

Established
1973

LINEWALTERS' GAZETTE



Volume CC, Number 19

September 11, 2008



GENERAL MEETING REPORT

New Workslot Rules, Move to Curb Shopping Cart Losses Discussed

By Carey Meyers

With the main auditorium of Temple Beth Elohim closed for repair, which meant no space for childcare, the August 2008 General Meeting of the Park Slope Food Coop turned into a standing-room only, family affair. Calls for revisions to the current work policy, a proposal for a new workslot to maintain closer watch on shopping carts—which are disappearing at an unprecedented rate—and assorted suggestions for improving the Coop were all discussed.

Indeed, the issue of work appears to weigh heavily on members' minds as it comprised much of the open forum discussion and one of the two discussion items on the agenda. During the open forum, one member suggested expanding the rotation from weeks A through D

to an A through E schedule to accommodate the growing membership—an idea that was met with nodding heads from many attendees. Coop General Manager Joe Holtz immediately

countered that there are 3,500 shifts a week, which, according to Holtz, is the number needed to keep the Coop running. Holtz argued

that to add an extra week to the rotation would require an additional 3,500 workers.

A Free Shift?

The first agenda item, sponsored by member Marc Vigliotti, was a discussion item suggesting, as a show of good will among the membership, that every worker be able to miss one shift each year without penalty.

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The issue of work weighed heavily on members' minds during the August general meeting.

Coop Event Highlights

- Sat, Sep 13** • **Pocketbook, Purse, Bag and Shoe Exchange** 10:00 a.m.–2:00 p.m.
- Thu, Sep 18** • **Wordsprouts: Book Collaboration Basics for Experts and Writers** 7:30 p.m.
- Sat, Sep 27** • **Poker Night** 7:00–10:00 p.m.
- Thu, Oct 2** • **Food Class: The Green Table** 7:30 p.m.
- Fri, Oct 17** • **The Good Coffeehouse: Paul Friedman and Jody Kruskal, and Anath** 8:00 p.m.

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

How One Coop Couple Joined the Ranks of “Bee People”

By Hayley Gorenberg

The obsession with bees began soon after Coop members Lauren Sanders and Gerry Pearlberg purchased a house in the Catskills half a dozen years ago. Pearlberg, a freelance writer and editor for nonprofits, began reading about “bee people” and found herself moved by descriptions of beekeeping. “I got carried away with the romance of beekeeping. I was totally fascinated with honeybee biology and behavior. I had always loved nature, botany. It suddenly felt like everything came together.”



PHOTOS BY LAUREN SANDERS & GERRY PEARLBERG

Her partner, Lauren Sanders, who directs online content development at Teach for America, indulged Pearlberg's interest with a subscription to a beekeeping magazine that Pearlberg devoured as soon as it arrived in the mail. “I got more obsessed,” said Pearlberg. She attended an organic beekeeping workshop in the Hudson Valley. She learned to tend parts of hives with her bare hands.

Finally, in spring 2007, they decided to establish hives among the old apple orchards on their property.

They purchased two packages of bees—about three pounds of the insects, perhaps 10,000 bees in a box—with a separately

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Next General Meeting: Tuesday, September 23, 7:00 p.m.

For more information on the Agenda, see page 2.

Meeting Location: Congregation Beth Elohim Social Hall (Garfield Temple) 274 Garfield Pl. at 8th Ave.

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General Meeting Report

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Holtz and other attendees who disagreed with the item pointed out that every member has an obligation to work and that the low prices the Coop offers depends on the integrity of the shifts.

During the discussion that followed, members argued that, inevitably, everyone needs to miss a shift, and this proposal acknowledges that in the spirit of a mutually respectful community, every member deserves a break once a year. One member pointed out that this would be one way to prevent the abundance of make-up slots that overwhelm some (though apparently not all) shifts.

Holtz then shared with attendees an idea some of the general coordinators have been discussing that would reduce the number of shifts required of each member. For each scheduled shift worked, a member would accrue 1.08 credits. After 12 shifts, a member would then earn a free pass.

Glen, a long-time Coop member, noted that the idea, still only a glimmer, effectively allows members to accrue vacation time or time off for good behavior. Holtz, however, added that this sort of change is a low priority for general coordinators to pursue: “We have two or three years worth of computer infrastructure projects that are important to the future of the Coop, so we can’t know yet if we can [make this change].”

A Dispatcher for Walkers and Carts

Matt Mitler, a member so dedicated to the Coop that he leads not one, but two squads, introduced the second discussion item on the agenda that suggested making a new workslot for cart dispatchers. People in the new slot would dispatch walkers as well as shopping carts. “There is confusion with the carts,” he explained, “and some people are confused with the walkers. Every night there are people who work at the Coop who go around picking up carts that are abandoned in different places. Creating a cart dispatcher position would help solve these problems.”

A litany of walker and cart abuses ensued. Examples include members stopping to chat with neighbors as they are being escorted by walkers, thus delaying the return of walkers to the Coop. Or, walkers themselves slacking on the job to meet and greet friends on the street. Another complaint: members who cannot get a walker and instead simply take a cart, but don’t always return it promptly. The latter issue has

resulted in the loss of 12 shopping carts in the first eight months of the year—a disturbing trend that, if it persists, will mean an annual rate of 18 carts gone. By contrast, in 1991, the Coop purchased 40 carts with 39 remaining in 2001. Referring to the current hemorrhaging of carts, Holtz said, “We’ve never seen anything like [it.]



The situation with losing carts is deteriorating.” He also added that a minimum order of green carts is 100, and they cost \$150-\$160 each, in part due to freight from Tennessee.

Coop member Kathie Borowitz, also a squad leader, lent enthusiastic support for Mitler. “I think this is a fantastic idea,” she said, adding, “One problem I’ve had [as a squad leader] is accountability, especially for people doing make-ups. If someone is doing a make-up as an outside worker, it’s hard for me to take count of where that person is.” The problem could be solved by having a cart dispatcher, who would not only assign walkers and monitor carts, but also would note the walker’s destination and gauge his or her approximate return. Mitler added

that the dispatcher could use a printed map to track where the walkers are going.

Why Cheese Wrap Won’t Stick

Earlier in the meeting during the open forum discussion period, cheese wrapping was discussed. One member complained about the way in which food processing squads package cheese—with the label positioned to secure the plastic wrap—because she finds it a challenge to keep the plastic intact and reusable when opening her purchases. Holtz explained that the Coop uses wrap containing polyethylene, which does not have the clinging power possessed by wrap made with poly-vinyl chloride. Years ago the Coop banned plastic with polyvinyl chloride for environmental and health reasons: It is toxic, a hazard to manufacture and leaches into food. Food processors understand the lack of cling in the plastic they use, and consequently rely on price labels to keep the package closed.

Every night there are people who work at the Coop who go around picking up shopping carts that are abandoned in different places.

In Mike Eakin’s and Tricia Leith’s absence, Holtz delivered the financial report. The Coop’s retained earnings as of July 15 were \$180,982, before income taxes. That is, of the \$260 million in sales since incorporation in 1977, \$180,982 has been retained. This year is the first time that number has been positive in many years. The average sales

per week are 19.31% higher than this time last year.

Toward the end of the meeting, it was also announced that the Coop will

host a sustainable food summit in May 2009. After accepting the minutes of the previous meeting, the August meeting was adjourned. ■

PSFC SEPTEMBER 2008 GENERAL MEETING Tuesday, September 23, 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: Hearing Officer Committee Election (30 minutes)

Election: The Hearing Officer Committee will present candidates for election to the committee.

Comment: The Hearing Officer Committee goes through an extensive interviewing process. There are no nominations from the floor.

—submitted by the Hearing Officer Committee

Item #2: Extended morning shopping hours (60 minutes)

Discussion: “Extended weekday morning Coop shopping hours Mon-Fri 6:00-8:00 am”

Comment: “I believe that extending weekday morning shopping hours will be beneficial to members in several respects: Convenient parking outside the Coop, ability for members who not only work late, but for those who can’t find parking in front of their home @ night, to shop by day; more shifts for new & old members alleviate w/ end morning rush; Coop already open for receiving shift.”

—submitted by Lori Oriucci

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.

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.
Books	May not be returned.
Juicers	May not be returned.
Bulk items & bulk items packaged by the Coop	May not be returned. Members may contact the bulk buyer to discuss any other claims for credit.
Refrigerated items Frozen items	May not be returned unless spoiled.
All Other Products (not covered above)	A. Other products may be returned if they are spoiled or defective and the category is not specified above
	B. Other products may be returned if they are unopened, undamaged and therefore can be sold again.
	C. Other products may not be returned if they are opened or unsellable, and were purchased by mistake or not needed.

