

Established  
1973



# LINEWATERS' GAZETTE



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Volume DD, Number 3

January 29, 2009

## Coop Cashier Survives Hudson River Plane Crash

By Willow Lawson



PHOTO BY WILLOW LAWSON

March Dolphin, one of the survivors of US Airways flight 1549.

After her plane crashed into the Hudson River, the only piece of photo ID March Dolphin had left was her original Park Slope Food Coop membership card. The card, once lost but found a few weeks before the crash, was in her Brooklyn home. Her replacement card, her driver's license, her passport, her bank and credit cards, her keys and her suitcase are either wedged inside the waterlogged carcass of the US Airways jet, or lost in the waters of New York Harbor.

Dolphin, a Coop member since 2002, sat in seat 12B, a middle seat, just over the left wing. The flight to Charlotte was the first leg of her journey to Las Vegas, where she planned to meet her three sisters, brother and mother to celebrate her mother's 80th birthday.

"We're not in the air long and all of a sudden we hear this 'whoosh... thump'—the

sound of something being sucked in," she said in a phone interview. "And then we start smelling burning. The first thing I thought was that it was a bird and we're probably going to have to go back to LaGuardia."

### Brace for Landing

Dolphin felt the plane turn. But instead of hearing the pilot say they were return-

ing to the airport, she heard his voice tell passengers to "brace for landing." Unsure of what to do, Dolphin took the airline pillow from behind her back and held it on top of her head as she curled forward in her seat. "Like it was really going to protect me!" she laughed. "But psychologically, it made me feel better."

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## Real Pickles: More Than Just a Pickle

*Deliciously Local*

By Diane Aronson

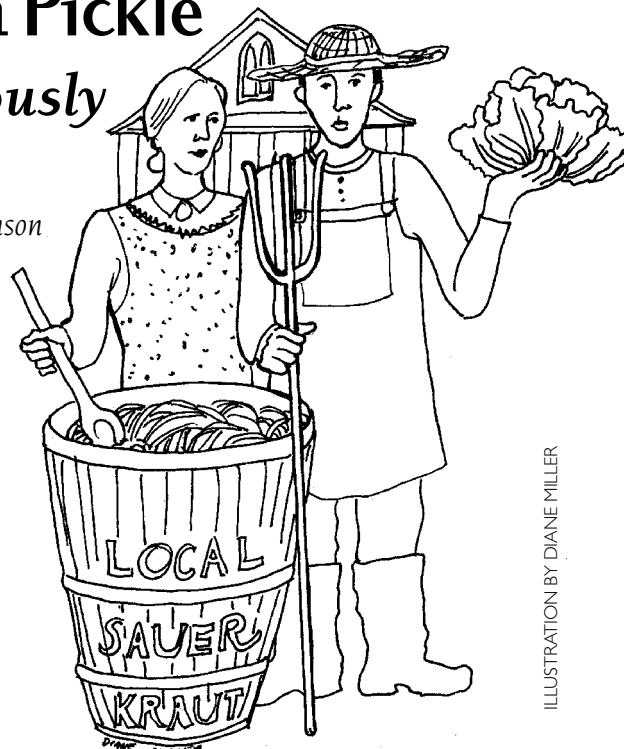


ILLUSTRATION BY DIANE MILLER

Sometimes a pickle is more than a pickle. When it comes to the company Real Pickles, those green spears in the glass jar represent a man—Dan Rosenberg, Real Pickles' founder—with a vision: eat healthfully, while you eat locally.

The difference is evident when you read the jar's label. The ingredients listed for Real Pickles dill pickles are cucumbers, filtered water, sea salt, garlic, chile pepper and spices. All the

CONTINUED ON PAGE 6

### Next General Meeting on February 24

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.\* The next General Meeting will be on Tuesday, February 24, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, February 4. 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.

## 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, Feb 5** • Food Class 7:30 p.m.

**Fri, Feb 6** • Film Night: *Still Doing It* 7:30 p.m.

**Sat, Feb 7** • Household Goods Swap 9:30 a.m.—1:00 p.m.

**Sat, Feb 7** • Valentine Card-Making Workshop 3:30 p.m.

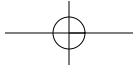
**Thu, Feb 19** • Wordsprouts 7:30 p.m.

**Fri, Feb 20** • The Good Coffeehouse 8:00 p.m.

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


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Thursday,  
Feb 5

7:30 p.m.  
at the Coop



Susan Baldassano  
coordinator

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

\$4 materials fee

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

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.

PARK SLOPE FOOD COOP

Product Return Policy

The Coop does not “exchange” items. You must return item and repurchase what you need. Returns of eligible items will be handled at the Second Floor Service Desk within 30 days of purchase only when accompanied by the PAID IN FULL receipt.

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

Produce (fresh fruits & vegetables)	<b>May not</b> be returned with the exception of coconuts, pineapples and watermelon. Even if the claim is that the item is spoiled or that it was purchased by mistake, produce cannot be returned except for the three items listed above.  The produce buyer may be contacted on weekdays by members to discuss any other claims for credit.
Books	<b>May not</b> be returned.
Juicers	<b>May not</b> be returned.
Bulk items & bulk items packaged by the Coop	<b>May not</b> be returned. Members may contact the bulk buyer to discuss any other claims for credit.
Refrigerated items Frozen items	<b>May not</b> be returned unless spoiled before the expiration date or within 30 days of purchase, whichever is sooner.
All Other Products (not covered above)	A. Other products <b>may be</b> returned if they are spoiled or defective and the category is not specified above  B. Other products <b>may be</b> returned if they are unopened, undamaged and therefore can be sold again.  C. Other products <b>may not</b> be returned if they are opened or unsellable, and were purchased by mistake or not needed.

