

Volume CC, Number 14

July 3, 2008

Household Dharma: Eat, Drink and Join Up

By Ed Levy

he Coop's household policy states that all adult members in any household who eat food from the Coop must be working members, unless they are disabled. That means your grandmother, roommate, ex-husband, teenager—once he or she reaches 18and anyone else living under your roof and eating those dandelion greens and pints of ice cream you buy every week.

The rationale is a simple one: The Coop's low prices depend on the enormous amount of member labor involved in running the store. That near-total level of member participation has in fact kept

the Coop the lowest-priced store of its kind in the country. Most other large coops have much larger paid staffs. Staff members at these coops run not only the office but everything else, and the stores have much higher markups than ours. Another foundation of the policy is the principle, strong in the Coop culture, of equality. Every able-bodied person contributes not only a workslot but fees and a member investment as well.

Non-member adults in a



tors explained that anyone over 75 can ask to be put on disability, no questions asked, and not have to do a workslot. One person objected on karmic and other grounds to equating "old" with "disabled"; others argued that a clearer exemption is needed for graving members. practice, however, In explained Office Coordinator Karen Mancuso recently, any member aged 75 or over may simply ask to be put on what the office considers 'elder status' and be relieved of a workslot. "Those of us in the office would love it if the membership made it official policy," she said. Currently, 176 members are on "elder status."

hold and need to join." Even if they have not yet attended an orientation, these people may make themselves honest immediately and attend an orientation sometime within the next three months.

And even if a household member is reluctant to participate, or downright refuses, all is not lost. An alternative is for some compassionate soul in the household to do that person's workslot as well as his or her own, earning mileage awards in the process. (Just kidding about the mileage.) Many members avail themselves of this option, and choose to do two (or more) workslots so that the household can remain in good standing.

Welcome, Charlotte Corini: New IT General Coordinator

By Alison Levy

The Coop welcomes our new General Coordinator, Charlotte Corini. Although all of the Coop's General Coordinators join together to run the Coop as a group, each of them also oversees a special area of function. For Charlotte, that is information technology (IT)—a field in which she has extensive expertise.



Charlotte Corini brings extensive expertise in IT.

A native of Massachusetts and Maryland, Charlotte, who has been living in the New York area for the last ten years, calls Brooklyn "the nicest place I've ever lived."

After obtaining a college degree in theoretical mathematics, Charlotte worked at an engineering research firm focusing on airline communication equipment. Although she enjoyed her work, after a few years Charlotte returned to art school, and since then her work life has been a novel and creative mix of engineering and art.

Charlotte had been a Coop member on and off for over nine years, first joining when

household who regularly eat food purchased at the Coop cost other members money directly, and are in effect engaging in "theft of services," to use the Coop's term, which can be grounds for the expulsion of that household.

This includes any elders in your dwelling, as well. As yet there is no Coop retirement policy for members. This issue was hotly debated at a General Meeting last year, when the General Coordina-

Ongoing Amnesty

If your household does have an "undeclared" adult member, he or she may join the Coop immediately, without penalty, by simply having them call the office and say something as innocuous as, "I belong to a Coop house-

Origins of the Household Rule

This household rule arose in the earliest days of the Coop when people who lived in group houses, or with

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Coop Event Highlights

Thu, Jul 24 •Blood Drive 3:00 p.m.-8:00 p.m.
Fri, Jul 25 •Blood Drive 11:00 a.m.-6:00 p.m.
Sat, Jul 26 •Blood Drive 11:00 a.m.-6:00 p.m.
Look for additional information about these and other events in this issue.

Next General Meeting on July 29

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

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

* Exceptions for November and December will be posted.

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PSFC JULY 2008 GENERAL MEETING Tuesday, July 29, 7:00 p.m.

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

Agenda:

Item #1: Length of shifts (50 minutes)

Discussion: "To limit the amount of work hours per month to two hours. With the dramatic growth of membership, the commitment of hours per month should be reduced." —submitted by Todd A. Price

Item #2: How to reduce use of plastic produce bags (40 minutes)

Discussion: "Plastic bags are useful and practical, but have many adverse environmental consequences. Shopping (t-shirt) bags have been eliminated at the Coop (and other places), but produce (roll) bags are a thornier issue. We would like to brainstorm with members to solicit ideas about (a) whether we can substantially reduce the number of produce bags we use at the Coop, and (b) how to do so without making the shopping experience more inconvenient or burdensome."

—submitted by the Environmental Committee, the General Coordinators, and concerned Coop members

Future Agenda Information:

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



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.

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.

Household Dharma: Eat, Drink and Join Up

CONTINUED FROM PAGE 1

roommates, would shop for everyone in order to take full advantage of the store's bargain prices. Then, according to Office Coordinator Ellen Weinstat, a member who was a single mother came to a General Meeting and protested. She asked why she should struggle to hold down a job, take care of her family and do a Coop shift when so many adults in those households were not working for their food, yet benefiting directly from her effort.

The rule makes no special provision for students. It's the same for students as it is for touring circus performers or people leaving town for the summer: If you are gone for eight weeks or more, you can take a leave of absence from the Coop and not work for the time you are gone. There are no statistics but it is believed that many children simply become members without fuss when their time comes.

The Coop does make a couple of exceptions for people who have grown up in Coop households and are now adults: they aren't required to go to an orientation (although they can if they wish to) and their \$25.00 joining fee is waived. They do, however, have to put in their \$100 investment as full members, but they can spread the pain by going on an extended payment plan, putting in \$5 or

the PAID IN FULL receipt.

(fresh fruits & vegetables)

Produce

Books

luicers

\$10 a month.