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

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

Voicemail (888) 204-0098

E-mail psfcdiversity-cpr@hotmail.com

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

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

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

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

Bee People

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packaged queen. That separation allowed the worker bees to smell the queen's pheromones over the course of a few days and come to recognize her. That way when she was released among the worker bees, they would tend her rather than kill her—the likely fate of an unfamiliar queen.

The hives burgeoned and soon experienced a massive swarm, Pearlberg said. “The queens reproduced out of control.” Each hive eventually swarmed and the old queen left with perhaps half the bees, leaving a population that raised new queens.

Pearlberg described the swarms reverently. “It was the hum of the universe, the biggest ‘ohm’ I ever heard. I looked up and the sky was just black with honeybees. It was the most exhilarating natural phenomenon I’ve ever seen.”

One swarm came to rest in a nearby tree and Pearlberg captured it, adding a third hive.

Classic Busy Bees

The bee colonies had an immediate, dramatic and profound effect on their keepers' garden. Raspberries and blackberries proliferated like never before with fruit that was much larger than ever. The squash harvest went from five or six measly gourds to “more than we knew what to do with.” Strawberries, apples, pears—all of them thrived. Previous years could not begin to compare. In sum, said Pearlberg, “They pollinated the hell out of our garden!”

“It was the hum of the universe, the biggest ‘ohm’ I ever heard. I looked up and the sky was just black with honeybees.”

The bees worked all day, starting just after sunup as soon as they became warm enough to fly. “The busy bee expression is well earned,” chuckled Pearlberg.

In addition to pollinating plants, the bees were hard at work secreting wax from their abdomen to construct combs, which they filled with nectar and pollen they'd collected. Pearlberg characterized the structure of the combs as “magical,” noting that it has been studied by mathematicians, who determined that “in terms of the amount of material used to hold an incredible amount of weight, there is no mathematical model more efficient than the hexagon. There is no design more efficient than the ones the bees have come up with. Full combs can weigh five pounds, and when you take the honey out, the comb is like a sheet of paper in weight.”

The worker bees fill additional chambers of comb with eggs and then tend larvae to perpetuate the hive, feeding them bee bread and, in the case of a new queen, the famed royal jelly. Aside from the long-lived queen bee, the core of a colony, individual bees live only a few weeks. To survive, the colony perpetually regenerates itself. “It's a superorganism,” said Pearlberg, describing a queen laying many hundreds of eggs a day, with corresponding hun-

in the world of beekeeping.

Pearlberg and Sanders have chosen to eschew chemicals, which Pearlberg acknowledges is tricky, because bees have faced increasing health issues since the mid-1980s. Hives are typically kept by commercial beekeepers with “a lot of heavy-duty intervention of a chemical nature,” said Pearlberg. “I really did not want to do that.” Yet the death of two of their three hives gave her pause. “You feel like a bad



dreds of bees born and dying daily. “Their life pattern is almost incomprehensibly intricate. They kind of make humans look like simple things.”

Chemical Questions

Despite the frenzy of pollination and honey production, two of the Coop members' three hives did not survive last winter including the swarm colony. Pearlberg and Sanders, who spoke infrequently during our interview due to a bout of laryngitis for which she was, of course drinking tea with honey, speculated that one hive may have had ventilation problems. They wondered whether erratic winter temperatures had taken a toll, with occasional warm days triggering the hive to



ILLUSTRATION BY CATHY WASSILENKO

activate and bees to begin flying when they should have been more dormant, conserving their food supply.

Also, when the swarm colony died, they observed it had been infested with varroa mites. These killer mites pose a major threat to hives everywhere, leading to questions about using chemicals to treat hives—a lively debate

parent,” she said. They were slightly reassured when they spoke to other beekeepers who used chemicals but suffered the same proportion of losses.

At this point Sanders and Pearlberg are adhering to the theory that bees can evolve to handle the varroa mites and that chemical treatment will exacerbate the bees' vulnerability. “In jumping to treat the honeybee since the problem came into being, we basically prevented the bees from evolving their own resources to cope with the mite,” said Pearlberg. She remarked on some colonies that were observed to be better at removing mites. Termed “hygienic honeybees,” they seem more aggressively able to physically remove mites from their bodies. Evidence including a YouTube video showing a honeybee struggle to get a mite off her back and remove it from the hive convinced Pearlberg that the bees were capable of evolutionary progress to handle the problem.

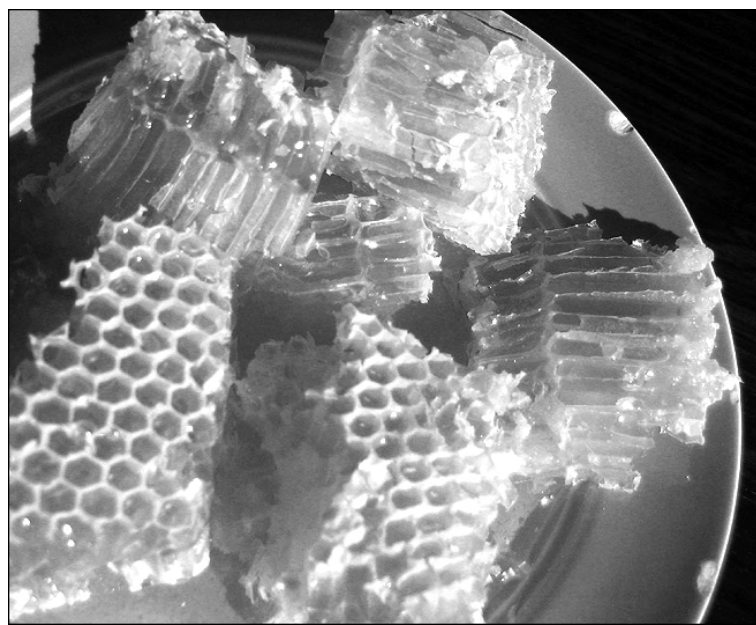
Pearlberg and Sanders greatly enjoy the simple sweetness their bees produce. They carefully harvest combs and mash and strain them—or sometimes just

chew the honey-filled pieces directly from the hive. “The joys of honeycomb are under-recognized,” said Pearlberg.

Avoiding the Ouch!

And what of the well-known and commonly feared bee stings? In the course of tending hives, Sanders and Pearlberg have suffered very few stings. “They're remarkably good natured with us,” said Pearlberg. “They're really not out to sting. They don't want to sting, and they die if they sting.”

“Sloppiness triggers stings”, she added. Acciden-



PHOTOS BY LAUREN ANDERS & GERRY PEARLBERG

Clockwise from left: Pollen sacs to honey via beekeeper to plate: many “bee people” say the joys of honeycomb are under-recognized.

tally crushing a bee on one's clothing yields an anxiety pheromone that alarms the rest of the bee colony and sends the message that other bees should “sting here, sting here!” she said. “That's why you have to wash bee suits if you're being stung.” On the human side of the experience, a bee sting triggers a chemical release that creates high level of anxiety that contributes to fear of stings disproportionate to their pain.

“Their life pattern is almost incomprehensibly intricate. They kind of make humans look like simple things.”

Pearlberg estimated she'd been stung perhaps 20 times, suffering half of those when she caught the bee swarm sloppily. “I deserved each and every sting—except for one,” she said. “I'm sure I deserved that last one too, but I don't know what I did.” ■

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Book Collaboration Basics for Experts and Writers

You're an expert with knowledge to impart, and you'd like to write a book. But you need help getting your ideas onto the page. Or you're a writer with the skills to present an expert's information, and you're looking for a project that can bring in some income. You two should meet! Come to this workshop with Stephanie Golden, author of eight books, including five collaborations with experts. You'll learn the gritty details:

- Getting a book contract: What's in a book proposal and a platform?
- Viable alternatives to big commercial publishers
- How to choose a writer and to decide to work with an expert
- Collaboration agreements: nuts and bolts
- Working together: pitfalls to avoid
- The bottom line: How does the writer get paid, and how to divide up the proceeds?
- You're published!—but the job's not over: marketing, marketing, marketing

Stephanie Golden is an award-winning freelance book author, journalist, and web writer with a specialty in medicine, health and fitness. <http://home.pipeline.com/~sgolden/>

Next Wordsprouts: Tuesday, Oct. 7
Visual Narrative with Youme Landowne

Thursday, September 18
7:30 p.m. at the Coop

FREE Non-Members Welcome
All Wordsprout participants are Coop members.

Bookings: P.J. Corso,
paola_corso@hotmail.com

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

Meet the Coop's Freezer Guy

It's Cold in There!

