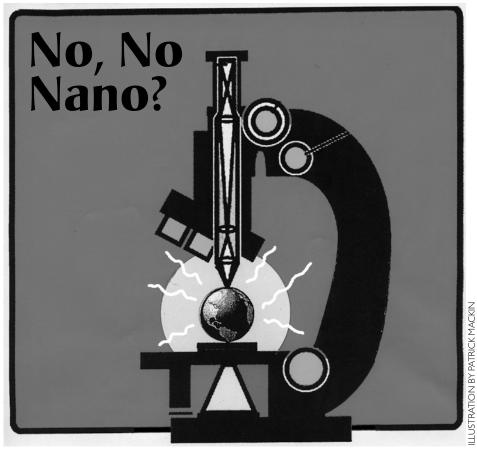


Volume CC, Number 13

Established 1973

® UNION GCIU

June 19, 2008



By Diane Aronson

magine a way to manufacture milk cartons and other food packaging that would change color to indicate spoilage. What about food or skin-care additives that could speed to the scene of a molecular pile-up and intervene at the cellular level, or socks that blocked foot odor?

Engineering at the exceedingly small, or nano, level is already being used to create ingredients in sunblocks, food storage containers, and fabrics, and many other consumer products. Among these are well-known brands such as Blue Lizard Baby Sunscreen, Fresher-Longer Miracle Food Storage food containers, and Dockers Go Khaki pants, according to the May 2007 Natural Resources Defense Council report, "Nanotechnology's Invisible Threat." Another well-known consumer sunscreen, Burt's Bees' new Chemical-Free Sunscreen SPF 15, also has nano-titanium dioxide.

The Particles Grow Tinier

Coop

Event

Highlights

A January 2008 article in the Journal of Environmental Health, "Nanotechnology: Its Impact on Food Safety," defines nanotechnology as "the science behind the intentional creation, manipulation, and characterization of extremely small particles and macro molecules." The article offers these dimensions for picturing just how small the nano scale is:

"A nanometer (nm) is one-billionth of a meter. A typical sheet of paper is about 100,000 nm thick, a red blood cell is about 2,000 to 5,000 nm in size, and the diameter of DNA is in the range of 2.5 nm. The size range of highest interest in the field of nanotechnology is from 1nm to 100nm, so nanotechnology

deals with matter that ranges from one-half the diameter of DNA up to 1/20 the size of a red blood cell."

While nanomaterials may be minuscule, the profit potential from the technology's deployment is on a rather more gargantuan scale. According to the Natural Resources Defense Council report, "More than \$50 billion of nanoenabled products were sold worldwide in 2006, with the United States holding approximately 6,800 nanotechnology-related patents." The January 2008 Journal of Environmental Health article points to a U.S. Department of Agriculture projection for nano-market growth: "According to the USDA, by 2015 the global impact of products in which nanotechnology plays a key role will be approximately \$1 trillion annually."

The Potential Problems Grow Bigger

But with growth come questions and possibly profound consequences. The potential of nanomaterials to target trouble on a molecular level is also a force that can tinker with and possibly disrupt biological functions and ecosystems, the latter on a potentially widespread scale.

The risk lies in an engineered molecule's ability to pass through cell walls and disrupt typical cellular function. For example, there's

CONTINUED ON PAGE 2

TUE, JUN 24 The Annual Meeting of the Park Slope Food Coop, see page 5 for agenda and location

Fri, Jun 20 • The Good Coffeehouse: Female Voices of the African Diaspora 8:00 p.m.

Sat, Jun 28 • Pocketbook, Purse, Bag and Shoe Exchange 10:00 a.m.-2:00 p.m.

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

Suspended Shoppers Slip Through Security Gap

By Cristin Flanagan

his past March two Coop members of the same household were expelled for one year for owing over 30 makeup shifts between them. The two members were expelled not only works to prevent this from happening again.

Coop Policy

Although Coop members who have *never* missed a shift or owed a makeup are rare angels to be applauded for their truly cooperative zeal,



Rebecca Stern, a maintenance worker, checks her status at the entrance desk.

for missing their shifts, but also for ignoring repeated warnings to address their suspension. They continued to shop while suspended, sometimes even shopping as often as twice in one day. Somewhere along the way the Coop system failed to bar these suspended members from shopping. There are a number of security measures already in place, and a few technical changes in the

forgetting or being forced to miss a shift are irksome facts of life for many of us more earthbound members. The view from behind the Coop's main entrance desk indicates that a substantial number of Coop members coming in to shop are on some sort of alert or grace period—many for work, others for new membership fees.

CONTINUED ON PAGE 4

Next General Meeting on June 24

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, June 24, 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.

IN THIS ISSUE

Coop Bans Plastic Shopping Bags	3
PSFC June 2008 Annual and General Meeting	5
Puzzle	5
Coop Hours, Coffeehouse	6
Coop Calendar, Workslot Needs	
Governance Information, Mission Statement	7
Community Calendar	8
Letters to the Editor	9
Classified Ads	1

No, No Nano?

CONTINUED FROM PAGE I

no guaranteeing that nanozinc oxide, which is popular in sunscreens because of its transparency, won't find its way into the wearer's core biological systems.

The May 2007 Natural Resources Defense Council report cites several studies that document the risk of nano-zinc oxide, with intestine and lung function in test animals reported to have been compromised. The risk factor of another nano-ingredient found in sunscreen, nano-titanium oxide, is characterized in the NRDC report as follows: "Multiple laboratories have reported that nano-titanium dioxide particles are toxic to human and animal cells . . . making its use in sunscreen and skin cream unwise."

And what might happen as nano-products find their way into the world around us? While nano-silver ions embedded in athletic socks or in food containers might help keep feet or vegetables a little

fresher a bit longer, the NRDC report details this silver nanobullet's potential for ecodamage:

"At the nanoscale, silver is even more potent as an antibacterial agent than at normal scale, suggesting that the widespread release of nanoscale silver iron into the waste stream will almost certainly have a negative impact on ecosystems by damaging beneficial microbes in the environment

Warning and adversely affecting com-Nano Hazard plex food webs." And this is

ple. As of March 2006, 212 products or product lines were employing nanomaterials. If one were to imagine all the nano-engineered consumer products—sunscreens and other personal care products, clothing, food containers, and refrigerators there is a huge potential for these cell barrier-crossing, manufactured molecules to pervasively alter and possibly damage the world around us in ways that can-

not be anticipated; nan-

otechnology represents a

wholly created and fairly

just one exam-

recent class of materials. **Guidelines for** Management

In "Nanotechnology's Invisible Threat," the Natural Resources Defense Council calls for some general guidelines for nanomaterial management, including "develop monitors and sensor devices to measure the presence and identity of nanomaterials in air, water, soil, and biological tissues" and "describe the immediate (acute), shortterm (subchronic), and longterm (chronic) toxicity related to both human and ecological health." As of the 2007 publication date of the NRDC report, there was only a voluntary pilot program in place by the federal Environmental Protection Agency, which, according to the NRDC report, would involve the EPA gathering data "regarding only those products that participating companies chose to disclose."

The Federal Food and Drug Administration's guidelines regarding nanotechnology product regulation do not provide much regulatory comfort, either. According to the federal FDA's FAQ (frequently asked questions) nanotechnology

> products website, the likelihood is that many of the nanotechnol-

> > NSCREEN hemp seed oil

> > > 15

ogy products possibly subject to agency regulation will fall under a combination status or, as the website describes the status: "drug-device, drugbiologic, or device-biologic products."

These combination products fall under the FDA's tradition of regulation under, according to the website, "statutory classification rather than the technology they employ" and thus, the FDA's "regulatory consideration of an application involving a

nanotechnology product may not occur until well after the initial development of that nanotechnology.'

