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1973



# LINEWAITERS'

## GAZETTE



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SOY BASED  
Ink System  
Created in Park Slope, NY

Volume DD, Number 2

January 15, 2009



Many squad leaders reduce make-ups for errant members.

## Make-up Rules

### Duty Is in the Eye of the Beholder

By Gayle Forman

Once upon a time, before I started writing for this fine newspaper, I used to pull a double shift on the shopping squad. (Yes, fair reader, I worked and still work both my shift and my husband's, and if you see him, be sure to let him know how nice I am.) One day a few years ago, about halfway into my first shift of the double-day, I started to feel lousy—sore throat, runny nose, the

full brunt of a cold coming on—so when the squad leader for the second shift showed up, I explained that I'd just worked a shift and was about to work my second but was feeling unwell. Could I go home and make up the second shift another day? Then I probably sneezed.

#### One Lump or Two?

The squad leader said I could go, but that if I left I

would owe two make-up shifts. "Two shifts?" I asked. "But I am here. I've already worked one shift. I wasn't a no-show. I'm sick. Can't I just make up the one shift?" She was unmoved. She told me that each squad leader had the authority to assign the number of make-up shifts per absence. And her policy was two make-ups for every missed shift. If I had an issue, I could take it up with the office.

I worked my shift, sniffing and seething—and then promptly switched to a different squad.

#### Different Squad Leaders, Different Rules

Peter Drogin is the squad leader on my current shopping committee—Monday. A week, I work entry desk; stop by and say hi—and I am loyal to him because if I call in sick (or, as happened last February, call in having the once-in-a-lifetime opportunity to see Obama) he understands that life happens, and he gives me one make-up. If you don't call in or call after the shift has started, you get two make-ups. This is, in my opinion, a most sensible policy, and one that I do not abuse by calling in absent often.

Many people believe that Drogin's policy is official Coop policy, but after talking to more than seven squad leaders, I've discovered that there is much confusion

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PHOTO BY HAZEL HANKIN

First graders at P.S. 321 create a coop in their classroom.

## The Coop in the Classroom

By Larissa Phillips

There are many things that set the Coop apart from other grocery stores: local produce, monthly workslots, lower prices.

But for a group of first graders at PS 321, the most salient feature of the Coop can be summed up in one word: cooperation.

According to first grader Sophia Powers, "They do cooperation, so it's fair." To illustrate her point she added, "What if someone got a huge hunk of Play-Doh, and someone else got a little chunk? It wouldn't be fair."

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#### Next General Meeting on January 27

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.\* The next General Meeting will be on Tuesday, January 27, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place. The agenda is in this Gazette and available as a flyer in the entry-way of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

\* Exceptions for November and December will be posted.

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## Coop Event Highlights

**SUN, FEB 1** The Coop will be closing early at 5:00 p.m. due to our annual Coop-wide inventory

- Thu, Jan 22** • Blood Drive 3:00-8:00 p.m.
- Fri, Jan 23** • Blood Drive 11:00 a.m.-6:00 p.m.
- Sat, Jan 24** • Blood Drive 11:00 a.m.-6:00 p.m.
- Fri, Feb 6** • Film Night: *Still Doing It* 7:30 p.m.
- Sat, Feb 7** • Household Goods Swap 9:30 a.m.
- Sat, Feb 7** • Valentine Card-Making Workshop 3:30 p.m.
- Thu, Feb 4** • Food Class 7:30 p.m.
- Fri, Feb 20** • The Good Coffeehouse 8:00 p.m.

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

# SAVE A LIFE

## Give Blood

Join the Blood Drive  
at the Park Slope Food Coop

- ☞ **Thursday, January 22** • 3:00 – 8:00 p.m.
  - ☞ **Friday, January 23** • 11:00 a.m. – 6:00 p.m.
  - ☞ **Saturday, January 24** • 11:00 a.m. – 6:00 p.m.
- In the second floor Meeting Room



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

• Park Slope Food Coop • 782 Union Street •  
• Brooklyn, NY • 718-622-0560 •

• In cooperation with New York Methodist Hospital •  
For further information about blood donation, call Stuart Rosenhaus, 780-3644



## PSFC JANUARY 2009

### GENERAL MEETING

**Tuesday, January 27, 7:00 p.m.**

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

#### AGENDA:

#### Item #1: PSFC Documentary Workshop (45 minutes)

Discussion: "Presentation of a documentary film workshop proposal by two Park-Slope based filmmakers"

—submitted by Joel Tomar Levin

#### Item #2: Proposal for Coop Annex (45 minutes)

Discussion: "The tremendous increase in membership is encouraging as well as a challenging. It would be reasonable to consider a small annex (perhaps 2 if needed), a storefront, at a convenient distance from the main building and a location mindful of the geographic membership distribution. A leased small storefront with staples and the most commonly purchased items would accommodate the increase in members without the long term investment of an alteration of the main Coop building. Should the membership or revenue decline in the future, the annex would merely close."

—submitted by Kevin Cunneen

#### 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.

# Make-up Rules May Change

CONTINUED FROM PAGE 1

about what the official Coop policy is. It is not, in fact, Drogin's call-get-one, flake-get-two plan. According to General Coordinator Joe Holtz, the default attendance policy is two make-ups for every missed shift, but with the caveat that squad leaders have flexibility to amend that—that is, to lower the two to one. And even though this official policy, or non-policy as it were, is often misunderstood, some squad leaders find the well-known wiggle room clause to be problematic.

"My feeling is a squad leader has enough going on, particularly at transition points at the beginning and end of a shift, and he or she shouldn't be put in the position of making these subjective calls," Drogin says. "Giving squad leaders flexibility actually creates more problems than it solves."

#### Reforms in Store?

There has been some discussion of changing the attendance policy, says Holtz. Over the years, members (like

me) have expressed their unhappiness with the nebulous policy, while some squad leaders, like Drogin, have wished for firmer guidelines. Some of the alternative policies being tossed around—including giving members one and a half make-ups for every missed shift, with the half dangling out there for a few months and then disappearing unless it was joined by another absence, in which case it would turn into two make-ups; or having members earn a free bankable shift for every 12 completed scheduled shifts—may become more feasible this coming year when the member work system finally becomes computerized. The question is, does there need to be an elaborate solution? "Can we amend what we have now and make it better?" asks Holtz.

Many squad leaders say no. They prefer to retain their control—not to flex their authority but to exercise their generosity. Receiving squad leader Bernard Groden says that on his squad there are so many longtime members that

there is an inherent trust. "If you're in good standing, you only get one make-up for any absence," he says, whether you call in ahead of time or not. If you're chronically absent, however, that's a different story.

#### No More Mr. Nice Guy?

Malcolm Smart, a shopping squad leader, operates by a similar principle. "We are generous to our regulars. We are likely to only give them one make-up whether or not they call in. We give extensions when they're about to get suspensions. We make them work very hard, and we try to reward them." But if you join Smart's squad and start slacking and not showing up, he's only happy to give out two make-ups, an encouragement to get you off the squad and perhaps out of the Coop if you're not committed. Lately, Smart has sensed people on his own squad taking advantage of his good nature and has started being a bit looser with the double make-ups.

I can understand that. Sitting at the entry desk these past few years next to Drogin, I've had a chance to see it from the squad leader's point of view: Peter has to juggle getting his registers filled, his cashiers set up with co-counters, his phones answered, while dealing with make-ups, no-shows, computer malfunctions and squad members strolling in 25 minutes late. I understand what Joe Holtz means when he says that "scheduled time is worth more than unscheduled time. Doing what you said you're going to do, that's what makes the Coop run well. We want to encourage fulfillment of commitment and being part of a group. That's what's going to keep us a true cooperative."

Still, it's telling that of all the squad leaders I spoke to for this article, not one of them was in favor of harsher penalties for absences. Most seem to recognize that at least for Coop members of good standing, sometimes life gets in the way of a Coop shift. And when that happens, showing a little bit of compassion is often the most cooperative thing a squad leader can do. ■

## 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:

<b>Produce</b> (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.
<b>Books</b>	<b>May not</b> be returned.
<b>Juicers</b>	<b>May not</b> be returned.
<b>Bulk items &amp; bulk items packaged by the Coop</b>	<b>May not</b> be returned. Members may contact the bulk buyer to discuss any other claims for credit.
<b>Refrigerated items</b> <b>Frozen items</b>	<b>May not</b> be returned unless spoiled before the expiration date or within 30 days of purchase, whichever is sooner.
<b>All Other Products</b> (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.



# Taking Stock of the Produce Squads

By Anita Aboulafia

It's the middle of January. You might think the selection of seasonal local produce would best be described as "slim pickin's." But during this off-season, the Park Slope Food Coop's shelves are still graced by a virtual cornucopia of fruits and vegetables. There are a dozen varieties of apples, most from local farms, and six varieties of sprouts, all from local farms. The produce comes from the more than 50 local, small-scale, organic and nonorganic farms or distributors that deliver to the Coop six mornings a week, Monday

cooler, removing trash, collecting boxes and performing myriad other tasks to ensure shelves are well stocked and displayed by the time the Coop opens at 8:00 a.m.

## Early-Morning Deliveries

Receiving Coordinators Julie Gabriel, Jorge Jimenez and Denney Marcelle face daily challenges. Three-year veteran Gabriel (she had been an office coordinator for 12 years) checks to see that the correct number of items listed on the invoice has been received and oversees quality control. In addition,

making sure the older produce is shelved first.

A few hours after some of the major deliveries have been made and delivered via conveyor belt to the basement, the basement's Produce Receiving crew receives a list of items to be sent up to the store for restocking. Marcelle explains that although restocking goes on throughout the day, the most intense restocking takes place hours before the store opens.

And workers of course also have to be able to identify the produce in order to shelve it, from knowing what organic frisee is to being able to distinguish collards from leeks or from any number of other green, leafy vegetables that come their way.

## What Are Coop Members Buying?

According to Zimmerman, Coop members are eating healthier—more and more fruits and vegetables and, owing to the recent economic downturn, they seem more likely to cook at home.

"We have a well-informed, food-savvy membership," he says. "Every week, members purchase such lesser-known produce as 50 to 60 pounds of guava, a tropical fruit that can be scarce, and 10 pounds of scorzonera, a root vegetable better known as black salsify, which looks like burdock and generally comes from Central and Northern Europe. A small farm in Lancaster, Pennsylvania supplies us with these and other vegetables." Interestingly, a listing in Wikipedia indicates, "Black salsify has been used a long time to treat poisonous snake bites." (Critical question to members: Are there poisonous reptiles in Prospect Park that people should know about?)

