



Established
1973



LINENWALTERS' GAZETTE



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A Coop Grows in Chester

By Frank Haberle

The city of Chester, Pennsylvania, has a population of 37,000. But it doesn't have a grocery store.

For a city that has been unable to attract businesses or positive economic development into its downtown for decades, Chester's luck may be starting to change. Led by Chester resident Tina Johnson, a determined group of citizens is building the Chester Food Coop, modeled after the Park Slope Food Coop. Chester's coop will bring nutritious, affordable fresh food—and, hopefully, spark positive economic development—to downtown Chester.

Tina, who was born in Chester and returned three years ago with college degrees in philosophy and cultural studies, had wanted to start her own business. "Originally, I just wanted to start a food stand," she says, "but the community wanted and needed so much more. We wanted to build a sustainable business that could become part of the fabric of the community. We also wanted to build something much bigger than a supermarket. We wanted to build a place where everyone contributes to bringing healthy, affordable food into our community. We wanted to start a community-owned business where everybody is welcome, but if you don't work here, you can't shop here."

Tina learned about the Park Slope Food Coop when exploring possible models for developing an organization, and has spent the past 18 months as a regular visitor to PSFC. She has shadowed Joe Holtz and other coordinators to learn about every facet of the PSFC—from purchasing and receiving to the shopping floor, from maintenance to recycling. "Park Slope Food Coop staff and members have



Tina Johnson from the Chester Food Coop

been wonderful and a great source of support," Tina states, "and coming up here often and observing the Coop in action has helped us to envision what our coop may be like ten to fifteen years from now, especially when we have our own space."

While neighboring cities Philadelphia and Wilmington have become comparative boomtowns, Chester's downtown has remained largely boarded up. In recent years, promises of change and investment have led to disappointing projects on the outskirts of town—a prison, a casino, a gated industrial park and a sports arena—that have brought neither jobs nor opportunity into Chester itself. The last supermarket moved out of Chester 18 years ago, and food options for the city's residents—a large number of whom are unemployed and live on public assistance—are bodegas, fast food or long trips to other cities' suburbs for groceries.

The Chester Food Coop has in two years grown from a group of 13 concerned citizens to an organization of 200 members. Currently operat-

ing as a farmers' market, the Chester Coop is now negotiating with the city to secure a lease on an 8,000-square-foot building in the heart of downtown. If its bid comes through, Chester's coop will become a seven-day-a-week operation and, hopefully, draw other businesses back to Chester's downtown.

Chester's coop will eventually mirror the PSFC model in many ways in regards to business planning, organizational structure and especially in the development of member work squads. Tina and other leaders also have absorbed a great deal of information and expertise from other coops in surrounding communities. "We've been fortunate to tap into a network of really helpful cooperatives, and while we don't do the level of volume they do, we've been able to latch on to what they do—and that has enabled us to connect with local organic farms. And because of our city's location—between New Jersey, Delaware and Pennsylvania's Lancaster County—we can bring in organic apples, peaches, corn and tomatoes that were all grown

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P.S. 321's GoGreen Walkathon

A Strong Community in Step

By Ed Levy

More than 1,500 students, teachers and parents marched up the Slope on a perfect spring day from Brooklyn's environmentally conscious P.S. 321 to Prospect Park for that school's second annual GoGreen Walkathon for a Healthy Planet. The students, ranging in age from 4 to 11, and dressed (mostly) in green and white, created a dramatic visual as they walked together in the early morning from the school building on Seventh Avenue up Third Street, which was closed to traffic for the occasion. The marchers then entered the park and walked a celebratory two-mile loop around the Long Meadow, singing songs and making up cheers. Because it was an all-school event, the entire student body turned out. Although it was compulsory, there seemed to be few objections among the students to some outdoor circumambulation on a sunny day for a worthy cause.

Commented fifth grader Jack Brill, "I think it's actually a lot of fun hanging out in the park—you get to talk and walk with friends while you help the environment. One time the line stopped and me and my friends picked up trash. And the money is going to great causes."

Another fifth grader, William Wells, also noted the event's networking benefits. "I've learned a lot about how you can really build social friendships while you walk and how you can exercise and everything, so I think it's really fun."

Fifth graders Natalie Ruby and Nicolai Gorden were equally uplifted.

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Teacher Joanna Cohen with Ominia (left) and Brana Maiquez (right).

Next General Meeting on May 27

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, May 27, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl. The agenda will be available as a flyer in the entryway of the Coop on Wednesday, May 7. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

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.

Thu, Jun 5 •-Food Class: Doggy Diets 7:30 p.m.

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

Chester, PA Coop

CONTINUED FROM PAGE 1

locally. Because it's local, the food is fresher, and the markup is much less."

PSFC General Coordinator Joe Holtz cites Chester's coop as one great example of how we help other coops. "We don't do aggressive outreach," Joe says, "but we get a lot of inquiries from groups across the country seeking to start a coop. It's been our belief all along that one of our responsibilities as a coop

is to offer as much help as we can to other cooperatives. If groups want advice, we're happy to give it; if they want a more intensive involvement, we're happy to help as much as possible."

Often, emerging groups learn about the Park Slope Food Coop and decide they want to try a different approach that's less member-work intensive. Chester is one of a handful of coop groups—another group is

coming to visit from Missoula, Montana, next month—with which PSFC is working more intensively. Locally, PSFC has helped many new coops get off the ground in East New York, Westchester, Bedford Stuyvesant and the South Bronx. Our support ranges from a PSFC mailing to 1,470 of our members in the Fort Greene/Clinton Hill community to notify them of the planning for the Fort Greene/Clinton Hill Coop, to giving PSFC members with special skills (a CPA, for example) workslot credit for doing shifts for emerging coops.

"We're one of the older, more successful coops in the country, and we have a lot of experience that we think can be helpful to other groups," Joe points out. "Not only with what we've done right, but where we feel we've made mistakes. We've learned a lot of lessons along the way."