By Adriana Velez

You are waiting to check out at the Park Slope Food Coop in a line that snakes all the way along the freezer. You gaze numbly at the freezer contents—the ravioli, the Boca Burgers, the frozen pretzels, the picture of George W. Bush on the glass door...

Wait, what does George W. Bush have to do with frozen pretzels?

This is the work of Caleb Webster, the Coop's "freezer guy." He keeps the freezers well stocked and occasionally injects a little humor along the way. If you saw the George W. Bush picture several months ago you may remember the note: "Don't worry, our president won't choke on these pretzels!" The quip was in reference to

an incident in which the president started choking on a pretzel during a quiet evening at the White House. Webster wanted to find a fun way of introducing a new freezer item, *soft* pretzels that are less likely to catch in one's throat.

Webster's tongue-in-cheek freezer notes don't always play well with the Coop's more earnest members. He once posted the message "Hey, kid, tell your parents to buy you these!" next to packages of fun-shaped Jolie Ravioli. The ravioli is stocked well above a reading child's eye level, so this was clearly a joke pointed at adults. I remember seeing this note and laughing at its outrageousness. (I bought it, and my four-year-old son actually does request it frequently.) One member scratched out "tell" and wrote in "ask." Soon afterwards, it was taken down altogether.

You can't blame Webster for trying. He's just trying to entertain you and himself while informing you of new products and other developments in the freezer.

Webster came to his cold employment a little over two years ago, taking over for Anngel Delaney. He grew up in New

Hampshire where he studied music in college. When he's not managing the Coop's frozen foods, he plays drums in a local band, Monster Eiffel Tower (www.monstereiffeltower.com).

Just two weeks into the job, during the summer of 2006, there was a power outage at the Coop. If you were there, you may remember helping out the Coop by taking home some free, melting ice cream.

Webster recalls showing up for work that morning and noticing that all the lights were out and everyone was running around like mad. An impromptu meeting/ice cream social was held in the staff room upstairs. "Somebody needs to do something!" a staff member yelled, as he slammed his pint on the table, melted ice cream sloshing over the sides.

In the end, the staff decided to give away whatever frozen desserts and meat it could. Some went to the fire station next door and to nearby soup kitchens (though they can only accept so much food at a time). The Coop staff then took the remaining meat and held a barbecue at a nearby friend's home. The good news is, many of the other freezer items such as vegetables stayed relatively cold and refroze once the power was

back. Frozen items in the basement were fine as well. However, the coordinators have come up with a contingency plan in the event of another power outage. The Coop's ice cream will not perish next time.

Webster's tongue-in-cheek freezer notes don't always play well with the Coop's more earnest members.

Currently Webster is gearing up for the freezer's busiest season. "Space gets tight in the freezer from Labor Day through Thanksgiving. Holi-

time. Webster says he gets a lot of requests for new foods from shoppers and sometimes receives samples from distributors and companies. Other new items he discovers himself, like the frozen baby food that appeared on freezer shelves a few months ago.

He has had his share of flops too. One example: He was expecting the new Kashi frozen meals to be popular because people love the breakfast cereals. They did well at first but interest has dropped off recently. Webster says he will keep them on the shelves through the fall to see if there is renewed interest.

Webster doesn't dip into the freezer for his own food



Caleb Webster, freezer guy, in his lair.

day season is insane because everyone is shopping so much." During these months it's a challenge to find enough space in the freezers for all the products Coop shoppers want. On a day-to-day basis, however, the most popular frozen items at the Coop are salmon, blueberries, Ezekiel bread and veggie burgers.

New items come in all the

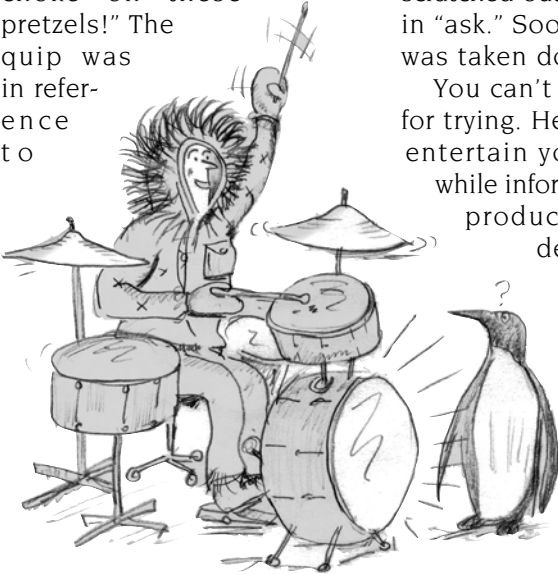
shopping. Like many of the Coop staff members, he loves to cook and prefers using fresh ingredients. He will buy frozen vegetables and berries in the winter, but that's pretty much it. He holds no judgment against the Coop's frozen-food lovers. He appreciates how useful frozen foods are for harried families and for non-cooks who still want to eat healthy food. "I love cooking, but my mom hates it and I understand that."

What does George W. Bush have to do with frozen pretzels?

One freezer item Webster is excited about is ice cream from the Raw Ice Cream Company. This is soy and dairy-free ice cream made from coconut. The owner of the company approached Webster and he was happy to take on the product. The Coop buys most of its food from large distributors who don't always bother to tell him about new products, like the "Obama Yes Pecan" ice cream Ben & Jerry's introduced earlier this year. "So it's nice to get small, local vendors in here," Webster says.

As for those wry freezer notes, you can expect to see their reappearance this fall. "People lost their sense of humor, so I stopped for a while. But I'm feeling a new wind of inspiration." ■

ILLUSTRATION BY ROD MORRISON



WHAT IS THAT? HOW DO I USE IT?

Food Tours in the Coop

Food is a movement
we've learned that much by now:
Eat better
Feel better
Live better

Seen another way when we eat better
we grow food better
the land air and water are better
farm hands are better
the fish, frogs and winged ones are better

Everything looks better, more interesting
more dynamic, real in the way that authenticates
our better nature
our higher selves

Jump into the mirror of yourself
and reflect back what you want to see
put yourself in service of your reflection

The Park Slope Food Coop
Reflecting a Better Way

by Myra Klockenbrink

Monday

**September 22 (B Week)
Noon to 1 p.m. and
1:30 to 2:30 p.m.**

Sunday

**September 28 (B Week)
noon to 2:00 p.m.**

You can join in any time during a tour.

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
welcome**

**Saturday, September 13
10:00 a.m.—2:00 p.m.
in the meeting room**

To bring Pocketbooks, and 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.)

PLASTICS RECYCLING COMMITTEE

How to be a Really Great Recycler

By Regina Sandler-Phillips, on behalf of the Recycling Squad

As concerns about global warming extend across the world, many of us are concerned about the enormous amounts of plastic packaging that we discard on a daily basis. The Park Slope Food Coop collects recyclable plastics that are not accepted by New York City, but relatively few of our 13,000-plus members participate in the Coop's recycling program. The following 7 tips are offered to help more Coop members do their part to stem the tide of trash.

1. Get the facts. Every issue of the Gazette publishes information about the three upcoming dates for Coop recycling, along with basic information about what to bring. For more detailed information about which plastics are accepted, which aren't and why, pick up a copy of Plastics Recycling at the Park Slope Food Coop: Frequently Asked Questions at plastics collection times or from the Coop office. Or read it online at www.foodcoop.com.

2. Understand that recycling is a work in progress. And YOU are part of that progress. All plastics brought for recycling must be inspected and sorted to insure that they are clean, dry and numbered appropriately. While plastics manufacturing is high-tech, capital-intensive and driven by convenience, plastics recycling is low-tech and labor-intensive and often far from convenient. Our individual actions add up, and they do make a difference. However, patience is a must and a sense of humor usually helps.

3. Expect to cooperate with your fellow Coop members. Recycling squad members are not responsible for sorting through your plastics if you are not there to work with them. All "dumped" plastics (those left anonymously for others to sort through) will be treated as ordinary trash. Cooperative recyclers understand this and don't try to drop off plastic before collection times. Nor do they insist that they have no time to go through the necessary sorting on site. Please also note that each recycling squad has additional responsibilities at the end of the shift. They reserve the right to refuse plastics that are brought later than the designated collection times. If you are too pressed for time on a given day, please save

your plastics for another day when you are more available to cooperate with us.

4. Accept occasional changes. Just as NYC recycling parameters have changed over time, Coop recycling parameters are also subject to change. There are also times when recycling squad members need to make judgment calls about particular items. Our squad leaders and overall squad coordinator work together between shifts to clarify and minimize any ambiguity or confusion. Here again, your cooperation and understand-



ing are essential to the success of this effort.