## Coop Supports Soup Kitchens

And what Coop members don't buy often ends up going to area soup kitchens. Receiving Coordinator Ken Macdonald is the coordinator of soup kitchen deliveries. He says Coop members are a "fairly picky community" who are reluctant to buy bananas and other fruits and vegetables that have become bruised or less attractive. So these bruised fruits and vegetables, along with dairy products and premade sandwiches—all of

which are still edible but a bit past their prime—are delivered to soup kitchens five days a week. The Soup Kitchen squad is responsible for sorting the food that will be picked up or delivered.

One soup kitchen distributor, City Harvest, can get anywhere from five to 30 full banana boxes of food several times a week. Coop workers walk another 12 packed banana boxes of fruit, vegetables, frozen meat and dairy on u-boats

down to CHIPS, a local soup kitchen at Fourth Avenue and Sackett Street, three times a week. Additionally, Bernice Parris, a local volunteer, comes to the Coop regularly to take food to home-bound senior citizens and other families in need.

The soup kitchens are also recipients of clothing collected at the Coop, most recently during December's

clothing drive.

Indeed, the dark days of winter are upon us but, thankfully, local farms continue providing the Coop with a medley of high quality, diverse produce, while the Receiving and Stocking squads are dedicated to maintaining a well-stocked, well-displayed produce area. Keep up the great work, one and all! ■



**Top: Early-riser Julie Gabriel moves the cardboard bin out of the way. Above: Members help with produce delivery.**

through Saturday.

The Produce Receiving and Stocking Squads unload the produce, checking deliveries, unpacking, sorting, stocking and rotating the fruits and vegetables that make their way to the Coop's shelves. They handle as many as eight deliveries a day, a total of 5,000 cases of produce every week.

Starting at 5:30 a.m., these early-morning workers are sweeping and mopping the produce and receiving areas, cleaning and straightening the shelves, stocking the dairy

tion, she serves as produce buyer in the absence of General Coordinator Allen Zimmerman. Fifteen-year veteran Jimenez ensures that the correct allocation of workers is assigned to every shift. "Organized chaos" is how Jimenez describes the process of unloading fruits and vegetables from the trucks to the basement storage area, in an environment he also refers to as "high energy" with "terrific people." Twelve-year veteran Marcelle describes the all-important produce rotation process,



**Allen Zimmerman stacks boxes of clementines.**

**Saturday, February 7  
3:30–5:30 p.m.**

**FREE**  
Non members Welcome

VALENTINE CARD MAKING



**Bring Family and Friends!**

**Children under 10 years old should be accompanied by an adult.**

**We will supply glue, markers and paper.**

**Bring any other special art materials you would like to use with you.**

**We are looking for art supply donations like buttons, fabric, recycled paper, magazines, newspaper and cardboard.**



**Second Floor Meeting Room**

**First come first serve space limited to 15 at any given time.**

**Read the Gazette while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)**

## The Coop in the Classroom

(CONTINUED FROM P. 1)

Another student, Talia Bieler, put it another way: "It's just like other grocery stores, except that they work together. And instead of bags for food and stuff, there are boxes."

### A Child's Perspective

A child's perspective can get to the heart of things pretty quickly. Anyone interested in the deeper meanings in the Coop's mission might

be sold were assigned a monetary value, up to 10¢, and real money changed hands. (A final profit of about \$20 was donated to CHIPS.) After the project was finished, Moore said the children used their emerging writing skills to create written evaluations of the project. Proofs of their study, in the form of graphs and charts, paper the hallway outside Moore's classroom.

learning that addresses developmental needs at different levels," said Nancy Workman, an educator whose son Jonah is in the class. She dismissed theoretical concerns about time the project may have stolen from more traditional schooling. "There is a great balance of the conceptual, hands-on projects with the usual 'skill and drill,'" she said.

Moore's class started with a study of the neighborhood. At 321, as at many schools, the social studies units start close to home and embark on an ever-widening path. Kindergartners study the family, first graders study the neighborhood, second graders the city, third graders geography and so on.

"You take kids around the neighborhood," said Lynch. "What do you know about your neighborhood? What do you want to want to know more about? [We look at] the post office, the bank, the library, restaurants, pizza places, the hospital."

With Moore's class, food was always the focus on these neighborhood explorations. Echoing the movement toward understanding food systems, the class began asking questions about where food comes from. Parents were surveyed to find out their preferred grocery stores. (Roughly half the families in the class were Coop members.)

Aside from being a local grocery store, the Coop was a perfect social studies subject. "The goal of each of these studies is to see that people depend on each other," said Lynch.

### Busy Bees in Action

After all their tours and interviews and preparations, on the Friday before winter break the first graders finally presented their work to a select audience (parents, followed by several classrooms).

As envisioned by 19 first graders, this is what a food coop looks like: desks were arranged in a partial square around the classroom. The children sat behind their baskets of bagged baby carrots, fruit salad and cookies, and nonfood items such as hand-made crayons. Some children made change, some did the bagging, some sat behind baskets.

Everyone was in matching white shirts, which the children decorated: "Busy Bees,"



Teacher Kim Moore acts as squad leader.

the name the class chose for their coop, on the front; each child's job written on the back. ("Joe Holtz would die for a shirt like this," said one parent.) They made the food, they knew where it came from and they were working

come from trees."

Parents were willing participants in the process, dutifully trading in their money for pennies and purchasing baggies of food. Reports of their children's involvement ranged from "excited" to



First grader makes change during coop classroom.

have benefited from stopping by PS 321 a few weeks ago, when teacher Kim Moore's first-grade class presented the culmination of their social studies unit, an in-depth study of the Coop.

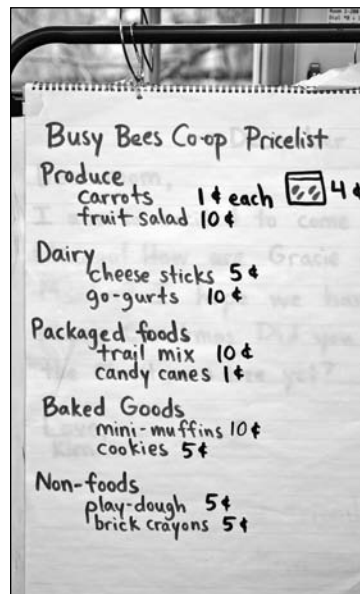
Wait a minute. A study of the Park Slope Food Coop? Somewhere in the halls of traditional academia, alarm bells might be sounding. What's next? A first grader's guide to making kombucha? An in-depth look at the history of granola? But before those alarms start chiming too loudly, Moore and another first-grade teacher, Eileen Lynch, are quick to point out the rigorous (by first-grade standards) underpinnings of the study.

### Getting Down to Basics

"We divided the food up into categories," Moore said. "We toured the Coop twice. We interviewed members. One of the kids noticed a honeycomb. They didn't know if it was packaged food or nonfood. We tracked how it got to the Coop. Where it began and all the people involved in getting it there."

Math was also in the mix. Bulk foods were measured and sorted. Charts were created to categorize the products and to make sense of surveys. All the products to

"It is such a rich study," said Lynch, who has done the same unit with her first-grade classes in other years. "You can get so much writing and reading and math into the project."



### Hands-on Learning

Educators sometimes talk about project-based learning, loosely defined as an inquiry that is student-led, uses essential skills and tools, encourages a collaborative effort, has a connection to the real world, involves a presentation to a larger group and, at the end, a self-assessment exercise. By most definitions, this study of the Coop fits the bill.

"It's deep experiential



Busy Bees Coop members sell their wares.

together to sell it.

### Finding Food Sources

In an era often criticized for its disconnect from its food sources, nutritionists and food educators might applaud the awareness that came out of the study. One child, Lochlan Brooks, solemnly proved his knowledge when asked where the fruit salad he was selling came from. (The questioner was actually intending to learn whether the teacher or the parents had brought it in.) "Well," he said patiently, "the grapes come from vines, the oranges come from trees. Pomegranates

"extremely focused" to "totally obsessed."

Nonmembers may have felt the heat to join the Coop, or at least to make some changes. "I was told I have to compost," Alyssa Weinstein noted. "I heard, 'Mommy, why don't we belong to the Coop?'"

For families who are already members, the re-creation of the Coop was dead-on. "It's just like the real Coop. Look at the backup," said parent Daniel Brooks, gesturing toward the milling crowd of parents. But there was one crucial element missing: "Where's the express line?" ■



Bounty from the Busy Bees.

PHOTOS BY HAZEL HANKIN



ENVIRONMENTAL COMMITTEE REPORT

# Coop Water Wars

## The Epilogue, Part I

By David Barouh, for the Environmental Committee

*The shadows sway and seem to say  
tonight we pray for water,  
Cool water.*

*And way up there He'll hear our  
prayer and show us where there's  
water,  
Cool Water.*

—Old Cowboy Song

**A**t last April's General Meeting, the Coop voted overwhelmingly to discontinue selling bottled water. Judging by this vote, many Coop members have taken to heart the reality of a world of diminishing fresh water resources and water scarcity, have reexamined bottled water's role in that world and have chosen to drink our renowned municipal water, regaled as among the world's finest, either straight up or through a water filter.

One of the objections to the initiative was that we picked on the wrong product. Instead of bottled water, why not target less healthy soft drinks, which also come in polluting plastic containers?

### Public Resource or Commodity?

The answer is that there's no infrastructure in place that delivers soda to one's tap. Our purpose was to dramatize the political and social implications of giant multinational corporations controlling and selling a vital public resource, and the threat this poses to the delivery of safe, clean water to all, not just to those who can pay. To go beyond that would have been to act as judges of which compromises to modern industrial life are acceptable. The overwhelming support for the measure indicated that most of the membership felt

we hadn't crossed that line.

Our water infrastructure is and has traditionally been part of what are called the Commons: land, resources and services administered by governments on behalf of the people and paid for by taxes. (Our own NYC water system is the world's largest, and perhaps the most miraculous, being transported hundreds of miles to city taps almost exclusively by gravity.) Efforts to privatize the Commons have been among the most pernicious turn of events of the last quarter century, degrading the quality of life for the vast majority of people while enriching a relative few.

English physician John Snow's discovery that a cholera outbreak in 1854 London was caused by a single neighborhood well, besides marking the birth of the science of epidemiology, dramatized the need to protect public water. If drinking water comes from bottles sold by private entities, will governments feel any urgency about spending public resources to protect municipal water systems?

### Whence Bottled Water?

The idea of bottling and selling water can be traced to the European Spa phenomenon, as recounted in the book *Bottlemania: How Water Went on Sale and Why We Bought It*, by journalist (and Coop member) Elizabeth Royte. Health resorts were built around mineral springs thought to be therapeutic, and it seemed quite natural for the spas to bottle and sell their main attraction, at first to their visitors, and then to wider commercial markets. In those

days, the selling point was the supposed curative properties of the water.