While some of the groups that have been in contact with PSFC have never gotten off the ground, Joe was instantly impressed with Chester. "It became clear immediately that Tina had really done a lot of research prior to calling," Joe says. "We were immediately excited about their program." Joe and other coordinators have been happy to put considerable time into helping with all facets of the program's development. Tina has come twice for intensive job-shadowing opportunities, and PSFC staff have been able to offer advice on a range of issues, from financial statements to staff and member structuring, food purchasing and how to build and sustain a cooperative spirit.

While there has been widespread support among



PHOTOS BY ROD MORRISON

Good organization of produce is key. Tina researches how produce is kept fresh.



Tina researching juice items.

Chester community members, Tina still sees some major hurdles ahead. The Chester city government has been slow to understand how a coop can be a viable business model, which has delayed getting a lease on city-owned property. Countering this resistance is a growing movement of community members determined

to make the coop work. "It has been amazing to see people grow into leadership roles and take ownership," Tina says. "People who have never run a committee before are now leading the way." The Chester Coop is receiving additional guidance and technical assistance from neighbors like the Swarthmore Coop and Keystone Development Center, a non-profit that supports cooperative models in the Mid-Atlantic region.

Future additional plans for Chester's coop include creating a small demonstration kitchen and support for local small business development, opportunities to help others that the coop cannot resist. Again, this opportunity hinges on the city's decision to grant the Chester Coop a lease, hopefully the 8,000-foot space on which Tina and her colleagues have set their hearts. "If there's one lesson we've learned from the Park Slope Coop," she says, "it's that you've got to have the space to grow." ■



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 **May not** be returned with the exception of (fresh fruits & vegetables) -coconuts, pineapples and watermelon. 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 **May not** be returned unless spoiled.
Frozen items

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 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 vestib 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.

Thursday,
June 5
7:30 p.m.
at the Coop



Susan Baldassano
coordinator

PARK SLOPE FOOD COOP

Cooking for your Dog!

Learn to prepare healthy and delicious
food for your dog

MENU

- Turkey Burgers
- Peanut Butter and Bacon Biscotti
- Frozen Summer Pupsicles!

\$4 materials fee

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

Tanya Braham is a Brooklyn-based personal chef with a focus on diet and nutrition, and is also a writer, dog owner and the former staff editor of two national dog and pet magazines. In this class, Tanya will discuss do's and don'ts of doggy diets as well as tips on how to become your own pup's personal chef.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

Antibiotic Silver

By Alison Levy

If you thought all silver was good for was paying for your groceries at the Coop, think again. Silver may hold the promise of treating drug-resistant diseases.

According to an account published this week by the McClatchy-Tribune Information Services, Detroit doctors reported an outbreak of seven cases of VRSA (Vancomycin-resistant *Staphylococcus aureus*), a close cousin of MRSA, or Methicillin-resistant *Staphylococcus aureus*, an antibiotic-resistant infection that has proven deadly. “We are alarmed,” said Dr. Marcus Zervos, head of infectious diseases for the Henry Ford Health System. According to Dr. R.W. Leavitt, Department of Microbiology/ Molecular Biology, Brigham Young University, this is “an alarming problem, especially in the hospital environment with probability of cross-infection.”

Although antibiotics may cause the temporary disappearance of symptoms, they leave behind in the body a host of resistant organisms that may not be so easily quelled, says Mary Eley, the Executive Director of the Michigan Antibiotics Resistance Reduction Coalition. “Every time you take an antibiotic, you teach that bug something new,” she claims. If resistant organisms subsequently reassert themselves, they overpower the very antibiotics prescribed for them.

Meanwhile scientists are seeking other solutions, and much attention has been focused on the use of silver because of its well-recognized antimicrobial properties (in

Source Naturals and Futurebiotics. Sovereign Silver products come in liquid, topical and spray forms.

Most health consumers get their silver from colloidal silver products. (A colloid is a stable suspension of silver particles in water.) An EPA report on tests conducted on ingested silver reported that 99% of the silver consumed was excreted within one week.

There are different types of silver:

1. Whole silver particles, which at large sizes cannot be adequately absorbed;

2. Whole silver particles at nano sizes, which can be properly used by the body;

3. Ionic silver, incomplete nano silver particles missing an electron, which may be readily absorbed, but if consumed at excess levels cannot be so readily excreted.

A key issue in silver products is optimal engineering of the particles to assure efficacy using silver quantities low enough for safe daily use. Consumers selecting a silver product should read the label to determine how many parts (of silver) per million (of water) it contains. Higher concentrations of smaller particles may carry an increased risk of side effects. Further, incomplete particles can become ionic, making them less stable and more vulnerable to reactions with other biochemicals in the body.

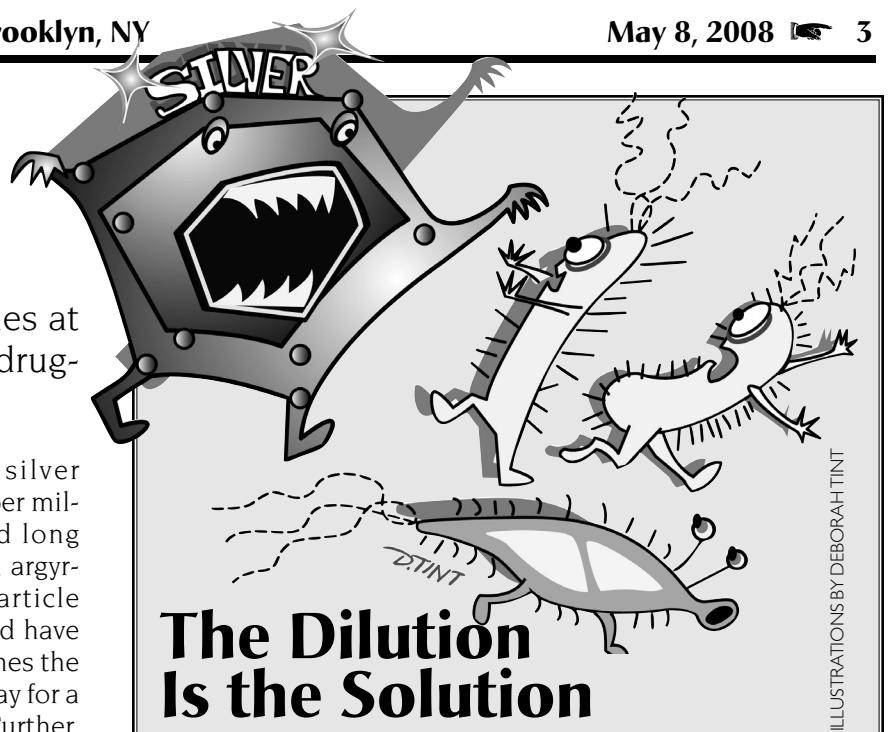
High levels of ionic silver (100 parts per million or