5. Be alert when working on regular receiving squads. Internal plastics—plastic film collected on regular receiving shifts—account for a significant portion of our recyclable

plastics. Internal plastics are bagged and stored in the back alley and removed regularly by our recycling squad drivers. If you are working a receiving shift, please don't mix any plastic containers (even recyclable ones), vinyl, Styrofoam, cellophane, or Mylar with this plastic film. Any of these other materials will turn the internal plastic collection into trash.

Webster's tongue-in-cheek freezer notes don't always play well with the Coop's more earnest members.

6. Reduce and reuse as well as recycle. A number of Coop members have reduced their use of plastic bags and/or their purchase of items packaged in unrecyclable plastic. Heightened awareness is the key to building a broader movement for environmental protection, beginning with the power of our individual consumer choices.

7. Don't beat us—join us! If you have questions, suggestions or concerns about recycling procedures, please write to us at plasticrecycling@foodcoop.com so that we can address them directly. (Letters to the Gazette are fine, but direct contact with our Squad Coor-

ordinator is more efficient and effective.) If you would like to do more to be part of the solution, sign up as a potential future recycling squad member. We are especially in need of drivers with large-

capacity vehicles. The more Coop members participate in our monthly collections, the more we will be able to expand regular recycling hours on a monthly and weekly basis. ■

Thursday, Oct 2

7:30 p.m. at the Coop

Susan Baldassano coordinator

PARK SLOPE FOOD COOP

The Green Table

The Green Table is a sustainable eatery tucked inside the Chelsea Market featuring creative dishes crafted from local, organic and artisanal sources exercising humane and environmentally friendly practices alongside an intelligent wine list, local beers and organic cocktails. Owned by farm-to-table pioneer Mary Cleaver and her catering company, Cleaver Company, The Green Table chef Brent Sims works closely with local farms to offer fresh, seasonal menu selections. Versatile and intimate, The Green Table invites you to sample their seasonal treats, such as summer corn ice cream, fresh farm crudites and local artisanal cheeses.

MENU

- Roasted Tomato Soup
- Late Summer Succotash with Pecan Brulee
- Seasonal Fruit Crisp

\$4 materials fee

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

Orianne Cosentino currently cooks under Chef Brent Sims at The Green Table, Mary Cleaver's sustainable eatery and wine bar in the Chelsea Market, where she is encouraged to adapt recipes and techniques gathered during her extensive travels. Since completing the Chef Training Program at the Natural Gourmet Institute for Food and Health in 2005, Ori has cooked in France, California, Greece and Mexico. World traveling is an important influence on her culinary style, just as important as living in NYC. She also enjoys sharing her culinary endeavors through teaching and writing.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

The Fun'Raising Committee of The Park Slope Food Coop

Presents

For Your Entertainment and for a Good Cause

Saturday, September 27 • 7:00–10:00 p.m.

Upstairs in the Coop meeting room

Benefit for CHIPS Soup Kitchen

(Christian Help In Park Slope)

Beginners Welcome—The basics will be taught as needed.

A fun social evening for a good cause. Come one, come all (age 18 and up).

Snacks and drinks available for purchase.

Admission price of \$10 buys your poker chips to play, and supports the beneficiary.

Top four winners will receive a gift certificate.

What a Deal! So Deal me In!

Further Information: (718) 429-3437

Puzzle Corner

Coop Word Search

Find the words relating to the coop from the list below.
Puzzle Author: Janet Farrell. For answers, see page 11.

i	s	a	i	s	l	e	p	i	o	c	a	s	h	i	e	r
t	t	l	p	t	a	i	a	r	s	t	n	s	e	v	n	s
s	r	e	c	y	c	l	e	d	o	i	f	o	e	a	r	e
n	l	r	g	i	o	c	e	h	m	c	r	g	t	e	c	x
t	e	t	l	n	l	d	i	a	t	o	e	i	g	p	o	o
w	t	s	a	v	n	e	t	n	e	t	e	s	h	k	r	b
h	e	r	u	e	q	i	g	u	a	s	z	e	s	c	i	e
o	g	l	p	s	v	u	n	r	o	g	e	e	t	i	e	h
l	o	s	v	t	t	f	i	h	s	k	r	o	w	h	n	g
e	u	i	h	m	v	a	v	n	c	e	c	o	z	c	t	g
s	o	c	p	e	n	v	i	r	o	n	m	e	n	t	a	l
a	e	t	g	n	l	o	e	n	a	a	m	v	h	l	t	r
l	q	a	e	t	o	v	c	s	a	r	h	n	i	c	i	s
e	n	c	t	n	e	m	e	s	a	b	t	r	u	g	o	y
e	l	b	a	s	u	e	r	a	c	d	l	i	h	c	n	e
o	o	w	r	g	c	r	c	h	o	u	s	e	h	o	l	d
n	h	r	c	i	e	y	u	b	a	k	e	e	x	f	a	w

aisle	environmental	quinoa	vegan
alert	freezer	receiving	vegetarian
basement	granola	recycle	vitamins
boxes	household	reusable	wholesale
cashier	investment	seitan	workshift
checkout	local	shelve	yogurt
chickpea	organic	spelt	
childcare	orientation	suspended	
crate	processing	sustainable	

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

COOP HOURS

Office Hours:

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

Shopping Hours:

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

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

Childcare Hours:

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

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS'
GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

Voluntary Articles: Maximum 750 words.

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

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

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

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

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



Printed by: Prompt Printing Press, Camden, NJ.

Friday
Oct 17
8:00 p.m.



very
The Good Coffeehouse
COOP CONCERT SERIES

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



Paul Friedman and Jody Kruskal

These two guys from Brooklyn love to play old-time tunes and songs from North America and beyond. Heart songs and hokum, by turns, silly, sweet and serious. Jody has a distinctly American sound on the concertina, like a fistful of harmonicas, with rich harmony and melodic counterpoint while pumping out rhythms with the bellows. Paul is deep in the traditions of old-time fiddling and both enjoy a rich medley of tunes and songs from the U.S., England, Sweden and the Shetland Islands.

Anath

Singer-songwriter Anath musically fuses traditions, inherited and chosen. Born in Tunisia, and raised in Israel and France, Anath has already had a globe-trotting career. A singer, dancer and actress, she has recorded and performed in all three capacities throughout Europe and the Middle East, singing in French, Hebrew, Arabic and English. Anath is currently working on her new album with pianist/producer Pablo Vergara.



53 Prospect Park West [at 2nd Street] • \$10 • 8:00 p.m. [doors open at 7:45]

Performers are Park Slope Food Coop members and receive Coop workslot credit.

Booking: Bev Grant, 718-788-3741

Childcare is available from Brooklyn Society for Ethical Culture for a nominal fee.

Monthly on the...

Second Saturday
SEPTEMBER 13
10:00 a.m.–2:00 p.m.

Third Thursday
SEPTEMBER 18
7:00 p.m.–9:00 p.m.

Last Sunday
SEPTEMBER 28
10:00 a.m.–2:00 p.m.

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

RECYCLING

PLASTICS

What plastics do we accept?

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

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

We close up promptly.
Please arrive 15 minutes prior to the collection end time to allow for inspection and sorting of your plastic.



This Issue Prepared By:	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editor (development):	Wally Konrad Tom Moore
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Traffic Manager:	Monona Yin
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Proofreader:	Susan Brodlie
Thumbnails:	Mia Tran
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Preproduction:	Susan Louie
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Editor (production):	Nancy Rosenberg
Index:	Len Neufeld

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

Plastic Recycling Drivers

The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers are needed for shifts on Wednesday or Friday. Drivers must have a large capacity van, truck, or mini-van with removable backseats for the volume of recycling collected (no hatchbacks!). You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. All drivers must be available to drop off the recycling at the center between 8:00 a.m. and 3:00 p.m. when the recycling facility is open. Member will be reimbursed for mileage according to IRS reimbursement rates. If interested please contact Office Coordinator Cynthia Pennycooke at

cynthia_pennycooke@psfc.coop or drop by the Membership Office to speak to her.

Shopping Floor Set-Up and Cleaning Monday thru Friday, 6:00 to 8:00 a.m.

Are you an early riser with a love of cleaning and organizing? Work under the supervision of a staff person to set up and clean the shopping floor checkout stations. Must like to clean, be meticulous, detail oriented and able to work independently. Great opportunity for someone who wants to work when the Coop is not crowded. Please contact Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or through the Membership Office at 718-622-0560. FTOP credit available.