But also, as Royte writes in *Bottlemania*:

"Before chlorine was understood to kill bacteria, people regularly got sick from drinking river and lake water. If they could afford it, they drank bottled groundwater; if they couldn't, they boiled bad water or drank cheap spirits. The widespread use of chlorine in 1920—one of the most important advances in public health—dealt a near lethal blow to sales of spring and mineral water in this country, but it set the stage for their comeback, based largely on snob appeal, sixty years later." (p. 100.)

The *chic* aspect of bottled water can be dated to the explosion in sales in the 1980s. But bottled water had a following earlier than that, perhaps concurrent with the health consciousness of the organic movement in the 1960s. Given the chemical treatment that public water systems undergo, bottlers cleverly employed advertising images of pristine springs to create the perception that bottled water was healthier than tap water. It only became evident later, with investigations like the landmark 1999 Natural Resources Defense Council study "Pure Drink or Pure Hype," that 25-40% of bottled water comes from municipal sources, and that, regardless of its source, bottled water is subject to as much if not more chemical and bacteriological contamination than tap water. And unlike municipal water, there is *no* requirement for bottlers

to reveal what's actually in their water.

The political and environmental dimensions of bottled water were also not at first evident, given smaller sales and an industry populated by smaller independent bottlers. With the environmental movement still in its infancy, and widespread awareness of pollution caused by the bottles still years away, the industry grew in tandem with growing health consciousness and demand for organic produce.

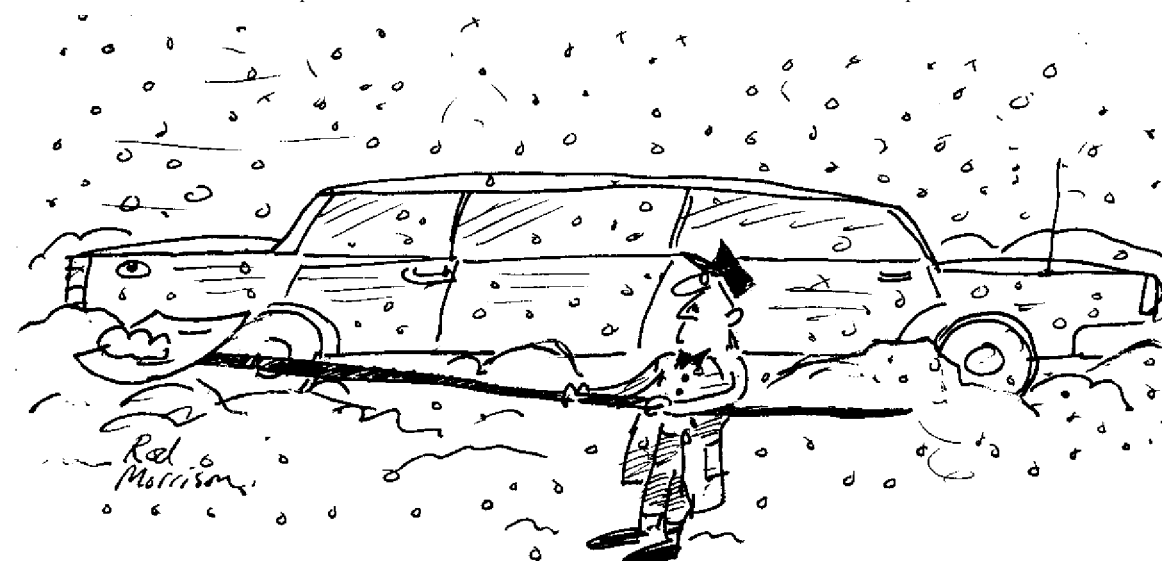
With the cleverly marketed but now discredited notion (still of mysterious origin) that we need eight glasses of water per day to meet our hydration needs ([www.snopes.com/medical/myths/8glasses.asp](http://www.snopes.com/medical/myths/8glasses.asp)), convenient access to water became all-important and sales exploded. Bottled water now assumed status and celebrity connotations. By the '90s, giant transnational corporations wanted in and started buying out many independent bottlers until a small number of giants controlled most of the market. Although many people recognized the practical convenience and economic sense of buying

water filters to assuage concerns about the quality or taste of tap water, by then bottled water *chic* was firmly entrenched.

Meanwhile, water fountains seemed to be disappearing from public places. One might draw a parallel to the disappearance of perfectly functional trolleys and other public transportation systems in urban settings, now infamously tied to the conspiratorial actions of oil companies and car maker General Motors to change the face of American transportation.

But in recent years, with efforts such as the 1999 NRDC study, the well has been poisoned for the bottled water industry. The dogs of war have been unleashed, as communities fight against water bottlers and privateers, and the bottlers institute various public relation (a.k.a. "greenwashing") campaigns to salvage their image and their business. ■

Part Two of this article will cover the growing worldwide struggle against the corporate water giants and the effort to preserve public control of the world's fresh water resources.



Saturday, February 7  
9:30 am - 1:00 pm

**FREE**  
Non members Welcome

## Household Goods Swap

Who needs Bed, Bath and Beyond when you can fix up your home for free by swapping household goods with other Coop members?

Please follow these guidelines when choosing items to bring to the swap.

**Inappropriate donations will not be accepted.**

Inappropriate items:	What to bring:
Broken/Non-working items	All items must be clean and in good condition:
Damaged, shabby, stained, or rusty items	Linens such as blankets, towels, sheets
Items with missing pieces	Kitchenware such as silverware, glasses, mixing bowls, etc.
Large electronics such as computers, televisions, stereos, etc.	Small electronics such as telephones, clock radios, etc.
Furniture	Small lamps and small appliances such as blenders and toasters
Pillows and other items that can't be washed	Small rugs
"Knick-knacks" (items with no function)	Assorted functional items — jewelry boxes, vases, picture frames, etc.

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)

# "Politics of Food" Conferences Unite Food

By Rebecca Goldberg, for the Conference Planning Committee

For decades there have been activists devoted to issues that relate to food. Food bank organizers work to combat hunger. Proponents of organic food spread the word about the dangers of pesticides. Farm workers and their advocates fight for better working conditions. Parents lobby to make school lunches healthier.

Until recently, these groups worked largely in isolation from one another. But as Food Coop members, you have probably sensed that a broader movement is now taking hold. Popular authors like Michael Pollan and Barbara Kingsolver have been promoting a broader understanding of the broken nature of our food system and the far-reaching implica-

tions for all of us. Commodity crops like corn and soy are most profitable when converted into the innumerable, unpronounceable ingredients in processed foods. Pesticides and genetically modified seeds allow these unnatural monocultures of crops to thrive; the cheap processed food they turn into takes over low-income neighborhoods, to the point where produce and other nutritious food often cannot be found at all. School children are fed this unhealthy processed food as well, while subsidized cheap American commodity crops put foreign farmers out of work; many of those farmers flood our borders and end up working as underpaid and exploited field hands. This is

just one example of how seemingly unrelated problems in our food system are in fact intertwined. Thus do the organic activist, the poverty-focused food bank worker, the parent and the farm worker begin to realize that they are all struggling against the same deeply flawed system. They, along with many others, are coming together in what some are calling the Food Democracy movement. The movement is focused on health, environmental sustainability and social justice for workers and consumers alike.

The success of Manhattan's recent Politics of Food conference, hosted on November 19, 2008 by Borough President Scott Stringer, is indicative of how quickly this

movement is taking root. The 660 slots available for the Wednesday conference were quickly taken, while hundreds more put their names on the waiting list. Mayor Bloomberg and Miguel d'Escoto Brockmann, President of the United Nations General Assembly, both addressed the crowd. Sessions covered a wide range of topics, from how schools, hospitals and other institutions can serve healthier meals to urban farming to the recession's consequences for the city's food safety net. Coop members who attended were inspired by the thought-provoking discussions, and more generally by the passion and organization that were on display. The conference yielded a list of concrete

policy objectives to improve our food system at the city, state and federal level.

The Park Slope Food Coop's upcoming Brooklyn Food Conference, to be held on Saturday May 2 at P.S. 321 and John Jay High School, has similar goals, but a much broader reach. While the Manhattan conference took place during the week, and was therefore attended almost exclusively by professionals in various food-related fields, our weekend conference will have a grassroots approach. Co-sponsored by PSFC, Brooklyn's Bounty (a coalition that is dedicated to strengthening community-based farmers' markets) and the Caribbean Women's Health Association, and supported by more than 40 community organizations, the conference's attendance is expected to number well above 1,000. Panels and plenaries will help educate Brooklynites about the many-faceted food democracy movement, while the final plenary session will draw on the concerns and expertise of the attendants

## Brooklyn Food Conference: Local Action for Global Change May 2, 2009 Free and Open to the Public

The world food crisis is real, it's growing, and it affects us all. Food prices are skyrocketing, mono-crops and agribusiness have damaged the environment, farmers cannot afford the food they grow, most farmers and farm workers live in poverty, and an irrational system of food production and distribution based on short-term corporate profits has created a mess for us to clean up and change. Epidemics of obesity and diabetes caused by the food industry extract a huge personal and societal toll. The world food crisis: what can we do about it?

The Park Slope Food Coop, Caribbean Women's Health Association, and Brooklyn's Bounty are organizing a huge conference on the Politics of Food on May 2, 2009, to answer the questions, "What is the global food crisis all about?" and "What can we do about it?" With much support from Coop leadership, our goal is to reach out to people all over Brooklyn. So many Brooklyn community organizations have exciting initiatives on food: community gardens, urban agriculture, farmers markets, youth education programs, school food activists, local restaurants, health professionals, fair and local traders, and of course coops. We hope to engage as many members of the PSFC as possible: we ask you to introduce us to your friends, neighbors, workmates, and associates so we can involve them in this conference and learn from their experiences. We already have 50 additional organizations that have signed on as partners.

Over the next few months, you'll hear more about our plans and about the many groups out there that are trying to deal with the food crisis on a local level. But here's a short sketch of what we have in mind for May 2nd:

- Plenary Speakers – food and community activists from all over the U.S.
- Workshops, films & teen-led activities (to be held at John Jay HS) with an emphasis on Brooklyn activists and organizations
- Kids' activities (to be held at PS 321)
- Healthy food vendors
- Information tables on local organizations and on-going activism
- Dinner and dance at John Jay HS to celebrate our coming together as a community

Parents, teachers, and administrators at PS 321 and John Jay HS have been welcoming us and dreaming up great ideas for the conference. Many local organizations are working with us and becoming partners for the conference. This sort of effort is going on across the nation and the world. Everywhere there are people who refuse to acquiesce to an unjust, ecologically damaging, and unhealthy food system. We are part of that movement.

