

Established  
1973

# LINEWATERS' GAZETTE



Volume CC, Number 23

November 6, 2008

## WINS FEDERAL "ENERGY STAR"

# Coop's Award-Winning Energy Efficiency

By Hayley Gorenberg

**T**he Coop's efforts to be thrifty with energy have earned an award from the federal Environmental Protection Agency (EPA), which scored the store a 93 out of 100 in energy efficiency. A rating of 75 merits the star, and no other supermarket in Brooklyn has earned the distinction. "It's very neat, and we didn't just make it by the skin of our teeth," said General Coordinator Joe Holtz.

Member Robert Sauchelli, who has worked for the Energy Star program at EPA for fifteen years, almost since its inception in 1992, presented the award after the high-scoring assessment. "The Food Coop has always had an attitude of social and environmental responsibility, and I think this kind of accomplishment is a natural outgrowth of the kind of attention that's been paid at the Food Coop, in terms of reducing waste, the benefits in saving energy and preventing emissions, and addressing other issues like global warming."

To earn the Energy Star, presented on September 17, the Coop took measures such as installing an efficient glycol-based refrigera-



**Robert Sauchelli, Coop member since 1983, works for the EPA's Energy Star program.**

tion system and replacing much of the Coop's lighting, including substituting fixtures with efficient electronic ballasts instead of cheaper regular ballasts, using compact fluorescents instead of incandescent bulbs and abandoning traditional electric exit signs with ones lit with LED bulbs.

The Coop also recovers heat from frozen food compressors to heat hot water and dehumidify, and it recovers cold air from some refrigeration cases to reduce air conditioning load.

And significantly, the store's air conditioning systems run on natural gas instead of electricity and release no ozone-depleting chlorofluorocarbons (CFC's) into the atmos-

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*'Saving a watt costs half of what it costs to generate a watt, so why not put the money into the thing that gives you twice the bang for the buck?'*

—Coop member Robert Sauchelli, EPA

## Coop Event Highlights

- Sat, Nov 8 • Adult Clothing Exchange** 1:00–4:00 p.m.
- Fri, Nov 14 • Wordsprouts: New York for Sale** 7:30 p.m.
- Sat, Nov 15 • Book & Media Swap** 10:00 a.m.–2:00 p.m.
- Fri, Nov 21 • The Good Coffeehouse** 8:00 p.m.
- Sat, Nov 22 • Bag & Shoe Exchange** 10:00 a.m.–2:00 p.m.
- Thu, Dec 4 • Food Class: Wisdom of Ayurveda** 7:30 p.m.
- Fri, Dec 5 • Film Night: Shorts About Gender** 7:00 p.m.

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

## A Tale of 999 Turkeys

By Carey Meyers

**L**ate November means shorter days, chillier air and 999 turkeys arriving at the Coop.

Beginning November 20, the Coop will offer dozens of fresh turkeys daily, sourced from six different vendors, along with approximately 35 frozen organic kosher birds. The majority of turkeys will be broad-breasted whites, the ubiquitous Thanksgiving turkey with an oversized breast and plenty of white meat. All will have been pasture-raised and hormone- and antibiotic-

free. (And yes—literally 999 turkeys were ordered in total for the holiday.)

### Where will your turkey come from?

Nearly half of the broad-breasted whites will come from Pennsylvania supplier Bell&Evans. Stonewood Farms, a third-generation family-run turkey farm in Orwell, Vermont, will provide between 75 and 100 birds, as will Plainville Farms, based in central New York. Those seek-

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PHOTO BY LISA COHEN

**Wild Turkey Tom shortly before T-day.**

### Next General Meeting on November 18

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.\* The next General Meeting will be Tuesday, November 18, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, November 5. For more information about the GM and about Coop governance, please see the center of this issue.

\* Exceptions for November and December will be posted.

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# COOP WINS ENERGY STAR RATING

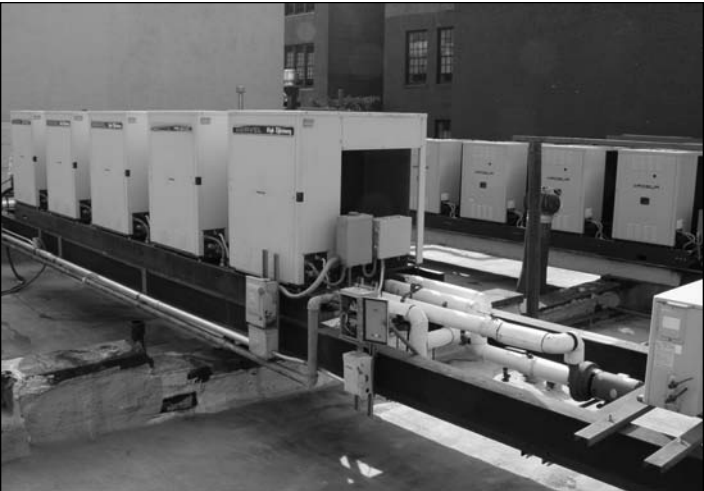
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phere. The Coop's natural gas "ammonia absorption air conditioning system" represents older and less polluting technology that does not strain the electricity delivery system at peak demand in hot weather, according to Holtz. "We're not part of the problem when there's a blackout in the summer, because we're off the grid. And we're also not doing stuff to the ozone if the gas should escape—which inevitably it does."

In addition to the above energy efficiency measures, the Park Slope Food Coop also purchases wind generated electric power equivalent to its electricity usage.

*'A lot of people don't realize it, but energy efficiency is the cheapest form of new energy. It's better than any new power plant.'*

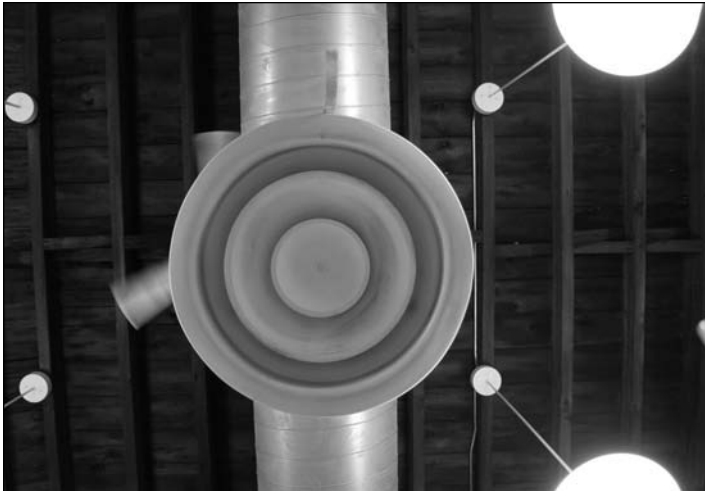
These admirable environmental measures also save money, said the EPA's Sauchelli. "A lot of people don't realize it, but energy efficiency is the cheapest form of new energy. It's better than any new power plant." Clearly warming to his subject, he continued,



The Coop installed gas-fired chillers on the roof for the energy-efficient air-conditioning system.

"It's easier and it happens at the site, so you don't have to worry about where to put the power plant. It reduces dependency on the grid. Saving a watt costs half of what it costs to generate a watt, so why not put the money into the thing that gives you twice the bang for the buck?"

Perhaps best known as a designation for energy-efficient appliances, the EPA Energy Star, a national symbol for energy efficiency and environmental protection, can be awarded to commercial buildings and industrial plants that rate in the top 25 percent of facilities in the nation for energy efficiency. According to EPA, commercial buildings that earn the award use an average of 40 percent less energy than typical buildings and also release 35 percent less carbon dioxide into the atmosphere.



The Coop's air-conditioning system runs on natural gas and releases no ozone-depleting chlorofluorocarbons.

The Energy Star does not recognize all the environmentally friendly measures the Coop takes, Holtz stressed. Plastics recycling and composting, for instance, do not directly save energy, and so are not reflected in the EPA's "efficiency" rating.

As a program manager for Energy Star, Sauchelli envisions a day when the rating will allow market forces to account for energy efficiency in commercial tenancy, like a "miles per gallon" rating influences automobile sales. Playing out the per-gallon analogy, he said consumers "expect to see it on a car label. We're used to that now and we have a sense of what that means—what's good; what's bad. But nobody had a sense of what the 'miles per gallon' was for buildings."

As EPA Administrator Stephen L.

Johnson said in his press release for the Coop's award, "Whether you are running a grocery store, a school, or an office building, getting the most out of your energy dollars—while reducing your carbon footprint—just makes sense." More than 5,000 buildings in the nation have earned the Energy Star; about 1,400 are grocery stores. EPA estimates that the Energy Star ratings system has guided Americans to saving "about \$16 billion on their energy bills while reducing the greenhouse gas emissions equivalent to those of 27 million vehicles."

Sauchelli, a Coop member since the mid-1980s, works with fellow PSFC members Andy McNamara, Jeff Perlman, Mike Bobker and Eileen Kapp as a coordinator-designated group: the PSFC Energy Advisors. ■



## 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](mailto:ellen_weinstat@psfc.coop) or call 718-622-0560

**South Bronx Food Coop • 646-226-0758 • [info@sbxfc.org](mailto:info@sbxfc.org)**

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





# A Tale of 999 Turkeys

CONTINUED FROM PAGE 1

ing a certified organic turkey will have the option of one from Eberly, long a favorite of Coop members, or from Koch's, another Pennsylvania farm. (For those planning a vegetarian Thanksgiving yet who insist on a "turkey" for the feast's centerpiece, the Coop will also have about 35 tofu turkeys from Fresh Tofu. Also on hand: 175 frozen Tofurkey Vegetarian Roasts, which are a tofu-wheat protein blend.)