Community Ties Outreach (FTOP Only)

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 marketing savvy and community minded, leave a voice-mail message for Camille Scuria at 888-922-2667, mailbox 87.

CONTINUED ON PAGE 8

COOP CALENDAR



New Member Orientations

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

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

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Sep 25 issue: 7:00 p.m., Mon, Sep 15
Oct 9 issue 7:00 p.m., Mon. Sep 29

CLASSIFIED ADS DEADLINE:

Sep 25 issue: 7:00 p.m., Wed, Sept 17
Oct 9 issue 7:00 p.m., Wed. Oct 1

General Meeting

TUE, SEP 23

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

TUE, OCT 7

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Oct. 28 General Meeting.

The Coop on the Internet
www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop
FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.
Channels: 56 (TimeWarner), 69 (CableVision).

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

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

Next Meeting: Tuesday, September 23, 7:00 p.m.

The General Meeting of the Park Slope Food Coop is usually held on the last Tuesday of each month, but because the space isn't available on the last Tuesday in September the GM voted to have it on September 23.

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

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up Required:

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

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

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Childcare can be provided at GMs:

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

• Signing in at the Meeting:

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

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

• Being Absent from the GM:

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

• Is it FTOP or a Make-up?

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

• Consider making a report...

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

Park Slope Food Coop Mission Statement

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

COMMUNITY CALENDAR

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

**Denotes a Coop member.*

FRI, SEP 12

11th ANNUAL PARK SLOPE BLUE-GRASS & OLD-TIME JAMBOREE: James Reams & The Barnstormers, Friday, September 12, 8:00-10:00 p.m. Brooklyn Society for Ethical Culture, 53 Prospect Park West at 2nd Street. \$10 adults, \$6 children.

SAT, SEP 13

PEOPLES' VOICE CAFE: Carl Schwartz Celebration. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/ more if you choose, less if you can't/no one turned away.

11th ANNUAL PARK SLOPE BLUE-GRASS & OLD-TIME JAMBOREE: music, workshops, jam sessions, and films. 12:30-10:30 p.m. Brooklyn Society for Ethical Culture, 53 Prospect Park West at 2nd Street. \$4 for the whole day. For full listing of events go to [www.facebook.com/ event.php?eid=26056000035&ref=mf](http://www.facebook.com/event.php?eid=26056000035&ref=mf).

SUN, SEP 14

SEPARATION OF CHURCH/STATE: Lori Lippman Brown, director of the Secular Coalition of America, speaks about her role as the first lobbyist representing nontheists, and the alliance of religious and nonreligious in protecting the government's secular character. Brooklyn Ethical Society, 53 Prospect Park West, 11 a.m.

MON, SEP 15

FIND YOUR VOICE: A POLITICAL FORUM: Know the presidential candidates' positions on Israel, Iran, health, energy and the environment. Cost: \$20, including kosher dairy supper. 6:00 p.m. at Congregation Beth Elohim, Garfield Place and 8th Ave. Sponsored by Park Slope Hadassah and Hadassah Brooklyn region. For more info call 718-382-6454 or www.parkslope.brooklyn.hadassah.org.

THU, SEP 18

FIRST ANNUAL SEVENTH AVENUE RESTAURANT TOUR: Stop in any of the participating restaurants, wine shops or fine food purveyors and sample their gastronomic delights for free. Visit www.buyinbrooklyn.com for details.

SAT, SEP 20

DANCING FOR ANIMALS: a non-profit organization, is holding Saturday night dance parties. Alternate Saturdays, enjoy an evening of dancing while helping animal welfare organizations at the same time! Intro dance class 8:30-9:30 p.m. General dancing 9:30-12:00 a.m. (music for all partner dances played). Dance Times Square, 156 W. 44th St., 3rd Floor. Cost: \$10. 212-946-1824 www.dancingforanimals.org.

PEOPLES' VOICE CAFE: Tom Pacheco; David Laibman. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SUN, SEP 21

FREE CHAMBER MUSIC SERIES: David Krakauer, clarinets; Marija Stroke, piano; Peter Weitzner*, double bass; Will Holshouser, accordion; in a recital titled "Beyond Crossover" including works by Janacek, Brahms, Messiaen, Reich, Debussy and traditional klezmer tunes. At the Stevan Dweck Center For Contemporary Culture (found under the vast front steps of the Central Library), 4 p.m.

FREE COOKING DEMONSTRATION: Chef Leah Greenbaum shares recipes using local produce. At the Park Slope Farmers' Market at JJ Byrne Park on Fifth Ave. (btwn 3rd & 4th sts) from 10 a.m.– noon.

THE HIDDEN WAR AT HOME: Aziz Huq of the Brennan Center for Justice and coauthor of "Unchecked and Unbalanced: Presidential Power in a Time of

Terror," speaks about the overlooked "war on terror" violating civil liberties in police stations and immigration agencies. Brooklyn Ethical Society, 53 Prospect Park West, 11 a.m.

SAT, SEP 27

PEOPLES' VOICE CAFE: Chris Lowe; Peter Pasco; Toby Fagenson. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SAT, OCT 4

PEOPLES' VOICE CAFE: Ebony Hillbilies. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SAT, OCT 18

PEOPLES' VOICE CAFE: Human Condition Reunion. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

PEOPLES' VOICE CAFE: Hook Report with Chris Lange; Emma Graves. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

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 be a member of the Coop in good standing for at least six months; and 2) must make a six-month commitment to the workslot. If you are interested in this workslot, please speak to Renee St. Furcy through the Membership Office.

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 located at Fourth Avenue and Sackett Street. Workslots preparing food, helping serve meals and cleaning up are available to Coop members who have been a member for at least six months. Coop members will work alongside other volunteers at CHIPS. Reliability, cooperation and ability to take directions are vital. Experience with food prep is a plus for working in the kitchen. Please contact Camille Scuria in the Membership Office if interested.

Saturday, September 13
4:00 at the Coop

FREE
Non members Welcome

Community
Acupuncture
and You

Come join our ongoing discussion about:

- Affordable healthcare options in NYC
- Community acupuncture in theory and in practice
- Social entrepreneurialism for personal and planetary health

Discussion hosted by Coop members Robbie Butler, LAc, and Sarah Chase, LAc, of the Brooklyn Acupuncture Project.

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

Sunday, September 14
12:00 at the Coop

FREE
Non members Welcome

The Emotional
Side of Healing

Are you aware of the connection between your mental and emotional attitudes and your health? Unmanaged stress and toxic emotions are as destructive to our health as poor food choices and a polluted environment.

Come join us and

- Get a better understanding of how your emotions play an important role in your ability to heal and maintain good health;
- More easily identify how we get in the way of our own healing process;
- Take simple steps toward converting toxic thoughts and emotions into healthy attitudes.



Take this opportunity to begin your journey.

Clarisse M. Domingo is a Certified Colon Hydrotherapist and the resident nutritional and lifestyle coach at Prana Brooklyn, a wellness center in Park Slope. Her practice focuses on exploring the connection between emotion, daily eating habits, overall lifestyle, and our ability to heal. Clarisse holds a Master's Degree in Social Work from NYU and is a graduate of the Institute for Integrative Nutrition. She has been a member of the Coop since 2004.

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

Tues., September 16 &
Thurs., September 25
7:30 p.m. at the Coop

FREE
Non members Welcome

FORMING THE PARK SLOPE
ENERGY COOP

We are forming a community-based, renewable energy coop with the goal of using locally made ETHANOL to power our vehicles. We will begin by pursuing funding to install a fuel station within a two-mile radius of Park Slope and recruiting members to join. All member vehicles will be converted to run flexibly on either 100% ethanol or gas (at a cost of roughly \$300 or less per car). Once the station is up and running, we will recruit New York farmers to build small plants from high-yield ethanol crops to supply Brooklyn drivers.

We welcome your input. We are looking to take control of our energy future and not have it determined by Big Oil.

We will follow the model presented at the end of David Blume's book, *Alcohol Can Be a Gas! Fueling an Ethanol Revolution for the 21st Century*.

COME OUT AND ASK QUESTIONS AND JOIN THE COOP!

THE REVOLUTION STARTS ... NOW!

Non-members welcome



Michael Winks, Kevin Burget, coop founders, and Park Slope Food Coop members. Book excerpts are available at alcoholcanbeagas.com.