Please put May 2, 2009, down in your calendar as an important community event. If you want to participate in organizing this complex project, please send a short message indicating your particular interests, skills, or contacts to [lstoland@gmail.com](mailto:lstoland@gmail.com). Finally, if you're aware of any people or organizations that can help us cover the cost of this FREE conference, please let us know. See you on May 2nd.

[info@BrooklynFoodConference.org](mailto:info@BrooklynFoodConference.org)  
[www.BrooklynFoodConference.org](http://www.BrooklynFoodConference.org)  
917-693-3155

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

[www.BrooklynFoodConference.org](http://www.BrooklynFoodConference.org)

On **Saturday, May 2, 2009**, the PSFC, Caribbean Women's Health Association, and Brooklyn's Bounty will co-sponsor an all-Brooklyn conference on the Politics of Food: Local Action for Global Change. We need hundreds of Coop members and lots of organizations to be our partners in this huge event!

Do you have experience in ...

**COMMUNITY OUTREACH** – Help us reach out to other community groups, including faith, health, environmental, hunger and homelessness, business, schools, unions, youth, and immigrant organizations. Also, if you are a member of a community group please help us to connect.

**STORE, RESTAURANT & VENDOR OUTREACH** – Help us reach out to stores, restaurants, and vendors to involve them in our conference.

**CREATE AND ORGANIZE A PRINT PROGRAM** for the conference, recruit advertisers for support. Help us either recruit for the ads and/or help us layout and design the program.

**GRANT WRITING** – Help us raise foundation funds to support this free conference.

**MEDIA CONTACTS** – Help connect us to people you know in the media—journalists, TV, radio, bloggers, all needed.

**PUBLIC RELATIONS** – Marketing, outreach, press kits.

**EVENT PLANNING** – Including a parade, films, vendors, info tables, workshops, and educational groups for May 2; we also need help organizing a fundraiser before May 2 to support this free conference.

**PRINTING** – We need free or very low-cost printing. Have any connections?

**AIRMILES** or money to help bring keynote speakers to the conference.

**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).

As we intend to keep the conference free and open to the community, we are asking for donations.

**We need your participation!**

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.

Take the survey at [www.foodcoop.com](http://www.foodcoop.com) or at the Coop. Information cards available at the entrance desk.



REPORT

# Democracy Movement

to endorse policy goals developed through the conference organizing process.

Children's activities will let even the youngest explore the world of food, while older kids and teenagers will be on hand both as conference organizers and as active participants. When the conference is over, Brooklyn's Bounty will spearhead an effort to take the ideas and excitement that the conference generates and translate them into a Brooklyn-wide, broad-based coalition with concrete policy-related actions. Working groups will be organized based on congressional districts, with the

goal of directly lobbying our elected officials on the national, state and city level to take action on these important issues. This coalition will be pioneering a new approach to the Food Democracy movement, one that will be pure "Brooklyn" in style and scope: big and bold.

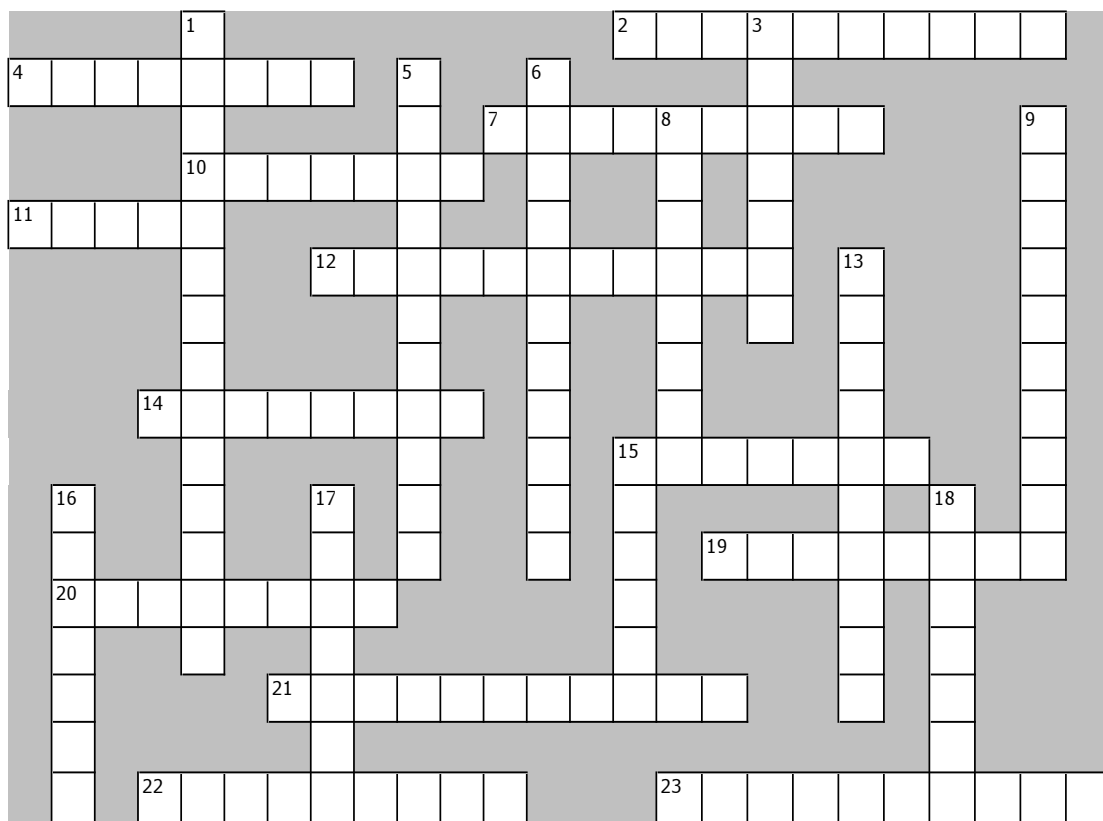
There are many opportunities for interested Coop members to volunteer to help build for the conference; in some circumstances FTOP time can be awarded. FTOP will also be available for those who help on the day of the conference, when we will need upwards of 100 volunteers.

Please email [info@brooklynfoodconference.org](mailto:info@brooklynfoodconference.org) if you are interested in volunteering in any capacity. ■

*This article is part of a series of articles by the Safe Foods Committee, leading up to the Brooklyn Politics of Food Conference: Global Crisis, Local Action, to take place May 2, 2009 in Park Slope. Come discover more about organic farming and sustainable food systems! This event is co-sponsored by the Park Slope Food Coop, Caribbean Women's Health Association and Brooklyn's Bounty. For more information check out our new website: [www.brooklynfoodconference.org](http://www.brooklynfoodconference.org) and email us at [info@brooklynfoodconference.org](mailto:info@brooklynfoodconference.org) to get involved.*

## Puzzle Corner

### Brooklyn, Borough of Neighborhoods



#### ACROSS

- 2 Brooklyn's Chinatown
- 4 Residential section of East Flatbush
- 7 Former upscale resort region on Gravesend Bay
- 10 Locale for this season of MTV's *Real World*
- 11 Onetime site of Fulton Landing
- 12 Setting for *The Honeymooners* and *Welcome Back Kotter*
- 14 Jimmy Durante's southeastern Brooklyn home
- 15 Frequent Spike Lee film setting
- 19 Northeastern home to "Brewer's Row"
- 20 Where to find Borough Hall

- 21 The most concentrated

Orthodox Jewish community outside of Israel

- 22 Where the Brooklyn Athletics played in the 1880's

- 23 Home to the tallest building in Brooklyn

#### DOWN

- 1 Historic district named for its deep front yards

- 3 Private gated community on Coney Island

- 5 Home of Murder, Inc. in the 1930's.

- 6 Brooklyn neighborhood adjacent to Ozone Park

- 8 Southwest neighborhood once called "Yellow Hook"

- 9 Home of a Brooklyn food coop

- 13 Setting of *Motherless Brooklyn* and *The Fortress of Solitude*

- 15 Aggregate term including 1D and 13D

- 16 Childhood home of Woody Allen

- 17 Town that seceded from Flatbush in 1852 and was annexed into Brooklyn in 1886

- 18 Central Brooklyn neighborhood originally known as Pigtown

For answers, see page 12.

This issue's puzzle author:  
**Stuart Marquis**

The Coop will be closing early at 5:00 p.m. on Sunday, February 1, so that we can conduct our annual Coop-wide inventory.

Some shifts will be affected, others will not.

Please help inform the membership by telling your housemates and Coop friends about this early closing.

## EARLY CLOSING!?



Members whose shifts are affected by the closing will be contacted by the Membership Office.

Thursday, Dec. 4

7:30 p.m.  
at the Coop



### PARK SLOPE FOOD COOP

## From Soybean to Table

Korrie will discuss health benefits of soy. She will prepare soymilk and tofu from scratch as well as one savory and one sweet dish using soy.

### MENU

- Homemade Soy milk
- Homemade Tofu
- Smoky Marinated Baked Tofu
- Okara chocolate Chip Cookies

Korrie Chichester is a vegan chef whose specialty is organic, whole foods. She is a graduate of the Natural Gourmet Institute and is Head of the Culinary Department at Life Thyme Market in Greenwich Village and the former head chef of Organic Heights, an organic vegan restaurant in Park Slope, Brooklyn. She has worked for Babycakes NYC as a vegan baker and at the Grand Traverse Resort, a five star resort and spa in Northern Michigan. Korrie holds a BA degree in Business Management and Entrepreneurship and intends to open a vegan organic bakery/cafe in the near future. Also, she works as a private chef, caterer and teaches vegetarian and health-oriented classes.

**MEMBERS & NON-MEMBERS WELCOME.**

Come early to ensure a seat.

### \$4 materials fee

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



## 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  
Feb 20  
8:00 p.m.

very  
**The Good Coffeehouse**  
COOP CONCERT SERIES

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



## Dayna Kurtz

Producer, singer, guitarist and songwriter Dayna Kurtz has been touring the world for over a decade, from grand concert halls in Europe to house concerts in the American south. She's opened the shows on tours with such luminaries Richard Thompson, Rufus Wainwright, Richie Havens, Keren Ann, and Antony and the Johnsons. She's appeared on NPR's Morning Edition and All Things Considered, World Cafe, and the Mountain Stage, among others.



## Harmonic Insurgence

In a world that spins eratically, it may seem mere mortals have scant control over their circumstances. Sometimes a seemingly unforgiving universe affords few tools to contest what is occurring. Of a plethora of weapons, we of Harmonic Insurgence have chosen song to celebrate life through a myriad of peaceful anthems. Through songs from Latin America, the Caribbean, North America, Europe, and Africa, we demand freedom and justice. Gene Glickman's cappella arrangements are shockingly powerful, mournful, sweet and joyous.

**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  
January 15  
7:00 p.m.–9:00 p.m.

Last Sunday  
January 25  
10:00 a.m.–2:00 p.m.