Further limitations regarding FDA's regulatory reach, at least as described by the FDA on its website, is its "limited regulatory authority of certain categories of products." As an example, the website notes cosmetics as an area where "there is no premarket approval of cosmetics products or their ingredients, with the exception of color additives." To its credit, the FDA does mention, elsewhere in its nano FAQ website, a collaborative role with the National Institutes of Health on studies "examining the skin absorption and phototoxicity of nano-sized titanium dioxide and zinc oxide preparations used in sunscreens."

An e-mail query to the EPA for this article inquiring about the current nature and status of the voluntary monitoring program was unanswered. Unanswered, as well, was an e-mail query to the FDA requesting a more specific explanation about exactly when the agency would become active in regulating any given particular nanotechnology product.

In April 2005, a partnership between the Woodrow Wilson International Center and the Pew Charitable Trusts launched a project to investigate the nano topic. The stated goal of this effort, the Project on Emerging Nanotechnologies,

> ed to helping ensure that as nanotechnologies advance, possible risks are minimized, public and consumer engagement remains strong, and the potential benefits of these new technologies are realized." For a list of products that include nanomaterials,

is one "dedicat-



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

> psfcdiversity-cpr@hotmail.com E-mail



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.

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.

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 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

	ciallis 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	A. Other products may be returned if they

(not covered above)

- 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.

Hearing Officer Committee Seeks New Members

The Hearing Officer 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

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

Coop Bans Plastic Shopping Bags

VOTE AT GM IS NEARLY UNANIMOUS

By Willow Lawson

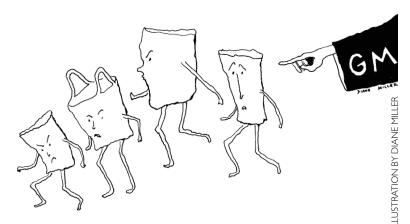
ot on the heels of the April ban on selling bottled water, more than 200 attendees of the May Park Slope Food Coop General Meeting voted to ban plastic shopping bags. Only a few members at the meeting were opposed to the move. Plastic "T-shirt bags" will disappear from checkout lanes once the Coop's supply runs out.

Indeed, hardly a plastic bag was to be found at the meeting in the second-floor ballroom at Temple Beth Elohim. During discussion before the vote, one member sheepishly carried a bulging white T-shirt bag up to the microphone, held it up, and implored members to ban them. Just before the meeting she had taken the bag from the Coop without thinking about it, but would like to give them up, she said. If they weren't available, she'd simply have no choice.

Another member called the bags "an addiction," to applause and cheers. "We can do it," she said of the proposed ban. "It can be done. It should be done."

One of the most animated presentations came from Jeannine Sandrini-Cooke, a member of the Coop for 22 years. She unpacked a variety of fashionable, reusable bags she'd collected from trips to France, including a silver insulated bag for frozen food. She claimed her ice cream stayed rock-hard in the bag on her way home. "Sometimes you want it to melt, but it won't melt!" She offered to give five reusable bags to anyone who wanted to give them a try. "You don't recycle these because they don't die!"

A few brave souls stood up to voice their opposition to the ban, or to urge attendees to give the membership more time to think about it. One man lamented that he didn't live within walking distance of the Coop and needed plastic bags to transport his groceries on the subway. Another felt the mood of the meeting was too self-congratulatory and that the ban should be voted on by the entire Coop membership.



Kancelbaum said she had been inspired by Coopers during her 13 years as a checker. "I've seen people go to great lengths not to use plastic bags," she said. At last count, only 27 percent of Coopers use T-shirt bags when shopping. The number of bags used per year by the Coop adds up to 37 bags per person.

Kancelbaum argued that not only does the production of plastic bags cause pollution, but only 1 to 3 percent of them are recycled, and recycling a bag costs more than making a new bag. In addition, New York City will soon require stores that use plastic shopping bags to recycle them as well. That means the Coop would have to collect used bags, too. Some of those bags could harbor pests such as cockroaches, which could infest the Coop. Banning plastic shopping bags would solve this problem as well, Kancelbaum added.

General Coordinator Joe Holtz held up his favorite reusable tote, a red plaid number already for sale at the Coop for 54 cents. He had reinforced the corners with silver duct tape and said the bag had been used steadily for two years.

To complement the nylon bags already for sale near the cheese cooler, Holtz said the Coop had ordered 5,000 durable bags imprinted with the Coop's logo.

Sales Just Go Up and Up

General Coordinator Tricia Leith reported on sales at the Coop. Per week, sales averaged \$659,000 for 12 weeks at the beginning of the year, up from 2007. If sales continue at such a rate, the Coop will take in roughly \$34 million this year. The markup on

items for sale is 21 percent, as compared to 60 percent for other large food coops.

Leith also reported that 62 percent of transactions were carried out with debit cards. The average sale per member is also higher now that debit payment is an option. The average sale for debit card users hovers around \$65.

General Coordinator Allen Zimmerman reported that many prices for fresh fruit and vegetables increased about 10 weeks before. Although some of the increases were caused by fuel prices and inflation in the overall economy, some of the price increases were seasonal. "They happen every year," he said.

However, trouble still looms when it comes to global demand for food and the effects on prices, he said. "It doesn't mean the whole world isn't in trouble," he said. "I actually think it will get worse."

Zimmerman rattled off a few statistics to illustrate the booming sales at the Coop. In the week before the meeting, the Coop sold five tons of bananas, one ton of organic avocados and two tons of non-organic avocados. It also sold 1.25 tons of strawberries.

Zimmerman also plugged the bed and breakfast at Natural Acres organic farm near Millersburg, Pennsylvania, where he recently vacationed with his family. Natural Acres, a 500-acre farm, provides the Coop with fresh organic eggs. He said the owners would love to have members of the Coop as guests and would be sure to show them a good time.

A New General Coordinator

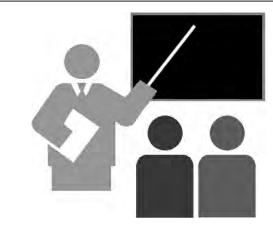
The Personnel Committee introduced their pick for hire as General Coordinator in charge of technology. The Coop currently has six General Coordinators, but the optimal number is seven, the committee reported. Hester Lyons and Yolanda McBride said the committee had interviewed five men and one woman for the job before choosing Charlotte Corini, a nine-year Coop member, local artist, and engineer. Charlotte worked for 20 years as a contractor for the Federal Aviation Administration. She also worked on a documentary film about Fred Lebow, founder of the 5 Boro New York City Marathon.

After a Q&A session, members overwhelmingly approved Charlotte by secret ballot. ■

Bag Ban Makes Sense

Barbara Kancelbaum, a member of the Coop's Environmental Committee, which researched the ramifications of a ban, argued that the Coop "would hardly be in the vanguard by banning plastic bags." She pointed to similar moves by entire countries, including Bangladesh, Taiwan, South Africa, Tanzania, and Rwanda. Other nations, including Ireland, Hong Kong, Belgium, Italy, and Switzerland, have seen the use of plastic shopping bags decline by up to 90 percent after a tax was introduced.

Whole Foods supermarkets have also nixed plastic bags, but still offer paper bags to customers, which some studies have shown to be just as harmful to the environment as plastic. The Coop will not offer any replacement to the T-shirt bags. The ban will also not affect plastic "roll bags" for produce and bulk items, although Kancelbaum said the Environmental Committee is studying alternatives there as well.



The Orientation Committee Needs You!

We are looking for energetic Coop members with a teaching or training background who can work on Monday evenings, Wednesday mornings or evenings, or Sunday afternoons. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency 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.



...and the living is easy.

But don't forget your Coop shift!

If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at www.foodcoop.com!

Your co-workers will love you for it!

Security Gap

CONTINUED FROM PAGE I

What happens to those members who go beyond alert status and end up being suspended? Coop members are given ample opportunity to remedy a suspended status. Members should be aware that once they've missed a

shift they have until their next shift to do makeups. After that, members are granted a ten-day grace period; if that still isn't enough time, the Membership Office can be contacted for an extension.