nano-sized whole silver products at low parts per million, even when used long term, will not result in argyria, according to the article cited above. One would have to consume over 50 times the normal dosage every day for a year to run that risk. Further, the same study indicates that argyria can only result from the consumption of ionic forms of silver, not from metallic silver or metallic silver nano-particle products.

Efficacy studies have been done by microbiologists and reported in an article published in 2006 in *Current Science*. Those studies focused on next-generation colloidal products (not carried by the Coop), such as the so-called silver aquasols made by American Biotech Research. Composed of nano-sized whole silver particles suspended in pure water, these aquasols have been demonstrated to address bacteria as well as reduce pain. This research published in *Current Science* demonstrated that silver can bring resistant microbes to heel. Used in combination with antibiotics to achieve what scientists call “bactericidal synergism,” active silver solutions in that same research have been shown to have marked activity against proven bacterial-resistant strains including *E. coli*, salmonella, MRSA and others.

What has surprised some scientists is that the silver has pronounced antibacterial effects even at minute dilutions below what has been considered necessary for any biochemical agency. For example, the aquasols tested in the Pennsylvania State University studies published in *Material Research Innovations* contained one part per million of silver.

These studies, done by Professor Rustum Roy, Evan Pugh Professor of the Solid State (Emeritus) and Visiting Professor of Medicine at the University of Arizona, demonstrated that certain crystalline structures can (if activated by specific electromagnetic actions) impart their structure to water. In other words, water can change its structure and adopt the structure of crystalline substances introduced into it. According to Professor Roy, even though medicine uses electromagnetic science through such devices as magnetic resonance imaging (MRI), most medical research has been focused on biochemical analysis, overlooking the potential of other healing mechanisms. ■



The Dilution Is the Solution

In addition to tracing the operative mechanism for silver aquasols, Professor Roy's discoveries may also contribute to scientific understanding of how homeopathy works.

Homeopathic remedies begin with a given natural substance, progressively diluted (and shaken in a process known as “succussion”) until no measurable amount of the material remains. The chosen remedy is said to precisely induce the entire range of symptoms suffered—and paradoxically prompt the capacity to heal them. According to Dana Ullman, a homeopathic educator and author of *The Homeopathic Revolution*, homeopaths view symptoms as expressions of the body's attempt to restore homeostasis—an innate healing response. A homeopathic remedy, like aikido, “goes with” the symptoms, subtly amplifying the healing message so that the body “gets it.” However, many scientists have questioned whether extremely low dilutions can produce a biochemical reaction, and have therefore remained skeptical of homeopathy's utility.

Roy points out that due to water's unique properties, even weak forces can cause structural changes in water more powerful than was previously considered possible. Professor Eugene Stanley of Boston University, the leading expert on the physics of water, has catalogued 64 unique property changes in pure water, which means that water's structure may play a part in the efficacy of extremely low dilutions, like those found in the aquasols and in homeopathy. In their research, Roy and his colleagues have found that even when remedies and pure water are biochemically indistinguishable, changes in structure differentiate them. This altered structure persists over time, the studies document. Since the human body is composed of over 60% water, Roy's research supports the working hypothesis that the water structure in aquasols and homeopathic remedies can potentially carry healing information to the body.



killing bacteria, yeast, fungi and viruses). Prior to the widespread adoption of antibiotics in the middle of the last century, silver had been used successfully for thousands of years around the world, according to a 2007 article published in *Material Research Innovations*. Currently, there are over 80 FDA-approved silver-based products, and the Coop carries a number of brands, including Sovereign Silver, as well as Wellness

more) can lead to a condition called argyria, in which the skin turns blue. Recently, the *Oprah Winfrey Show* featured the so-called blue man, who consumed very high levels of silver. Apart from his tint, he was shown free of any harm when submitted to a battery of tests by Dr. Mehmet Oz, a cardiothoracic surgeon at New York Presbyterian Hospital and regular expert guest on the *Oprah Winfrey Show*.

Recommended dosages of

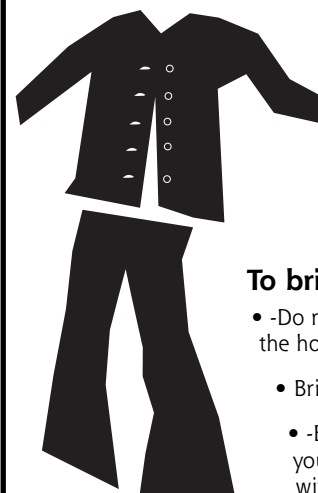
Adult Clothing Exchange

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.