But the real stars of the Coop parade will be the 160 American Bronze heritage birds that Peter McDonald is raising just for us. McDonald, whose superlative meats are Coop staples, typically farms broad-breasted whites. When asked by Coop meat buyer Bill Malloy if he'd consider

*...the real stars of the Coop parade will be the 160 American Bronze heritage birds...*

raising a rafter of heritage turkeys for us, he gladly accepted. (Coop members may recall that there were no heritage turkeys available in 2007, after our entire rafter fell to natural predators while still young turkeys or poults.)

## Why buy a heritage bird?

Aside from a vote for preserving diversity, the real reason to roast a heritage turkey is taste: Those who have eaten a heritage turkey can attest to the marked difference compared to a broad-breasted white. Applewood restaurant owner and chef David Shea describes the heritage turkeys as "incredible, and based purely on flavor, far superior." At the same time, however, he notes that they can be trickier to roast than the "extraordinarily forgiving" broad-breasted white because heritage birds are leaner and have more dark meat.

But don't be intimidated. A simple way around this is to brine your turkey a day ahead. "Brining builds in leeway in cooking and adds flavor, which ultimately is what cooking is about," explains Shea.

To brine your bird, Shea recommends boiling a stockpot of water, and adding a bit of brown sugar, salt, white sugar, bay leaves, thyme, black peppercorns and a

touch of sherry vinegar—along with anything else that inspires you. Put your cleaned turkey in a big bucket with ice, then pour the hot brine over the turkey and let steep for up to 12 hours. The ice prevents the brine from jumpstarting the cooking process. The sugar in the brine aids in caramelizing the skin during roasting, which improves color as well as crispness.

## For a perfect roast

Reading November food columns, or tuning into cooking shows, gives one a sense that roasting a turkey is a source of national anxiety: Do I baste? How often? With what? How many minutes per pound of meat are necessary for cooking? "I was a victim of this," Applewood's Shea said. "People make a big deal about cooking turkey," but there really need not be much too it beyond putting it in the oven and letting it roast. Basting is not necessary.

For some overall, general advice, Shea recommends a 400-degree oven for between and one and two hours, depending on the size of your bird, and cites two main factors to successful roasting: be certain the bird is as dry as

## Roasting a turkey in the oven

possible, and to leave it alone once it is in. "Water is the great enemy of crispness," Shea explains. To help ensure that the bird cooks evenly, try separating the legs and thigh from the body and splay them in the pan, otherwise the thighs may need extra cooking time, which is when your risk drying out the breast meat.

To test for doneness, forego a thermometer and instead stick a paring knife into the thigh joint, leave it there for 15-20 seconds, then touch it to your bottom lip. If the knife is hot enough to

make you jump, the bird is ready—and remember it will continue to cook once you remove it from the oven.

It's of course important to note the bird's weight, proper oven temperature and cook-

ing time. Check the turkey's label and cookbooks. Above all else, Shea counsels, "Thanksgiving is about having a good time and having fun. Your food will always taste better if you're relaxed." ■



PHOTO BY LISA COHEN

## 2008 Turkey News

**Fresh turkeys available beginning Thursday, November 20**  
**NO ADVANCE ORDERING!**

<b>Bell &amp; Evans (NJ)</b> 8 to 26 lbs., \$2.42 lb.	<b>NOV. 21</b>
<b>Plainville Farms (NY)</b> Pasture-raised 16 to 24 lbs., \$2.66 lb.	<b>NOV. 20</b>
<b>Stonewood Farm (VT)</b> Pasture-raised 16 to 20 lbs., \$3.39 lb.	<b>NOV. 24</b>
<b>McDonald Farm (NY)</b> Heritage Breed—American Bronze 8-26 lbs., \$3.99 lb.	<b>NOV. 24</b>
<b>Eberly (PA)</b> Certified Organic 8 to 24 lbs., \$4.36 lb.	
<b>Koch Certified Organic (PA)</b> 10-22 lbs., \$3.87 lb.	<b>NOV. 20</b>
<b>FROZEN Wise Kosher (PA)</b> Certified Organic 12-24 lbs., \$3.45 lb.	<b>NOV. 18</b>

*All the above are delivered FRESH, except for Wise Kosher. All are locally raised, hormone- and antibiotic-free.*

**BUY EARLY**  
**SMALLER SIZES GO QUICKLY**

## PSFC NOVEMBER 2008 GENERAL MEETING Tuesday, November 18, 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: Voluntary release from workslot requirement for long-term senior Coop members (60 minutes)**

Proposal: "PSFC members in good standing with 20 years of service and who at least 65 years old may request voluntary release from workslot requirement"

—submitted by Michael Rieman

#### **Item #2: Discuss the use of cell phones by members during their work shifts and the effect on others (30 minutes)**

—submitted by the General Coordinators

### 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.

## Holiday Shopping Hours

**Thanksgiving, Thursday, November 27**  
**8:00 a.m.—2:30 p.m.**

**Christmas Eve, Wednesday, December 24**  
**8:00 a.m.—5:00 p.m.**

**Christmas Day, Thursday, December 25**  
**8:00—2:30 p.m.**

**New Year's Eve, Wednesday, December 31**  
**8:00 a.m.—5:00 p.m.**

**New Year's Day, Thursday, January 1**  
**10:30—5:00 p.m.**

# Cheap Thrills, Big Carbon Footprint...

By Adriana Velez

A little over a year ago we spent the summer house-sitting for friends in Silicon Valley. Bereft of our beloved Food Coop we got our food from a CSA and from Trader Joe's. It was fun, at first, exploring the shelves for new snacks and frozen goodies, but I found the produce at Trader Joe's perplexing. Why was it so crummy? Why, in the bread-basket of America, was Trader Joe's selling garlic from China? As the summer wore on I longed more and more for the Food Coop.

what I remember from the California store. There's milk and other staples. But they seem almost beside the point. Here is the draw: kettle corn, frozen jelly donuts, chocolate-covered pretzels, every permutation of potato chip imaginable, potstickers galore. Shopping at Trader Joe's is like going on a grocery vacation: you wouldn't want to eat from there every day, but it is a lot of fun.

Food Coop members may envy Trader Joe's space. The Brooklyn store is housed in the landmark Independence Bank building and features wide aisles and soaring vaulted ceilings.

The produce aisle is off in the farthest side of this cathedral. Here you will find probably the most glaring difference between Trader Joe's and the Food Coop. There's nary a locally grown fruit or

When Trader Joe's opened a new store in Brooklyn I was intrigued. Would the produce still be crummy? Would they add a bulk foods aisle? There was talk that Trader Joe's might become a serious competitor with the Food Coop. (Not that I wouldn't love to see the lines here at the Coop get shorter.)

As it turns out, the Food Coop and Trader Joe's are still two completely different animals. After a recent tour of the Brooklyn Trader Joe's I had to conclude that the store is about healthy-ish snacks and convenience foods. Oh sure they have a produce section, and it did look better than



Trader Joe's new store is located in the landmark Independence bank building.

vegetable, and their definition of local differs quite a bit from ours. Among the dozens of bagged greens you will find Trader Joe's "Locally Known" brand. These greens hail from Maine. The "Eco Apples" come from Massachusetts and Vermont. I pictured trucks filled with Massachusetts apples driving past New York apple orchard after New York apple orchard on their way into Brooklyn.

Beyond the Canadian and Californian produce you will find the cheese. There is a wide selection, though mostly from large producers. Still, there are a few gems, like the store's Fontina cheese (\$5.99 lb.) made by a master cheesemaker in Wisconsin, and the chevre log with honey (\$3.99 each). Trader Joe's also sells a large selection of tortillas, including whole wheat, and their own fresh pastas.

For the most part, you will not find much pasture-raised meat and poultry at Trader Joe's. While the Coop's meat buyers have made a point of carrying only grass-fed or pasture-raised beef and lamb. I couldn't find a single package of the same at Joe's. They do carry "Natural" beef raised without hor-

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PHOTOS BY KEVIN RYAN



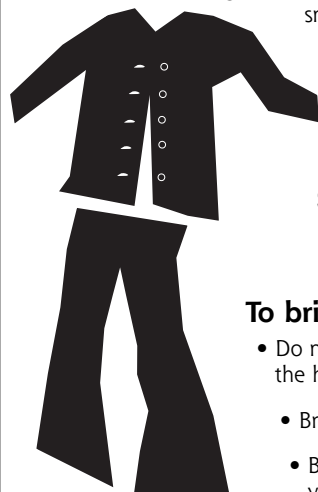
## Adult Clothing Exchange

Have you noticed that Coop members are great dressers?

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

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

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



**FREE**  
Non-members  
welcome

**Saturday, November 8**  
**1:00 – 4:00 p.m.**  
in the meeting room

### To bring Clothes...

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

Unchosen clothing will be donated to a local shelter.

## WORDSPROUTS

The Park Slope Food Coop's Reading Series

### New York For Sale by Tom Angotti

Join us for a book discussion and an insightful excursion through the neighborhoods of New York City with Coop author Tom Angotti. In his book *New York for Sale*, Angotti tells some of the stories of community planning in the city: how activists moved beyond simple protests and began to formulate community plans to protect neighborhoods against urban renewal, real estate mega-projects, gentrification, and environmental hazards.



Tom Angotti is professor of urban affairs and planning at Hunter College, City University of New York, and director of the college's Center for Community Planning and Development. He is the land use columnist for [www.gothamgazette.com](http://www.gothamgazette.com) and edits *Progressive Planning Magazine*. He is a founding member of the Task Force on Community-Based Planning in New York.

**FREE** Non-Members Welcome

All Wordsprout participants are Coop members.