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

HOW THE COOP BUYS MEAT AND POULTRY

TO THE EDITOR:

This is a response to Rachel Porter's letter in the August 28 issue asking for details about how the Coop chooses meat farms. Local meat and poultry farmers frequently solicit our business, initiating most of our distributor relationships. We're an honest and reliable customer—we make substantial orders, treat distributors fairly, pay our bills on time, etc.—and we are respected for that. The Coop holds its providers to our own standards of environmentally and ethically sound, healthy, locally raised food. Considerations of packaging (eco-friendly, well-sealed), freshness (high) and price (low) are extremely important. The Coop continues to sell chickens raised at Dines Farms because we consider them to meet these standards and because of their popularity with members. Information about individual farms (including policies regarding treatment of livestock) is available on the Coop website.

Bill Malloy,
Receiving Coordinator/Meat Buyer

CATCHUP

TO THE EDITOR:

*You've had your summertime in the sun,
Turned blazing, crimson red,
Applied the recommended wet
Washcloth and taken to bed.
You've listened to Beethoven and Bach
And John Zorn on the lawn
And gotten bitten by hungry bugs
And look like a savaged fawn.
You've driven winding country roads
That always leave you a mess
And having failed to learn a thing
Still have no G.P.S.
But now you're home, it's catchup day,
A bloody collection of chills—
A hundred messages and mags
And piles of dust and bills.*

Leon Freilich

MORE ON ATLANTIC YARDS

TO THE EDITOR:

I am writing to amplify Susan Metz's letter "Your Role in Atlantic Yards" from the *Linewaiters' Gazette* of July 17, 2008. The Atlantic Yards (AY) project needs to be completely rethought and this time with community input. And, yes, the Atlantic Yards Governance Act she talks about will confer legitimacy on a project that has violated both established process and all logic.

AY was promised as a two-phase project that would be completed in an amazing 10 years. Now, just Phase I has been granted 12 years for its completion. The project's Phase II residential housing portion might follow, albeit without any end date. For now what we mostly get are a sports arena and acres of interim parking lots. Gone are the benefits—the landscaped public open spaces and other amenities, the promised jobs, and of course the supposedly affordable housing.

Most importantly, with only a sports arena and years of interim parking there is no compelling reason to build Ratner's arena at this loca-

tion. The State rejected any alternative to Atlantic Yards that did not include both an arena and housing. Well, now where's the housing?

What is needed is to acknowledge that an arena and five to 15 years of interim parking lots will have significant adverse impacts that no one is talking about. They would include the "Developers Blight" already caused by blocks of demolished buildings, the displacement of tenants and businesses from the project's footprint, disastrous traffic dislocations from parking lot entry and egress, cruising for free street parking, the project's increased costs and subsidies, the loss of direct connections between the arena and the Atlantic Avenue Station, storm water run off from the parking lots without promised Phase II mitigations, the possibility of electronic signs blazing out basketball scores and gridlocked westbound drivers all down Atlantic Avenue....

Unfortunately while the courts are deciding who gets to control 22 contiguous acres right in the heart of Brooklyn, they are addressing AY as it was approved in 2006 and not what it has become. Waiting on the courts to decide is an abdication of the State's responsibility to govern in the public's best interest.

So take Susan's advice and call or write your local elected officials and Governor Paterson to demand that this new but not improved project gets an honest review. Brooklyn deserves something better than a corporate land grab—a land grab that over the last four years has already blighted so much of our neighborhood.

AY's massive impacts and minimal benefits in a time of financial contraction may yet force smarter and more contextual development. We can hope that the State takes a hard look at what AY has become and we can also act to help make that happen.

Respectfully,
Alan Rosner

UNCOOPERATIVE SQUAD LEADERS

TO THE EDITOR:

Many of us enjoy the Coop as a quasi-socialist institution that serves as a living embodiment of a larger vision of society. We're not here just for the prices but also for the beauty of shared, meaningful work.

My own experience has been pretty mixed lately. I switched out of one shift because it was ugly to be working hard while the two squad leaders spent most of the time chatting. The squad leader on my shift today sent someone outside to summon me so he could sign me in. He insisted that he would be the one to write my signature. I responded, "I don't like that". He said, "Fine, I don't care if you're marked absent."

As the peasant said to King Arthur, "What I object to is that you automatically treat me like an inferior!" I offer five proposals, for the unsheep among us to address this embarrassing tendency in our beloved collective project.

1. Sign yourself in. Let someone watch if they want—heck stand under the cameras so it can be recorded—but don't let a bossy type be the signatory of your contribution.

2. Disobey orders. There is a distinction to be made between asking a coor-

inating squad leader for suggestions about priorities and being told what to do by a bossy boots. You could help make that distinction, perhaps borrowing Bartleby's polite demurral, "I would prefer not to." Or just ignore him and her and choose a more pressing task.

3. If your squad leaders are chatting the shift away suggest that they do some sweeping or other localized squad work. If a problem arises we'll still know where to find them.

4. Convene squad meetings where everyone gets a chance to report on strengths and weaknesses in the team's functioning. Hold frequent elections and vote out the squad leaders that forget that they're not at their capitalist workplaces.

5. Agree to an explicit policy on make-ups on your squad. This will diminish the major "stick" squad leaders wield—an arbitrary and unchecked power. That ounce of power functions on many of us as a rope tied around an elephant's ankle and is better removed.

Yours in Cooperation,
Andy Snyder

A LOOK AT THE HISTORY OF AIDS

TO THE EDITOR:

In the constellation of Big Lies that some believe constitutes modern American medicine, the AIDS establishment is the newest and perhaps greatest development. In *Serious Adverse Events: An Uncensored History of AIDS*, writer-journalist Celia Farber offers us a history of the AIDS wars as of 2006. Claiming not to know who is right, she still shows a clear belief that something is wrong. Here are some things I did not know or that this book clarified for me:

On the benefit of AZT for asymptomatic patients: "Virtually every U.S. AZT study was terminated prematurely as soon as 'survival benefit' was observed [p. 127]." Results of the initial study were not released "until April 5, 1990, a full nine months after the NIH announced to the public that anyone with antibodies to HIV and less than 500 T-4 cells should start taking AZT." By this time two other studies had been released, showing no benefit of AZT. In August 1993 the "Concorde" study was released, showing in unsalable terms and over a period of three years, no benefit from AZT.

Instead of revising its policy on AZT for asymptomatics, the establishment put extreme pressure on the Concorde staff, pressure which was "placed at the very highest level [p. 127]." Is such suppression consistent with science or freedom of speech? The Jens Lundgren study reported in the April 1994 issue of JAMA (Journal of the American Medical Association) lasted for five years and showed that "The death rate in the third and forth [sic!] years was 'substantially greater' than for those who never took the drug [p.128]."

Ms. Farber then tells the story of AZT use for healthy HIV-positive mothers and healthy HIV-positive babies. It is no more encouraging. No doubt hundreds of thousands of people, including pregnant mothers and their babies, have died or needlessly lost their health because of "mutagenic, teratogenic and carcinogenic" drugs supported by the Government-Medical-Pharmaceutical-Academic establishment and its supporters and those

who have colluded through silence.

At the Co-Op, we can't point to hundreds of thousands of deaths, only to disappointed and disempowered members who have been rejected and overwhelmed by a closed dynasty of rulers. We refer here, in particular, to the "General Coordinators" and the members of the Personnel Committee, and more generally to the members of the Gazette and all other committees.

Incidentally, I am writing to you from New Orleans, on my way back from a funeral ceremony in Shreveport for my friend, Herndon Ely.

In Solidarity,
Albert Baron Solomon

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.

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.



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.

Park Slope Food Coop Video Squad Workslots Available

Did you know that the Coop has a regular show on Brooklyn Cable Access Television and will soon be expanding to podcasting via the Internet?

The shows feature members and issues related to the Coop and the larger Brooklyn community. Past shows include health, improv performance, live music, cooking classes and ideas for living ecologically.

There are current workslot openings for:

1. Show Host
2. Researcher/Storyboarder
3. Post Production: Editing and Compression

For more information, contact David at simpsoda@gmail.com and include "PSFC Video Squad" in the subject line.

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

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

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

PSFC members may receive FTOP credit in exchange for their help. To receive credit, you should be a member for at least one year and have an excellent attendance record. To make work arrangements, please email ellen_weinstat@psfc.coop or call 718-622-0560.

East New York Food Coop

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



SUPPORT A NEW COOP!

Do you live or work in the Bronx?

Would you prefer to do your workslot on Saturdays?