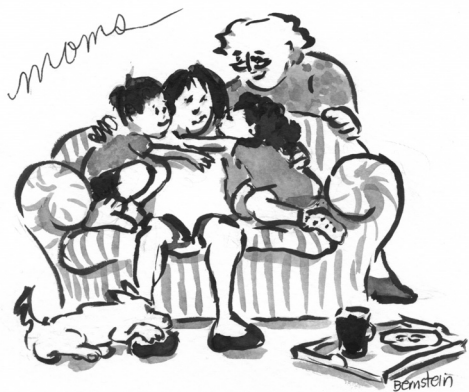


ILLUSTRATION BY LYNN BERNSTEIN

PSFC MAY 2008 GENERAL MEETING Tuesday, May 27, 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: Hiring a General Coordinator (30 minutes)

Proposal: The Personnel Committee is proposing the hiring of a General Coordinator —submitted by the Personnel Committee

Item #2: Fair Trade Product Suggestion (20 minutes)

Discussion: Can we carry products from the Palestinian Free Trade Association? —submitted by Laura Polstein

Item #3: Eliminate Plastic Shopping Bags (40 minutes)

Proposal: Eliminate the provision of plastic shopping (t-shirt) bags at the Coop and not provide substitutes with similar attributes of limited reusability and adverse environmental consequences, such as paper bags
—submitted by the Environmental Committee, the General Coordinators, and concerned members

Future Agenda Information:

For information on how to place an item on the Agenda, please see the center pages of the *Linewriters' Gazette*.
The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.



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/>

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 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.

PHOTOS BY ETHAN PETTIT



Bashar leads his contingent of the parade. Right behind him is Marvin, followed by teacher Amber and student Marlie (in braids).

GoGreen Walkathon

CONTINUED FROM PAGE 1

“It was great to walk through the park and see the beauty of nature and know you are saving it...it made me feel really good,” said Natalie. “It was really fun and it was also really important for the environment and it gave us some exercise. I like that it helped save a lot of trees,” remarked Nicolai.

Before the event the fifth graders were given homework to do about the work of the three organizations that P.S. 321 is supporting.

Begun in 2006, P.S. 321’s GoGreen was founded by a group of parents dedicated to promoting earth-friendly behaviors in children and to raising the environmental awareness of members of the school community. GoGreen supports teachers in bringing environmental issues to the classroom, is a source of information for parents on topics related to green living and advocates reducing the carbon footprint of the school facility wherever possible.

P.S. 321’s engaged principal, Elizabeth Phillips, said that this year’s walkathon went off without a hitch, and that the organizers had learned a few important things from last year that improved the event’s logistics. For example, she said, having the older kids walk slowly in front enabled the younger ones to keep up, so there were no longer gaps in the march. The result was a rare and impressive view of the entire student body together at one time. With 1,275 students, Principal Phillips said, “there is just no place of assembly in our school where you can see that.”

The walkathon grew out of several previous efforts of the socially conscious P.S. 321 school community to help others beyond the walls of the Seventh Avenue building. Four years ago, after the devastating South Asian tsunami that took so many lives, P.S. 321—also known as the William Penn School—responded with a Read-A-Thon in which children raised more than \$35,000 for the United Nations International

Children’s Emergency Fund. UNICEF reported that it was the most money raised by any school in the country. The next year, when Hurricane Katrina struck, the community responded again.

“Those events were so meaningful to the community, and students felt proud and hopeful about their contribution to the larger society,” said Principal Phillips. As a result, last year teachers, parents and students chose three environmental organizations to support that they felt reflected the school’s values. Because choosing these sponsors was such a lengthy and involved process, the school decided to make a three-year commitment to each of them. The organizations are Added Value, Amazon Watch and Transportation Alternatives. The first event, last year, raised \$25,000. The proceeds from this year’s walkathon have not yet been counted but are expected to be comparable.

Added Value (www.added-value.org) operates two farmers’ markets in Red Hook. According to its website, “Since opening our doors Added Value has provided long-term training to more than 85 neighborhood teenagers between the ages of 14 and 19, provided hundreds of local elementary school students with educational programs and worked with thousands of volunteers to build a more just and sustainable future for all.

“Together we have helped revitalize local parks, transformed vacant lands into vibrant Urban Farms, improved our access to healthy, safe and affordable food and begun to grow an economy that supports the needs of our community.”

Amazon Watch (www.amazonwatch.org) is dedicated to the protection of the Amazon rainforest—the “lungs” of the earth—and of its indigenous people. Its programs include the Amazon Communications Team, which equips Amazonian indigenous groups with media skills and communications tools in order to increase their capacity to defend their lands from destructive mega-projects. Another of its programs, called Monitoring Mega-Projects, documents and dis-

seminates information on the social and environmental impacts of proposed mega-projects in the Amazon basin.

Transportation Alternatives (www.transalt.org) is a New York City organization that works toward changing transportation priorities to reduce automobile use. It encourages safe biking and the improvement of public transportation options. Its campaigns include support for congestion pricing, car-free parks, parking reform, traffic justice and support for bicycling—including bike lanes, bridge access, bike access to buildings and transit and bicycle parking.

Commenting on the event’s unqualified success and the great weather, one of the organizers, Julie Brill, said, “Yeah, P.S. 321! We rock! What a great event. To have such a

beautiful day, and to have nearly 1,500 people walk a two-mile loop without any problems, and for three great causes, what could be better? My only concern is that, after TWO great walkathon events, now we’re REALLY spoiled!”

Another important P.S. 321 GoGreen event was a series of free lectures held on the evening of April 30, 2008, entitled “Greening Your Everyday Life: An Evening of Vibrant Discussion,” which drew upon the expertise of that school community’s numerous environmentalist authors and educators. Topics included detoxing your household, organic gardening and conscious home water management.

The talk about ridding your home of toxins was called “Healthy Child/Healthy World,” with Alex and Andy Postman, coauthors of the book by the same name. Alex and Andy offered a practical guide for parents about how to rid their homes of common

substances that may contribute to the alarming rise in asthma, allergy and childhood cancer.

Another of the talks, Square-Inch Organic Gardening: Gorgeous Yields in Small Spaces, was with Coop member Claudia Joseph. Claudia, the Brooklyn gardening guru, environmental educator, permaculture expert and Coop Compost Committee member discussed how to create bountiful container gardens, from seed selection to optimal plant placement.

In the third talk, “We All Live Downstream,” environmentalists Katie Mosher-Smith and Helen Forgione talked about how we each manage our water usage and how that affects the waterways that surround us. Ms. Forgione, who works for the New York City Department of Environmental Protection, recently oversaw the restoration of tidal wetlands and of two landfills into 400 acres of coastal maritime forest. ■



And the band played the Saints, as the procession entered Prospect Park at Third Street.