**Bookings:** P.J. Corso,  
[paola\\_corso@hotmail.com](mailto:paola_corso@hotmail.com)

**Friday, November 14**  
**7:30 p.m. at the Coop**

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



# ...At Brooklyn's Trader Joe's

CONTINUED FROM PAGE 4

mones and antibiotics, which is something. The ground beef sells for \$4.99 a pound (grass fed ground beef sells for \$5.71-\$6.20/lb at the Coop). They also add the "natural" label to their poultry, which means the poultry is raised without hormones (it's unlawful to feed poultry hormones regardless) and fed a vegetarian diet. Boneless, skinless chicken breasts are \$7.99 a pound (\$4.98/lb at the Coop for Murray's, \$3.16 for Dines) and whole, free range chickens are \$2.99 a pound (Murray's are \$2.35/lb and Dines \$2.98/lb at the Coop). Most of the fresh fish (packaged) is farm raised, but Trader Joe's does have wild Sockeye salmon for \$10.99 a pound.

One of the draws to Trader Joe's is price. Because they are a national chain they have the bargaining leverage (volume) to nab some surprisingly low prices. Their store brand organic milk sells for \$3.69 for a half gallon. (Their TJ's milk is not grass fed.) They also carry Organic Valley milk for \$3.99 for a half gallon. Organic Valley is comparable to the Natural by Nature milk the Coop sells (\$3.98 a gallon; both brands come mostly from grass-fed cows). Trader Joe's organic butter sells for \$4.79 a pound (Organic Valley butter at Coop is \$5.11/lb).

"Cage free" organic brown eggs are \$2.19 a dozen. Yes, you read that correctly, just over two dollars. Unlike regular cage free hens, organic cage free hens must be allowed access to outdoor spaces. We sell brown eggs from cage-free hens via Happy Hen (\$3.57/dozen), Natural Acres (\$3.64/dozen) and Nature's Yoke (\$3.23/dozen).

Next to the milk I spied cups of Belgian chocolate pudding (\$3.49). In the interest of journalistic integrity I must report here that their pudding has a richer, more homemade taste than the Swiss Miss

pudding (\$2.72) the Coop carries.

Running down the center of the Trader Joe's cathedral is its great nave, the frozen foods aisle. This aisle is a double pleasure because running above the freezers are shelves and shelves of tempting, mostly sugary treats.

Like many Coop members, I love cooking from scratch. Yet I'm also a working mom who appreciates the occasional "quickie" meal. Trader Joe's has these meals in droves: stir fry, rice dishes, pizza, fish with sauces, curries, and on and on. If you can't be bothered to chop and season your own vegetables there are frozen ginger soy carrots for you. I have to

admit I am partial to Asian dumplings of all kinds and eagerly snatched a few bags of Thai shrimp—forgive me ocean!—gyoza (\$4.29). Then I picked up the gyoza dipping sauce (\$2.29) conveniently located in the shelf above, even though making a dipping sauce is about as easy as whisking together soy sauce, sesame oil and rice vinegar.

I couldn't resist the mochi green tea ice cream (\$3.49), which also comes in chocolate and strawberry. And while I was at it, I picked up some dark chocolate covered caramels (\$3.99) and a "lumpy bumpy" nougat bar (\$1.99). At first I resisted the kettle popcorn in its circus-themed, pink-striped packaging (\$2.29). But everywhere I turned they were there, with their unrelenting cheer, and I finally caved.

Alas, there are no bulk items at Trader Joe's. Everything (including much of the produce) comes in a package. The upside is that Trader Joe's sells a lot of great healthier snacks like nut and dried fruit combinations. My favorite is their Salty, Sweet and

Nutty Trek Mix (\$3.69).

I also like the grain mixes, like the recession-friendly 17 Dried Bean and Barley Mix (\$1.69—add sliced chard and water and you've got dinner) and the Harvest Grains Blend (with Israeli couscous and red quinoa, \$2.69). The Food Coop carries alphabet pasta for soup (organic vegetable, \$2.65), but the letters are so tiny your child may have trouble reading them. Your preschooler will not need glasses to read Trader Joe's half-inch-tall Organic Alphabet Pasta 12 ounces (\$1.49). And what's that familiar face? Oh yes, it's the ultimate fairy godmother for rushed parents, Annie's Microwavable Mac and Cheese (\$2.79; at the Coop \$3.90—oh snap!).

While in general Trader Joe's does not excel at staples for avid home cooks, I was happy to discover they carry the Holy Grail for bakers, King Arthur White Whole Wheat Flour (\$4.49 for a 5 lb bag; \$6.74 at the Coop). They also carry an extremely rare item (which the Coop has!), organic sweetened condensed milk (\$2.49). Their Ezekiel 4:9 bread is \$3.49, at the Coop it's \$2.49). Trader Joe's carries a lot of specialty

bread, including Tandoori Naan (\$3.49) and quinoa bread (\$2.00). Not all of their coffee is fair trade, but they do have Organic Fair Trade Guatemalan Coffee (\$7.49 for a 16 oz can; our Equal Exchange Organic Guatemalan coffee is \$7.51/lb and we have it in bulk!)

In conclusion, the rumors are partly true: some of the goods at Trader Joe's are cheaper than at the Coop. But beyond staples like flour and milk the Coop seems to have more to offer the home cook. Ultimately what troubles me most about Trader Joe's is its carbon footprint. With the large space, the packaging, the processing, the distance traveled by the food, Trader Joe's is not a great eco choice. Still, for the occasional dinnertime panic or not-so-guilty-pleasure snack, it's fantastic. ■



## 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, November 22**  
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.)*

**Saturday, November 15**  
10:00-2:00 at the Coop

**FREE**  
Non members Welcome

## BOOK, CD, DVD, AND VIDEO SWAP for Adults and Children

**Do you and your kids love to read, listen to music, watch movies? Bring your old books, CDs, and DVDs to the Coop to swap with others!**

**All donations must be dropped off by 1:30 p.m.**

**Please follow these guidelines when choosing what to bring:**

☒ **Books must be clean and in good condition.**

**We cannot accept textbooks, computer-related books, guide books, outdated books, magazines, or journals.**

☒ **CDs, DVDs, and videos must be commercially produced. We cannot accept home recordings.**



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

The Park Slope Food Coop and the Payments Research division of the Federal Reserve Bank of Boston will be conducting a survey jointly to learn more about member preferences for payment methods and the effects on the shopping experience.

**Coming in November!**  
**Look for information in the Coop.**



**We need your participation!**

Puzzle Corner

Banal Dour Game

Double Anagram Puzzle by Janet Farrell

The letters in each entry in List #1 can be rearranged to form at least two English words. List #2 contains definitions of those words. Find the double anagram and match it to the correct clue. For example, the first group of letters can be rearranged to form “ADOBE” and “ABODE” which match with k., CLAY HOME. See answers on page 13.

LIST #1

- 1 Abdeo
- 2 Dgiinty
- 3 Aelp
- 4 Emnrorst
- 5 Deestt
- 6 Ceinst
- 7 Ehors
- 8 Eirsst
- 9 Ceprst
- 10 Adegnr
- 11 Deiostu
- 12 Achrs

LIST #2

- A Goose Peril
- B Withstand Nun
- C Equine Champions
- D Venrate Baton
- E Pallid Appeal
- F Boring Exterior
- G Kindest Bug
- H Beast Advises
- I Incinerates Collision
- J Cleaning Self-Worth
- K Clay Home
- L Proven Hate

Use the space below to work out your answers if needed.

.....

.....

.....

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

Incredibly the pumpkin vine has birthed its necklace of gourds  
I mean, really, a small, flat seed no bigger than your thumbnail yields dozens of orange orbs larger than your head?

Who needs fiction?  
Or miracles?

The seed is, in truth, a packet of potentiality:  
It sprouts a vine 20 feet long the vine morphs (!)  
and yields these pleated crepe blossoms that assert themselves like an umbrella snapping open

Look deep into a pumpkin flower, empty your mind,  
and you will see yourself:  
potential squared

Cinderella had it right:  
every pumpkin is a potential chariot ready to take us out of our-selves to a sunlit field charged with life

The Park slope Food Coop  
dealing in pumpkins

by Myra Klockenbrink

**Mondays** November 17  
Noon to 1 p.m. and  
1:30 to 2:30 p.m.

**Wednesdays** November 12 and  
December 10  
10:00 a.m. to 12:30 p.m.

You can join in any time during a tour.

COORDINATORS' CORNER

Thanksgiving Shopping,  
A Cautionary Tale—Shop Early!

By Janet Schumacher, General Coordinator

No, the Park Slope Food Coop is not a rapacious retailer, forcing Santa down your throat by Columbus Day weekend. We just want our members to be able to get all the basics they need for a holiday meal. And that means that you need to start stocking up on supplies now. Our basement cannot hold the amount of food required if everyone were to wait to shop until the last week or even the week before Thanksgiving.

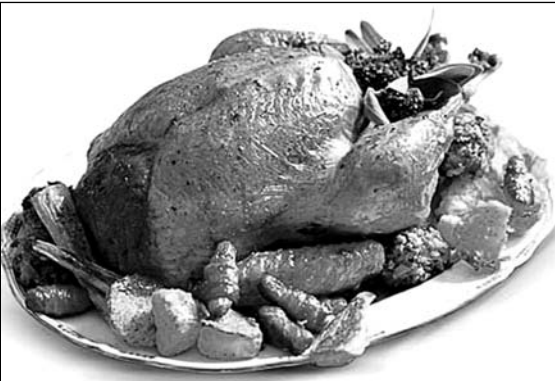
Prime example: frozen pie crusts. Our supplier always runs out Thanksgiving week. So we try to stock up ahead. Have you ever been inside our basement freezer? By the end of the week all the shelves are full and there are 4 to 5 full U boats clogging the space, making it hard to send up all those pizzas and frozen berries. There is no room for six more carts full of pie crusts waiting for you to buy them at the last minute. So please buy your pie crust now. You're not sure if you are the one bringing the pie, buy the pie shell anyway. It keeps very well in the freezer and doesn't take up too much space. Buy the frozen peas and broccoli and vanilla ice cream now too.