Totally Organic Teens

The Gazette spoke to two young adults, now shift-working members in good standing, whose parents joined the Coop before they were born. Zoë Kaplan Lewis, now 20 and a student of mathematics and culinary arts, was born into a Coop family and had her first experiences of shopping as a toddler while sitting in the basket. Then, when she turned 18, her par-

ents insisted she sign up as a

member, and she did a shop-

ping shift. It was, she says,

"her first real non-babysitting

job." How has it worked for

her? It is "impossible to find

the time!" Like many a mem-

ber before her confronting

the strictness of the Coop's

workslot policy, Zoë has

arrived in makeup land. She

personally feels that with so

many members, and the

number of occasions on

which there really hasn't

been much for her to do other than watch the front door, the store might loosen its household policy, or perhaps raise the age to 21. The policy has also led to some conflict at home, she says. According to her father, Erik Lewis, it has caused "some discussion." Erik feels the policy is fair, and that 18 is the right age, based on the presumption that people are old enough by then to handle their own affairs. It is, he believes, "a good life experience, a way of maturing yourself." And Zoë acknowledges

that being part of the Coop has led to one of the best experiences of her life—so far working on a farm last summer for one of the store's suppliers: Grindstone Farms near Syracuse.

Zachari Dahran, also born into the Coop, was told by his mom that when he was 8 he was supposed to

18 he was supposed to start doing a Coop work shift. The future video game designer actually started a bit earlier, clocking some time in the Coop office to use for a community service obligation at school. And he also landed his first real job because of his Coop work experience, working at Häagen-Dazs, on Seventh Avenue. Zachari's not sure the policy works for everyone, but he likes the idea that by belonging to the Coop you can suggest things and they will sometimes appear on the shelves. His most recent suggestions? True to his current vocation, it was Steven Colbert's AmeriCone Dream, described as "a decadent melting pot of vanilla ice cream with fudge-covered waffle cone pieces and a caramel swirl."■



Voicemail (888) 204-0098



E-mail psfcdiversity-cpr@hotmail.com

Contact Form or Letter:

- DEC Contact forms are available in the literature rack in the ground floor elevator lobby. Place a completed form or other letter/note (anonymously if desired) in a sealed envelope labeled "Attn: Diversity and Equality Committee" and use one of the three methods listed below to get it to the committee.
- - Mail Park Slope Food Coop Attention: Diversity & Equality Committee 782 Union Street Brooklyn, New York 11215



MailWhich is located in the entryway vestibuleDrop Boxon the ground floor under the flier caddy.

MembershipThe DEC has a mailbox in the MembershipOffice MailboxOffice on the second floor of the Coop.

was purchased by mistake, produce cannot be returned except for the three items listed above.

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

The produce buyer may be contacted on weekdays by members to discuss any other claims for credit.

May not be returned.

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

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

May not be returned.

Bulk items & bulk items May not be returned. Members may contact the bulk buyer to discuss any other claims for credit.

Refrigerated items May not be returned unless spoiled. Frozen items

All Other Products (not covered above)

- A. Other products **may be** returned if they are spoiled or defective and the category is not specified above
- B. Other products **may be** returned if they are unopened, undamaged and therefore can be sold again.
- C. Other products **may not** be returned if they are opened or unsellable, and were purchased by mistake or not needed.

Welcome, Charlotte Corini: **New IT General Coordinator**

CONTINUED FROM PAGE 1

a close friend raved about the Coop. She valued the fresh food and spices because she has always loved to cook. "I also like the community aspect," Charlotte says. "You feel like you're part of something."

Time for a Change

A year or so ago, Charlotte started sharing with friends that she felt it was time for a life change. She wanted to move on from engineering. As the brainstorming began, Charlotte drew up a list of her skills, never suspecting that the Coop would be part of her future.

When Charlotte first saw the job announcement for the new IT-related General Coordinator position, she didn't apply until nudged by two of her friends. "They reminded me that I had been talking about making a change, and they were convinced that the position was a good match for my skills, since I like managing information projects."

During Charlotte's interview with the Personnel Committee, "they asked questions and questions and questions," she recalls. "Once I interviewed for the job, I took it one step at a time. I went home and thought long and hard about what it would take because I wanted to make sure that if I was offered the position I could do a good job.'

After careful consideration, Charlotte accepted the position, beginning three weeks prior to the interview for this article.

Listening and Learning

During her first month, she says, it has been all about listening and learning. Charlotte did a tech support shift on a shopping squad to "see what kinds of issues they have with tech support." She did a receiver shift and sat in as the Receiving Coordinator placed an order for canned products.

At one time she worked the entrance desk, which she enjoyed. She's been an outside worker and her most recent shift had been opening the office at 6 a.m.-convenient for her since she lives nearby in Prospect Heights.

per week-usually Mondays through Fridays, although she recently came in on a Sunday night. "It's one of our busiest nights and I wanted to see how it looked, what kind of tech support was needed and how everything flowed."

"Eventually I will know everything and how it gets done," she says. This will help her hold the big picture in mind when planning for the Coop's ongoing IT needs. "The world is getting more and more automated and that's what the Coop needs too. My job is not about whether I know any particular computer system, it's about looking at the overview—what we are going to purchase, how to get people trained and does it meet our needs."

The Coop has several com-



Charlotte Corini says that during her first month it's been all about listening and learning.

pletely different types of systems, so Charlotte believes that her most important contribution will be in project management, carefully planning how to get to the next phase in technology uses as well as figuring out and planning what it will take to implement the ongoing process of change and increased automation.