Puzzle Corner

Double Trouble

Each Across and Down entry in this month’s puzzle has two clues separated by a slash. The two clues are to be solved separately to give two answers. Each answer goes into one of the two grids. It is up to the solver to determine which answer goes in which grid. To get you started, the left clue of 1-Across (“Seasonal Veggie”) should go in the left grid.

1	2	3	4		5	6	7	8	9
10					11				
12					13				
14				15					
16				17			18	19	20
21			22				23		
			24				25		
26	27	28				29			
30						31			
32						33			

ACROSS

- 1 Seasonal veggie/Some liquor
- 5 Sandwich or stogie/Terminate
- 10 Addict/Heart or head ailment
- 11 Grouping of families/Sambuca base
- 12 Fix/Ophthalmologist concern
- 13 Stork, often/Coastal curve
- 14 That guy/Radio amateur
- 15 Overly/Crunch targets
- 16 The period before/Before
- 17 Boot reinforcement/Salutes, e.g.
- 21 Eligible/Thick skin
- 23 Crisco, essentially/Gibbon, for one
- 24 Gelato alternative/___ Girl Friday, 1940 classic
- 25 Evergreen/Office wear
- 26 Swallow/It beats rock

- 29 From the top/Sushi side
- 30 List entries/Prevention unit
- 31 Basmati/Conclusive test
- 32 “Slam dunk” director/Daniel Webster fabulist
- 33 DNA segment/Dueling option

DOWN

- 1 Like a library voice/Tropical nut
- 2 Aim/Having eight leaves to a sheet
- 3 Lemonade tool/Many a poet
- 4 Formerly/Merlot but not zinfandel
- 5 Train terminus?/Dusty and Lefty, on NPR
- 6 Wipe out/Reb’s foe
- 7 Tally/Carrie’s beau
- 8 Go steady/A used cigar?

1	2	3	4		5	6	7	8	9
10					11				
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16				17			18	19	20
21			22				23		
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26	27	28				29			
30						31			
32						33			

- 9 Profit/Go astray
- 15 Eager/Copse
- 18 Popular software package/Tabby treat
- 19 Oatmeal sweetener/Some produce pricing
- 20 Took a big step forward/Paul Reuben alter ego
- 22 Kind of park/Use words gently
- 26 Drivers lic. datum/Pendulum accompaniment
- 27 Polished off/Provençal pavement
- 28 Contain/Jamaica ___, 1939 Hitchcock film
- 29 Zine cousin/100 square meters

For answers, see page 8. This issue’s puzzle author: Stuard Marquis

COOP HOURS

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

Shopping Hours:
Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.
**Shoppers must be on a checkout line
15 minutes after closing time.*

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

Telephone:
718-622-0560

Web address:
www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

Voluntary Articles: Maximum 750 words.

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

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

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

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

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



Printed by: Prompt Printing Press, Camden, NJ.

Friday
May 16
8:00 p.m.

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

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, and Latin boleros and introduce new original compositions that invoke the soulful musical dialogue of the Americas from Cuba to Venezuela and beyond.

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...
Second Saturday
May 10
7:00–9:00 p.m.
Fourth Thursday
May 22
10:00 a.m.–2:00 p.m.
Last Sunday
May 25
10:00 a.m.–2:00 p.m.
On the sidewalk in front of the receiving area at the Coop.

RECYCLING

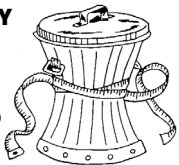
PLASTICS

What plastics do we accept?

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

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

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



This Issue Prepared By:	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (development):	Erik Lewis Joan Minieri
Reporters:	Frank Haberle Alison Levy Ed Levy
Art Director (development):	Eva Schicker
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Photographers:	Rod Morrison Ethan Pettit
Traffic Manager:	Barbara Knight
Text Converters:	Peter Benton Diana Quick
Proofreader:	Margaret Benton
Thumbnails:	Kristin Lilley
Preproduction:	Helena Boskovic
Photoshop:	Terrance Carney
Art Director (production):	Joe Banish
Desktop Publishing:	Kevin Cashman Lee Shere Michael Walters
Editor (production):	Louise Spain
Final Proofreader:	Teresa Theophano
Post Production:	Becky Cassidy
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.

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.

General Ledger Bookkeeping

Friday, Saturday and Sunday

Are you a detailed-oriented person who likes working with numbers and is at ease handling a calculator? General Ledger Bookkeeping might be the workslot for you! General Ledger bookkeeping consists of making entries into the General Ledger, running a calculator tape to

draw account balances and, finally, balancing the General Ledger. The work must be completed in three separate segments, on 3 separate days, between Thursday evening and Sunday evening, allowing some flexibility in scheduling the work. This is all hand entry work, since the Coop bookkeeping system is not computerized. Good handwriting is a must. Prior bookkeeping experience helps. Prerequisites are: 1) must have been a member in good standing of the Coop for 6 months; and 2) must make a six-month commitment to the work slot. If you are interested in this workslot please speak to Andie Taras through the Membership Office.

CONTINUED ON PAGE 12

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 22 issue: 7:00 p.m., Mon, May 12
June 5 issue: 7:00 p.m., Mon, May 26

CLASSIFIED ADS DEADLINE:

May 22 issue: 7:00 p.m., Wed, May 14
June 5 issue: 7:00 p.m., Wed, May 28

General Meeting

TUE, MAY 27

GENERAL MEETING: 7:00 p.m.

The agenda is available as a flyer in the entryway.

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

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

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

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

Next Meeting: Tuesday, May 27, 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.

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@alexmarshall.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.

WOMEN- AND TRANSFOLK-ONLY poetry & performance event featuring The Mahina Movement. A benefit for a Brooklyn shelter for survivors of domestic violence. Brecht Forum, 451 West St. between Bank & Bethune. Supper at 6 p.m., program at 7 p.m. \$10-\$20 donation. For more information: Resistance in Brooklyn, 718-399-8366.