Dry goods to purchase in advance: chicken stock, canned pumpkin, dried mushrooms, olive oil, pasta, packaged bread crumbs or dressing, evaporated or condensed milk, maple syrup, corn syrup, brown and white sugars (please consider purchasing the wonderful Wholesome Foods Fair Trade sugars we sell in Aisle 2A), chocolate chips, flour, parchment paper (Aisle 2A), cheesecloth, vanilla, spices including cinnamon, cloves, nutmeg, rosemary, thyme, etc. Dried cranberries, apricots and other dried fruits keep well in a glass container in the cupboard. Pecans, walnuts and other nuts can be refrigerated or frozen. Dried fruits and spices take time to bag and there may not be enough workers to meet the demand during the holiday week. And there is only so much space for workers in the food processing area and everyone wants cheese and olives too. Don't forget the crackers.

Cheeses, olives and smoked fish keep for weeks refrigerated. I refrigerate my corn meal and flour. Butter freezes very well, eggs have a shelf life of weeks. Heavy cream is also hard to get from our distributors holiday weeks—hedge your bets and buy ultra pasteurized Organic Valley heavy cream—it has a shelf life of weeks. A lot of produce stores well too—buy your potatoes, squash, shallots, garlic, pearl onions and fresh cranberries.

Get a leg up—buy your chestnuts early.



PHOTOS BY LISA COHEN

roast and peel them and store in the refrigerator. Or sit back and buy the peeled chestnuts in the jar on the front-end display across from the eggs. Don't forget the beer, Martinelli's sparkling cider, San Pellegrino limonata, chocolate truffles. Your cousins are going to remember the terrific hard cider you brought to the dinner last year—don't disappoint them. Only problem is: remember, this is the Thanksgiving stash.

Get rid of all the leftovers in your refrigerator. You need to make room so that you can buy your turkey as early as possible. Turkeys will start being delivered the Friday before Thanksgiving. Turkeys delivered the week of Thanksgiving are not going to be fresher; they are all butchered at least a week in advance. We max out our coolers for the turkeys. This means every time we need to send up butter, someone has to drag out 3 or more heavy carts of turkeys to get at the butter in the basement.

For the vegans, Tofurky “turkeys” will be in the freezer. The Flatten Road Kill Fresh Tofu “turkeys” will be sold next to the tofu in the egg case. Buy them as soon as you see them.

It is not fun shopping at the Coop during the holiday season. Even if we have everything you want, we probably won't have the workers to stock the shelves. And who can get near the shelves to stock when the lines wrap around the store. Consider going in late to work one morning during the week and do your big shop then. Late weekday evenings are generally not too busy either. The Coop does open at 6 a.m. on Saturdays and Sunday mornings.

You can do quick grab and go shops if you don't have anything to weigh, three items or less. Pick up your turkey, pumpkin pie and fresh cream and head to the cashier, bypassing all the checkout lanes. If you plan ahead, you won't have to go to one of those “really expensive stores” to get the special ingredients that make your holiday. Besides, they would also have long lines and no heavy cream. If all else fails, you can lie low and shop Thanksgiving Day, 8 a.m. to 2:30 p.m. ■





# Sushi Comes to the Coop

By Ingrid Cusson

Sushi is one of my favorite foods when I go out to eat. So I was delighted to see small trays with sushi in the prepared food section of the Coop.

Sushi is a very delicate and perishable food, and I was curious to see for myself where and under what conditions it was prepared. The tray lists 620 DeGraw Street, so it was easy to check the production location out for myself.

The company is called Premium Foods Inc. and is located between Third and Fourth Avenues in a one story building next to several other small businesses.

The owners are Kenny Chung and his wife. They run a fish importing enterprise. I interviewed Kenny, and he showed me around. The sushi is made by two young women, working in a fairly cool room in white coats. It all looked very hygienic. They were cutting cucumbers when I was there and wrapping the small cucumber

pieces with slices of tuna in rice rolls. A big bag of ginger slices and sesame seeds was on the table beside a tray of boiled sushi rice, the sticky kind.

Kenny Chung has been in the fish importing business for 7 years; he had his business in the Bronx, close to the Hunts Point Market. He was not too happy about the neighborhood and moved two years ago to



for parties that can be special ordered: one he calls "Seabreeze Salad," "Sunrise Platter" and a large "Moonlight Party" tray.

Premium Foods is mainly a fish importing business; the sushi is a sideline. Kenny sells mostly seafood to restaurants in the neighborhood and the sushi to supermarkets. The fish comes frozen from California. It's high quality and a good price, he says. Kenny came to New York in 1988, after having



**Sushi sold at the Coop starts with salmon and sticky rice, and is prepared and packaged by sushi stylists on DeGraw Street. Don't forget the soy sauce!**



PHOTOS BY INGRID CUSSON

his present address and approached the Coop in the spring with samples. It took a

few more months before business with the Coop was established, and now it is brisk. He delivers twice a day, Monday through Saturday. (The sushi not sold at the Coop at the end of the day is returned to

the company for credit, said Lisa Hidem, Receiving Coordinator and sushi buyer). Chung has several other arrangements and salads in his line, like edamame salad, seaweed salad and big platters

worked in a big fish company in California and also in a freight forwarding business. He then combined his experience and created the business he is now in with his wife and 6 employees. ■

## 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 who 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-for-hour basis. Sought-after skills for each sub-committee within the DEC are listed below.

To express interest contact Jess Robinson at [jess\\_robinson@psfc.coop](mailto: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.

### The Diversity Education Sub-Committee

This sub-committee seeks people committed to the concepts of diversity, multiculturalism, pluralism and inclusion. Superior relationship/people skills are needed. Please be pro-active, savvy, and non-judgmental relating to all types of people. This position may be leading and organizing group activities. Experience leading workshops, ideally around diversity issues is desired. Public Speaking skills, conflict resolution skills, and mediation skills are also helpful for this position.

### Complaint Review Sub-Committee

Seeking a Mediator: Needs excellent conflict resolu-

tion and mediation skills with good editing and writing skills. Be compassionate, impartial and use critical thinking skills. Interviewing experience may be helpful.

**Seeking a Secretary:** Take dictation and detailed notes; transcribe and archive. Have general computer skills; editing and writing skills; be compassionate; impartial and a critical thinker.

### Outreach Sub-Committee

This sub-committee needs at least 1 new member to create continual methods of informing the general membership of: recruitment needs, what the DEC is working on, and increasing general membership participation with the DEC. The skills this position may need are: Word processing & ability to meet deadlines. Be a self starter who is innovative with ideas & be accountable.



**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:** New Media Printing, Bethpage, NY.

**Friday  
Nov 21**  
8 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



**Annie Keating**

Keating's new release, "BELMONT" is a big, beautiful slab of organic Americana songwriting. Tough and tender, the twang infused songs tell stories of hope and struggle with refreshing honesty, grit and timelessness. The Village Voice raves, "Keating is a wise mix of Lucinda Williams songwriting, Gillian Welch guitar and a vocal all her own... her style invokes a cross between Willie Nelson and John Prine and you don't get any better than that."



**Rufus Cappadocia**

Rufus Cappadocia (5 string electric cello) is one of the leading voices on the cello today. He has toured throughout the Americas and Europe with numerous groups and is known for his collaborations with artists from all over the world... from the Balkans to the Caribbean, from West Africa to North America. He has toured extensively with Urban Tap and The Paradox Trio.

**53 Prospect Park West** [at 2nd Street] • **\$10** • **8:00 p.m.** [doors open at 7:45]  
**Performers** are Park Slope Food Coop members and receive Coop workslot credit.  
**Booking:** Bev Grant, 718-788-3741  
**Childcare** is available from Brooklyn Society for Ethical Culture for a nominal fee.


**Monthly on the...**  
**Third Thursday  
November 20  
7:00 p.m.–9:00 p.m.**  
**Last Sunday  
November 30  
10:00 a.m.–2:00 p.m.**  
**Second Saturday  
November 8  
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.**



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## General Meeting Set-Up & Breakdown

### Tuesday of the General Meeting

Workslot meets the last Tuesday of each month for the General Meeting and consists of 2 parts—set-up and breakdown. The squad meets at the Coop at 6:00 p.m. to pick supplies for the GM and takes supplies to the Garfield Temple at Garfield and 8th Avenue. The squad sets up chairs and arranges the supplies at the GM. 2) At 9:30 p.m. the squad returns to the GM and collects all materials and bring them back to the Coop. Workslot requires good attendance because you will be working with a small team. Living in close proximity to the Coop and the Garfield

Temple at Garfield and 8th Avenue is a plus. If you are interested please contact Adriana at [adriana\\_becerra@psfc.coop](mailto:adriana_becerra@psfc.coop) or 718-622-0560 for more information.

## Office Data Entry

**Tuesday, 4:30 to 7:15 p.m.**

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

## 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](mailto:cynthia_pennycooke@psfc.coop) or through the Membership Office at 718-622-0560.

# 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:

Nov 20 issue 7:00 p.m., Mon. Nov 10  
Dec 4 issue 7:00 p.m., Mon. Oct 24

### CLASSIFIED ADS DEADLINE:

Nov 20 issue 7:00 p.m., Wed. Nov 12  
Dec 4 issue 7:00 p.m., Wed. Oct 26

## General Meeting

**TUE, NOV 18**

GENERAL MEETING: 7:00 p.m.

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

**TUE, DEC 2**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Dec 16 General Meeting.

## The Coop on the Internet

[www.foodcoop.com](http://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, November 18, 7:00 p.m.