Second Saturday  
February 14  
10:00 a.m.–2:00 p.m.

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

## 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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## This Issue Prepared By:

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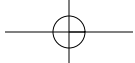
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Index: Len Neufeld





WORKSLOT NEEDS

## Laundry

### Monday – Sunday

There are openings on two separate shifts.  
**6:30–8:30 p.m.**

You will collect and sort Coop laundry (aprons, bandanas, gloves, dishcloths, freezer coats, childcare sheets). You will load laundry into washing machine and complete other maintenance tasks from a checklist while the clothes are washing.

### 8:30–10:30 p.m.

You will load laundry into dryer, fold it and redistribute around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room.

Please contact the Membership Office to sign up.

## Office Data Entry

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

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

## General Ledger Bookkeeping

### Friday, Saturday and Sunday

Are you a detail-oriented person who likes working with numbers and is at ease handling a calculator? General Ledger Bookkeeping might

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

CONTINUED ON PAGE 10

# 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:

Jan 29 issue: 7:00 p.m., Mon, Jan 19  
Feb 12 issue: 7:00 p.m., Mon, Feb 2

### CLASSIFIED ADS DEADLINE:

Jan 29 issue: 7:00 p.m., Wed, Jan 21  
Feb 12 issue: 7:00 p.m., Wed, Feb 4

## General Meeting Info

### TUE, JAN 27

GENERAL MEETING: 7:00 p.m.  
The agenda is in this issue on page 2.

### TUE, FEB 3

AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the Feb 24 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, January 27, 7:00 p.m.

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

## Location

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

## How to Place an Item on the Agenda

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

## Meeting Format

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

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

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

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

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

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

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

## Attend a GM and Receive Work Credit

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

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

### • Advance Sign-up required:

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

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

### • Two GM attendance credits per year:

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

### • Certain Squads not eligible:

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

### • Attend the entire GM:

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

### • Childcare can be provided at GMs:

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

### • Signing in at the Meeting:

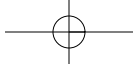
1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.
2. Please also sign in the attendance book that is passed around during the meeting.

### • Being Absent from the GM:

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

## 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.

### SAT, JAN 17

**PEOPLES' VOICE CAFE:** John Flynn; Greg Greenway. 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.

### MON, JAN 19

**MLK: A DAY ON, NOT A DAY OFF.** Donate school supplies and K-8 books in support of P.S. 41 in Brownsville, Brooklyn, to commemorate the inauguration of Barack Obama. Drop off items at the collection table in front of the Coop on Monday the 19th from 10 a.m.-4 p.m.

### TUE, JAN 20

**BANG THE KEYS!** Longing to get some writing done in the New Year? Bang the Keys! Six-week writing workshops in Brooklyn &

Manhattan begin Jan. 20 & 21. Led by nurturing but whip-cracking writing coach Jill Dearman, author of "Bang the Keys" (forthcoming from Penguin). Private coaching also available. [www.bangthekeys.com](http://www.bangthekeys.com) or [JillDearman@gmail.com](mailto:JillDearman@gmail.com).

### SUN, JAN 25

The Flatbush Jewish Center invites you to join us at our first Martin Luther King Jr. Commemoration & Celebration. Featuring Dominic Carter, NY1's veteran journalist, discussing Black/Jewish relations. Refreshments served. Wheelchair accessible. 327 East 5th St., corner of Church Ave. 11 a.m. [www.flatbushjewishcenter.com](http://www.flatbushjewishcenter.com). RSVP to FJC: 718-871-5200. Free.

### SAT, JAN 31

**PEOPLES' VOICE CAFE:** Steve Sufet; Anne Price. 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 gener-

al/\$10 members/more if you choose, less if you can't/no one turned away.

### SUN, FEB 1

**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.

### FRI, FEB 6

Park Slope UMC Social Action Committee presents a free screening of the Award-winning documentary "FLOW" by Irena Salina. The film builds a case against the growing privatization of the world's dwindling fresh water supply and asks, "Can anyone really own water?" 7:30 p.m. PSUMC is located at 6th Ave. & 8th St. [www.flowthefilm.com](http://www.flowthefilm.com).

## WORKSLOTS NEEDED

CONTINUED FROM PAGE 9

### Data Entry Project Monday or Wednesday, Daytime

Do you have accurate typing skills and are familiar with working on Excel spreadsheets? The Bookkeeping Coordinator needs your help. Shifts are available for FTOP or makeup credit entering data from Voucher sheets into a spreadsheet. Workslots are available on Monday or Wednesday from 10:00 a.m. to 5:00 p.m. Please contact Renee St. Furcy at 718-622-0560 or [renee\\_stfurcy@psfc.coop](mailto:renee_stfurcy@psfc.coop) to arrange shifts.

### Plastic Recycling Drivers

#### Wednesday or Friday, Daytime

The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers are needed for shifts on Wednesday or Friday. Drivers must have a large

capacity van or truck for the volume of recycling collected. You need to be able to lift and work independently. Reliability is a must as you are the only person coming to do this job on your day. All drivers must be available to drop off the recycling at the center between 8:00 a.m. and 3:00 p.m. when the recycling facility is open. Member will be reimbursed for mileage according to IRS reimbursement rates. If interested please contact Office Coordinator Cynthia Pennycooke at [cynthia\\_pennycooke@psfc.coop](mailto:cynthia_pennycooke@psfc.coop) or drop by the Membership Office to speak to her.

### Shopping Floor Set-up and Cleaning

#### Wednesday, 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.

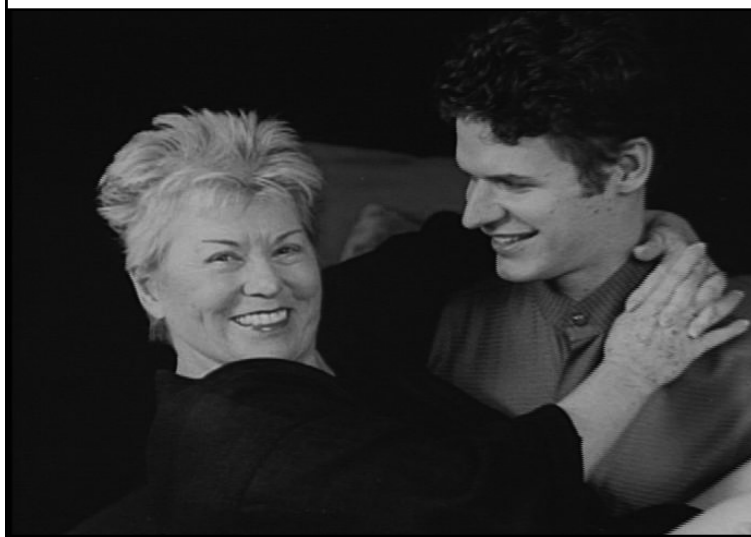
### CHIPS Soup Kitchen

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

CHIPS serves a daily meal to the homeless, needy and hungry at their storefront soup kitchen located at 4th Avenue and Sackett Street. Workslots preparing food, helping serve meals and cleaning-up are available to Coop members who have been a member for at least six months. Coop members will work alongside other volunteers at CHIPS. Reliability, cooperation and ability to take directions are vital. Experience with food prep is a plus for working in the kitchen. Please contact Camille Scuria in the Membership Office if interested.

# FILM NIGHT

February 6 • 7:00 p.m.  
at the Coop



## Still Doing It

Flying in the face of this culture's extreme ageism, **Still Doing It** explores the lives of older women. Partnered, single, straight, gay, nine extraordinary women, ages 67-87, express with startling honesty and humor how they feel about sex and love in later life. These outspoken women mark a sea change as part of the fastest growing demographic. How does our society remain so obsessed with youth, marginalizing so many of us? **Still Doing It** looks at women and aging with surprising and revelatory results.

**Deirdre Fishel** has written/directed several award-winning dramas including **Risk**, which premiered in competition at Sundance and had a theatrical, wide video and international release. **Still Doing It** has been broadcast in 15 countries. Deirdre just co-wrote a book, **Still Doing It** (Penguin, 2008) and is finishing a film about becoming a single mother and the transformation of the family.

**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 more than 50 independent filmmakers actually making their feature films.

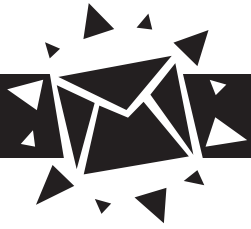
She is currently editing her first feature-length documentary, which follows the life of an amateur porn producer looking for love.

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



Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)





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

## WEBSITE IMPROVEMENTS, EMAIL ALERTS...

### DEAR MEMBERS

As 2009 is upon us, and the 21st century is quickly going by, it would be nice to see our membership be able to maintain their membership concerns and needs here at the Coop's website. It would be nice for a member to view his or her personal membership information with regards to an alert for any reason. It would be nice to check back here at our Coop website to see if a person's membership is in good standing. There are times that we the members do forget that we have a make-up and if we are behind...by checking the website this would help to alleviate a time by scheduling a make-up online and perhaps we can have an email reminder of our work alert. If the alert is for financial commitments then this could also be forwarded to the member in question. This would help to reduce time at the entrance desk and members having to go up to the office with questions with regards to alerts and suspensions. Members can be alerted via email. This would also free up coordinators from having to tackle a number of issues at one time.

Hope this can be presented at a General Meeting.

*Teri Gorbea*

## ONCE MORE AROUND THE SLOPE

I didn't get my fantasy gift  
Nor anything that hot—  
My car and I were hoping for  
A permanent parking spot.

*Leon Freilich*

## WORK AND COMMITMENT...

### DEAR GAZETTE,

I am responding to the recent letter from Laura on workslot reduction and FTOP.

Finding ways to help it function well might be challenging. Certain time periods are popular and finding a task can be chaotic.

As a receiving worker I always knew that there were icky cleaning tasks to do when everything looked done.

The bottom of the sweet potato box, the crates out back, boxes, assorted messes randomly left around the aisles. I saw a worker sweeping underneath the bulk bins yesterday—who knew? Rarely is there “nothing to do.”

My current slot is on the compost squad and it requires extra commitment. When I feel burdened, all I need do is notice how much harder other members are working. It is what makes PSFC a great community and one I wish to be part of. And when I see the efforts made by the paid employees to provide us with the best of everything, I know that my own efforts are small in comparison. We each make a difference and those who are looking to give less are missing the fundamental generosity that underlies the principle

and practice of cooperation.

There is currently FTOP credit available for work on the Food Conference that is being co-sponsored by PSFC on May 2.

See [www.BrooklynFoodConference.org](http://www.BrooklynFoodConference.org) for details.

There are many ways to fulfill our community agreements and there is plenty of motivation to do so this year. I love it that caring for our (extended) community is part of our Coop code.