One option the Coop offers members with many shifts to make up is the "onefor-one" plan. Under this plan the worker must not miss any shifts and do one makeup between each shift in order to remain unsuspended and entitled to shop. However, the member may not owe more than six makeups to be eligible for the plan.

"We really want to work with people," says Office Coordinator Ellen Weinstat. The office sends repeated letters to Coop members alerting them to the policy after members' suspension and expired grace period are more than two months old. After fifteen shift cycles of suspension and no action or contact from the household, the Coop will send a warning of forthcoming disciplinary actions. This gives flagrant violators about a year to remedy their suspended status before their case goes to the DC.

Most members make up their missed shifts in a timely manner. "It's not a huge problem for the Coop," says Weinstat. Of the approximately 14,000 members, only about 230—or less than two percent—are currently suspended with an expired grace period over two months old.

Entrance Security

The entrance workers are the first line of defense in preventing nonmembers and suspended members from shopping. In a random, informal poll, six entrance workers said they were aware that suspended members are not allowed to shop. All the entrance workers surveyed

also said they never allowed suspended members to go shopping.

"I tell them what I see on the screen; if they are suspended I send them up to the office," says one entrance worker who's been on the same squad for about six years.

Security Breach

As the entrance worker is saying this, a woman comes by, greets her by name, and says she's heading to her shift in the basement. The entrance worker stops her and tells her she must go upstairs to get her member number if she doesn't remember it or have her card. "But I'm late!" the woman whines. However, the entrance worker insists, and the woman disappears up the stairwell.

"I would like to trust more people, but people are strange," says the entrance worker. As she is speaking, another Coop member approaches and says, "I'm already scanned," but the dutiful entrance worker asks her to swipe her card again.

But how secure is our front entrance? "As much as you can see. Between the two of us, we are sharp enough and we've done it long enough,"



Boris Gilzon, a food processor, and his three-year-old son, Daniel, entering the Coop.

says the entrance worker, indicating her partner standing behind the newer and smaller ID scanner.

Suddenly, the woman who was sent up to the office flies past with a wave of her hand. The entrance worker calls her by name, asking her to stop, come back, and show her a pass. Trapped behind the main desk, she calls to her

CONTINUED ON NEXT PAGE

THERE IS STILL TIME TO TAKE THE DEC SURVEY!

The Diversity and Equality Committee (DEC) of the Park Slope Food Coop is currently conducting a member-wide survey to document and better understand issues of bias and discrimination at the Coop.

We are asking ALL Coop members to take the survey.

Your participation will help us to get a broad range of views

and perspectives on these issues.

The survey will take approximately 10 minutes to complete.

The fastest and most environmentally friendly way to complete the survey is to take it online at:

www.foodcoop.com

(Click on the box on the upper right that says "Take Survey")

If you prefer to complete a paper version of the survey, copies are available at the entrance desk, second floor service desk, and the membership office.

If you have any questions or difficulties with accessing the surveys and/or any special needs, please contact the DEC Committee at

1-888-204-0098

Coop Job Opening: Office Coordinator

Description:

The Coop is hiring a Membership Office Coordinator to fill a late afternoon/evening and weekend schedule. Office Coordinators divide their time between shifts of approximately 6 hours in the Membership Office, Technical Support shifts of approximately 6.5 hours working on the shopping floor, and oversight/coordination of the Coop's administrative functions. Applicants must have excellent people skills, excellent communication and organizational skills, as well as patience, comfort with computers and computer technology, and the ability to do detailed record keeping. Applicants should be able to remain calm in hectic surroundings, oversee the work of others, teach and explain procedures, delegate work, give feedback, pay attention to several things at once, and maintain high standards of accuracy.

As a retail business, the Coop's busiest times are during traditional holiday seasons. Applicants must be prepared to work during many of the holiday periods, particularly in the winter.

Hours: Approx. 38 hours in 5 days/week: Wednesday-Sunday. Weekday schedule

will be afternoon/evening hours (some shifts until 11:30~p.m.). Saturday and Sunday hours will vary, though shifts are between 5 and 8 hours in length.

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. Mail your letter and résumé or drop them in the mail slot just inside the entryway vestibule of the Coop. All members who submit both a cover letter and résumé will receive a response. Applications will be reviewed and interviews scheduled on a rolling basis. If you applied previously to any other Coop job offering, please reapply. Please do not call the office to check on the status of your application.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Must be a current member of the Park Slope Food Coop for at least six months.

Applicants who wish to schedule a shift in the Membership Office should contact the Office and speak to one of the Office Coordinating Staff.

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

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Authors Wanted

Wordsprouts—The Park Slope Food Coop's Reading Series—is planning its fall season now. We're looking for Coop members who are published authors interested in leading writing workshops at the Coop or in reading their work at a local bookstore. Members who participate in Wordsprouts receive workslot credit.

If you're interested please send your book info and/or workshop ideas to PJ Corso at paola_corso@hotmail.com.

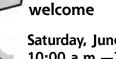
Pocketbook, Purse, Bag and Shoe Exchange

This exchange is a community event that is ecologically responsible and fun. Why support the consumer market

and buy, when you can share bags that have already been well loved?

Reuse, renew, recycle.

FREE
Non-members



Saturday, June 28 10:00 a.m.—2:00 p.m. in the meeting room

To bring Pocketbooks, Shoes...

- Do not leave items in the Coop before the hours of the exchange.
- Bring up to 15 items only.
- Bring gently used, clean purses, pocketbooks, and shoes that you are proud to be able to exchange with a new owner.



(Unchosen items will be donated to a local shelter.)

coworker a few times. He doesn't hear her because he's busy discussing someone else's alert status. The woman rounds the corner and disappears.

No one else notices; members are now streaming in after work and school, and a short queue has formed. It's impossible for the entrance worker to get out from behind the entrance desk to physically stop the woman.

Who knows if this woman was actually suspended, or if she intends to shop? If she does attempt to shop, she is without her card, and should therefore be stopped by the second line of defense against suspended shoppers—the checkout worker.

Checking Out

Coop policy also dictates that the checkout workers should only take an identification slip from the front desk or the member's actual card while checking his/her picture. How strictly checkout workers enforce this is difficult to estimate. Like their entrance worker counterparts, all the checkout workers surveyed insisted they checked shoppers' cards.

One member of the shopping squad—and an eightyear member—says she's worked both the front entrance and checkout, and never had any problems. She's always been able to send suspended members upstairs to the office to straighten out any issues. "This is why I shop here," she declares, "because everyone cooperates!"

Policy Awareness

Aside from the rare instance of a member simply barreling past the entrance desk, Weinstat believes, the main problem is that many members do not understand the rules.

A newer entrance desk worker reveals that her training was scanty, as is the case for most squads. "Training is kind of done on the fly," says Bill Holab, a Shopping Squad Leader, but he indicates that most entrance and checkout workers should have been recently briefed on the suspension policy as part of training for the new system that was implemented late last year. The new entrance worker shows an awareness of the rules on suspension, but says she hasn't actually encountered a suspended shopper yet.

If this lack of understanding is not on the part of entrance or checkout workers, then it is on the part of shoppers themselves, who may not realize they are breaking the rules by shopping while suspended even after they've worked a shift.

Squad leaders should also be aware that suspended squad members should not be allowed to shop after their shift. To make sure that squad leaders aren't in the dark, the Coop may send them letters alerting them when a member of their

squad has reached a prescribed number of cycles past the initial suspension. The letter reminds the squad leader that the suspended member should not be able to shop after a shift, making sure that there is ample incentive for the member to do a makeup. These letters, however, are only sent after the member has owed makeups for more than six months—otherwise, every member's work status and owed makeups are printed in the attendance book every shift, and can be seen by squad leaders there.

Coming Checkout Changes

While education about the rules for all members is part of the solution, a larger and more technical change will likely induce the most action. Weinstat says that the Coop's checkout registers will be used in the future to enforce policies that are already in place.