SUN, MAY 11

ZEEMEEUWSIC III!: an eclectic Sunday concert series at the Old Stone House, featuring 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.

FRI, MAY 16

GENE BAUR reads from and signs his new book, *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*, at the Community Bookstore, 143 Seventh Ave. (btwn Carroll & Garfield sts.). 7:30 p.m. Farm Sanctuary is a shelter for abused & neglected farm animals located in New York & California, and an organization that advocates for veganism and animal rights.

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.

gested donation: \$12 general/\$9 members/more if you choose, less if you can't. No one turned away.

OPEN STUDIO TOURS: Brooklyn Waterfront Artists Coalition hosts its annual open studio tours in Park Slope and Windsor Terrace. Saturday and Sunday. For more information, visit www.bwac.org

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. Also every Thursday Qi Gong Classes from 7:30-8:30. Sliding Scale fee. 718-369-0123.

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 Weitznar*, 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!

GODS, GAYS AND GUNS: Rev. Osagyefo Sekou of Judson Church comes to the Brooklyn Ethical Society to speak about the democratic ideals within the black church, and the threat of religious Right's attacks on gay marriage, support of militarism and acceptance of the violence of poverty. 53 Prospect Park West at 2nd St. 11 a.m.

DAVID BINDMAN ENSEMBLE in world premiere of Tales of a Time Traveler. Featuring Bill Lowe (trombone and tuba), Royal Hartigan (drums), Wes Brown (bass), Art Hirahara (piano), Nate Wooley (trumpet) and David Bindman* (tenor saxophone). At Spoke the

Hub, 295 Douglass St. 7:30 p.m. \$15 general/\$5 students & seniors. www.davidbindman.com

THU, MAY 22

ROBIN MESSING* reads from her debut novel, *Serpent in the Garden of Dreams*, at the Community Bookstore, 143 Seventh Ave. (btwn Carroll & Garfield sts.). 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.

MON, JUN 2

WOMEN AT WORK GALA 2008: Performance and silent auction to benefit Gina Gibney Dance's community initiatives, including the Domestic Violence Project, and the creation of new work for the company's repertory. 6:30 p.m. For more info, call 212-677-8560 or visit www.ginagibneydance.org

SUN, JUN 8

ZEEMEEUWSIC III!: an eclectic Sunday concert series at the Old Stone House, featuring Kyklos (experimental sextet of guitar/vibes/ percussion/electric bass/clarinet/sax & accordian) and Marshall Farr with Urban Edge. JJ Byrne Park, 5th Ave. (btwn. 3rd & 4th sts). 2 p.m. \$10. For info/reservations: 718-768-3195.

ABOLISH TORTURE: Sister Dianna Ortiz, the torture survivor and founder of Torture Abolition & Support Coalition, speaks at the Brooklyn Ethical Society and receives its annual Peace Site Award. 53 Prospect Park West at 2nd St. 11 a.m.



ILLUSTRATION BY LYNN BERNSTEIN

Puzzle Answers

C	O	R	N		C	E	A	S	E
A	C	H	E		O	R	D	E	R
S	T	Y	E		W	A	D	E	R
H	A	M		A	B	S			
E	V	E		T	O	E	C	A	P
W	O	R	T	H	Y		A	P	E
				H	I	S		T	I
P	A	P	E	R		A	N	E	W
I	T	E	M	S		R	I	C	E
T	E	N	E	T		E	P	E	E

H	A	R	D		C	U	B	A	N
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D	R	I	N	K		M	I	S	O
O	U	N	C	E		A	C	I	D
B	E	N	E	T		G	E	N	E



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 way, 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! 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



LETTERS TO THE EDITOR

AN OPEN LETTER TO THE MANAGEMENT OF THE CO-OP FROM THE ALBERT SOLOMON CAMPAIGN:

On foci of sociability: Gazing at the surreptitious posters (writing) on the wall, we can see that Management has consistently derailed every effort to give the Co-Op any sign of distinctiveness or any focus of sociability. You will notice that there is no place to sit down, for example.

Once we had something called the “cheese case.” It was a unit like they have in delicatessens and supermarkets, where people would order their cheese cut to order. One day about 16 years ago, the managers carried the

case down to the basement, without submitting a proposal to the General Meeting. Thus they eliminated the last vestige of any opportunity to gather while waiting for cheese, or for that matter do anything but anonymously shop.

About 10 years later came an opportunity to have an “atrium”—an opening on the shopping floor that would let in the sun and would rise two stories to the roof of the second floor. Another “focus of sociability!” Well you can bet that was disemboweled pretty quickly—well, not so quickly as it involved firing the Construction Committee that they themselves had convened and forming another one more to their liking.

For a long time our late

and great Director, Israel David Fishman, and no doubt many other people, begged the Management to let us have a juice bar—well, did we ever get one? In fact, to many people our shopping floor resembles a Hungarian state grocery of the ‘50s!

And yet, our theory of foci of sociability has some contradictions. One is the addition of windows to the almost windowless condition we have had for most of our history. How come the Management allowed that?

Another is the Street Squad—I know, that’s not their correct or preferred name, but the other name doesn’t come to me this minute! These workers with their red mesh vests provide a visibility and distinctive-

ness to the Co-Op such as we have never had before.

Do any of the managers want to enlighten us on the correctness of our policy-reading? Don’t be shy...

And in the mean time—don’t hold your breath waiting for an answer!—vote for Albert Solomon for the Board of Directors this May and June when you get a ballot in the mail or use a ballot from the Entrance Desk!

Thanks! In solidarity,
Albert Baron Solomon
Loyal Supporter of the Co-Op
Scrivener to The Pacifica Foundation
hobces@yahoo.com
718-768-9079

OSMOSIS HE SUPPOSES

Sunday on Seventh Avenue, Something that he thinks is new:
Girl about three, and this is true,
Pushing stroller built for two, Mini-stroller for a twin-ish crew,
One seat pink, the other blue. Sight to charm—or sight to rue?
This he’s left entirely to you. Slope-ish thing, that’s all he knew.