Currently, Charlotte is beginning to look at the point-of-sale system as well as the entire IT interface for overall purchases. "The question is always what type of software is needed for a specific use." The Coop operates on a Mac platform, which Charlotte characterizes as "very stable with few problems, thankfully. I'm trying to find out what tech problems, if any, we have had. I think it's a smart choice—keeps you consistent. Of course, with expansion comes growing pains, but all along the choices have been good."

The Coop IT department has two full-time programmers and one part-time pro-

grammer. Larry Ludwick wrote the database for keeping inventory and for the front door card scanning. Ithran Einhorn is currently working on the point-of-sale issues. Martin Beauchamp also works on the infrastructure and on point of sale as well.

Asked if she misses her former job, Charlotte offers an emphatic "No."

"The people and the environment here amaze me. The Coop hires people with extraordinary backgrounds, who treat each other with tremendous respect. It's eye-opening to watch people really get along and work together. I'm taken with their abilities and how much thought and care they devote to everything. Everyone really believes in the Coop," she notes. "I've worked in typical business environments where people are polite, but before I came here I never saw such genuine respect."

What does she see in the weeks ahead? "I'll be doing a lot more listening—I've been making lists of the things people have been telling me and will be prioritizing those. It's a great process—I feel really privileged to have the job."

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

Coop Job Opening: Receiving/Stocking Coordinator Late Afternoon, Evening & Weekend **Description:**

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

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

Hours:	35-40 hours per week, schedule— to be determined—will be afternoon, evening and weekend work.
Vages:	\$21.64/hour

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"I'll never do that job, but my role has included learning what people do," she says.

Charlotte has also done a cashier shift to see how the computer system there works. "I know the produce from the perspective of a shopper, but I need to know it from the perspective of a checker and a cashier."

Prior to accepting this position, Charlotte had done various shifts, including receiving, working a shopping squad and stocking shelves.



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 mailslot 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 6 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.

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 mailslot 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 6 months.

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

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

For Park Slope Writers, an Oasis

At the Brooklyn Writers Space, Silence Is Golden

By Frank Haberle

ust a few blocks down from the bustling (chaotic? cacophonous?) shopping floor of the Coop, there's a very different type of community-shared institution, dedicated to the golden sound of silence: the Brooklyn Writers Space.

It's no secret that Park Slope has long been home to a thriving writing community, and that the Park Slope Food Coop can take pride in scores of members who are established and emerging poets, authors, playwrights and nonfiction writers. For dozens of Coop writers (and a few hundred others), the Brooklyn Writers Space (BWS) provides a quiet alternative to the distractions of urban life. BWS is an oasis from struggles to write in the neighborhood's noisy cafes, or on kitchen tables or other cramped living areas where writing often competes with—and loses to-other priorities.

Located discreetly in the quiet ground floor of a brownstone on Garfield Place, just off Fifth Avenue, BWS offers a professional and warm work environment for writers. For a modest membership fee, BWS gives you the keys to a 2,000-square-foot space, including a writing area with partitioned desks, a wall of windows and a skylight, a lounge/kitchen area and a private roof deck. For all of the comforts, however, what is most valued is the respectful, mutual silence of the workspace. Outside the lounge (where speaking softly is permitted), other writers are often there working, but you would never know it.

BWS was launched in 2002

by Coop members Scott Adkins and Erin Courtney, who wanted to start a space in Brooklyn that would provide an escape from the Park Slope neighborhood's many distractions and at a fee that writers could afford. As Erin points out, "Many writers cannot afford to rent their own private office, and so they struggle to find a productive work environment. Our primary motivation for opening the space was that we needed it ourselves."

Scott and Erin modeled BWS after the Manhattanbased Writers Room, which has been providing a similar service for over 20 years. However, the Writers Room in Manhattan often had a waiting list as long as two to three years, making it difficult for writers to find the space they need. Scott and Erin launched the Brooklyn Writers Space when they found the ideal space, near their home, in a community where they knew they would find a lot of like-minded writers.

Common Ground in a Cooperative Setting

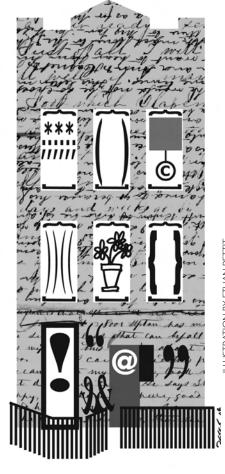
"Folks who like the Coop would probably appreciate the Writers Space as a cooperative-type of environment," Scott says. "By making the space communal, it greatly reduces the cost of having a quiet professional place to get your writing done. All our members are extremely considerate and aware of each others' primary goal, to have an environment that is conducive to writing."

"Along with the Coop, the BWS is one of the reasons I love living in Park Slope," says Paula Orkin (who writes as Paula Bernstein, co-author with Elyse Schein of Identical Strangers: A Memoir of Twins Separated and Reunited). Paula appreciates the similarities between the Coop and the BWS experience, and the advantages of their close proximity. "In both places I experience a strong sense of community and meet interesting people who are doing interesting things. Some of the most provocative and exciting conversations I've had recently have taken place at the Coop and the BWS. And, while working on my book at the BWS, it was helpful to have access to so many healthy foods nearby at the Coop."

"I love the Brooklyn Writers Space for the same reasons that I love the Coop," agrees Gayle Forman, writer and on-again, off-again BWS member who is expecting her second child. "They both serve practical purposes—a quiet space to write and a place to buy healthy, organic food, respectively, but maybe more importantly, they both provide solitary writers with a necessary sense of community. Some of my BWS friends are people I've seen there and then bumped into at the Coop and vice versa. In a city like New York, it can be a privilege to have a writing office outside your home, just as it can be a privilege to be able to eat healthy, whole foods, but both the Coop and Brooklyn Writers Space operate so that average New Yorkers can enjoy these privileges."