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

## Location

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

## How to Place an Item on the Agenda

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

## Meeting Format

**Warm Up (7:00 p.m.)** • Meet the Coordinators

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

**Open Forum (7:15 p.m.)** Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

**Reports (7:30 p.m.)** • Financial Report • Coordinators' Report • Committee Reports

**Agenda (8:00 p.m.)**

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

**Wrap Up (9:30-9:45)** (unless there is a vote to extend the meeting) • Meeting evaluation • Board of Directors vote • Announcements, etc.

## Attend a GM and Receive Work Credit

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

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

### • Advance Sign-up required:

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

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

### • Two GM attendance credits per year:

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

### • Certain Squads not eligible:

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

### • Attend the entire GM:

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

### • Childcare can be provided at GMs:

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

### • Signing in at the Meeting:

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

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

### • Being Absent from the GM:

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

## 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.

## 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](mailto: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, NOV 7

**GOOD COFFEEHOUSE MUSIC PARLOR:** Singer/songwriter Jud Caswell. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, [www.gchmusic.org](http://www.gchmusic.org). Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$10/kids \$6.

## SUN, NOV 9

**MARRIAGE OF FIGARO:** See Mozart's popular comedy about love, deceit, swapping clothes, hiding under furniture and jumping out of windows. Performances in English and with orchestra by Brooklyn Repertory Opera. Office Coordinator Kathleen Keske\* sings the role of the Countess. Brooklyn Lyceum, 227 Fourth Ave. (President St.) @ 3:30 p.m. Admission \$20, seniors/students \$10. Info: [www.bropera.org](http://www.bropera.org).

**FREE TALK** by elder law attorney Judith Grimaldi on legal and financial concerns and long-term planning for seniors and their caregivers. Covers strategies for pre- and post-retirement choices, asset protection, property transfer and more. Park Slope United Methodist Church, 6th Ave. & 8th St. 1:00–2:30 p.m. All welcome.

## FRI, NOV 14

**GOOD COFFEEHOUSE MUSIC PARLOR:** Bob Jones & John Scholle—Early Country Music. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, [www.gchmusic.org](http://www.gchmusic.org). Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$10/kids \$6.

**FESTIVAL OF TRADITIONAL MUSIC,** Eisteddfod-NY: Outstanding singers and virtuosos on guitar, banjo, concertina, fiddle, dulcimer & mandolin. Concert at 7:30 p.m. Renaissance School, 35-59 81st St., Jackson Heights, Queens. Info: [www.eisteddfod-ny.org](http://www.eisteddfod-ny.org) or 212-957-8386.

## SAT, NOV 15

**MARRIAGE OF FIGARO:** See Mozart's popular comedy about love, deceit, swapping clothes, hiding under furniture and jumping out of windows. Performances in English and with orchestra by Brooklyn Repertory Opera. Office Coordinator Kathleen Keske\* sings the role of the Countess. Brooklyn Lyceum, 227 Fourth Ave. (President St.) at 3:30 p.m. Admission \$20, seniors/students \$10. Info: [www.bropera.org](http://www.bropera.org).

**PEOPLES' VOICE CAFE:** Magpie; Sparky & Rhonda Rucker. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org). Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

**FESTIVAL OF TRADITIONAL MUSIC,** Eisteddfod-NY: Outstanding Folk/Roots singers and virtuosos on guitar, banjo, concertina, fiddle, mandolin & dulcimer. Free Family Concert 12:30, performer workshops, 10 a.m.-5:30 p.m, concert 7:30. Renaissance School, 35-59 81st St., Jackson Heights, Queens. Info: [www.eisteddfod-ny.org](http://www.eisteddfod-ny.org) or 212-957-8386.

## SUN, NOV 16

**JEWISH VEGETARIANISM:** Forbidden, Mandated or Optional? Talk by Richard H. Schwartz, Ph.D. The Flatbush Jewish Center, 327 E 5th St. (corner of Church Ave) in Kensington, 11:30 a.m. Followed by lunch. Free. RSVP: 718-871-5200. [www.FlatbushJewishCenter.com](http://www.FlatbushJewishCenter.com) Handicapped accessible. Should vegetarianism be on the Jewish agenda? Can it reduce disease, global climate change, food, water & energy shortages, mistreatment of animals?

## WED, NOV 19

**PAGHEL MESHUGAH:** Eric Alabaster\*'s star-studded septet will perform the drummer/composer's "Loco Love Music" with Duane Eubanks & Roy Nathanson at the Tea Lounge, 837 Union Street, in Park Slope. 8:30 p.m. More info: [www.tealounge.nyc](http://www.tealounge.nyc).

## SAT, NOV 22

**PEOPLES' VOICE CAFE:** Sharon Abreu & Mike Hurwicz; Ron Reninger. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org). Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

**SUSAN GOLDBETTER\***, producer, Circuit Productions, Inc. (CPI)—a Park Slope-based not-for-profit—presents Rhythm Journeys: Masters of World Music and Dance, featuring Orlando Marin, the Last Mambo King. Bronx Library Center, 310 East Kingsbridge Rd., Bronx. 2:30 p.m. Info/directions: 718-579-4244. FREE.

## SUN, NOV 23

**"REVOLUTION IN HUMANISM":** a talk by Humanist Minister Joseph Ben David, presented by the Brooklyn Humanist Community. Followed by songs performed by the Sticker Dude. 1 p.m. at the Kensington Branch of the Brooklyn Public Library, 410 Ditmas Avenue.

## WED, DEC 3

**FOLK OPEN SING:** Come sing with us. Bring voice, instruments, friends. Children welcome.

Co-hosted by the Folk Music Society of N.Y., the Ethical Culture Society & the Good Coffeehouse. At the Ethical Culture Society, 53 Prospect Park West. 7:30-10:00 p.m. Info: 718-636-6341.

## FRI, DEC 5

**GOOD COFFEEHOUSE MUSIC PARLOR:** Bev Grant\* & the Dissident Daughters (Angela Lockhart\* and Carolynn Murphy\*)/Friction Farm. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, [www.gchmusic.org](http://www.gchmusic.org). Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$10/kids \$6.

## SAT, DEC 6

**ELECTRONICS RECYCLING DAY:** Start saving your e-waste and bring it to P.S. 321 on Seventh Ave. (btwn First & Second Sts.) from 10 a.m. to 4 p.m. Info: <http://lesecologycenter.org>.

**PEOPLES' VOICE CAFE:** Charlie King & Karen Brandow. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org). Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

**RHYTHM JOURNEYS:** Latin Jazz music by Park Slope-based Juan Ma Morales and So ido Costeno; presented by Circuit Productions/Susan Goldbetter\*. The Bronx Public Library Center, 310 East Kingsbridge Road, Bronx. 2:30 p.m. Info/Directions: 718-579-4244. FREE.

## SUN, DEC 7

**SUPPORT GROUP** for people caring for aging family and friends meets the first Sunday of each month from 9:30–11:00 a.m. at Park Slope United Methodist Church. Open to all members of the community dealing with issues around elderly parents, family or friends. Come share feelings, insights and resource ideas with others. Info: 718-783-4404.

**GOOD COFFEEHOUSE MUSIC PARLOR:** Pat Wictor with Cheryl Prashker—Roots Music. 53 Prospect Park West at 2nd Street in Park Slope. Info: 718-768-2972, [www.gchmusic.org](http://www.gchmusic.org). Show start at 8 p.m.; doors open at 7:30 p.m. Adults \$10/kids \$6. Sat, Dec 13.

**PEOPLES' VOICE CAFE:** Jack Hardy & David Massengill. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org).



## FILM NIGHT

**Friday, December 5 • 7:00 p.m.  
at the Coop**



## Three Short Films About Gender

## 1. JUGGLING GENDER:

**Politics, Sex and Identity, 1992**

A loving portrait of Jennifer Miller, a lesbian performer who lives her life with a full beard. JUGGLING GENDER explores the construction and fluidity of gender and sexual identity.

## 2. STILL JUGGLING, 2008

A new video 15 years later, discussing family and religion, gender and The Beard.

## 3. THE CONEY ISLAND SIDE SHOW, 2008

Documents the Side Show by the Sea Side performers including Jennifer Miller.

**Tami Gold** is committed to integrating art with social issues and using personal stories to illuminate our complex and contradictory world. She has produced and directed over 20 films including: *Every Mother's Son* (with Kelly Anderson, Tribeca Film Festival Audience Award and national POV/PBS broadcast); *Land Rain and Fire*; *Out at Work: Lesbians and Gay men on the Job*; *Looking for Love: Teenage Parents*; *Signed Sealed and Delivered: Labor Struggle in the Post Office*, and *Emily and Gitta*. She is the recipient of a Rockefeller Fellowship and a Guggenheim Fellowship to new just a few. Tami's work has been screened at many museums, including the Museum of Modern Art and the Whitney Museum and she has lectured on panels at The Kennedy Center and at museums and universities throughout the world. Tami is a Professor at Hunter College (CUNY).

**FREE  
Non-members  
welcome**

Alexandra Berger is a filmmaker living and working in Brooklyn. For many years she ran a screenplay reading series at the Nuyorican Poets Cafe, called The Fifth Night, which aided over 50 filmmakers make their feature films. She is currently editing her first feature length documentary which follows the life of an amateur porn producer looking for love.

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



## L E T T E R S   T O   T H E   E D I T O R

YES TO VALET  
BIKE PARKING

## TO THE EDITOR:

What a fantastic idea to have Valet Bike Parking at the PSFC! This is one of the better ideas I have seen since becoming a member in 1973. I have not ridden my bike to the Coop as it always seemed like such a hassle to find a safe place and deal with removing seat, tire and locking. Let's promote this positive environmental message. I heartedly support making this a permanent workslot.

*Jim Williams*

*Coming soon? An attended zone where members can park their bicycles.*

ORGANIKS  
WHEELY LUCKY

Protected parking of  
members' bikes  
Would come as manna  
from heaven,  
A service unavailable  
Even at Seven/Eleven.