*Peace and abundance for all,  
Claudia Joseph*

## LETTERS POLICY

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

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

You may submit on paper, typed or very legibly handwritten, or via email to [GazetteSubmissions@psfc.coop](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, comprehen-

sive, 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.

# Produce Shortages Due to Winter Weather

Cold weather in the growing regions of Florida, California, Texas and Mexico has led to various crop shortages and higher prices. Rain, mud, wind and hard frost will affect the availability of many greens for a few weeks. Let this problem present you with the inspiration to try something new, and continue to support our local farmers by eating more root vegetables.

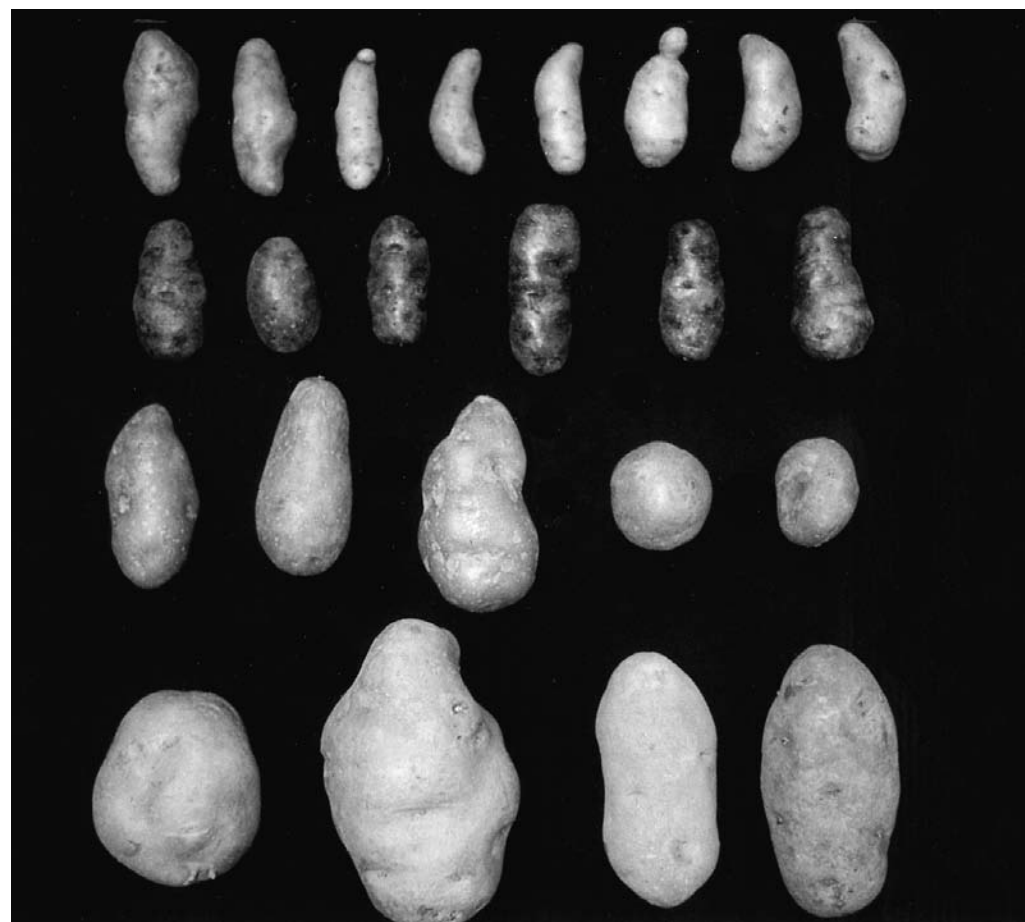
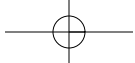


PHOTO BY KEVIN RYAN



**Sunday, January 25** **FREE**  
**12:00 at the Coop** Non members Welcome

# You know that box of photos?

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

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

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

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



**Martie McNabb** is the owner of a small business that is dedicated to preserving and presenting the moments of your life. She has been a PSFC member for more than 10 years.

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

**Tuesday, January 27** **FREE**  
**7:00 p.m. at the Coop** Non members Welcome

# Understanding Long-Term-Care Insurance

The NYC Department for the Aging provides information regarding health and long-term-care insurance for New Yorkers. We do not sell insurance or endorse any coverage.

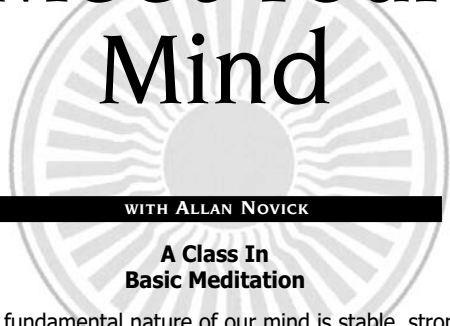
The goal of this presentation is to provide unbiased information regarding choices available for financing individuals' long-term-care needs. During the presentation, we will discuss: a definition of long-term care, the cost of long-term care, misconceptions regarding who pays for long-term care, some of the complexities associated with long-term-care insurance, the types of insurance available in NY State, and ways to purchase a policy.



**Michelle Berney** is a Coop member and Medicare Consultant, NYC Department for the Aging. She has more than 10 years of experience in public health and welfare benefits, with experience in both the public and nonprofit sectors. **Julie Shahroudi** is a coordinator of the Long-Term-Care Insurance Education and Outreach Program at the NYC Department for the Aging. She is a graduate student in health policy and management at NYU and has more than 9 years experience in the area of pharmaceuticals.

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

# Meet Your Mind



The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives.

Meditation opens and calms the mind.

This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique.

**Allan Novick** has practiced meditation since 1975 and is a meditation instructor at the New York Shambhala Center. He lives in Park Slope, has been a Coop member for many years, and works as a psychologist for the New York City Department of Education.

**FREE**  
Non-members welcome

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

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

**Saturday, January 31** **FREE**  
**11:00 a.m. at the Coop** Non members Welcome

# WHY SOLAR? How You Can Make a Difference

Taught by Tracy Fitz, of City Solar

Reduce CO<sup>2</sup> Emissions  
Move Toward Energy Independence  
Save \$\$\$ on Your Energy Costs

Solar Thermal for Domestic Hot Water and Heating

A Cost-Effective Renewable Energy In Use Worldwide



Learn How it Works and How it Can Work for You!

**Tracy Fitz** founded City Solar in 2004 to "help make a difference." Her workshops on renewable energy show you how. She is a LEED (Leader in Energy and Environmental Design) Accredited Professional. Tracy has been a proud member of the Coop since 1975.

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

**Saturday, January 31** **FREE**  
**2:00 p.m. at the Coop** Non members Welcome

# Nutrition Response Testing

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

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



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

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

**Saturday, January 31** **FREE**  
**7:00 p.m. at the Coop** Non members Welcome

# The Healing Arts Explained BODY MIND WELLNESS



"I will demonstrate and help some people on the spot."

I will explain or demonstrate; Acu-Energetics, Reiki, Shiatsu, Therapeutic Touch, Medical Massage, Chi-Energy Healing, Reflexology, Meridians, Chakras, the Aura, Karma, Emotional Healing. We will explore Cellular, Sub-atomic, Quantum Healing & Past Lives.

"I will work on someone from 20 feet away and help them. Think it's impossible? See it for yourself!"

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

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

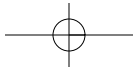
# Puzzle Answers

In the December 18 issue of the Gazette, we forgot to include the puzzle answer. Here it is! Sorry for any inconvenience.



# Puzzle Answers

Answer to puzzle from page 7.





**Sunday, February 1  
12:00 at the Coop**

**FREE**  
Non members Welcome

## MOVING YOUR BUSINESS FORWARD IN A STUCK ECONOMY

Do you own your own business and feel stressed about the impact a recession could have on you? In times of crisis, it's even more important that your core principles are sound. Are your targets really right for the current climate? Have you priced your services or products in ways that reflect our new reality? And how do your personal goals line up with your business goals?



In this workshop, we'll show you how to create a simple planning strategy that safeguards your economic interests and aligns them with your individual life needs. We will present a series of actions you can take to re-position yourself and your business so you are in control of your economic future.



**Renate Reimann, Ph.D.**, is a Certified Life Coach who holds a Certificate in Personal and Life Coaching from New York University and a Ph.D. in Sociology from The Graduate Center of CUNY.

She has been a member of the Coop since 1991.

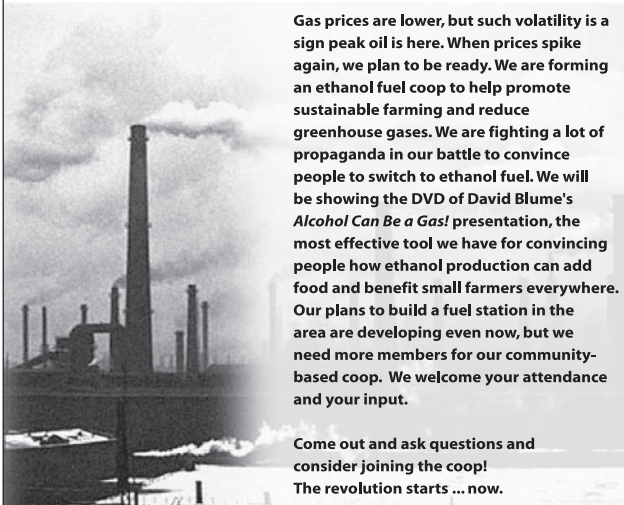
**Alan Siegel** is the owner and founder of Small Business Management Consulting. He is an adjunct professor in business at the Borough of Manhattan Community College and at New York University.

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

**Saturday, February 7  
7:30 p.m. at the Coop**

**FREE**  
Non members Welcome

## PARK SLOPE ETHANOL COOP



Gas prices are lower, but such volatility is a sign peak oil is here. When prices spike again, we plan to be ready. We are forming an ethanol fuel coop to help promote sustainable farming and reduce greenhouse gases. We are fighting a lot of propaganda in our battle to convince people to switch to ethanol fuel. We will be showing the DVD of David Blume's *Alcohol Can Be a Gas!* presentation, the most effective tool we have for convincing people how ethanol production can add food and benefit small farmers everywhere. Our plans to build a fuel station in the area are developing even now, but we need more members for our community-based coop. We welcome your attendance and your input.

Come out and ask questions and consider joining the coop!  
The revolution starts ... now.

Fuel coop founders **Michael Winks** and **Kevin Burget** are Food Coop members.

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

**Friday, February 13  
7:00 p.m. at the Coop**

**FREE**  
Non members Welcome

## Couples Need Community

CELEBRATE  
VALENTINE'S DAY!