Leon Freilich

EVENTS THIS WEEKEND

Friday, May 9 through Sunday, May 11

The following events will happen within four days of publication of this issue. For full details, please look at the April 10 or 24 issues or pick up copies of the flyers in the Coop.

- Fri, May 9**
7:00 p.m. A Moment to Yourself Through Writing (for women) with Bisi Ideraabdullah
- Sat, May 10**
10:00 a.m. How I Built a Park Slope Roof Garden with Jeff Heehs
- 1:00 p.m. Community Accupuncture and You, Part II with Robbie Butler and Sarah Chase
- 4:00 and 7:00 p.m. The Triple Bottom Line Film Series presents **Sir! No Sir!** and **The Take**

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

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

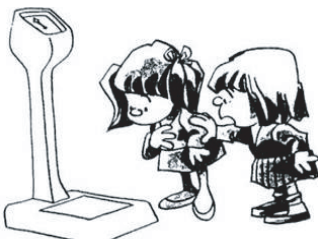
FREE Non members Welcome

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



"Don't step on it...it makes you cry."

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

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

FREE Non-members welcome

Saturday, May 17 6:00 – 8:00 at the Coop

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



Avatar Adi Da Samraj



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.

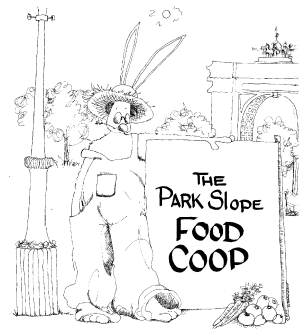
Erik Van Erp, Ph.D., is a Coop member and professor at the University of Pennsylvania. He is a writer on science and theoretical mathematics. Born in Holland, he has lived in community in Europe, Fiji, and the United States for more than 10 years.

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

Join the Street Squad

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

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



- We invite you to join us if you are:**
- ◆ -a Coop member in good standing for at least six months
 - ◆ -friendly and upbeat with enthusiasm about the Coop
 - ◆ -knowledgeable of Coop procedures
 - ◆ -willing to work outdoors
 - ◆ -reliable, responsible and able to work independently

New Street Squad members must attend a training session.

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

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

Hearing Officer Committee Seeks New Members

The Hearing Office Committee is seeking new members. The committee conducts and presides over disciplinary hearings, ensures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines what disciplinary action should be taken against the member. Applicants should be Coop members in good standing for at least two years, have good attendance records and preferably have judicial, arbitration, mediation or legal backgrounds.

Members of the committee meet and earn workslot credit on an as-needed basis only, that is, when hearings are required. Therefore these members must maintain regular Coop workslots in good standing or be FTOP members in good standing.

The nature of the committee's work requires that all members maintain strict confidentiality with respect to all matters on which they work.

The committee seeks an applicant pool that reflects the diversity of the Coop membership at large.

Those interested please telephone Mel Spain of the Hearing Officer Committee at 718-783-7405 or email at melspain@mac.com

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

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

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

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

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

East New York Food Coop

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

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**

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Former Medical School Faculty 718-788-5005

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Nuclear	3%
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Other	1%

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Con Edison Solutions

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WHAT IS THAT?
HOW DO I USE IT?

Food Tours in the Coop

When in doubt
step aside
When in doubt
offer help
When in doubt
lend a hand

At every turn there is a chance
to do good

Breathe in your difficulties
and breathe out the soft light of Spring
Breathe in the world's cruelties
and breathe out the gentle showers
that set the seeds to grow
Breathe in hatred
and breathe out blossoms

Be the grease in the wheel

If it's beyond you to love your neighbor
just help him out
You don't have to remake the world
only your limited view
of the good you are capable of

You can come to the Coop(erative)
to practice

by Myra Klockenbrink

Mondays	May 19 (D Week) June 2 (B Week) June 16 (D Week) Noon to 1 p.m.
and Tuesdays	1:30 to 2:30 p.m. June 3 (B Week)
Sunday	May 11 (B Week) Noon to 2 p.m.

You can join in any time during a tour.

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.

BED & BREAKFAST

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

HOUSING SUBLETS

JULY and AUGUST (dates 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 Tashapal@jps.net

PETS

MAY 17th ADOPT-A-THON! St. Philip's Episcopal Church. 1-5 PM. Dogs, cats, puppies & kittens! Adoption fee & ID required. Rain or shine. Animals from North Shore Animal League & Animal Control of NYC. Church address: 1072 80th St. (11th ave. & 80th St.) Come save a shelter pet!

SERVICES

TOP HAT MOVERS, INC., 145 Park Place, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-965-0214. D.O.T. #T12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

PAINTING-PLASTERING+PAPER-HANGING-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

COMPUTER HELP-CALL NY GEEK GIRLS. Setup & file transfer; hardware & software issues; data recovery; viruses & pop-ups; networking; printer/file sharing; training; back-ups. 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.

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

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.tguccionelaw.com.

RELAX AND LET ME do the work: planting, weeding, pruning, designing to make your garden an oasis in the concrete jungle. Certificate in Urban Garden Design from Brooklyn Botanic Garden. Free estimates. Call Deborah or Gus at 718-438-1170.

SERVICES-HEALTH

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

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

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.

CATSKILL MTN CABIN on Schoharie Creek. 2 BR 1 Queen 2 Twin on 5 very private acres. Lots of wild life. Swim & fish in creek. Hiking, biking, antiquing & cultural attractions nearby. Spacious w/ TV & DVD/VHS player, Sirius radio, screened & open porches, fireplace, firepit. \$900/wk, \$500/Su.-Fri. debrigus@aol.com pics.

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 17th 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.

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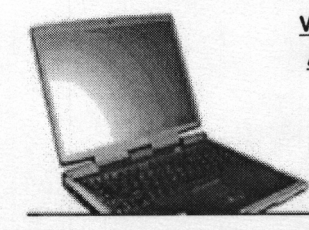
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WORKSLOT NEEDS

CONTINUED FROM PAGE 7

Refrigerator Cleaning

Monday, 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. Contact the Membership Office for more information.