Tony Dardis, a philosophy professor, used the BWS to write and revise his book Mental Causation: The Mind/ Body Problem, coming out this summer. "The great thing about 'The Space' (as writers call the BWS)," Tony states, "is that you are writing together. So you work in this community, with people with all kinds of projects and interests and stories, but they are all doing something like what you are doing: writing."

Poet and novelist Robin Messing, a Coop member since 1976 and BWS writer for the past three years, adds, "I think the way the Coop and the Writers Space are similar is that they both provide a certain unspoken support for the kind of work and ideals I hold most dear. At the Writers Space, most often, I never even speak to the other writers the entire time I'm there. Yet, in the lonely and difficult process of creating art, I'm surrounded by others who I know are struggling with the same artistic problems and aspirations, and I feel their support in the silence we keep, in the long hours and the concentration that's palpable in there. At the Coop, there's more tumult, but also there's the spoken and sometimes



unspoken support of the ideals of creating one's own vision around healthy food and sustainability, around local and personal empower-

The BWS Reading Series

ment and independence."

While membership in the BWS is in many ways a monastic experience, Scott and Erin have launched a free BWS reading series in community venues like Freddy's, Union Hall, Low Bar, Magnetic Field and 826NYC as another opportunity for writers from the community to share what they've been working on with each other and with the general public. The reading series will start back up in the fall and people can find the full schedule on www.brooklynwriters.com.

Another project is a print anthology, "a logical next step to the reading series," Scott notes, "which is intended to represent the local writing community in Brooklyn, which is vast and diverse. The anthology is all excerpts; our hope is that it will help our writers sell their books. All proceeds from the anthology will go into a stipend fund that will help writers who need the Writers Space but can't afford it."



The Environmental Committee has a blog! Please visit often for timely news and

> from the PSFC Environmental Committee.

information

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/

If You're Considering Becoming a BWS Member

BWS is always processing new applicants but keeps a waiting list for full-time members each quarter (January 15, April 15, July 15, October 15). In the meantime, Scott and Erin have opened a new space, Room 58 (www.room 58.org), for writers who are in need of a space that allows phone use in addition to the quiet room. They often have writers who really need a place to write immediately and end up joining Room 58 until a spot becomes available at "The Space."∎

...and the living is easy.

But don't forget your coop shift!

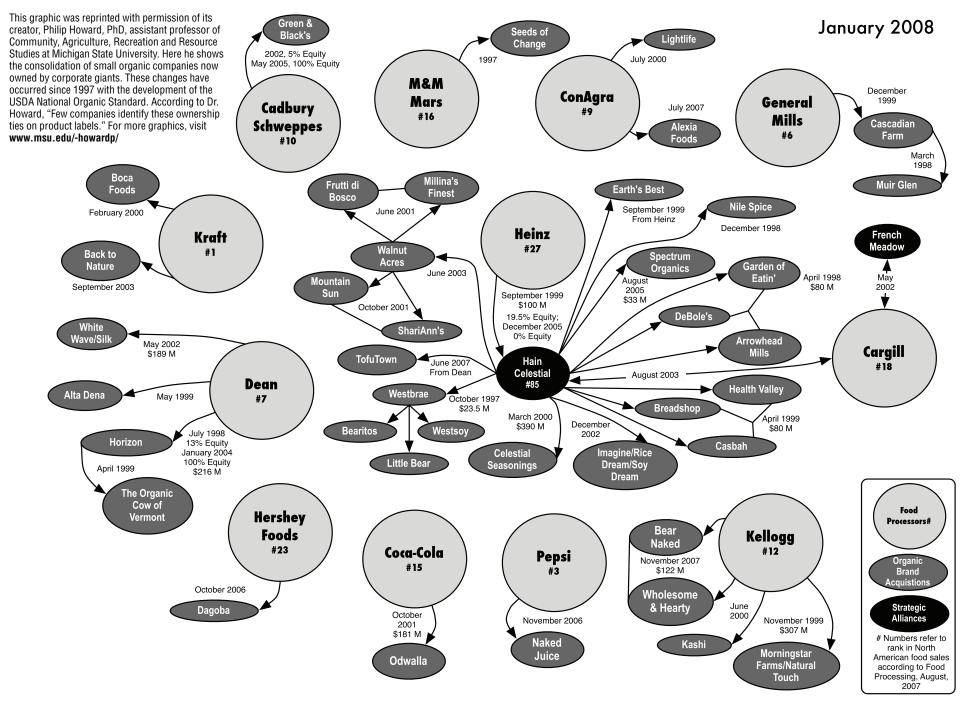
If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

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

Your co-workers will love you for it!

Organic Industry Structure





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

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

Join the Blood Drive at the Park Slope Food Coop

€ Friday, July 25 • 11:00 a.m. – 6:00 p.m.

€ Saturday, July 26 • 11:00 a.m. – 6:00 p.m. In the second floor Meeting Room



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

 Park Slope Food Coop • 782 Union Street • • Brooklyn, NY • 718-622-0560 • • In cooperation with New York Methodist Hospital • For further information about blood donation, call Stuart Rosenhaus, 780-3644



COOP HOURS

Office Hours:

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

Shopping Hours:

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

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

Childcare Hours:

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

Telephone: 718-622-0560

Web address: www.foodcoop.com



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

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

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

SUBMISSION GUIDELINES

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

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

Voluntary Articles: Maximum 750 words.