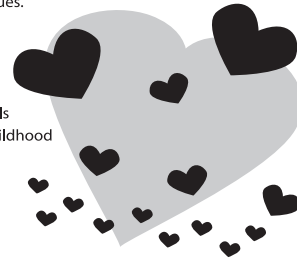
Couples' relationships flourish and grow with support from other couples in committed relationships. You can experience your relationship from a new perspective with other couples who want to deepen their connection.

Why should you participate?

- Renew or reignite your love and connection with your partner.
- Meet other couples who want to grow their relationships.
- Normalize your relationship issues.
- Have fun with other couples!

We will explore:

- impasses in relationship
- deepening communication skills
- behavior patterns formed in childhood
- re-romanticizing relationship
- spirituality
- sex, passion, and intimacy
- fun in your relationship



\* It makes sense that you might be reluctant to disclose intimate aspects of your relationship. No one is required to share with other group members. You will participate according to your needs and preferences.

Coop member **Margo Steinfeld**, LMSW, MA, CGP, is a certified Imago Relationship Therapist (based on the work of Harville Hendrix, Ph.D., author of *Getting the Love You Want*), a certified group therapist, and a certified Focusing Trainer. She specializes in the art of relationship and communication skills with a focus on connection. She has integrated her work into her own marriage and is skilled in helping couples develop deep, committed, and successful partnerships. Margo has a private psychotherapy practice in Park Slope, Brooklyn, working with individuals, couples, and groups.

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

**Saturday, February 14  
10:30 a.m. at the Coop**

**FREE**  
Non members Welcome

## Japanese Workshop for Beginners

This one-and-half-hour workshop is academic and practical. It guides you to the outline of Japanese as a language, featuring the following:

- Grammatical structure
- Sound and pronunciation
- Polite, respectful, humble, casual expressions
- Writing

The goal is that every participant can greet and introduce themselves in Japanese and write their names in Japanese.

Coop member **Asao Teshirogi** is a Brooklyn-based journalist, writer, and a certified Japanese teacher who has been tutoring Japanese in New York for more than six years. She has passion to introduce New York life to Japan and has covered the PSFC many times as a journalist. Now she has realized another mission to introduce Japan to Brooklyn.

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

## Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

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

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

LEARN TO:

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

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

**FREE**  
Non-members welcome

**Saturday, February 14  
2:00-4:00 at the Coop**

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

**Saturday, February 14  
6:00 p.m. at the Coop**

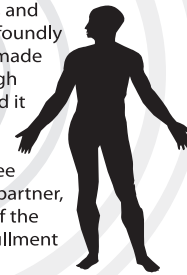
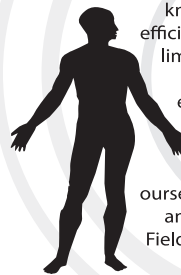
**FREE**  
Non members Welcome

## Intending a Partner

Letting the Field  
be the Matchmaker Within

This hour-long presentation is guaranteed to inform, enlighten, and entertain as it offers an inside peek into how we create our reality in the world by the beliefs that we harbor, wittingly or unwittingly.

The adage, "Marriages are made in heaven" expresses a specific instance of a general spiritual truth that the knowledge, vision, resources, and efficiency of human will are profoundly limited. How often have we "made something happen" through exerting our will, only to find it wasn't at all what we expected? This remarkable talk offers a way to free ourselves from having to find a partner, and tap the creative genius of the Field, for this and any other fulfillment we desire.



Coop member **Gili Chupak**, a Field Center Certified Facilitator, has been exploring the idea that we create our reality for well over a decade. He has been practicing various forms of Tai Chi and meditation since 1995. He offers Certified Facilitating services to individuals, couples, families, and organizations. This quick, gentle, and powerful method helps clear inner contradictions, which are the cause of suffering in various forms.

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

**Sunday, February 15  
12:00 at the Coop**

**FREE**  
Non members Welcome

## ANCIENT FOODS, ANCIENT WISDOM

Using Traditional Foods  
to Create Vibrant Health for Adults and Children

In this workshop, we will discuss what traditional foods are and why they are so essential to our health and well-being, as well as for pregnancy and growing children. These traditional foods include enzyme-enriched foods, mineral-rich bone broths, animal fats, and properly prepared whole grains.



We will cover the pioneering work of Dr. Weston A. Price, his study of healthy traditional communities, and the underlying factors in a variety of traditional diets that conferred beauty, strength, and freedom from disease.

Come learn how to integrate traditional foods and preparation techniques into your diet, for vibrant physical and mental health.

**Angela C. Davis** is a holistic health counselor, with a private practice in Ft. Greene, Brooklyn. She is a member of the Coop and Clinton Hill CSA, and the Brooklyn chapter leader of the Weston A. Price Foundation.

**Claudia Keel** is an herbalist and flower-essence therapist, with a private practice in Union Square. She is also the co-founder and president of the Traditional Nutrition Guild, a nonprofit buying club for traditional foods in metro New York and the New York City-chapter leader of the Weston A. Price Foundation.

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

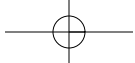


## The Environmental Committee has a blog!

Please visit often  
for timely news and  
information  
from the PSFC  
Environmental  
Committee.

We're  
blogging  
about our  
activities at  
the Coop, as well as  
environmental events  
of interest at the Coop  
and beyond.

Find us at:  
<http://ecokvetch.blogspot.com/>



# What Is That? How Do I Use It? Food Tours in the Coop

These are the days  
when the breath puffs from the mouth  
when steam spirals from hot cups  
when clouds issue from mountain tops  
and settle as ice in fields of ravished grass

It's about getting cold  
keeping warm  
and focusing on close work  
it's about being deliberate  
and the holiness of music

It's about sleds, skis, skates, boards  
it's about speed  
it's about work and play  
at their most stark

It's about the descendant dark  
hot food and a nest made deep  
and extravagant with words  
so that we can dream possibility and power  
outside our ken

These are the days  
when we wake up in the yet dark  
to sit in stillness  
until the emerging light

The Park Slope Food Coop  
In darkness and in light  
*by Myra Klockenbrink*

**Monday February 2**  
**February 9**  
**Noon to 1 p.m. and**  
**1:30 to 2:30 p.m.**

**Wednesday February 4**  
**10:00 a.m. to 12:30 p.m.**

You can join in any time during a tour.

# Board of Directors Election

## The General Meeting & the Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting.... The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

## Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance.



## Deciding and Voting

Candidates will have the opportunity to present their platform at the March 31 General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 30.

The Board of Directors conducts a vote at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

## Openings

We have two full three-year terms open this year.

## Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Sunday, March 1. Please submit a statement of up to 750 words to GazetteSubmissions@psfc.coop. Please include a small photo for publication in the Linewaiters' Gazette and the member proxy mailing.



PHOTO BY KEVIN RYAN

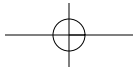
# You Own It!

## TWELVE THINGS MEMBERS CAN DO TO HELP THEIR COOP

- Help make respect and appreciation part of the Coop's ambiance.
- Offer to help if you see it may be needed.
- Pick up trash if you see it in the store or in front of the Coop and report and/or help clean up spills.
- Help protect the Coop, its property and its people. If you notice shoplifting or other irregularities, please tell the squad leader or a coordinator.
- If you see wrong prices, mislabeled or misplaced merchandise, let the squad leader or a working member know.
- Respect the Coop's member labor system. Is every adult in your household a member? Shop for your household or other Coop members only. Remember, our costs are low because of member labor.
- Be informed. Read the *Linewaiters' Gazette*. Come to General Meetings and other Coop meetings.
- Help visitors to the Coop feel welcome. Offer to give them a tour.
- Offer constructive suggestions. Drop a note in the Coop mailbox for the Coordinators or a Coop committee. Write in the *Product Suggestion Book*. Write a letter to the *Gazette*. The Coop welcomes ideas!
- Leave the street in front of the Coop clear for deliveries, members picking up their groceries and our neighbors. And NEVER block the firehouse.
- Post or distribute Coop flyers where you live or work. The Coop office can supply you with as many as you like.
- Tell a friend about what a great Coop we have!

*Adapted from Gentle Strength Times, Gentle Strength Food Coop, Tempe AZ.*

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)





**BED & BREAKFAST**

**BROWNSTONE BROOKLYN BED AND BREAKFAST.** Victorian home on tree-lined Prospect Heights block 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.

**SOUTH SLOPE GREEN**—new bed & breakfast. Full breakfast, organic, most diets accommodated. 2-room suite, private bath, families of 1-5. Reasonable rates, Coop members 10% discount. TV, mini fridge and microwave. Call Linda Wheeler at 347-721-6575 or email SouthSlopeGreen@gmail.com.

**CLASSES/GROUPS**

**JAPANESE LESSONS** for anyone interested in Japanese language. Native certified Japanese with six years experience will teach you. Beginners are welcome. After the first lesson, you will be able to introduce yourself in Japanese. Please ask for the trial lesson (\$5). Contact: 917-622-0734. asaoteshi@earthlink.net.

**TRY NIA: FREE.** Class Devi Studio 837 Union 1/24/09 8 PM. Blending movement from healing arts, martial arts, dance arts, NIA offers a joy-filled workout that embraces individual creativity. Geared to every age and fitness level. No experience necessary. Commit to fitness in 09. See the video at [www.niany.com](http://www.niany.com). Info: 718-873-3060.

**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.

**COZY OFFICE SPACE** 1 block from Coop. Ideal for bodywork or acupuncture. 2 TX. rooms, waiting area, bathroom. Share with another practitioner. M, W, F aft/eves available + all day SUN. For more info call Sally 718-398-5284 or email [sally@sallyrappeport.com](mailto:sally@sallyrappeport.com).

**EMPLOYMENT**

**VISION THERAPY ASSISTANT.** Exciting Opportunity: Asst. needed in holistic optometry office in Park Slope, Brooklyn. Interest in holistic health and exp. working w/ children and adults necessary. P/T after school hours Mon., Tues., and Thurs., Please send a personally composed cover letter only to [alteyedr1@aol.com](mailto:alteyedr1@aol.com).

**HOUSING AVAILABLE**

**HOUSE FOR SALE BY OWNER.** Mohegan Colony progressive community in Westchester. 2500 sf on 0.9 acre. Legal two family. Lake rights to Mohegan Lake. Phone 917-755-4686. Bob.

**MERCHANDISE**

Using a MULTI-PURE water filter makes sense! For less than 10 cents per gallon join lots of PSFCoopers who reduce their carbon footprints, fill their own bottle + cook/drink/rinse fruit and veg from a constant source of purest NSF-certified water. Ede Rothaus, [aqua4h2o@aol.com](mailto:aqua4h2o@aol.com). 212-989-8277.