Kitchen Cleaning

Wednesday, 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.

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.

Office Setup

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.

Saturday, May 24
4:00 at the Coop

FREE
Non members Welcome

The truth about
your water

Well-known water expert **James Artress** talks about water — good water, bad water, the water of New York City, and ways to filter and improve the quality of the water you drink and bathe in. Jim will answer your questions about these very important topics.



Richard Hart, Coop member, established one of the first health food stores in NYC, works in nutritional counseling, and has been active in water education and filtration promotion. James Artress has been an innovator in water purification for more than 20 years, specializing in custom-made filtration units for large and small applications. He has used ozonation, rather than chlorine, for swimming-pool water purification.

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

Sunday, May 25
12:00 p.m. at the Coop

FREE
Non members Welcome

Homeopathy and First AID
PART III

A New Segment of the Ongoing Series
with Claire Dishman

Homeopathy is often at its most impressive when treating situations requiring first aid and minor acute illnesses.

This talk continues defining some of the more useful homeopathic remedies to have around the house for situations involving accidents, sports injuries, bleeding, allergies, fevers, coughs and colds. Attendance at the previous lecture is not required. Fundamentals will be covered again.

Homeopathy is a gentle system of natural medicine that uses the body's own healing capabilities along with a minute substance from nature to heal. The remedies are specifically prepared in very dilute forms using plants, minerals and animal substances.



Claire Dishman, a Coop member, is a graduate of the School of Homeopathy New York. She practices in New York City. Her interest in herbal medicine brings an added dimension to her practice. Her patients, including many Coop members, include children and adults needing assistance with everything from asthma to deep, chronic disease.

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

Tuesday, May 27
7:30 p.m. at the Coop

FREE
Non members Welcome

You know that
box of photos?

You can get your memories out of that box
and back into your life!

Join us for a hands-on workshop that will help you:

- Simplify the process
- Preserve your photos and memorabilia
- Sort and organize them effectively
- Tell the story of your life

Bring your shoebox and let's
get started! Help us plan by
pre-registering at
(718) 398-1519.



Martie McNabb is the owner of Memories Out Of The Box, a Prospect Heights shop dedicated to preserving and presenting the moments of your life. She has been a PSFC member for more than 10 years.

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

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

FREE
Non members Welcome

FROM WORRY
TO Well-being



Got stress? Can't find the off-switch
in your nonstop thought parade?
Come to this experiential workshop
and come to your senses—literally—as
we get off the mental merry-go-round
and into the present moment.

- Learn and practice five ways to shift your attention to the only moment that matters: this one.
- Find out why you get lost in mental chatter or worry, and what it costs you.
- Gain tools to stop stressful thoughts in their tracks, enjoy life more, and even be more productive.

Jenny Chafe works in Brooklyn as an embodiment and wellness coach and has been helping people release stress through body-mind methods since 2003. She holds a Master's degree in somatic psychology and has been a Park Slope Food Coop member for three years.

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

Saturday, May 31
1:00 p.m. at the Coop

FREE
Non members Welcome

STOP
the 3pm Slump:

A 7 Step Recipe to Double Your Energy in 7 Weeks

with Jena La Flamme

Tired of being tired in the morning or mid-afternoon?
Do you want more physical and mental energy?
Sick of using caffeine and sugar to prop you up?

Learn quick and easy strategies to increase your energy levels, decrease your cravings and allow you to feel and look better. Discover the tricks that will help you achieve more energy by eating foods and making choices that will consistently recharge your batteries. Learn concrete ideas you can incorporate immediately in order to have more energy, better sleep, weight loss and better stress management.



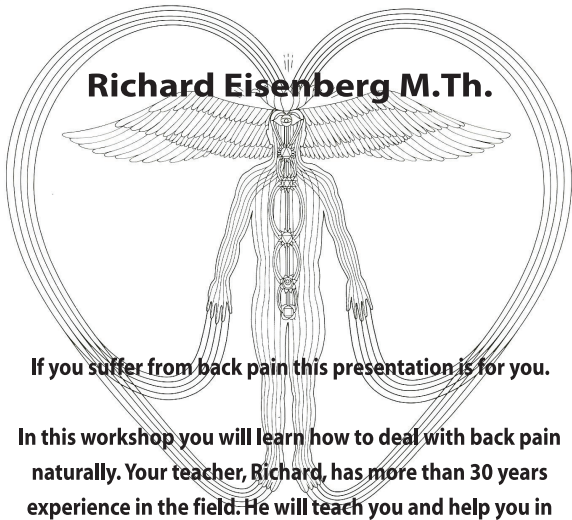
Jena la Flamme is the director of the Jena Wellness Group, a certified Holistic Health Counselor, massage therapist, yoga teacher and published columnist. She guides clients in addressing weight loss, low energy and other health concerns through a fun, easy and pleasurable approach to nutrition and lifestyle choices.

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

Sunday, June 1
12:00 at the Coop

FREE
Non members Welcome

BAD BACK - BACK PAIN?
“I HAVE NATURAL SOLUTIONS!”
Help Yourself and Others with Back Pain



If you suffer from back pain this presentation is for you.

In this workshop you will learn how to deal with back pain naturally. Your teacher, Richard, has more than 30 years experience in the field. He will teach you and help you in dealing with a bad back. “I will share many easy-to-do, natural, self-help methods and help you feel good again!”

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

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

Saturday, June 7
3:30 p.m. at the Coop

FREE
Non members Welcome

Basics of
Solar Electric Energy

taught by Tracy Fitz, of City Solar

The workshop will cover
basic solar electricity, how it
works, what it can do, how
you can use it, and how to
estimate its cost.



Tracy Fitz founded City Solar in 2004. She teaches workshops in renewable alternative energy and creates solar electric energy installations in community gardens and other spaces too. She is also a licensed acupuncturist and been a member of the Coop, with a couple of pauses, since 1975.

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