Coordinators have been planning to update the checkout system for years so that only those allowed to shop will be able to check out. Suspended members who swipe their cards at the checkout register will show up as suspended and simply won't be able to complete their purchase. Since no exact time frame has yet been established for these changes, for the moment it's still up to members to be aware of the policies and to police themselves. ■

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/

PSFC June 2008 Annual AND GENERAL MEETING Tuesday, June 24, 7:00 p.m.

- The Annual Meeting begins at 7:00 p.m. followed by the GM
- Meeting Location: Congregation Beth Elohim Social Hall (Garfield Temple) 274 Garfield Pl. at 8th Ave.

ANNUAL MEETING AGENDA:

Item #1: Presentation of the audited financial report for the year ended February 3, 2008

Following the presentation, members will have the opportunity to pose questions to our outside auditor, Robert Reitman of Cornick, Garber & Sandler, LLP. Members will then vote whether to accept the audited statement.

Item #2: Bylaws change:

On July 31, 2007, both the General Meeting and Board of Directors voted to approve the following bylaws amendment. In order for it to remain in effect, it must be approved at the Annual Meeting.

The following bylaws amendment is to be inserted in the bylaws in Article VII. Currently this article has two paragraphs. The amendment, if approved, forms a new third and last paragraph. The existing paragraphs would be unchanged. The amendment reads as follows:

"The ballot used for the Directors election shall provide for voting either 'yes' or 'no' or 'abstain' for each candidate. Any candidate who receives more 'no' votes than 'yes' votes is deemed to be ineligible for election. Directors elected at the Annual Meeting shall be elected by a plurality of 'yes' votes cast unless the candidate has been deemed ineligible pursuant to this paragraph."

Item #3: Board of Directors election

Election: One position is open this year for a full three-year

GENERAL MEETING AGENDA:

Item #1: Renewing the Services of the Auditor

Proposal: "To retain the services of Cornick, Garber & Sandler, LLP, to perform an audit of the Coop for the fiscal year ending February 1, 2009." — submitted by the General Coordinators

Item #2: Election of Officers of the PSFC

Election: Following the election of members to the Board of Directors at the Annual Meeting, we must elect officers of the corporation at the General Meeting—president, vice president, secretary and treasurer.

[PSFC Bylaws: "Article IV, Officers: §3. The President and Vice-President shall be, at the time of election, directors of the corporation."]

Puzzle Corner

Good Books

Use the clues below to fill in the quote and its witty source, an American actress. Puzzle Author: Janet Farrell. For answers, see page 11.

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	2 7			28	29	30			
31	32	33	34		35	36	37	38	39		40	41	42	43	•				
44 45	46	47	,	48		49	50	51	52		53		54	55	56	57		58	
59 60	61	62	63	64	65		66	67	68	69	70	71	72	73	74	•			
	75	76	77	78	79	80	81	82		83	84	85	86	87	88	89	90		

Poet Elsa or type of avocado	J	87	4	58	48	Type of wave	75	41	67	8	80
Get used to	7 6			12		Lewis Sidekick	69	<u>—</u> 59	81		86
Type of snake	70	J	JJ	12	JZ	Englishman, slangily	09	33	01	۷	00
.jpc c. c.iu.ic	54	38	61	15	46	<u></u>		25	63	31	47
Place for "itis"71	73	85	- 6	1	26	Hudson or Chopin		9	84	39	16
An excuse	64	65	24	23	72	Escape	3			40	10
Agree to	04	00	۲٦	20	12	Drag	0	,,	00	70	10
	74	11	43	18	20	- 1.09		21	33	79	57
Omaha or Manhattan	83	88	14	42	50	Allen or Hawke	22	44	82	28	34
Brandish	49	53	13	56	90	What Clinton didn't do	60 29	36	17	78	62
Full steam direction					1 9	Underworld god	45	<u></u>	30		35

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'

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 Jun 20

8:00 p.m.



Female Voices of the African Diaspora

(curated by Jenny Hill)



Two amazing bands featuring vocalists **Kaissa** (from Cameroon) and **Tamar-kali** (Geechee Goddess).

Kaissa is known for her highly engaging vocals and pulsating African/ Western rhythmic back-

drops. Originally from Cameroon, by way of Paris, Kaissa fuses African and world music, singing lyrics with a message, speaking out against war and injustice.



A monthly musical

the Park Slope

Food Coop and

the Brooklyn Society

for Ethical Culture

fundraising partnership of

Tamar-Kali harnesses gut-based, hardcore-tinged rock with the honest melodic inflections of soul, a passionate expression of her South Carolinian Geechee roots and Brooklyn punk/soul upbringing.

These two artists will present their original music, along with **Jenny Hill** on saxophone and flute, **Patrice Blanchard** on bass, **Maciek Schejbal** on drums, **Todd Isler** on percussion, and others.

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
June 19
7:00-9:00 p.m.

Last Sunday June 29 10:00 a.m.-2:00 p.m.

Second Saturday July 12

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

On the sidewalk in front of the receiving area at the Coop.

RECY

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

 $Editors\ (development):\ \ Anne\ Kostick$

Petra Lewis

Reporters: Diane Aronson

Cristin Flanagan Willow Lawson

Art Director (development): Patrick Mackin

Illustrators: Diane Miller

Patrick Mackin

Photographers: William Farrington

Judy Janda

Traffic Manager: Barbara Knight

Text Converters: Joanne Guralnick Andrew Rathbun

Proofreader: Susan Brodlie

Thumbnails: Rose Unes

Preproduction: Sura Wagman

Photoshop: Terrance Carney

Art Director (production): Doug Popovich

Desktop Publishing: Matthew Landfield

David Mandl

Dana Rouse

Editor (production): Lynn Goodman

Final Proofreader: Derrick Tseng

Post Production: Jessica Tolliver-Shaw
Index: Len Neufeld

S Z SLO 0

Meat or Bulk Inventory

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

Work with Receiving Coordinators Bill Malloy or Ron Zisa to accurately count and inventory meat and bulk products. Must have good handwriting, be able to do basic arithmetic (weights, fractions, addition), be reliable and have good attention to detail.

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 recvcled paper from the Coop, bag it, load it into vour 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 Street in Brooklyn. If interested, please contact Adriana Becerra at gmcredit@psfc.coop or drop by the Membership Office to speak to her.

General Ledger Bookkeeping

Friday, Saturday and Sunday

Are you a detail-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 of the Coop in good standing for 6 months; and 2) must make a six-month commitment to the workslot. If you are interested in this workslot please speak to Andie Taras through the Membership Office.

Office Data Entry

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

Are you a stickler for details, accurate on the

CONTINUED ON PAGE 8

COP CALÉNDAR



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:

Iul 3 issue: 7:00 p.m., Mon, Jun 23 Jul 17 issue: 7:00 p.m., Mon, Jul 7

CLASSIFIED ADS DEADLINE:

Jul 3 issue: 7:00 p.m., Wed, Jun 25 Jul 17 issue: 7:00 p.m., Wed, Jul 9

General Meeting

TUE, JUN 24

GENERAL MEETING: 7:00 p.m.

The agenda appears in this issue and is available as a flyer in the entryway.

TUE, JUL 1

AGENDA SUBMISSIONS: 8:00 p.m. Submissions will be considered for the Jul 29 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).

Attend a GM and Receive Work Credit

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

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

Advance Sign-up Required:

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

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

• Two GM attendance credits per year:

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

Certain Squads not eligible:

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

• Attend the entire GM:

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

Childcare can be provided at GMs:

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

Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

2.Please also sign in the attendance book that is passed around during the meeting.

Being Absent from the GM:

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

• Is it FTOP or a Make-up? It depends on your work status at the time of the

 Consider making a report... ..to your Squad after you attend the meeting.

Park Slope Food Coop Mission Statement

The Park Slope Food Coop is a mem**ber-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 nontoxic, sustainable agriculture. We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earthfriendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store. We welcome all who respect these

ALL A B O U T 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 continues 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, June 24, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45 p.m.)