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

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

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





This Issue Prepared By:

ins issue i repareu by.	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (development):	Erik Lewis Joan Minieri
Reporters:	Frank Haberle Alison Levy Ed Levy
Art Director (development):	Eva Schicker
Illustrators:	Lynn Bernstein Ethan Pettit

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.

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.



Community Ties Outreach on FTOP

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Community Ties is our directory of businesses offering exclusive discounts to Park Slope Food Coop members. See the new Spring/Summer 2008 issue at www.foodcoop.com or in print at the entrance vestibule. What other businesses would you like to see listed? Which neighborhoods are missing? The Coop needs workers to canvas neighborhoods (via phone and/or foot) to enlist new businesses for a free listing in our upcoming Fall 2008 issue. If you're marketingsavvy and community-minded, schedule an FTOP shift. Leave a voicemail message for Camille Scuria at 888-922-2667, mailbox 87.

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 or 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 recycled 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 St. 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

CONTINUED ON PAGE 8

COPCALENDAR



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:

Jul 17 issue: 7:00 p.m., Mon, Jul 7 Jul 31 issue: 7:00 p.m., Mon, Jul 21

CLASSIFIED ADS DEADLINE:

Jul 17 issue: Jul 31 issue:

7:00 p.m., Wed, Jul 9 7:00 p.m., Wed, Jul 23 **General Meeting**

TUE, AUG 5

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

TUE, JUL 29

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

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

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

Attend a GM and Receive Work Credit

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

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

Advance Sign-up Required:

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

below for details. • Two GM attendance credits per year:

Each member may take advantage of the GM-for-

Park Slope Food Coop **Mission Statement**

The Park Slope Food Coop is a member-owned and operated food store-an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support 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 values.

ALL ΑΒΟυΤ ТНЕ GENERAL MEETING

Our Governing Structure

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

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

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

workslot-credit program two times per calendar year.

• Certain Squads not eligible:

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

• Attend the entire GM:

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

Childcare can be provided at GMs:

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

• Signing in at the Meeting:

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

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

• Being Absent from the GM:

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

• Is it FTOP or a Make-up?

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

• Consider making a report...

..to your Squad after you attend the meeting.

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

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:

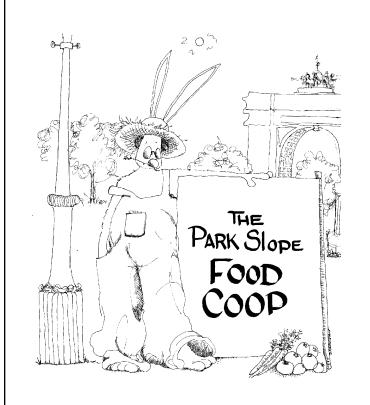
- -a Coop member in good standing for at least six months
- -friendly and upbeat with enthusiasm about the Coop
- -knowledgeable of Coop procedures
- -willing to work outdoors

ullet -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.



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)
July 21 (A Week)
Noon to 1 p.m.
1:30 to 2:30 p.m.
July 27 (B Week)
August 24 (B Week)
Noon to 2 p.m.

You can join in any time during a tour.

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

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 sixmonth commitment to the workslot. If you are interested in this workslot, please speak to Andie Taras through the Membership Office.

Check-writing Tuesday, 6:00 to 8:45 pm

You will transfer information from vouchers on to checks to pay some of the Coop bills. Neat and legible handwriting, particularly writing digits, a must. You will be working independently so good attendance record needed. A 6-month commitment to the work slot bers to help maintain attendance recorders for Coop workers. You will need to work independently, be selfmotivated and reliable. Good attendance is a plus. Members will be trained for this position, and staff members are available for further assistance. Workslot requires a sixmonth commitment. Please speak to

LETTERS Policy

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The Gazette will not publish hearsay—that is, allegations not based on the author's first-hand observation.

2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

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

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

Are you a stickler for details, accurate on the computer and like working independently? If this sounds like you, then Office Data Entry will be your perfect shift. You will receive training, and Coop staff will always be available to answer questions. Please speak to Ginger Hargett in the Membership Office if you would like more information. Workslot requires a six-month commitment. is required. Please speak to Andie Taras through the Membership Office prior to joining the shift.

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

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

Attendance Recorders

or Make-up Recorders Wednesday, Friday, or Sunday

The Coop needs detail-oriented mem-

Lewanika or Cynthia in the Membership Office if you would like more information.

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

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

Respect

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



ONCE DOWN THE DRAIN, SILVER DISRUPTS WASTEWATER TREATMENT

TO THE EDITOR:

In the May 8 issue, the Gazette article "Antibiotic Silver" speaks to the safe use and efficacy of silverbased products, but what happens once these and other silver products go down the drain? Research shows some silver products are still at work, and it is not beneficial.

The National Institutes of Health states that "colloidal silver products are often marketed with various unproven health-related claims. Examples include that they benefit the immune system; kill diseasecausing agents such as bacteria, viruses, and fungi; are an alternative to prescription antibiotics..." Regardless of the claims made for silver products, we know some products are killing the microorganisms that help with sewage treatment.

A recent study in the journal Water Research shows that silver nanoparticles, silver ions and silver chloride colloids can inhibit microbial growth in wastewater. So why would this matter to us? Our wastewater goes through processes that separate the solids from the liquids—I've witnessed this and it's not pleasant. Once the water is cleaned up, it is discharged into our rivers, lakes or oceans. The solids (or sludge) can be "digested" to recover biogas, and then it can end up as a soil amendment for agriculture purposes.