*Leon Freilich*

FORMING:  
"THE  
COOPERATIVE  
CATSKILL  
DEVELOPMENT  
GROUP"

## TO THE EDITOR:

Our goal, our purpose is to form a group to purchase land within a maximum of 2 to 2.5 hours from Brooklyn. To subdivide a large parcel of land for this groups members (possibly in the form of a limited liability corporation).

Requirements for this land is that it should be adequate for gardening, have good access to water and other recreational activities nearby and have nearby utility access.

This group shall be charged with providing an access road and 25 feet of driveway access. Any building shall be the responsibility of the individual.

A group purchasing a larger parcel thus subdivided would afford a substantial savings for the participants seeking their country homes. Envisioned would be approximately around 5 acres per unit.

Any ideas or comments to Kevin Cunneen [kcunnee@copper.net](mailto:kcunnee@copper.net)

*Kevin Cunneen*

SUSAN METZ  
RESPONDS TO  
DAVID BIJUR'S  
MISUNDERSTAN  
DING

## TO THE EDITOR:

The controversy in the Park Place/Underhill Avenue Block Association (PPUABC) revolves around Forest City Ratner Corporation's (FCRC) Atlantic Yards proposal and who has the authority to speak publicly on behalf of the Association.

I do not speak for the Association. The group has no agreed upon process for taking a position, so no one can. I recount what happened. A voluntary association of neighbors, our meetings are open, not secret. Minutes exist.

You probably remember that in December 2003 the *New York Times* announced FCRC's intention to build apartment towers and an arena as a 'fait accompli'. Immediately, local groups and individuals mobilized to form a coalition against the proposal: Develop Don't Destroy Brooklyn. Through education, political pressure and litigation, that group is holding up the construction. My position is that the

project is ugly, environmentally dangerous and steals people's property through abuse of eminent domain. The process was lousy—immoral and extra-legal. I Reject FCRC's right to that site. I support Develop Don't Destroy Brooklyn (or DDDDB) with my money and my influence.

Some want to Reform the FCRC plan. They publicize their perspective through Brooklyn Speaks. If the most egregious features (for example de-mapping local streets and putting the public park space inside the development) were changed, it would be OK with them for FCRC to have the terrain and to build. They think that if there were a new advisory board they could force changes.

The difference between Reject (DDDB) and Reform (Brooklyn Speaks) is huge. Check out both websites. The Park Place Underhill Group has liaisons with both and individual members hold different opinions.

At a press conference in June, supporting legislation to establish a new governance mechanism, someone from Prospect Heights Neighborhood Development Council (PHNDC) spoke in support of the legislation, implying that PPUABA supports it. The

Association had never discussed that legislation.

The letter (David misunderstood and called it an editorial) that I wrote to the *Gazette* in June was about why I oppose legislation to set up a governance mechanism that would legitimize the Ratner proposal. After my arguments, I wrote that the group in which I have participated for the 27 years I have lived in Prospect Heights, never took a position and that the PHNDC spokesperson was misleading when he implied that we were in favor.

We can expect differences of opinion, values, temperament and perspective among neighbors. A presiding officer would do well to find a way to facilitate a fair debate on a controversial issue in order to maintain the cohesion of the group. David and I (among others) worked on bi-laws to establish a formal process that can result in a position—Reject, Reform or (more probably) No Position.

The struggle towards participatory democracy occurs on every level. It requires a formal and agreed upon process and also the good will of those involved.

*Susan Metz*

## L E T T E R S   P O L I C Y

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](mailto: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.

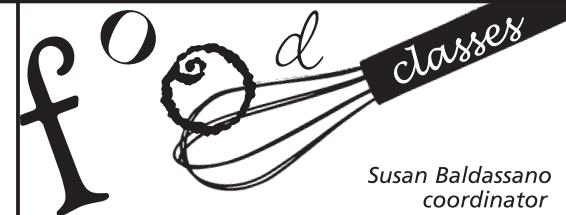
3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the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

Thursday,  
Dec. 4  
7:30 p.m.  
at the Coop



## PARK SLOPE FOOD COOP

The Ancient Wisdom of  
Ayurveda

helps us align with nature,  
both inner and outer.

Learn how to determine your constitution  
and keep in balance.

For winter, we'll make a healing ghee,  
three porridges, and learn  
self-massage to feed skin, stimulate organs  
and lymph flow.

## MENU

- Cardamom Saffron Ghee
- Rosemary Sesame Massage Oil
- Barley Rye Porridge - a porridge for kaphas
- Hiziki Oatmeal - sea vegetable and oat groats
- Morning-After Porridge - Cornmeal and spices to follow an evening of over-indulging

## \$4 materials fee

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

Guest Chef **Paige Churchman** is a graduate of Dr. Naina Marballi's Ayurvedic Nutrition program and is certified as a holistic nutritionist by the National Association for Drugless Practitioners.

MEMBERS &  
NON-MEMBERS  
WELCOME.

Come early  
to ensure a seat.


Saturday, November 8  
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

Sunday, November 9  
12:00 at the Coop

FREE  
Non members Welcome



# Staying Healthy Through the Holidays Workshop

- Do you want to avoid gaining weight over the holiday season?
- Do you feel frantic with all the extra demands of the season on top of your busy schedule?
- Do you want more energy and a healthier holiday season?

You are invited to this workshop to learn some simple techniques for avoiding overeating, over-stressing, and overspending.

**Christine Boutross** is a personal trainer, a certified holistic health counselor, and a Coop member. She is a graduate of the Institute for Integrative Nutrition and is certified by the American Association of Drugless Practitioners. As a holistic counselor, Christine works with clients in addressing their health concerns, including weight loss, having more energy, deconstructing cravings, and various nutritional concerns.

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

Saturday, November 15  
3:00-4:30 p.m. at the Coop

FREE  
Non members Welcome

# Thought = Health

Why Controlling Your Health & Well-Being with Thought is HOT!


1. Powerful ancient Eastern techniques now recognized by MDs;
2. You can be taught these techniques;
3. Earn more, do more, relax more, smile more.

Learn how to control everyday yin and yang so you always come out on top.

Learn how to decrease your emotional hurts, physical pain, sadness, and sickness.

Learn the powerful, controllable connection between your thoughts and your health.

Bring water & your intention!  
Demonstrations & stories from EFT experts.



**Carolyn Meiselbach** has had a practice in Emotional Freedom Techniques (EFT) for the past five years in Carroll Gardens, and has been a PSFC member for 10 years. She, along with Mary Meyers and Jondi Whitis, have formed EFT Brooklyn, a nonprofit company serving individuals, businesses, and groups through classes, seminars, and workshops, and also serving the at-risk Brooklyn community through their "EFT Angels Network."

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

Sunday, November 16  
1:00 p.m. at the Coop

FREE  
Non members Welcome

# BE KIND TO YOUR COLON

By Clarisse M. Domingo, CHHC, LCSW, and Harold Mahecha, MA

- Do you know if your colon is eliminating properly?
- Are you seeking more natural ways to improve your digestive condition?
- Can stress play a major role in our ability to maintain a healthy colon?

In this workshop you will learn that our colon plays an important role in maintaining balance within the body. By understanding the function of our colon, we recognize that, when healthy, it can enhance our ability to heal. With increased awareness you can be kind to your colon. This workshop will provide you with simple steps to restoring your colon to good health and give you positive tools that you can use every day to manage emotional stressors.

**Clarisse M. Domingo** is a Certified Colon Hydrotherapist and the resident nutritional and lifestyle coach at Prana Brooklyn. 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 taken what she learned and continues to heal herself with natural treatments, including a recent battle with breast cancer. She has been a member of the Coop since 2004.

**Harold Mahecha** is a Certified Colon Hydrotherapist at Prana Brooklyn, a wellness center in Park Slope. He began his work in the healing arts by obtaining certification as a Colon Hydrotherapist at the Woods Institute. He then continued his education at the Hippocrates Health Institute. He has taken what he has learned and utilizes this information to assist his clients in their healing process. He has been a member of the Coop since 2007.

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

Sunday, November 16  
1:00 p.m. at the Coop

FREE  
Non members Welcome

# Winning the Race against Time

WITH SUSAN MARTIN

Business Owners, Sales Agents and Professionals:

Do you race against the clock?

- Miss deadlines?
- Run late for appointments?
- Feel unproductive?
- Never have time for yourself?

If so, join us for an interactive evening that will help you:

- Manage your time
- Increase productivity
- Meet your deadlines
- And, have time for yourself!

**Susan Martin** created **Business Sanity** to help business owners and sales professionals who struggle with marketing, management and productivity; who want to increase profits, avoid burnout and learn how to run their business most effectively. Susan is a Coop member.


FREE  
Non-members welcome

Tuesday, November 18  
7:30-9:00 p.m. at the Coop


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

Friday, November 21  
7:00 at the Coop

FREE  
Non members Welcome



Avatar Adi Da Samraj



# The Enlightenment of the Whole Body

Students speak of their teacher, Avatar Adi Da Samraj, considering the process and the nature of enlightenment and reality.

**Richard Hart** presents the work of Adi Da Samraj, born in the West, who points to the possibility of a life based in reality, beyond the opposite points of view of East and West.

Documentary will be shown, with discussion to follow.

**Richard Hart**, Coop member, established one of the first health food stores in NYC, works in nutritional counseling, and is a student of the World-Friend, Adi Da Samraj.