(unless there is a vote to extend the meeting)

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

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.

SAT, JUN 21

CITY SOLAR RENEWABLE ENER-GY WORKSHOP: "Battery Backup for Emergencies" 1-3 p.m.; "Rainwater Collection and Storage Design" 3:30 - 5:30 p.m. At 6/15 Community Garden, 6th Ave. btwn 15 & 16th sts. Each workshop: \$40/door, or \$20/door for City Solar RAY members or garden members. For info, call 347-254-0019 or visit www.citysolar.org.

SUN, JUN 22

ZEEMEEUWSIC III!: an eclectic Sunday concert series at the Old Stone House, featuring Robert Secrist (classical guitar, accompanied by Erica's Rugelach for all!) and Jane Byaela (poetry and music for voice and guitar). JJ Byrne Park, 5th Ave. (btwn. 3rd & 4th sts.), 2 p.m. \$10. For info/reservations: 718-768-3195.

SUN, JUL 20

FEASTING ON PEACE: Join Brooklyn NVC and other peacemaking organizations for our FREE summer picnic at the Ross Pinetum area in Central Park, 12-5 p.m. for: The Empathy Labyrinth, Dances of Universal Peace, "Cake Walk." food, games & more! Ioin us and let your family and friends know too! Rain date July 27.

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

computer and like working independently? If this sounds like you, then Office Data Entry will be perfect for you. You will receive training, and Coop staff will always be available to answer questions. Please speak to Ginger Hargett in the Membership Office if you would like more information. This workslot requires a six-month commitment.

Office Setup

Monday, Wednesday, 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 Adriana or Cynthia in the Membership Office for 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.

CHIPS Soup Kitchen

Monday, Tuesday or Saturday, 9:00 to 11:45 a.m. or 11:15 a.m. to 2:00 p.m.

CHIPS serves a daily meal to the homeless, needy and hungry at their storefront soup kitchen 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 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. Contact Camille Scuria in the Membership Office if interested.

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

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.

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



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

I brought my kids with me to shop at the Coop (oh my) my son blew in on his scooter the doors opening magically before him my daughter chanting and skipping on one foot

I tried to organize all this energy into a shopping cart but apples kept falling and rolling on the floor the aisles seemed unusually narrow by checkout they had eaten \$8.50 worth of raspberries

Other parents backpacked their children, some wrapped them in long bandages against their bodies, others pushed them in carts, one mom navigated with what looked like a front-end loader —her baby in the bucket

Mine (ahem) helped me shop. It was chaotic not the orderly march from aisle to aisle we tend to envision whatever the reality But they filled the cart with whole foods: vegetables, fruit and grain, some fish, yogurt - hot dogs!

Amid the giggles and horseplay they performed this necessary task: feeding the family

our babies ourselves

by Myra Klockenbrink

July 7 (C Week) **Mondays** July 21 (A Week) Noon to 1 p.m. 1:30 to 2:30 p.m. and

Sunday

June 29 (B Week) July 27 (B Week) Noon to 2 p.m.

You can join in any time during a tour.



SOME MEDITATIONS ON THE WORD "BAN" AND ITS MISUSE

DEAR MEMBERS:

The headline in the May 14, 2008 New York Times story about the Coop's bottled water vote read, "Bottled Water Is a Paradox: Both Banned and Required." (The "required" part referred to New York-Presbyterian Hospital's contaminated plumbing system.) In the May 28 issue of The Brooklyn Paper we found this headline: "Thief of Bad Bags: The Park Slope Food Coop Bans Plastic Bags." And in our own Linewaiters' Gazette, the headline in the May 22, 2008 issue read: "Coop Members Vote to Ban Bottled Water," and in the June 5 issue: "Bottles and Bags, Bans and Boycotts."

Dramatic? Funny? Maybe—but not correct. According to Webster, to ban is to forbid or to prohibit by force of law. We're a food store. We do not, indeed we cannot, ban anything. The members voted to stop selling bottled water and to no longer provide plastic shopping bags.

"Lighten up, man, it's just a figure of speech," one might say. All right, but anyway, check out these quotations from Jim Dwyer's Times article:

"The food co-op in Park Slope is 35 years old, and is owned by its members, all of whom must work two hours and 45 minutes every four weeks; those caught slacking on the job are investigated by a disciplinary committee."

And about the bottled water initiative he says:

"Conspicuous earnestness, of which there is no shortage in Park Slope, can be exhausting"; after which he concedes, "but the use of bottled water, when tap water is a reasonable alternative, commands serious consideration."

I can hear members groaning. Coop member Gersh Kunztman, in his Brooklyn Paper article, went a little easier on us, but nonetheless had some fun at our expense. He used some form of the word ban no less than nine times, including a reference (incorrect) to a future "ban" on plastic produce bags. (A pending GM agenda item is slated to discuss how or whether we can reduce our usage of them.)

How did we get this rap? People throw around Coop stereotypes as though they're hitting fungoes at a batting range. But should you enter the Coop holding a pint bottle of Poland Spring, you won't be seized, hustled out back, and shot. You won't be dragged in front of the Disciplinary Hearing Committee, where five Grand Inquisitors in black robes and hoods, sitting at an elevated dais, will interrogate you in basso profundo voices about your environmental beliefs. People won't recoil in horror at the sight of you.

Our two resolutions were just business decisions, albeit environmentally, politically, and socially inspired.

David Barouh

COOP BLOOD DRIVE THANKS

DEAR MEMBERS:

On behalf of the patients whose lives you have touched, I would like to thank you for hosting the recent blood drive at the Park Slope Food Coop on April 24-26, 2008. On that day we saw 50 donors and collected 42 units, helping to save the lives of up to 126 patients. This is certainly an accomplishment to be proud of.

As you know, the need for blood continues to rise each year in the New York City area. Through the commitment of community groups, we have seen many lives changed for the better by ensuring that our patients have a safe and adequate blood supply.

We appreciate being given the opportunity to come into your organization to do our good works. I know that the members of the community also appreciate the opportunity to donate within their own community.

From advertising the drive to making announcements on the days of the drive, we appreciate all the support we receive from you and the office staff. Your commitment to our program and to helping others in our community is sincerely appreciated.

Thanks again for your support of our program and we look forward to our Summer Drive, July 24–26.

> Yours truly, Grace Gehrke Supervisor, Blood Donor Recruitment New York Methodist Hospital

LET'S ABSTAIN FROM **VOTING "ABSTAIN"**

DEAR EDITOR:

In the spirit of cooperation, I'd like to suggest a change (or clarification) in voting procedures at the Coop. There appears to be confusion, both at some General Meetings, and in the Annual Meeting proxy ballot that we recently received, about the proper procedures for "abstaining" from a

There is no need to waste time and energy at a GM (or anywhere else) asking people who abstain to identify themselves or to check a separate box on a proxy form. By definition, any voting member who attends a vote or submits a proxy but does not vote "yes" or "no" abstains. Creating a separate category by counting self-identifying abstentions is not only unnecessary and wasteful; it results in two groups of abstentions, those that are counted and those that are not. That could be confusing, and potentially dangerous in the case of a vote that is legally required under New York law.

Our General Meetings can be held more efficiently by eliminating hand counts of people who don't wish to identify as abstaining. These counts are not accurate or useful, as those who don't raise their hands at all are also abstaining, albeit privately.

If our bylaws require an "abstain" vote, as appears to be the case from the language of a Bylaws amendment recently proposed, then I suggest that they be amended to omit this requirement.

While I realize that some members may wish to make a point that they are not taking a position on an issue to others in attendance at a GM, that wish does not in my view justify a tedious and unnecessary parliamentary irregularity that is not in keeping with standard rules of voting.

Н

Whether or not we raise our hands (or check a box) to be counted as an abstention, we abstain by voting neither "yes" or "no."