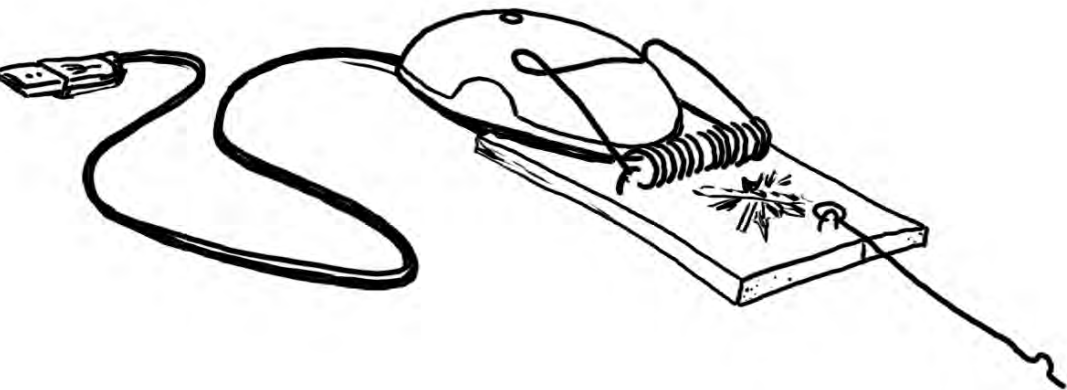
Then inquire about supporting the South Bronx Food Cooperative!

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

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

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

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



Diversity and Equality Committee Looking for Additional Members

The Diversity & Equality Committee (DEC) is dedicated to improving human relations and communications through impeccable interpersonal interactions, policies and procedures in the Coop. Our goal is to work toward preventing and eliminating discrimination in the Coop. The DEC has met on a monthly basis since 2004 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 whom feel they have experienced discriminatory practices in the Coop.

In order to be considered for the Diversity and Equality Committee, you must have at least one year of Coop membership, have an excellent attendance record, have the ability to be accountable, to take initiative, to work independently, be organized, and have an ability to work collaboratively with others. In addition, the committee meets monthly on second Thursday of the month from 6:30 pm–8:00 pm. These meetings are mandatory. Committee members also work outside the meetings on projects for their sub-committees. Work on the Committee is recorded on an hour-by-hour basis.

The Committee is organized into subcommittees by area. The specific sub-committee needs and skills are detailed below. In addition, we are looking for a secretary for the committee as a whole. Please specify which sub-committee(s) interest you (each member partici-

pates in only one sub-committee). To express interest contact Jess Robinson at the Food Coop via e-mail at jess_robinson@psfc.coop or phone at (718) 622-0560. Please be prepared to provide a listing of your relevant experience, along with your Food Coop member number.

Committee Secretary

The necessary skills are:

- Ability to comprehend what is being stated and record it accurately in writing
- Ability to do word processing and distribute minutes via e-mail from home

The Diversity Education Sub-Committee

Needs 4-5 new members. The necessary skills are:

- Committed to the concept of "diversity." Other terms that resonate in the "industry" are "multicultural" "pluralism" and "inclusion"
- Superior relationship/people skills—pro-active, savvy, and non-judgmental in relating to all types of people
- Basic group facilitation—have experience leading workshops, ideally around diversity issues
- Public Speaking skills, conflict resolution skills, and mediation skills

The Survey Sub-Committee

Needs 4-5 new members with interest in conducting a study of Coop members' experiences with bias or dis-

crimination at the Coop. The necessary skills are:

- Data entry skills: Qualitative & quantitative data analysis software (such as SPSS) experience
- Writing skills for documenting and presenting study findings

Complaint Review Sub-Committee

Needs 2 new members, a secretary and a mediator. The necessary skills for each position are:

- Mediator: Needs excellent conflict resolution and mediation skills; good editing and writing skills; compassionate; impartial; good investigative skills; critical thinking skills; good interviewer; attend a hour and a half subcommittee meeting every month in addition to the general DEC meeting
- Secretary: Take dictation and detail notes; transcribe and archive; data entry and general computer skills; good editing and writing skills; compassionate; impartial; good investigative skills; critical thinking skills; good interviewer; able to attend a hour and a half subcommittee meeting every month in addition to the general DEC meeting



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.

CHILD CARE

TERRIFIC BABYSITTER AVAILABLE PT TIME: Sherryann has worked for us for 4 yrs & she is seeking to work Tues/Fri all day & some AM's as we only need her pt time. She is reliable, energetic & warm & great w/ kids all ages. Call her directly at 347-409-8771; Call Stephanie for reference: 718-638-5377.

COMMERCIAL SPACE

PROFESSIONAL OFFICES available. Ideal for massage therapist, acupuncturist, psychotherapist, etc. Be part of a holistic center, either in a beautiful Soho section or in an excellent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-5055.

HOUSING AVAILABLE

HOBBIT HOUSE on 12 acres in the woods. Columbia County, NY. Small, adorable cabin can sleep 8. Solar electricity, shed, sauna, spa deck, mega privacy. Approx. 2 hr. NYC. Contact Reno via rendak@optimum.net.

HOUSING SUBLETS

SEEK 6-12 mth sublet. Furnished 2 BR Pref w/WD + Outdoor space. As of Sept. in Boerum Hill/Carroll Gardens. 60 y.o. female educated, quiet, resourceful, respectful, responsible (no smoke/drink) very clean. Will take good care of your home, plants, antiques, mail & neighbors. Excellent credit & local ref. 646-509-7273.

MERCHANDISE-NONCOMMERCIAL

19 INCH COLOR MAGNAVOX TV in very good condition. No remote, but rabbit ear antenna if you need it. \$50. E-mail Teresa at teresatheo@gmail.com or call 347-244-6566.

FOR SALE NORDIC TRACK. Like new condition front folds for easy storage \$100. Please call 718-871-0775.

MERCHANDISE WANTED

DR. BRYAN POST takes care of very damaged/abused kids no one wants (Virginia). His program needs: AC, paint, balloons, beads, non-scarey costumes, const. paper, craft stuff, ribbon, scissors, sequins, temp. paint, yarn, old/new (post) cards, non-violent books (any age), coloring books, toys, board games, stuffed animals (clean), dolls (all colors) + any fun things for 2- to 21-year-olds. Call Jeannine 646-509-7273.

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.

YOUR SMALL & HOME OFFICE computer techs: NY Geek Girls, Inc. Networking & internet; setup & configuration; hardware & software maintenance; data recovery; viruses; backups. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-time Coop member. 347-351-3031 or roberta@nygeek-girls.com.

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

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

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. 20-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccione.law.com.

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.

ADMINISTRATIVE ASSISTANCE NEEDED? I am experienced in research, editing & proofreading, formatting documents, designing brochures, flyers, business cards at reasonable rates. Call 718-783-9460.

HAIRCUTS haircuts HAIRCUTS. Color, HIGHLIGHTS, lowlights in the convenience of your home or mine. Call Leonora 718-857-2215. Adults \$35.00, Kids \$15.00.

NYC SCHOOL HELP-Public/Private Nursery and Elementary school info. High School and Middle School choice workshops. Save time, manage the process, stop stressing. School search consultant specializing in north Brooklyn lower schools/citywide HS. Joyce Szuflita 718-781-1928. www.nycschoolhelp.com.

RENT A FRIEND - Not a therapist - Not an escort - Not a family member -“just a friend.” Available for conversation -transportation or recreation location of your choice - all welcome - reasonable rates - Day or night. Call 718-887-6369 for interview.

FREELANCE TAPER/PLASTERER/SKIMCOATER. Works alone, small jobs only, (especially on weekends). Need flexibility in my work schedule. If I can't do the job, I would let you know. Flat minimum rate per hour or estimate on labor. Contact: tellok-abb@gmail.com or 347-267-4106 ask for tellok the taper.

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.

PSYCHOTHERAPY: Lillian Engelson, LCSW. I am a seasoned therapist working with indiv., couples & groups. I have extensive exp. w/ anxiety, depression, grief & people w/ histories of trauma. In-network with Aetna & Empire Blue. Most other insurances are reimbursable. I'm just two blocks from F train in Kensington, Brooklyn (2 stops past the 7th Ave., Park Slope station). 917-972-7138. lilyeng@optonline.net.

VACATIONS

Three season vacation cottages for sale in our friendly, wooded northern Westchester community. Pool, tennis, biking, hiking; near Hudson River and Metro North. \$97,000-99,000; One-time initiation fee, \$3000, maint. approx. \$3200. Cash sales only; no dogs. 212-242-0806 or june-jacobson@earthlink.net.

SKI THIS WINTER in Southern VT. Lovely 3-bedroom, 2-bath house near Mt. Snow. FREE ice skating, cross-country trails, clubhouse with pool, sauna & hot tub. House includes cable TV, DVD, local phone, plowing, rubbish pick-up & firewood for wood stove. \$6,000 plus propane & electric for 5-month rental. 718-851-4766.