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

Sunday, November 30  
12:00 at the Coop


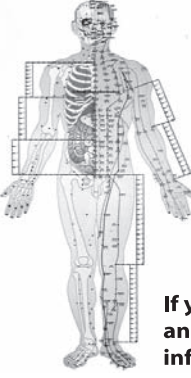
FREE  
Non members Welcome

# 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, December 6  
3:00 p.m. at the Coop

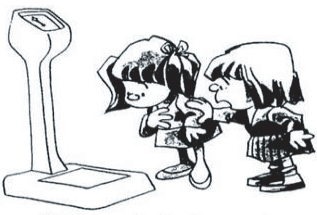
FREE  
Non members Welcome

# Why You're Not Losing Weight:

Seven Reasons Those Pounds are Sticking Around

With Coleen DeVol

What many people don't seem to realize is that you can lose weight and still be unhealthy—which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your body in a state of calorie-burning health while at the same time teaching you to prevent arthritis, heart problems, diabetes, fatigue, insomnia, mood disorders and other dis-ease. Find out how to become the shape you are meant to be!



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

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

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

Saturday, December 6  
7:00 p.m. at the Coop

FREE  
Non members Welcome

# FROM YOUR KITCHEN TO THE GARDEN



Shabazz Jackson and Josephine Papagni of Greenway Environmental Services talk about their zero-waste approach to managing organic waste on a large scale. They are a regional facility that serves municipalities, institutions, construction contractors, landscapers, and gardeners in the lower Hudson Valley. Greenway intercepts the food waste at the point where it is generated -- bypassing the toxic practices of landfilling or incineration. Their system creates high-quality compost, soil, and mulch, which in turn are used to grow food in an organic, sustainable fashion. The Greenway representatives will also talk about their natural water-filtration system, using plants to remove toxins and purify the water.

**Philip Botwinick** is a Coop member and the co-executive director of Local Energy Solutions, a project of the Five Borough Institute, a Not For Profit 501(c)3 organization, educating and empowering people on the issues of energy, economics, food, and community building.

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



Saturday, December 6  
12:00 at the Coop

FREE  
Non members Welcome

Prevention and Treatment of the Flu and Winter Colds with Homeopathy



Homeopathy is a holistic and encompassing system of healing that is also very effective in treating acute illnesses such as winter flus, coughs, and colds. In this session, we'll learn how to select the correct homeopathic remedy to rapidly treat these typical winter illnesses at home. We'll cover several major remedies, discussing the physical and emotional symptoms associated with each, in order to determine the best remedy for each specific situation. Homeopathic remedies are natural, non-toxic, and non-invasive, and many are available right here at the Co-op.

Coop member **Erika Simonian** is a classical homeopath with a private practice in Manhattan and Brooklyn. She is a graduate of the School of Homeopathy, NY, and her post-graduate study includes clinical work in India with Rajan Sankaran's Bombay School.

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

Bank FTOP hours using your expertise to create one of the largest events in the COOP's history.

On **Saturday, May 2, 2009**, the PSFC and the Caribbean Women's Health Association will host a conference on the Politics of Food. We need hundreds of Coop members and lots of organizations co-sponsoring!

Do you have experience in...

**MEDIA** -- Web design, graphics, sign making, audio-visual production;  
**PUBLIC RELATIONS** -- marketing, outreach, press kits, Website;  
**EVENTS COORDINATION** -- special events include a parade, films, vendors, and educational groups;  
**FUNDRAISING** -- including grant writing (we need financial sponsors as well as donations from restaurants and affiliated organizations);  
**COMMUNITY OUTREACH** -- coordinate & inform other community groups, including religious organizations, immigrant communities, and schools;  
**PLUS** we need staff on the day of the event!

Anyone with organizational skills and interest in food and food policy is welcome to join us!


Please send an e-mail with your name and area of expertise to the volunteer coordinator: [lstoland@gmail.com](mailto:lstoland@gmail.com)

In addition we are asking for donations of AIRMILES or money to help bring keynote speakers to the conference.

Sunday, December 7  
12:00 at the Coop

FREE  
Non members Welcome

Your Special-Needs Child And Your School District



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

*Law Offices of Susan J. Deedy, Esq. P.C.*

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

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

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

Swapping Helps the Coop and You!

Can't make it to your regularly scheduled shift over the holidays? Don't leave your squad mates understaffed! Swap with another member to make sure your job is covered.

There are three ways to find a swap:

1. The "Shift Swap" bulletin board next to the cashier area is where members looking to trade shifts put up notices.
2. The Coop website ([www.foodcoop.com](http://www.foodcoop.com)) has a "Shift Swap" section where members post messages for trades. Look for "Arrange a Shift Swap" on the homepage.
3. The Coop provides Committee schedules that include the names and phone numbers of other members who do the same type of work as you at the same time on alternate weeks. These schedules are available in the entrance lobby and in the Membership Office.

Puzzle Answers

**BANAL DOUR GAME IS AN ANAGRAM OF DOUBLE ANAGRAM**

1 K	Adobe Abode
2 J	Tidying Dignity
3 E	Pale Plea
4 H	Monster Mentors
5 L	Tested Detest
6 G	Nicest Insect
7 C	Equine Champions
8 B	Resist Sister
9 D	Respect Scepter
10 A	Gander Danger
11 F	Tedious Outside
12 I	Chars Crash

Coop Job Opening: Computer Programmer

**Description:**

The ideal candidate will work as part of a team and be well versed in Object Oriented methodologies and the full software development life cycle (analysis, design, coding, testing, debugging and documentation). The programmer will interact with Coop members and staff members. The candidate will maintain the following legacy applications while rewriting them to utilize a SQL database backend and, eventually, web-based user interfaces.

Membership accounting application (tracks workslots, member data and member card printing application)

Inventory/Produce applications (maintains inventory data and assists ordering process)

Other in-house developed programs

**Requirements:**

SQL database design and maintenance experience

Web-based application development in Java, Perl, PHP, LAMP or similar

Experience with analysis, development and maintenance of an interactive application communicating with proprietary or SQL-based backend.

Strong interpersonal/communications skills

Experience with source code versioning systems

User and source code documentation experience

Candidate must have at least three years of programming experience and a BS in Computer Science or equivalent experience.

**Highly Desirable:**

Work experience with the following:

Automated unit testing

Adapting to a legacy development language or framework

Tiger Logic/Raining Data's Omnis 7 / Omnis Studio

Application development in a Mac OS X environment

Hours:

Wages:

Benefits:

- 40 hours/week
- \$ 76,151.24 year
- Four paid holidays: July 4, Thanksgiving Day, Christmas Day, New Years Day
- Five weeks vacation
- Health & Personal paid time
- Health insurance and long-term disability insurance, fully paid by the Coop
- Defined benefit pension plan, fully paid by the Coop
- Transit Checks
- Health Reimbursement Account
- Not a profit-driven environment
- After 12 months of employment: Dental Coverage, employee-funded 401(k) and Life Insurance
- Flexible hours

**Application & Hiring Process:**

Please email a cover letter with your résumé to [hc-programmer@psfc.coop](mailto:hc-programmer@psfc.coop). Alternately you can mail your letter and résumé or drop them in the mail slot just inside the entryway vestibule of the Coop. All members who submit both a cover letter and résumé will receive a response. Please do not call the office to check on the status of your application.

**Prerequisite:**

Must be a current member of the PSFC, immediately prior to application and for at least six months.

**Probation Period:**

There will be six-month probation period.

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

Prompt & Courteous  
Licensed & Insured  
Free Estimates

**TOP HAT MOVERS**  
D.O.T. #T-12302

Residential & Commercial  
Packing & Supplies  
Local & Long Distance

**B.B.B.**  
MEMBER  
METROPOLITAN  
NEW YORK

**CUSTOMER COMMITMENT**  
1998  
BETTER BUSINESS BUREAU  
NEW YORK CITY

**Top Hat Movers, Inc.**  
718.965.0214 • 718.622.0377 • 212.722.3390

**Get Your Home Cleaned...**  
**With a Clean Conscience**  
**The We Can Do It! Women's Coop has**  
**eco-cleaned the homes of dozens of**  
**happy Food Coop members.**  
**Our business is women-owned and**  
**operated and members earn 100%**  
**of the fee paid.**  
**CALL TODAY! - 718-633-4823**

A Taoist practice  
for health and  
longevity

**Carol Lin**

**Nanlaoshu Qi Gong**

See CLASSES/GROUPS in *LineWaiters' Gazette*.  
(718) 522-2729 NanlaoshuBrooklyn.com

**PIANO LESSONS**

• For all ages.  
• Lessons in your home.  
• Mention this Ad to receive a **FREE** introductory lesson.

**Great Piano Instructor in Park Slope**  
**Tyler Blanton (707)484-7168**

**Got Joy?** Uh, oh!  
Well, on **November 15th**,  
we can show you how to get it!

**Two Locations!**  
• **3pm - 4:30pm Free Workshop at PSFC**  
• **1pm -7pm Free Holistic Health Fair**  
*Brooklyn Society for Ethical Culture*  
(53 Prospect Park West, 2nd Floor)

With Carolyn Meiselbach, EFT-Adv  
and other EFT experts

For more details 718-858-0452 • [www.EFTBrooklyn.com](http://www.EFTBrooklyn.com)



## To Submit Classified or Display Ads:

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

Submission forms are available in a wallpocket near the elevator.

### BED & BREAKFAST

BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights black has space with semiprivate bath, air conditioning, Cable TV & phone. Full breakfast provided in attractive smoke-free environment. Long & short stays accommodated. Reasonable rates. Call David Whitbeck, 718-857-6066 or e-mail brownstonebbb@yahoo.com.

### CLASSES/GROUPS

NANLAOSHU QIGONG means "hard-to-grow-old" and cultivates balance, flexibility, agility and grace. This Taoist art promotes vital energy, transforms joints and sinews, and flows in a Taiji form. Carol Lin is a 30-year practitioner. Starts Nov. 4 (1-2:30 pm) @ Devi (Park Slope Yoga @ 837 Union St.) Call 718-522-2729.