> Cooperatively, Steven Rosen

H₂WOESee the woman—it's always a

Lugging bottles of water, Gallons of water in reusable bottles, Risking self-slaughter. All day long she sips and nips Making sure no lack Of vital fluid dries her out, But oh, her aching back. Where's the Edison who'll help How the hauler feels, Invent the first guzzle canteen Pulled along on wheels?

Leon Freilich

BETTER BUBBLES

DEAR MEMBERS:

In the spirit of reducing our carbon footprint and corresponding with the recent spirited discontinuation of the sale of bottled water, we would like to inform you all of an eco-friendly product for all of you seltzer-lovers out there.

The Coop continues to sell bottled seltzer water; however, another, more sustainable option exists: in-home, counter-top soda makers.

These options come at a moderate cost for a basic kit, including a housing unit, refillable CO₂ canister, and reusable 1-liter plastic carbonating bottles. The plastic carbonating bottles have a lifespan of 10 years, are recyclable and toxin free, and the cap contains a hermetic seal that keeps your water carbonated. CO₂ canisters are DOT certified and refillable; each canister makes approximately 110 liters of seltzer. The housing unit requires no batteries or electricity to operate. Additionally, in-home soda makers reduce energy used to manufacture bottles and cans, they reduce gas and pollutants associated with shipping, and do not contribute to pollutants associated with discarded batteries. Soda Club USA (www.sodaclubusa.com), which we are not representatives of or affiliated with, provides products such as these. You can find their locations through the website, including several in Brooklyn.

Other advantages include carbonating a little or a lot to your liking, never having your seltzer go flat, easing the load to transport from the Coop, and having fresh refreshing seltzer made from the water of your choice! We have been using an in-home soda maker for several months and we are extremely happy and enjoy never running out of bubbles!

> Happy fizzing, Annie-Oxcidian Martinez and Andrea Tosto

DEMOCRACY AND HOMŒOPATHY

DEAR MEMBERS:

"A fact which allows us to hope the Resurrection will reflect a considerable attention to detail."—Marilynne Robinson

This will be my last letter before the votes are counted. A seer once said our lives are like a plowshare: One big blade in the middle with a row of little cutters behind it. Mine has been shaped by Anthrosophy, Civility and, Detail. It is not clear what the big blade is for me, but at this time of my life it seems to be Homoeopathy, more specifically, history and application of homœopathy and the principles of "empirical" medicine.

The basis of homoeopathy—Multifactorial selection of medicines, Unknowability of the causes of affliction in human beings, Similars, and Empirical rather than Rational Medicine—has applications to all of the principles and practices that have brought "modern," "heroic" medicine to the sorry and barbaric state it is in today. It is a little-known and muchsuppressed fact that in the early 1900s homeopathy was well on the way towards taking over in our own dear country. One in five American doctors was a homoeopath, and homoeopathy was accepted and supported by millions of satisfied patients. Every time the Regulars tried to strangle homoeopathy through the national, state and local governments, they were rebuffed. Only through stealth and indirection were homœopathy and "empirical medicine" slowly supplanted over a long period of time, to the point that today, I would imagine only about one American in a thousand has even heard the word.

Homœopathy or not—If you know what we're about—Co-Op Democracy by Proportional Representation! please vote for us and if you can, write a letter in support!! The BOD election started two months earlier this year by fiat of the General Pandemonium and the Rulers behind it, so let's take the opportunity to really give them a scare this time! So let's have a clean campaign but, as they say, let's win it! Carpe diem!

Many of the seemingly crude or hostile things I do at general meetings are based on the difference between the town meeting and Representative Government. Most of those present undoubtedly don't even know there's a board of directors! If anyone is offended, I do apologize, but I am the worst victim of my own failure because even in this eleventh campaign, there is still very little chance that I will be elected to your Board of Directors.

As our friend and Green Party Candidate Kimberly Wilder once said, "In my dreams, you insert a line that says the co-op has a responsibility to the world to stay democratic." The only change we would make is to say the Co-Op has a responsibility to become democratic. Good day.

> Albert Baron Solomon 718-768-9079, hobces@yahoo.com Homæopathic Visionary Scrivener to the Pacifica Foundation PACVID1.com 11-Time Candidate for the Park Slope Food Co-Op Board of Directors

Friday, June 20 7:30 p.m. at the Coop Non members Welcome

FREE

A Workshop On

(Attention Deficit Disorder)

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

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

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

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

with Susan Martin

Is Your Business RUNNING You?

The SEVEN crucial things you MUST know to get sane about your business, love what you do, and get paid generously for it.



Are you spread too thin? Need more clients? Missing deadlines? Want to increase profits and productivity? Are employees unmanageable?

This workshop will to help you:

- Make more money Enjoy less stress
- Manage your time
- Think strategically
- And, have time and energy for your life

Tuesday, June 24 7:30 p.m. at the Coop

FREE

Non-Members

Susan Martin designed the Business Sanity Program to help business owners and professionals make more money with less effort and stress. She maintains a private

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

Saturday, June 21 1:00 at the Coop

FREE Non members Welcome

Acupuncture, Peace, **Justice**

*Come join our ongoing discussion about affordable healthcare options in NYC and beyond.

*Find out how the "Community **Acupuncture Practice" model is** reshaping the stigma of "alternative medicine."

*Be a part of the change you've been waiting for!

OH SAY, CAN YOU SEE ... WE DESERVE TO BE HEALTHY!

Presented by Robbie Butler, LAc, and Sarah Chase, LAc, of the Brooklyn Acupuncture Project PLLC and the COOP.

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

Sunday, June 29 12:00 p.m. at the Coop Non members Welcome

FREE

Nourish Yourself with Integrative Nutrition

Discover a refreshing and exhilarating approach to learning about your health.



In this workshop, holistic health counselor Dages Keates will demystify much of the confusion people experience from all the different dietary theories out there. You will get tips on how to cater your diet to your individual needs, not on one theory or diet style. You will learn to understand your cravings and why you crave certain foods. And you will discover other ways to nourish your life beyond the foods you eat.

Dages Juvelier Keates is a board-certified Holistic Health Counselor (AADP) and the founder and director of Delicious Dialogues, whose mission is to inspire, educate, and support individuals who aspire to live life to the fullest and achieve optimum well-being. She is a graduate of the Institute for Integrative Nutrition, a member of the Yoga Alliance, and a member of the PSFC.

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

Friday, June 27 7:00 at the Coop **FREE**

Non members Welcome

1 Money

We earn, spend, and borrow it! We never seem to have enough of it! Does it seem as if it's created out of thin air?

What do we know about it?

How's it created? What gives it value? What's the job of the Federal Reserve?

This animated film is perfect entry for those confused and confounded by the monetary system and want to know how money works.

Philip Botwinick is a Coop member and executive director of Local Energy Solutions, a project of the Five Borough Institute, a not-for-profit organization. The mission of LES is to educate on the topics of energy, economics, and food

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

Sunday, July 6 1:00 at the Coop

FREE

Non members Welcome

Leisure Education

For Kids ages 7-12, 1:00 to 1:45 • Parents, please join us from 1:45- 2:30

Kick the summertime blues: Stop your kids from being bored this summer (and for the rest of their lives)

What do your kids do when they have nothing to do? In this workshop, Alison Link will help your kids learn skills that will help them raise their awareness about how they spend their time. Alison will help them develop personal agency and a process that will last them a lifetime through engaging in interactive activities. Your children will learn how to consistently identify and choose fulfilling experiences as well as develop and

access resources needed to engage in positive, pro-social leisure. During the final 45 minutes, you and

your child will build upon the first half

of the program together and will leave with new ideas and a plan of action Have your child bring in something (an item or artifact) to the workshop that represents what they like to do in their free time.