It's surprising that our sewage ends up coming full circle. Some of the microorganisms help reduce nutrients, such as nitrogen, from the water discharges and the silver-based products affect these microbes. Increased nitrogen levels in water discharges (and runoff from farms) can lead to excessive plant growth, lower the amount of oxygen in the water and cause other organisms to die. Sludge digestion facilities rely on microorganisms that thrive under oxygen-starved conditions, and generate a beneficial productbiogas. More research is taking place to determine when silver-based products start to impair the wastewater treatment and sludge digestion processes.

INEFFECTIVE SECURITY

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TO THE EDITOR:

Regarding your June 19, 2008 front-page article, "Suspended Shoppers Slip through Security Gap," I'd like to voice my disagreement regarding the effectiveness of the current security system. You see, I've been a Coop member for a year and a half and I haven't memorized my member number yet. Quite often, when I'm ready to go the checkout counter, I'm fumbling around my pockets searching for my Coop ID card. At least 20 percent of the time, the checkout clerk will say to me, "If you don't have your card handy, why don't you just tell me your member number?" Of course I can't do that so I continue fumbling and ultimately find my card. My question is: What would prevent a person from passing through the entrance when it's crowded, not "signing in" and then giving the checkout clerk someone else's number?

And regarding the security at the entrance: A few months ago, there was a man who had shopped at the Coop and gone to the checkout counter, not realizing that he had to be a member in order to shop. How did he gain entry? The truth is, he looked like any number of male Coop members slightly longish hair and beard—and wearing that uniform of baggy pants and the requisite Uggs sandals.

I've spoken my piece. Anita Aboulafia

HOW ABOUT A WATER FOUNTAIN AND BAG REUSE?

DEAR EDITOR:

While glad to see the Coop taking measures to curb plastic consumption, I suspect that both the recent bans on bottled water and disposable bags aren't the solutions they are cracked up to be. Rather than play the naysayer, I've got a couple of ideas that I think could make these bans more successful and easier on Coop shoppers.

WATER BOTTLES. Before the ban, I would sometimes buy a small bottle of water during my shift when either no cups were available or when I forgot to bring my own. Now, instead, I buy seltzer—in an even larger hunk of plastic-or a bottle at a nearby bodega. Neither option aids the cause, but going without water is hardly a solution (except perhaps for the hardiest members) Why not put in a water fountain? In the days before bottled water became ubiquitous, water fountains were readily available in stores and other public places. Many of us who drink bottled water would gladly give it up if only there was an accessible alternative. We're not married to drinking from fancy foreign springs, we just want to quench our thirst. PLASTIC BAGS. The plastic bag ban is bound to pose a problem for a good number of members who find themselves dropping by the Coop when they hadn't planned to-and therefore aren't equipped with reusable bags. Many of us don't live in Park Slope, so running home isn't an option. Obviously, we can purchase the reusable bags when needed, but, based on my own habits,

I suspect many people will end up with piles of these bags at home.

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How about implementing a recycling program to make sure the reusable bags get re-used? Members who find themselves with more bags than they can handle could return them and receive a nominal fee (20 cents?). These used bags could then be made available at a discounted rate (25 cents? 50 cents?), benefiting other poor planners and shoppers on a limited budget.

Anyway, that's my two cents. Carrie McLaren

GETTING BOTTLED WATER ELSEWHERE DEAR GAZETTE EDITOR AND MEMBERS:

I wish wholeheartedly to thank the GM and the members in attendance for opening our collective eyes to a great new opportunity to save money (alas, not the environment): buying a case of 24 bottles of water from Poland Spring at PathMark is only \$4! I wouldn't have known this if the GM in its infinite wisdom had not stopped the sale of bottled water at the Coop. I was thus forced to get creative about where I shop for bottled water, which I chose to consume.

Considering the additional car-emission used for the extra trip, the paper that will be wasted when PathMark sends me junk mail and the possibility that I will browse the aisle a bit more and shop for extra items, what we have on our collective hands is a "sum-zero" results or perhaps even worse.

We can all be pundits about the effectiveness of an effort from "above" to regulate people's choice: such regulation often does not work. Meanwhile, I am getting my bottled water elsewhere and the Coop is losing on the sale.

Cooperatively, Yigal Rechtman





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TO THE EDITOR:

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

Though we will know the results of the Board of Directors election by the time you read this, we can't tell you until the letter after this. In any case, wish us a run for our money, and again thanks for all your support and caring.

The new Station Board at WBAI is getting off to a slow start, but six years of destruction and degradation can't be undone in a night—not to mention the notorious inability of our heroic champions to work harmoniously with each other. In the past, it has not been uncommon for one of our own faction to come in with a carefully prepared and researched proposal, and not even get a second—Here's hoping things will not be that bad this time!

Efforts to reverse it are in the works, but for the moment Pacifica's premiere daily news network, Free Speech Radio News (FSRN), is slated to fold in a few weeks because of cuts of about 25% of its income passed on by the Central Office. Freely adapted from their website: "Free Speech Radio News . . . broadcasts a half-hour, worker-run daily newscast...[and highlights] the voices of marginalized communities [through] the more than 150 reporters worldwide who live and work in the communities they report from." In any case, Free Speech Radio News is in crisis and needs our support. Donations can be made through the website at FSRN.ORG.

