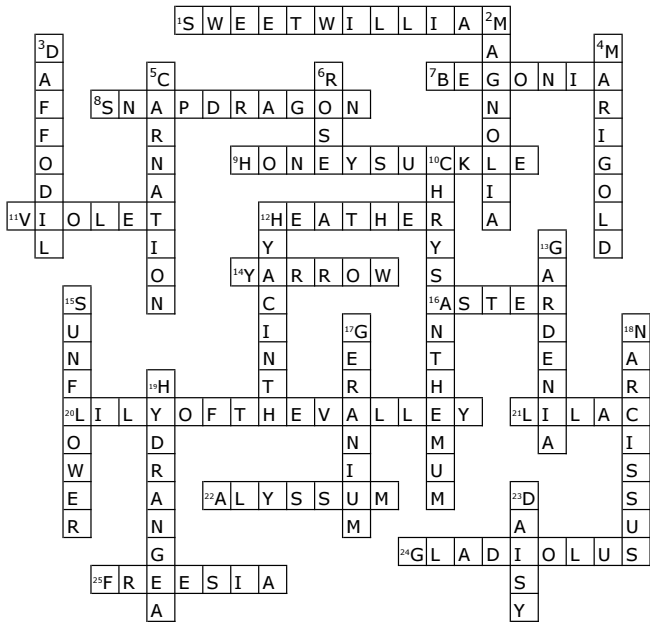
Free Admission

Jenny Hill and the Liquid Horn Band • DJ Paul Palmer

Door Prizes • Food and Drinks for Sale

Childcare • Face painting

Puzzle Answers



Answer to Puzzle from page 4.

Read the *Gazette* while you're standing on line OR online at www.foodcoop.com