Alison Link is an adjunct professor, international presenter, consultant, and specialist in leisure education, Park Slope resident, and Coop member. Her work serves people throughout their lifespan, from children through seniors. For more information and to RSVP, contact

alison@theleisurelinkconsulting.com or 917-626-0344

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

Friday, July 11 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

Saturday, July 12 12:00 at the Coop FREE

Non members Welcome

What You Need to Know for Your Next CSE/CPSE Meeting

This workshop will provide parents with useful strategies and information to obtain the necessary services for their child at their CSE/CPSE meeting. It will provide information on what parents should know about the school district's legal obligations under the law and how to require that your CSE/CPSE comply. This workshop will also discuss what parents should do if they are in disagreement with the recommendations by the CSE/CPSE team. A questions/answer session will follow if time permits.



for 14 years. She worked at Advocates for Children, Inc., and the New York City Department of Education, Special Education Unit. In 2000, Alexandra had the privilege of teaching special education law at Rutgers School of Law as a clinic professor

Susan Deedy has specialized in the area of education law for more than 16 years. She has represented CUNY colleges, the New York City public schools at the Department of Education. and later parents of students of disabilities in private practice, before starting her own law firm, Law Offices of Susan J. Deedy, Esq.

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

Saturday, July 12 4:00 p.m. at the Coop

FREE Non members Welcome

Seven Reasons Those Pounds are Sticking Around With Coleen Devol

What many people don't seem to realize is that you can lose weight and still be unhealthy—which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your body in a state of calorie-burning health while at the same time



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

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

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.

MERCHANDISE **FOR SALE**

Elegant coffee table gold & black. Beautiful figurines. Italian crafted, Lladro, Royal Dux. All items in excellent condition. Best offer. Contact cboutross@verizon.net or call 718-622-4198.

MERCHANDISE NONCOMMERCIAL

SLEEPTEK ORGANIC LATEX kingsize mattress for sale. Covered with quilted organic wool & organic cotton. One month old. In perfect condition, protected by organic mattress pad from day one. Comes with original plastic bag for transport. We paid \$2,253, yours for \$1,550 (save over \$700). Call Laura: 718-499-2789.

SERVICES

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

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

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 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.

NEW LOOK PAINTING. 28 years exp. Everything from expert wall prep to the finest painted details. Whether the job requires "standard" or "specialized" painting, all work is guaranteed to meet customers satisfaction. References and portfolio available. All materials recycled. Reasonable rates! Insured. 646-734-0899.

MADISON AVENUE Hair Stylist is right around the corner from the Food Coop—so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60.00.

OLIVE DESIGN Interior Design Services. Color consulting, space planning, custom lamps, window coverings. Use what you have or start fresh. Rug and furniture selection. See my website for more information: olivedesignNY.com 347-495-5188.

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 boardcertified. 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

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. Spacious 2 BR 1 Queen 2 Twin on 5 very private acres. Lots of wildlife. Swim & fish in creek. Hiking, biking, antiquing & cultural attractions nearby. TV & DVD/VHS player, Sirius radio, screened & open porches, fireplace, firepit. \$900/wk, \$500/Sun-Fri. Contact Deborah at 718-438-1170 or debrigus@aol.com.

WHAT'S FOR FREE

FREE INITIAL LIFE COACHING SES-SION. 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.

FREE ACUPUNCTURE! Sunday July 13th 12-3 p.m. at the Brooklyn Acupuncture Project 530 3rd Ave. (between 12th & 13th sts.). Get treated, eat food, and learn about "community acupuncture" and the low cost sliding scale (\$15-45) that makes quality healthcare available to all 718-369-0123.

Jenifer Lee CPA,CFP®, MBA 4D Tax & Financial Planning

Now is time for planning

- Where did my \$\$ go?
- Can I spend/save more?
- Where is my retirement \$\$?
- A fiscal check up?

Get a free consultation (917) 755-0516 jlee@4Dnyc.com Visit www.4Dnyc.com

Prompt & Courteous Licensed & Insured Free Estimates



METROPOLITAN

Residential & Commercial Packing & Supplies Local & Long Distance



Top Hat Movers, Inc. 718.965.0214 @ 718.622.0377 @ 212.722.3390

Holistic Psychiatry

Board Certified Psychiatrist

Psychotherapy • Hypnotherapy • Medication

Specializing in Anxiety, Depression, Panic

In Park Slope Charles E. McDermott, M.D. Former Medical School Faculty 718.788.5005

IRIS RECORDS

Buyers and Sellers of Used/New Vinyl & Compact Discs Hip - Hop • Disco • Soul • Jazz Wholesale • Retail

www.irisrecs.com irisrecs@gmail.com 609-468-0885

Stephen Gritzan 114 Brunswick St. Jersey City, NJ 07302 USA

Brooklyn Cohousing, a sustainable community,

LOOKING TO BUY PROPERTY **OR DEVELOPMENT IN PROGRESS**

approx. 20,000-30,000 buildable square feet prefer Park Slope/Prospect Hts/Windsor Terr.

Call Alex 212-229-9392. www.brooklyncohousing.org

WANT TO ENJOY YOUR MORNING COMMUTE!

Listen to the AudioBook version of the latest novel by your favorite author, and enjoy the ride to work



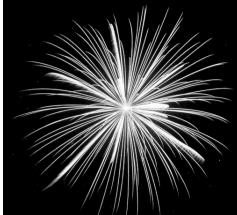
- Thousands of titles
- High quality AudioBooks No subscription contracts
- The latest titles from leading Publishers
- Instantly download from the website
- Play Audiobook on any MP3, or CD player Use coupon code 731542 and save 15%*

WWW.AudioBookTerminal.com

Puzzle Answer

I read Shakespeare and the Bible, and I can shoot dice. That's what I call a liberal education.

Tallulah Bankhead



July 4th shopping hours: 8 a.m.-7:30 p.m.

The Coop needs workers on Friday, July 4, especially early morning (5:30 and 6:00 a.m.) and late afternoon shifts (3:30 and 6:00 p.m.) in receiving. FTOP and makeup shifts are available. You don't need to schedule a makeup—just show up at the start of any shift. The last shift on July 4 is 6:00 p.m. If you want to schedule an FTOP shift for this day please contact the Membership Office at 718-622-0560.

Saturday, July 12 7:00 p.m. at the Coop

FREE Non members Welcome

Kelease Work

For Happiness and Health

with Alnitak Sky

Using simple and effective methods known as release work, you will attain vital health, prosperity, better relationships, and freedom. Through releasing unconscious negative thoughts and feelings you will experience a feeling of lightness and clarity. As a group we will explore core belief work. You will also learn the mantra for karma cleansing.



Alnitak Sky is a Japanese spiritual energy healer with 40 years of international experience in healing and transformational work. He is also a Coop member

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

Sunday, July 13 12:00 p.m. at the Coop Non members Welcome

FREE

Homeopathy and First AID

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. Attendence 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 idded dimension to her practice. Her patients, including many Coop members, include children and adults needing assistance with everything from asthma to deep, chronic disease. See her Web site at www.clairedishmanhomeopathy.com

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



WELCOME!