You notice I didn't say Democracy Now! was Pacifica's premiere news network. Although they have an agreement to pitch, Democracy Now! (DN) is independent of Pacifica and has been for many years. Pacifica has no control over or interest in Democracy Now! either editorially or financially. In fact, Pacifica pays money to Democracy Now! and gets nothing in return. A recent criticism of DN can be found here (sorry for the long wesite): www.wsws.org/articles/2008/jun2008/ corr-j17.shtml. In fact, the most recent revision of the contract with DN was done without input from the National Board! The WBAI broadcast tent was at the Clearwater Festival this year and it was my birthday Saturday! My friend Rachel went with me and there were free boatrides. Kimberly Wilder was at the booth for Peacesmith's from Long Island. Mimi Rosenberg and Don DeBar staffed the broadcast booth and we hope they got off a good show! Our admiration to all those who braved the gales on Sunday... Albert Baron Solomon 718-768-9079, hobces@yahoo.com Homeopathic Visionary Scrivener to the Pacifica Foundation PACVID1.com

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Check that ingredient list. Our collective use could add up to a big dose for nature. In the case of silver-based products, we have yet to figure out how much can go down the drain. Lloyd Hicks



PARK SLOPE

It once had bars and churches, Baseball players and bowlers, But now if someone searches He finds just kids in strollers. A homespun smalltown setting Like a film by Darryl Zanuck The result of couples getting Fruitful from food that's organic. Leon Freilich

11-Time Candidate for the Park Slope Food Co-Op Board of Directors See puzzle on page 12.

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Saturday, July 12

12:00 at the Coop

will follow if time permits.

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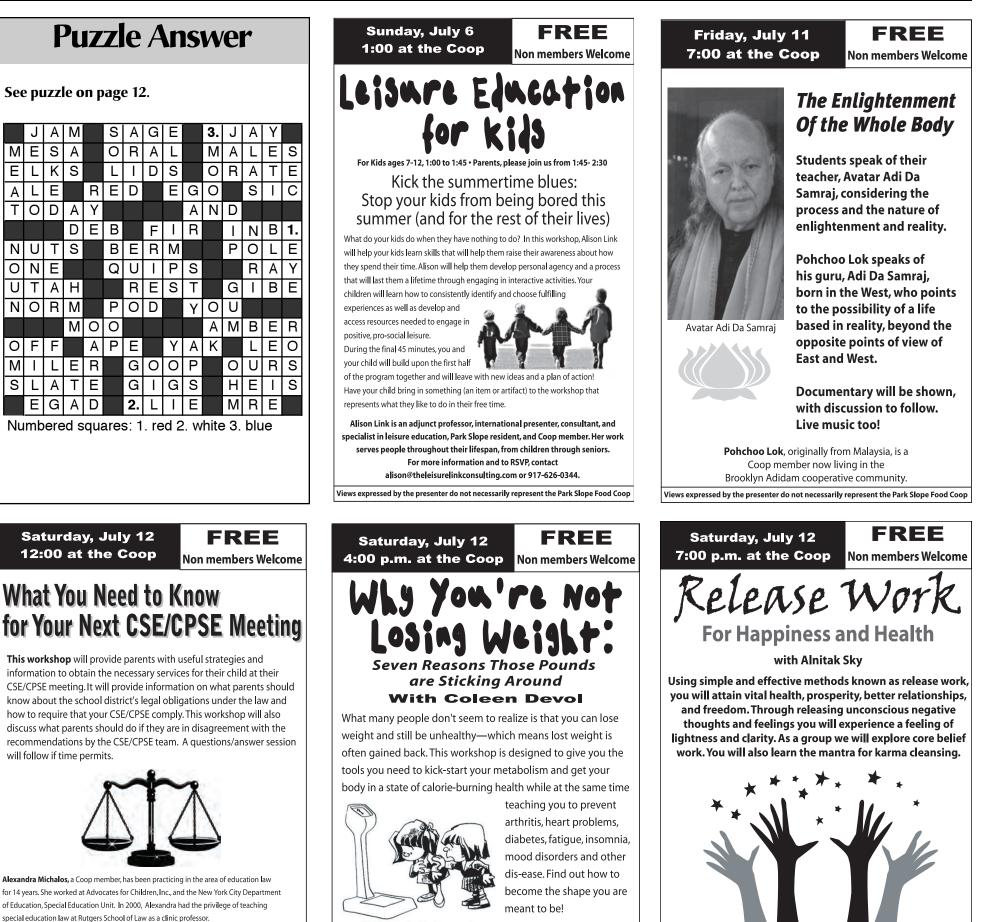
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Susan Deedy has specialized in the area of education law for more than 16 years. She has represented CUNY colleges, the New York City public schools at the Department of Education, and later parents of students of disabilities in private practice,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



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

Past Life Regression Through Hypnosis WITH JEFFREY T. CARL,

12:00 at the Coop Non members Welcome Ayurvedic Nutrition

FREE

PART III **A New Segment of the Ongoing Series**

with Claire Dishman Homeopathy is often at its most impressive when treating

situations requiring first aid and minor acute illnesse

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 added dimension to her practice. Her patients, including many Coop members, include children and adults needing assistance with everything from asthma to deep, chroni disease. For more information please visit www.clairedishmanhomeopathy.com

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

DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?

Have you ever just met someone and felt like you have previously known them?

Are there other countries or cultures that seem familiar to you?

Well there might be an explanation for this

Through hypnosis we can tap into the subconscious mind, as well as enter into a peaceful trance-like state to retrieve

memories of our past lives

Relax and take a journey within.

Gain: • Realizations

A deeper understanding of who you are

Retrieve memories
 Pass beyond death and back again

Bring: A blanket to lie down on or a comfortable lawn chair to relax into A note book to write down anything that comes up

Jeffrey T. Carl, CHt, a Coop member, is a certified clinical hypnotherapist, and a member of I.A.C.T. Jeffrey is also certified in past regression though the Wiess Institute.