CATSKILL MTN CABIN on Schoharie Creek. Spacious 2 BR 1 Queen 2 Twin on 5 very private acres. Beautiful fall foliage. Lots of wildlife. Swim & fish in creek. Hiking, biking, antiques & 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 ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly minimized so bring your own. Dr. Goldberg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

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We are a small team of Brooklyn designers and media professionals with experience in the non-profit and small business world, dedicated to sustainable and progressive ideals. By furthering the efforts of like-minded organizations, we can create a more livable and socially-just world.

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Boost Your Non Profit's Revenue Potential
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718-514-5824 or macondoent@yahoo.com

Puzzle Answers

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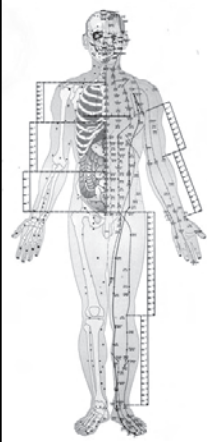
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quinoa
receiving
recycle
reusable
seitan
shelve
spelt
suspended
sustainable
vegan
vegetarian
vitamins
wholesale
workshift
yogurt

ADVERTISE ON THE WEB
If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.



Friday, September 19
7:00 p.m. at the Coop **FREE**
Non members Welcome

Acupuncture for What Ails You



This workshop will explain how acupuncture works for the many conditions it successfully treats.

Known to be effective for pain, acupuncture can also treat the common cold and can gently resolve old emotional injuries, especially those that haunt us or hold us back in life.

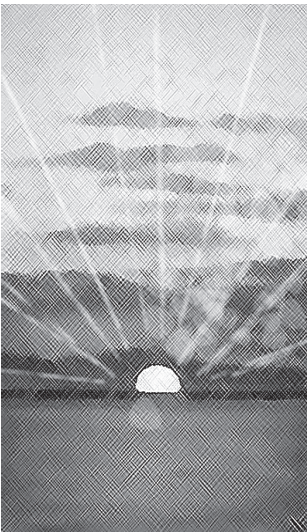
If you are interested in acupuncture and want to know more, come to this informative workshop.

Ann Reibel-Coyne is a NYS-licensed acupuncturist with more than 15 years of experience in Chinese medicine. She has studied classical acupuncture from renowned Taoist priest and teacher Jeffrey Yuen. She is a Food Coop member and lives in Park Slope with her husband and son.

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

Saturday, Sept. 20
2-3:30 p.m. at the Coop **FREE**
Non members Welcome

What Can Life Coaching Do For You?



Life coaching can:

- clarify your life goals and help you to live the life of your dreams;
- teach you how to recognize and avoid blocks and detours;
- help you live a life aligned with your unique gifts and talents.

In this experiential workshop you will discover some of life coaching's unique techniques for personal and professional growth. Come prepared to examine and play with a key issue in your life.

Please come to this workshop on time. Anyone arriving more than 15 minutes late will not be admitted

Mina Hamilton is a Certified Life Coach, author, yoga teacher, and yoga therapist. Her book, *Serenity To Go: Calming Techniques for Your Hectic Life*, has been translated into five languages. She has an MA from Harvard University. She can be reached at minaham@aol.com.

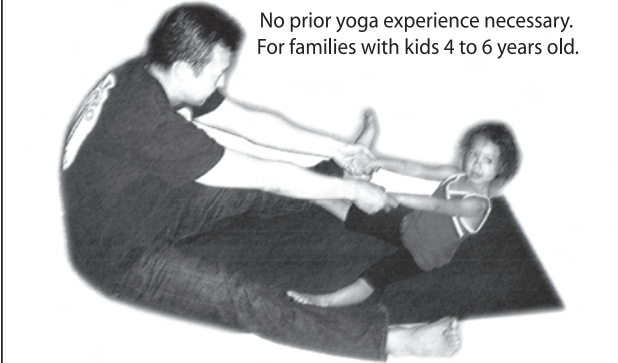
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Saturday, September 20
10:00 am - Noon at the Coop **FREE**
Non members Welcome

Family Yoga

Yoga Fun for the Whole Family!

Bond with your family and explore your child's inner yogi as you balance like a flamingo, stretch into a downward puppy, or breathe like a bunny. Music, dance, and games are all seamlessly incorporated into this fun-filled, family yoga time.



No prior yoga experience necessary. For families with kids 4 to 6 years old.

Phyllis Uma Botté feels fortunate to be a Coop member and is eager to share her love for yoga with other members. Watching her daughter practice yoga with her family, in San Francisco, inspired Uma to share her passion for yoga with families in NYC. She is certified through Karma Kids Yoga in NYC.

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

Tuesday, September 23
7:30 - 9 pm at the Coop **FREE**
Non members Welcome

Overcoming "Sales Phobia"

with Susan Martin

Do you need customers but hate selling?

- * Are prospective customers slipping through your fingers?
- * Are you uncomfortable speaking about your business?
- * Does selling seem sleazy?
- * Do you want to learn how to close deals without using pressure?

Join us for an interactive workshop that will help you:

- * Sharpen your selling skills
- * Develop your own authentic selling style
- * Get more customers
- * Make more money

And, feel good about doing it!



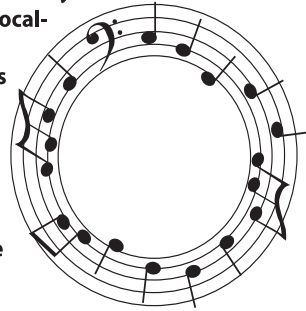
Susan Martin created Business Sanity to help business owners, executives and professionals make more money, have less stress and more time for fun.

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

Friday, September 26
7:00 p.m. at the Coop **FREE**
Non members Welcome

CIRCLE SINGING

Circlesinging, as practiced by Bobby McFerrin and Voicestra, is a vocal-improvisation technique in which a circle of singers takes melodic and rhythmic cues (parts) from a skilled leader, together creating songs unique to the moment. As the leader cues out old parts and introduces new ones, the song continues and changes without stopping, at times supporting individual solos, always grounded in attentive listening.



Long-time Food Coop member, **Ben Silver** has been teaching various forms of vocal improvisation and group singing for more than two decades. In 2005, he took a five-day master class in circlesinging with Bobby McFerrin. His other teachers of circlesinging, vocal percussion, and vocal improv include David Worm and Rhiannon (including her master classes for teachers of vocal improvisation). Ben has been a member of the vocal improv performance groups "Vox Pop" and "The Tritones". His songs have been published in *Carry It On*, *Sing Out* magazine, *The Washington Post*, and the book *Hearing Everyone's Voice*.

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Saturday, October 4
2:00 p.m. at the Coop **FREE**
Non members Welcome

Nutrition Response Testing

Are you "medical-izing" your symptoms? Taking supplements you read can help with this symptom or that? Treating symptoms with supplements may be preferable than pharmaceuticals that mask symptoms. But why not use whole foods? Why not feed your body back to balance?

This seminar will introduce you to a cutting-edge protocol that is non-invasive, affordable, and effective. Without expensive lab testing or hundreds of dollars of supplements, learn how nutrition response testing can be your drug-free alternative for all your healthcare concerns.



Diane Paxton, MS, LAc, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope. She is also a long-time Coop member.

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Friday, October 10
8:00 p.m. at the Coop **FREE**
Non members Welcome

THE NOW FILM SERIES presents



Manufacturing Consent: Noam Chomsky and the Media (1992) is a multi-award-winning documentary film that explores the political life and ideas of Noam Chomsky, a linguist, intellectual, and political activist. Created by two Canadian independent filmmakers, Mark Achbar and Peter Wintonick, it expands on the ideas of Chomsky's earlier book, *Manufacturing Consent: The Political Economy of the Mass Media*, which he co-wrote with Edward S. Herman.

The film presents and illustrates Chomsky's and Herman's propaganda model, the thesis that corporate media, as profit-driven institutions, tend to serve and further the agendas of the interests of dominant, elite groups in the society. A centerpiece of the film is a long examination into the history of *The New York Times'* coverage of Indonesia's invasion and occupation of East Timor, which Chomsky claims exemplifies the media's unwillingness to criticize an ally. If you watch the documentary you will see that you are living in a dream world.

"The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power of our country."



— Edward Bernays, nephew of Sigmund Freud, *Propaganda* (1928)

Presented by **Ralph Yozzo** (fedex1@gmail.com), a happy Coop member.

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Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

FREE Non-members welcome **Saturday, October 11**
2:00-4:00 at the Coop

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

Sunday, October 12
12:00 p.m. at the Coop **FREE**
Non members Welcome

You know that box of photos?

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

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

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

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



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

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