**MERCHANDISE  
NONCOMMERCIAL**

**ITEMS FOR SALE.** Cellerciser, used once, w/book & accessories. \$200; gold-plated jewelry signed by artist (vintage), \$20-\$40; High Sierra 22" wheeled backpack w/ day pack, new, red, \$75; women's shoes (Merrell), brown, new, size 8 1/2, \$25; dark green Susan Bennis suede boots, embroidered, size 10, \$25. Call 718-768-1598.

**DRUM SET,** great for starters. 5 drums, 2 cymbals, included w/ sticks and stands. Price negotiable. Devorah 718-756-3279.

**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.

**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**—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.tgucionelaw.com](http://www.tgucionelaw.com).

**MADISON AVENUE Hair Stylist** is right around the corner from the Food Coop—so if you would like a really good haircut at a decent price,

please call Maggie at 718-783-2154. I charge \$60.00.

**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/city-wide HS. Joyce Szufflita 718-781-1928. [www.nycschoolhelp.com](http://www.nycschoolhelp.com).

**FRESH START** for the new year! The Organizing Expert offers creative solutions to your organizing needs. We will patiently assist you with decluttering, files, closets, time management, children's toys, kitchens and much more! Brooklyn or Manhattan, home or office. 718-857-9275. [brooklynorganizingexpert@gmail.com](mailto:brooklynorganizingexpert@gmail.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.

**HYPNOSIS SPELLS RELIEF:** Do you have problems with self esteem & confidence? Do you suffer from stress or pain? Are you overweight or a compulsive smoker? Hypnosis can help with all of this and more. I am a certified hypnotherapist, practice in Park Slope & have flexible hours. Call me, Dr. Celene Krauss 718-857-1262.

**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 [junejacobsen@earthlink.net](mailto:junejacobsen@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.

**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.

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"Beyond Care" is a socially responsible Childcare Cooperative owned and run by women. We're trained to educate & engage children in ways that nurture & stimulate their development. Our professional service is based on 3 principles: Caring, Educating & Engaging [www.beyondcare.coop](http://www.beyondcare.coop)

2009 Resolution - Fitness, The Body's Way

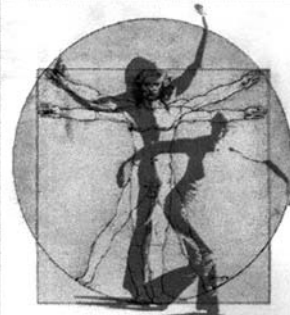
TRY NIA - FREE CLASS  
Through Movement We Find Health

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Healing Arts, Martial Arts, Dance Arts  
All Ages, All Fitness Levels  
No experience necessary

See Classes/Groups in Linewriter's Gazette

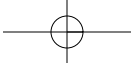
More information, including video, at [www.niany.com](http://www.niany.com)



*Wonderful  
Home Health Aide  
available,  
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Classified advertising in the *Linewaiters' Gazette* is available only to Coop members. Publication does not imply endorsement by the Coop.



WELCOME!

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

Saif Ahmed	Catherine Czacki	Maximilien Geiger	Kimberly Korona	Michael Mitchell	Florent Peyre	Wade Tucker
Reyna Alorro	Dominique de	Sarah Geiger	Kevin Kragt	Eileen Starr Moderbacher	Amy Poueymirou	Kate Turney
Aristotle Andon	Bourgnechi	Chiara Giamberardini	Daniel Kwiatkowski	Johannes Moderbacher	Gabrielle Prisco	Visnja Vujica
Lorna Bacchus	Shaun Dean	Amy Glavasich	Alisha Lager	Julie Morizet	Heather Raffo	Melissa Wacks
Jonah Baker	Tarek Debira	Mark Gretz	David Lallemand	Laura Mroczkowski	Rebecca Ross	Matt Wells
Brian Batka	Carmen DeLorenzo	Jill Guidera	Guy Larkin	Mandi Nadel	Yehuda Samotin	Virginia Wilcox
Caitlin Bayer	Marianne Devine	Tenaya Gunter Brown	Jagna Larson	Victoria Neiman	Rochelle Schieck	Vincent Williams
Corrie Brathwaite	George DeVoe	Brian Hedden	Kathleen Lawton	Karen Ogulnick	Eleanor (Jan) Schmidt	Amy Wolfe
Emma Brenner-Malin	Nicole DiDio Johnson	Emily Heddleson	Jillian Levine	Hossan Osakur	Sarah Schoemann	Jeanette Yee
Tiffany Brown	Alex Dixon	Stacy Hogan	Nicholas Listrani	Cathy Park	Patrick Shaw	Tara Young
Jocelyn Burgos	Troy Doney	Kristofer Holz	Esther Loewenthal	Jeremy Parker	John Sleckman	Deanna Zandt
Stephen Calnan	Adam Downey	Sarah Hubert	Zoila Lorenzo	Joseph Passoni	Amy Swenson	
Heidi Carlsen	Zach Feder	Jaime Iglehart	James Luke	Jean Claude Paul Jr.	Keith Swenson	
Patty Cateura	Robert Fritz	Alexandra Jamieson	Sophie Mann	Anemaise Paul	Roberto Talavera	
Jennifer Coleman	Meg Frost	Chadwyck Johnson	David Maxwell	Martin Paul	Ty Tan	
Matthieu Cornillon	Giorgia Gambone	Ariane Kannan	Nikki Miller	Cheryl Perry	Taryn Taylor-Brathwaite	
Alanna Costelloe-Kuehn	Leoncio Garcia	Kimberly Knittel	Bahar Mirhosseini	Keita Petion Williams	Linda Tigani	

THANK YOU!

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

Saif Ahmed	Renata Christen	Jacque Fraser	Alexandra Jamieson	Emily Mathieu	Martin Paul	Ty Tan
Reyna Alorro	Lina Chuyko	Kate A. Freehill	Chadwyck Johnson	David Maxwell	Jon Pauley	Emily Taron
Jane Anderson	Jen Clarke	Robert Fritz	Jennifer Johnson	John McBride	Cheryl Perry	Taryn Taylor-Brathwaite
Aristotle Andon	Jennifer Coleman	Meg Frost	William J Jr. Johnston	Lauri McBride	Sarah Petersiel	Marisa Tesauro
Lauren Anduri	Martha Corcoran	Giorgia Gambone	Mark Justin	Adam McDaniel	Keita Petion Williams	David Thomas
Andrea Armstrong	Matthieu Cornillon	Anup Gampa	Kimberely Kane	John Mcllwain	Florent Peyre	Linda Tigani
Lorna Bacchus	Alanna Costelloe-Kuehn	Leoncio Garcia	Ariane Kannan	Wende Mcllwain	Jenifer Poell	Wade Tucker
Miriam Bader	Catherine Czacki	Maximilien Geiger	Althea Karowski	William Mebane Jr.	Shaindy Pollak	Kate Turney
Jonah Baker	Michele Darby	Sarah Geiger	Lauren Keenan	Katherine Medved	Amy Poueymirou	Julia Vallera
Brian Batka	Adam Day	Andrea Geyer	Ardy Khazaei	Julian Metcalf	Gabrielle Prisco	James Vasile
Caitlin Bayer	Dominique de	Chiara Giamberardini	Kimberley Knittel	Nikki Miller	Heather Raffo	Jayson Vasquez
Assaf Ben-Atar	Bourgnechi	David Giampietro	Kimberly Korona	Bahar Mirhosseini	Annelise Ream	Paula Vitale
Kathleen Benanti	Shaun Dean	Elizabeth Gilbert	Kevin Kragt	Michael Mitchell	Dominique Reill	Peter Vitale
Lizann Bolger	Tarek Debira	Roxy Gillespie	Michael Kuperman	Eileen Starr Moderbach-	Rebecca Ross	Visnja Vujica
Jessica Bonilla	Carmen DeLorenzo	Amy Glavasich	Stacie Kurtz	er	Quinn Rowan	Melissa Wacks
Jean Borcina	Lydia Denworth	Garvin Gray	Daniel Kwiatkowski	Johannes Moderbacher	Karyn Sable	David Walczyk
Sophira Bradford	Marianne Devine	Mara Grbenick	Alisha Lager	Julie Morizet	Yehuda Samotin	Matt Wells
Terence Bradford	George DeVoe	Devorah Greenspan	David Lallemand	Gervaise Mourlet	Jamie Samowitz	Victoria Werner
Corrie Brathwaite	Jenn DeWald	Mark Gretz	Monica Langham	Laura Mroczkowski	Rochelle Schieck	Terry West
Virginia Braun	Nicole DiDio Johnson	Katie Grinnell	Guy Larkin	Mandi Nadel	Eleanor (Jan) Schmidt	Emily Westlake
Emma Brenner-Malin	Alex Dixon	Jill Guidera	Jagna Larson	Victoria Neiman	Sarah Schoemann	Virginia Wilcox
Ian Bricke	Troy Doney	Tenaya Gunter Brown	Kate Lattin	Alex Nordholm	Melissa Selan	Vincent Williams
Tiffany Brown	Adam Downey	Peter Hanson	Kathleen Lawton	Danica Novgorodoff	Patrick Shaw	Eric Winick
Jocelyn Burgos	Emily Durkin	Karoline Hassfurter	Destin Joy Layne	Fonlin Nyeu	Jack Silberstein	Amy Wolfe
Kristen Cabildo	Matthew Easton	Brian Hedden	Jillian Levine	Casey O'Connor-Willis	Rowan Sill	Jennifer Wyse
Stephen Calnan	Marten Elder	Emily Heddleson	Nicholas Listrani	Dylan O'Hearn	John Sleckman	Jeanette Yee
Heidi Carlsen	Abraham Espinosa	Leah Herman	Russell Lloyd	Karen Ogulnick	Chantal St. Gerard	Tara Young
Shan Carter	Zach Feder	Stacy Hogan	Esther Loewenthal	Hossan Osakur	Nathan Stanton	Deanna Zandt
Amie Castaldo	Rachel Fine	Kristofer Holz	Erica Lonesome	Cathy Park	Sharon Steadman	
Patty Cateura	Joe Fisher	Sarah Hubert	Zoila Lorenzo	Jeremy Parker	James Subudhi	
Daisy Chan	Ellen Fleishman	Jaime Iglehart	James Luke	Joseph Passoni	Amy Swenson	
Elizabeth Charrow	Gabriel Folsetta	Charlie Irwin	Wendy MacClinchy	Jean Claude Paul Jr.	Keith Swenson	
Alisa Cherfas	Leigh Fox	Gulshan Jaffery	Sophie Mann	Anemaise Paul	Roberto Talavera	



EARLY CLOSING!?

Why?

The Coop will be closing early at 5:00 p.m. on Sunday, February 1, so that we can conduct our annual Coop-wide inventory.

Some shifts will be affected, others will not.

Please help inform the membership by telling your housemates and Coop friends about this early closing.

Members whose shifts are affected by the closing will be contacted by the Membership Office.