FREE Friday, July 18 7:30 p.m. at the Coop Non-members welcome

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



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 20

The wisdom of Ancient India teaches us that an ideal diet is different for everyone, and also changes according to the season. As we enter the hot summer, Ayurveda teaches us to balance that fire with a cooling diet.

This workshop covers the basics of Ayurveda, with a focus on nutrition and balancing recipes for summer.

Namaste!



Deborah is an Ayurvedic and Living Foods nutritionist in Park Slope. She is a graduate of Harvard University and the European Institute of Vedic Studies and has worked internationally as an Ayurvedic Massage Therapist. She is a long-time Coop member and proud momma to happy baby Theo. Visit www.rawvurveda.com.

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.

CLASSES/GROUPS

THE DANCEWAVE CENTER offering Sing & Swing with Baby for infants 5-9 months & their grown-ups July 1-Aug. 5, Tues. 3-4 PM. First class for free for PSFC members. Located at 45 Fourth Ave. at Dean St. 718-522-4696. www.dancewave.org.

THE DANCEWAVE CENTER offering The Magic of Dance for kids ages 3-5. Ballet, Creative Modern and Yoga, July 8-Aug. 1, Tues.-Fri. 12:45-2:45 PM. Located at 45 Fourth Ave. at Dean St. 718-522-4696. www.dancewave.org.

THE DANCEWAVE CENTER offering Summer Dance Intensive for ages 10-18 years old. Ballet, Modern, Yoga, Pilates, African Dance, Jazz, Theater Jazz, Street Jazz, Tap, Hip-Hop, Salsa and Capoeira. August 1-29, M-F. For info contact 718-522-4696. www.dancewave.org.

HOUSING AVAILABLE

WINDSOR TERRACE. \$525k. Spacious & Sunny 2BR/2BTH and big L.R. around 1200 ft. Great Coop prewar building. High ceilings, hardwood floors, lots of windows & closet space. Easy parking around the neighborhood. Two blocks away from Prospect Park & the subway stop Fort Hamilton. 718-438-7920.

BROWNSTONE FOR SALE: Pacific St. btw. 3rd/4th Aves. in Boerum Hill. 1/2 block to 10 subways; near LIRR, busses, Atlantic Ave. shops; walk to Park Slope (approx. 1 mile from Coop). Renovated/extended 1994. 2family since 2003, easy 3 fam. conversion. Call Rita Musillo-Rafano, Neuhaus Realty, 718-979-3400.

MERCHANDISE NON-COMMERCIAL

FREE COOKING E-BOOKLETS: Free recipes for freshly picked garden goodies. Sauces, soups, desserts, vegetarian meals, etc. www. healthylivingonline.net and click on E-BOOKS.

MERCHANDISE WANTED

DR. BRYAN POST takes care of very damaged/abused kids no one wants (Virginia). His program needs: AC, paint, balloons, beads, non-scary costumes, const. paper, craft stuff, ribbon, scissors, sequins, temp. paint, yarn, old/new (post) cards, 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.

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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.

HAIR LOCKING SERVICE is being offered by a Sisterlock Trainee. I am available to install or retighten your Sisterlocks, Brotherlocks or traditional locks. Call Patricia at 718-569-0891.

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

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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.

DEALING with a parent's dementia? Coping with an elderly parent can be depressing and confusing as well as a wrestling match if you and your siblings don't see eye-to-eye. Please call me, Dr. Wintrob, a licensed psychologist and trained family therapist at 718-783-0913, for help. Park Slope Office. Insurance accepted.

WHAT'S FOR FREE

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 backboard available



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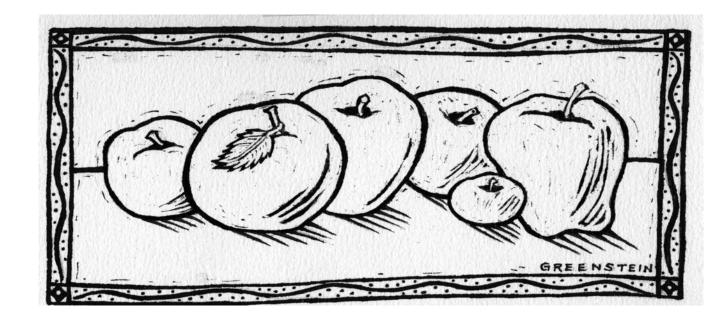
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the Coop's web page, www.foodcoop.com. The ads are FREE.



Classified advertising in the Linewaiters' Gazette is available only to Coop members. Publication does not imply endorsement by the Coop.



WELCOME!

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

Anthony Abato Eric Adams Toni Agard David Andrade Elene Andrade Meghan Andrade Marta Ascherio Peter Baldwin Emma Bassein Chelsea Batten Nat Beal Jan Bell Keight Bergmann Brianna Berkowitz Noah Berland Debby Bielak Scott Biscione Selim A. Blakaj Albert Bonitto Brookes Boswell Robin Brehm David Burdick Blake Cass

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Mai Truong Janell Tryon Alessia Tselouiko Lauren Tucker Ross Tuttle Krishnan Vasudevan Wendy Verona **Quinton Viechweg Terehas Walters** Natasha Wanchek Ryan Watkins Isaiah Weiss Thomas White Rose Williams Julia Wilson Karin Wulff Michael Wyatt Alexandra Yannias **Justin Yockel** Cathryn Zahn



THANK YOU!

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

Noha Arafa Seth Asher Connie Banez Sarah Bendit Olaf Bertram-Nothnagel Bethany Ruth Bollettino Beck Burger Megan Buskey Kwanza Butler Anna Byfield Christi Byrd Yandra Cano Carrie

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