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

Jackie Aizen Marcela Albuguerque Lindsay Allanbrook Emily Allen Anna Altman Marielle Amrhein **Emily Anderson** Greg Andonian Eric Appel S. Camille Arnette Mary Ashley Deborah Au-Yeung Zev Averbach Svetlana Avtsina Ruth Ayalon Carlos Azolas Angela Azzolino Erik Bagger Barbara Ballard Debra Barsha Rebecca Bateman Holly Batistick Ashley Beale Priscilla Becker Charmaine Bee Cuy Beider Regina Beider Brooke Belott Andrew Benincasa Anthony Benloss Trechia Benloss Phoebe Berg Nicholas Bergson-Shilcock

Margo Bettencourt

Nick Blake

Ellen Blaschke

Patrick Bodd

Athena Bogis

Kim Bonsanti Paul Boocock Douglas Boyce Frank Bradshaw Vanessa Bransburg Steve Browne Benjamin Bruno Jonah Bruno Terri-Lee Burger Cesar Burgos Jesusa Burgos Christi Byrd Sara Calabro Nancy Caldwell Elisa Campbell **David Caress** Michele Carlstrom Todd Carlstrom Nick Cassese Maya Charles Jamel Cherry Jessica Christensen Nataliya Chukbakova Audrey Sarah Colvard **Bruce Cordingly Jason Cortlund** Thomas Crane **Emily Crawford** Celsete Crov-Baker John Cryan Vera Cryan Joseph DeFranceschi Sidnia Delgado Anne Deutsch Allison Dickin Kara Lee Donnelly Solomon Dorsey Maximilian Drzewinski Alex Gilvarry

Elizabeth Duncan Laura Dunn-Mark Caitlin Eddins Carly Einstein Blair Ellis Iessica Elsaesser Kylie Emers Adrienne Enfield Espinoza Melody Espinoza Melissa Etlin Kara Fagan Siobhan Farrugia Kate Faust Anita Fee Paul Feldsher Irina Feygina Sarah Fick Jonathan Figueroa Sandra Findley Ian Fishman Kelly Anne Flannagan Stacey Flannery Erin Flynn Christina Folmsbee Meaghan Fondiller Dionne Ford Porter Fox Andrea Friedman Rickie Gal Katie Gallagher Christina Gardner Suz Garrett Elkens Gassant Ermite Gassant Leah Gelpe Elina Gerzon

Charles W. Goings III Iessie Gold Andrew Gordon Isbel Gordon Ayesha A. Grant Larry C. Grant Phyllis Grant Victoria Grant Zainab N. Grant Peggy Grauwiler Craig Greene Erin Greene Courtney Griffin Mathew Grossnickle James Guido Camille Guthrie Michael Haggerty Sadie Hales Margaret Halliday Julia Halperin Timothy Hanna SI Hannah Donald Hardison Lvlea Harris James Harter Sabir Hasko Victoria Haynes Susannah Heelan Sarah Heller Dinah Herrity Joshua Herrity Anastasia Holmes Ayumi Horiuchi Carina Hueber Crystal Huffstickler Bouz Ilan Consuelo Izquierdo Karen Jackson

David Jahn

David Jimenez Kirsten Johnson Sarah Johnson Anne Ionas Shauna Katz Iulia Keister Carolyn Kelly Judith Kenny Salah Khan Nora Kirvankova Avi Klein Mike Klinger James Koenig Scott Koenig Sam Krentzman Kyla Krug-Meadows Jim Lally Brent Landon Quintrecia Lane Bill Lawrence Lee Lawrence Rudean Leinaeng Johanna Lenander Stefanie Lengyel Mike Lettunich Parnel Lettunich Yana Liakhouskaya Iennifer Lindenauer Liza Lowinger Patty Lyons Blake Macko Ekaterina Malievskaia Beverly Manning Take Markesic Bella Marriott Maureen Maske Andrew May Luke Meyer

Samara Midler Kate Millington Andrew Monteleone Lateefa Morehouse Samatha Morganstern April Mosaus Carol Murray Noah Nacamulli Barbara Naddeo Dany Nelson Gareth O'Brien Sakina O'uhuru Jin Oh Holly Orr Will Owen Emily Owens Kathryn Pascucci Miranda Pax Rebecca Pechefsky Sam Penix Chris Peralta Gary Peterson Sarah Peterson Michael Phillips Sudha Reddy Matt Reder **Emily Reiss** Iessica Rich Dan Richard Hillary Richard Laura Richey Nate Richey Joseph Richie Siobhan Roberson Christo Roberts Elaine Roberts Craig Robinson Ximena Rojas Polania Ian Sullivan Rachel Rosenfelt

Kelly Rugar Anne Marie Ruljancich Spencer Russell Erik Ryding Rafael Salamon Joseph Salvi Howard Sandau Rebecca Schiff Hazel Schleifer Kendra Schramm Andrea Schulman Deborah Seidman Silky Shah Lyudmila Shamis Vilyam Shamis Maya Sharpe Hani Shawwa Amy Sheehan Saramoira Shields Chris Shiflett Jules Skloot Kelley Slagle Raisa Slutsky-Moore Tuesday Smillie Caitlin Smith John Smith Lauren Smith Rahsheda Smith Abbie Smith-Howe Mansol Sokoloff Scott Sokoloff Thomas Song Karen Spiegel Ashley Steele David Steele Nicole Stern Amy Stetzel Stephen Swanson

Paul Szent-Miklosy Iodi Tinner Aidan Tumas Pamela Tung Kate Twelker David Ulrich Cristina Vaccaro Yvonne Vairma Monica Valerio Alexander van Voorhees Jessica van Voorhees Nicholas VanKuren Thomas Vega **Jason Vendzules** Mitchell Verter Severine von Tscharner Fleming William Walker Christine Walrath-Greene Mike Warner Jessie Washington Jini Watson Susanne Welch Janea Wiedmann Eliza Wilson-Powers Rachel Winard Craig Wishnick Marla Wonboy David Yellen Jie Zeng David Zioueche Kate Zondervan

Janice Sydney-Smith

THANK YOU!

Rick Midler

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

India Adams Michael Adams Ameet Katy Amory Jeff, Andy, & Sophie Daneil Apfel Arjuna Balaranjan Kathryn Ballard Sandra Ban Sarah Barber Myra Batchelder Michael Bates Regina Beider Marina Benedetto Rachel Benoff Mariel Berger Iane Brill Kate Broad Che Broadnax

Elizabeth Brown Rigo Brown Timothy Brutus Sarah Burns Tahir Butt Briana Carlson-Goodman Elizabeth Carroll Mary Catanzaro Judy Choi Mona Chopra Anila Churi Rachel Cohen Rose Collins **Brooke Conley** Kristin Connor Amelie Davidson Sam DeFranceschi Pat Dickey

Marc Dubrovsky

Duncan Dobbelman Nell Eckersley Paige Evans Rachel Fee Ben Florman Erin Foster Frida & Khair David Frutkoff Thomas Gallagher Hillary Gardner Noah Garfinkel Alexis Gargagliano Stephanie Gilman Ralph Goldberg Vita Grager Chandra Graves Greenpeople.com Autumn Griffin Marisa Guber

Helidon Gjergji

Jennifer Hamp Linda Harris Chantille Harris-Jenkins Jonathan Hendin Maxine Henryson Lillian Hope Margo Hoppin Howard Carina Hueber Jill Kathleen Jones Stacev Iordan Loretta Jordan-Jezina Vetora Joseph Joan Jubett Peter Karl Jordan Kirk Aaron Kirtz

Nora Kiryankova Liza Koblov **Emily Kramer** Stephanie Kramer Michelle LaDue Sylvia Langton Antonia Law Chloe Leichman David Levi Jojo Li Diana Lieu Rachel Maceiras Kanae Maeda Steven Markowitz Michael Mastman Debbie Mayer Jamie McCallum Alaska McFadden Brian McKenzie

Angie Mihm Molly Montgomery David Moore Santiago Mostyn Linda Nagel Nanette Cynthia Nardiello Peter Neville Rebecca Neville Susan Newberry Sarah Novick Rabiat Onikute Yoshi Owens Rebecca Parker Debbie Parker David Pedulla Ilka Pinheiro Kalimah Priforce Laura Rasinskava

Rebecca Ximena Rojas Polania Nancy Rome Anna Ryan Vanessa Salle Stephen Saloom Urbano Sanchez Gregg Schaufeld Raimund Serba Tamara Shapiro Melinda Shopsin Mike Siem Michelle Skinner Slava Emily Smith Pam Smith Erynn Sosinski Linda Steiner-Sichel

Summer Stephanos

Zack Straassburger Lucky Strano Kate Strassman Doris Sullivan Angelo Tartanian Jodie Tassiello Stephanie Trager Nancy Vescovo Yuri Weber Jamie Weiss Janelle Welch Gina Wemberly Rebecca Wender Candice Williamson Nora Wolf Sharone Yaron Ben Yost David Zomer