### COMMERCIAL SPACE

PROFESSIONAL OFFICES AVAILABLE. Ideal for a colon therapist, psychotherapist, medical doctor, shiatsu, reiki, speech therapist, etc. Be part of a Holistic Center in the beautiful SOHO section of Manhattan. The doctor will introduce all patients to you. For further information, please call 212-505-5055.

### EMPLOYMENT

CINEMATOGRAPHER/DOP FOR INDEPENDENT FILM by student filmmaker. Experimental Film project with a global theme. This is a cross-cultural story related to immigration & identity. This is a low/no paid project. Credits & honorarium offered. Shooting - Dec. '08 & Jan. '09. Contact: assist.karl@gmail.com.

EXPERIMENTAL INDIE FILM SEEKING: 1) Actors with strong cultural ties to Korea or Japan. Fluency in Japanese or Korean a definite asset. 2) Male with blond/lt. brown dreads or possibly like Napoleon Dynamite. This is a lo/no paid project. Credits & honorarium offered. Contact: assist.karl@gmail.com.

PRODUCER/LINE PRODUCER FOR INDEPENDENT FILM by student filmmaker. Experimental Film project with a global theme. This is a cross-cultural story related to immigration & identity. This project offers a small honorarium only. Shooting - Nov. & Dec. '08 & Jan. '09. Contact: assist.karl@gmail.com.

### SERVICES

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.tguc-cionelaw.com](http://www.tguc-cionelaw.com).

NO JOB TOO SMALL! Carpentry, tile installation and repair, painting, plastering, doors hung and repaired, shelves installed, bath regROUTS, general handy work. Serving the Park Slope area for 19 years. Free estimates. Call Rocco 718-788-6317.

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.

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](http://www.nycschoolhelp.com).

REFINISH your floors & make the old look new. Reasonable prices. Call Tony 917-658-7452.

NEED HELP WITH YOUR NOVEL? Author of four published novels will work with you to create a final polished draft worthy of submission. One-on-one meetings, for serious writers only. Hourly rate. For more information, email Trayfe@aol.com.

### SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen Goldberg provides comprehensive, family dental care using non-mercury fillings, crowns, dentures, thorough cleanings, minimal X-rays and non-surgical gum treatments. For a free initial exam and insurance information, call 212-505-5055.

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](http://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 FOR INDIVIDUALS, COUPLES AND FAMILIES provided by Dr. Helen Wintrob, licensed psychologist and trained family therapist. Insurance including GHI, Oxford, Aetna and Blue Cross accepted. Park Slope Office. Evening and weekend appointments available. Please call 718-783-0913 to make an appointment.

### 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](mailto:june-jacobson@earthlink.net)

### WHAT'S FOR FREE

FREE INITIAL ORAL EXAMINATION in a Holistic Family Dental office for all Coop members. Using a nutritional approach, Dr. Goldberg practices preventive dentistry, with non-mercury fillings, thorough cleanings and non-surgical gum treatments. For insurance information and an appointment, please call 212-505-5055.



WELCOME!

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

Kwami Abdul-Bey	Charles Caraher	Jimena Gallego	Yukiko Ikeda	Mena Mahaniah	Jovito Pagkalinawan	Chana L. Schapiro
Adam Abel	Ruth Carlitz	Pilar Gallego	Yuko Ikeda	Penelope Mahot	Richard Parker	Sholom Schapiro
Dominic Addison	Arthur Carter	Caroline Gambell	Katherine Isbister	Jacqueline Maillis	Lori Parquet	Peter Scheider
Naja Aidt	Alejandra Castillo Roth	Lydia Gamble	Ruth Jacob	Tara Lynne Mallon	Ashley Patterson	Jorg Schimmel
Kristofer Aigner	Joan Castronovo	Esther Garcia	Elliot Jacobson	Misty March	Jason Paul	Eli Schneider
Mary Ann Aitken	Willie Cave	Federico Garduno	Rachael Jacobson	Lesley Marker	Kate Payne	Linda Schneider
Alia Al-Khatib	Danielle Cefaro	Audrey Gauard	Andrea Janes	Nick Martellacci	Rachel Payne	Maxwell Schnuer
Kilby Allen	Charmaine Cephus	Micheline Gaulin	Brittany Janis	Carrie Martens	Daniel Pearce	Jonathan Schoenwald
Sibylle Allmayer	Joana Chagas	Hannah Geller	Natalia Jasienowicz	Melanie Martin	Nirupa Pearce	Tanja Schubert
Carol Altes	Jacob Chandler	Vanessa Gennarelli	Emil Jervin	Taylor X. Martin	Michael Peixoto	Victoria Scott
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Angela Anderson	Florent Chauvin	Desmond Gilna	Freda Johnson	Chris Maslin	Stefanie Perry	Morgan Seigny
Meredith Anderson	Alana Chazan	Olia Gitman	Sara Johnson	Ama Mathewos	Candace Peters	Sarah Shaddy-
Michael Andres	Andrew Chiappetta	Yury Gitman	Caroline Johnston	Ali Matos	Joellen Peterson	Farnsworth
Caroline Andrews	Ava Chin	Luisa Giugliana	Georgia Johnston	Cara McAteer	Matthew Peterson	Stefanie Shaffer
Aretha Aoki	Ryan Clarke	Robert Glass	Shyamala Joshi	Michael McCracken	Andrea Petrucz	Darlene Shaffron
Yoshie Arai	Sarit Clarke	Philipp Goedicke	Talia Kahn-Kravis	Samuel McCune	James Pfent	Alison Shames
Jessica Arnold	Samuel Clay	Ori Golad	Chi-Ko Kamibayashi	Matthew McElligott	Kate Pielemeier	Uruj Sheikh
Matthew Arnold	Jim Cleary	Sam Gold	Lidiya Kan	Larry McGearty	Marie Pierre	Jen Simmons
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Sandra Bermudez	Valerie DiClerico	Nicolette Hagstrom	Carol Lang	Jenna Minor	Annie Reichert	Benjamin Stutz
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Denise Bernard	Barbara Ditenhafer	Benjamin Hallman	Mathias Lanni	Beatrice Montalvo	Amy Reiter	Aaron Sweeney
Jeff Bird	Aryn Drake-Lee	Alexa Halsall	Sean Lany	Sean Moran	Cecelia Rembert	Bridget Sweeney
Alyssa Bishop	Andrew Droege	Gabrielle Hamill	Giai Larsen	Julia Moritz	Eunis Richards	Moussa Sy
Bo Bishop	Stacey Droms	Peter Hamlin	Liz Lauren	Dora Morris	Rachael Richardson	Jeremy Szopinski
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Pat Blankenship	Emily DuToit	Lisa Harper	Ryan Leggette	Elinor Mossop	Susana Rodriguez	Clemens Telling
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Clarissa Block	Alexander Ebin	Christie Hauser	Elias Levenson	Rysia Murphy	Ian Roll	Veronica Thomas
Anna Blume	L. B. Eisen	Richard Haw	Asher Levinthal	Ginnie Music	Galit Ronen	Jeffrey Thompson
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Chauntay T. Callwood	Colleen Galbraith	Monique Hundley	Nicole Luna	John Oppenheimer	Kelley Sanford	Ute van Sitteren
Monica Camacho	Kate Galbraith	Lila Hurwitz	Scott MacLeod	Tommaso Ortino	Marcela Santana	
Claire Campbell	Collin Gallahue	Maile Hutterer	Rafaela Maggiolo	Svetlana Ostrovskaya	JoAnn Santangelo	

continued on next page

WELCOME!						
A warm welcome to these new Coop members who have joined us in the last six weeks. We're glad you've decided to be a part of our community.						
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Trude Vargas	Mark Vorkink	Joshua Weinstein	Olivia Williamson	Rachel Wood	Dari Yudkoff	Rishi Zutshi
Christian Vasquez	Josh Waimberg	Petter Westlund	Sarah Willis	Juri Worms	Maria Zappia	
Brendan Vaughan	Andrew Wallace	David Whitehill	Matthew Willse	Rita Wozniak	Allison Zeiss	
Melissa Vaughan	Ben Wallace	Christopher Willets	Brandi Wilson	Larissa Wright	Frank Zeman	
Eva Vega	James Walloga	Jesse Williams	Beatrix Winter	Jocelyn Marie Yant	Marc Zemel	
Diya Vij	Amanda Wasserman	Nora Williams	Timo Winter	Cynthia Yardley	Janeva Zentz	

THANK YOU!						
Thank you to the following members for referring friends who joined the Coop in the last six weeks.						
Anthony Abato	Lara Comstock-Oramas	Kyle Graffan	Leslie King	Alaska McFadden	Carl Persak	Carlos Solis
Marne Ackermann	Sofia Corporan	Karlen Grant	Jordan Kirk	Shawn McGibeny	Emily Phipps	Sticks
Marilyn Ackerman	Sarah Cox	Laura Greengold	Sarah Klein	Danae McLeod	Claudemerv Pierre	Aida Stoddard
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Rocco Arrigo	Aurora Deuss	Sarah Heslip	Mindy Lauck	Maria Mezei	Tamara Riewe	Michael Terry
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Jennifer Bacon	Kristin Domingue	Michael Hodge	Ginger Legon	Daniel Mintz	Rohini	Steven Trifon
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John Beedenbender	Rachel Ehrlich	R.L. Huntress	David Levi	Alexandra Mouzet	Luci Rosalia	Noe Venable
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Abigail Browde	Frederick Fields	Coleen Jennings	Steven Lopez	Banu Ogan	Imrana Sayed	Brica Wilcox
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Francy Caprino	Jennifer Foster	Zachary Jones	Mabel	Maria Ospina	Fabienne Seveillac	Millie Yan
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Claudia	Gabe Godin	Hila Katz	Jennifer McClory	Laura Perry	Andrew Sloat	
Sarah Collins	Lolita Gold	Hannah Kehn	Amanda McCormick	Tricia Perry	Lorraine Sperling	