# Coop Cashier Survives Hudson River Plane Crash

CONTINUED FROM PAGE 1

“Next thing you know, there’s this large thump, and we’ve landed. You’re knocked around and thinking, ‘Are these the last few minutes of my life?’”

During the next moments, Dolphin saw some of the best and worst of human behavior. “It was pretty obvious we were on water,” she said. Suddenly the plane doors were open and passengers were crowding the aisles. Her fingers fumbled with the seat cushion, trying to rip it up for use as a life preserver. “I was able to pull up the seat cushion and then someone came by and grabbed it from me, so we had some words, and I continued to go and get another one.”

In between the retrieval of

the seat cushions, Dolphin slipped her cell phone out of the side pocket of her oversized Brooklyn Industries bag, which was tucked in front of her seat. When she stepped out of the emergency exit onto the left wing, she felt the icy water lap over her shoes.

*“You’re thinking, ‘Are these the last few minutes of my life?’”*

“What was really interesting is we weren’t panicking. It was like an experience of calm, the passing of calm. You know how they say panic can be catching? This was like calmness was catching. It made a big difference.”

Standing on the wing waiting for help, Dolphin took out her phone and dialed 911. “You’re not logically thinking, ‘Hey, I’m in the middle of the biggest city in the world and of course people saw what just happened,’ ” she laughs. “Anyway, I couldn’t get them because the line was busy.”

Dolphin says her husband, Terry, has steadfastly refused to carry a cell phone, so her only hope of getting in touch with him was by calling their home number. She reached the answering machine. “I said, ‘Honey, my plane crashed and I’m on the wing of the plane. I’ll call you later.’”

Clutching her life vest, Dolphin thought about going into the plane to get her bag, but it was heavy with paperwork for her job as a physical therapist and Feldenkrais practitioner. She quickly dismissed the idea.

As the lifeboats were filled, Dolphin says, she was heartened to see her fellow passengers help one another, although she concedes that other passengers may focus on the negative behavior of others. “It’s sort of like *Rashomon*, how differently people perceive events. I perceived on my wing, the left wing, that people were really trying to help,” she remembers. “There was one man who couldn’t swim, and he was really wet. People told him to go ahead and go in the boat [ahead of others]. There was a lady who was really nervous. People were trying to calm her, saying, ‘Don’t worry, you’re going to go, you’re going to go,’ ” as the crowd waited to be pulled to safety. Passengers shared phones so they could call loved ones.

## Better Human Nature on Display

It was the kind of behavior Dolphin says she sees on a regular basis as a cashier at the Coop. Like many other members, she works shifts for her husband and herself. She became a member after volunteering at the firehouse next door in the wake of Sept. 11. “I always think of the Coop as this really interesting experiment. There’s not too many things where people work together in a common effort to accomplish something—successfully.”

From the airplane wing, Dolphin was one of the first people into a lifeboat. To get

# 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.

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](mailto:GazetteSubmissions@psfc.coop). Please include a small photo for publication in the *Linewaiters’ Gazette* and the member proxy mailing.

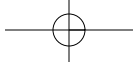
## Deciding and Voting

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.

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





there, she had to stand in 40-degree water up to her ribcage.

*"There were people everywhere asking me if I needed anything, if they could help."*

When she reached land, her only injuries were bruises on her arm from being yanked into the boat. She called her husband and left another message. Then she called her siblings and told them not to expect her at the airport in Las Vegas.

As the Red Cross, FDNY and police tended to the passengers, Dolphin said she was struck by gratitude for her life and the generosity of strangers. "Let me tell you, it was so great. There were people everywhere asking me if I needed anything, if they could help."

### Not Afraid to Fly Again

Eventually the passengers were taken back to LaGuardia Airport to be interviewed by government officials and US Airways. Food was served. "I had a nice piece of fish and salad," says Dolphin. A luxury car service delivered her home to Brooklyn by about 9 p.m.

Although she was offered a flight to Las Vegas—she says she's not afraid to fly again—or a hotel room for the night, Dolphin says she just wanted to go home.

The next day, Friday, she tried unsuccessfully to reach a live person at the Department of Motor Vehicles in pursuit of a new driver's license.

She also called the Coop. She wanted to make sure she'd gotten credit for a recent make-up. (She had.) And then she asked if her old membership card would get her past the entrance desk to shop. (It wouldn't.) When she explained that she'd lost her new Coop card in the plane crash, the office coordinators offered her a new one for free. ■



**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.

**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.

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

**FREE**  
Non members Welcome

VALENTINE CARD MAKING



FOR EVERYONE

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.

**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.

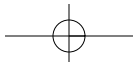
Over the next few months, you'll hear more about our plans and about the many groups out there that are trying to deal with the food crisis on a local level. But here's a short sketch of what we have in mind for May 2nd:

- 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**



# The Great Organic Milk Debate

## Understanding Milk Choices

By Erica S. Turnipseed



The Coop's most popular brand of milk is Natural by Nature.

### What Makes Milk Organic?

In the minds of many, the little green-and-white "USDA Organic" seal on a food product assures the prospective consumer that it has been produced with care for the environment, contains high nutritional value devoid of artificial pesticides and hormones, and was produced using humane practices toward the animals involved. But debate about the methods constituting organic production is constant, and as large food producers and suppliers get into the organic food business, some would argue that the organic issues have become even more confused.

With so-called organic foods available at food coops and big-box stores alike, consumers are asking how these foods are produced and priced, and even whether they are organic at all. Looking specifically at a food staple like milk, they ask: Is all organic milk created equal? What makes milk organic, anyway?

The United States Department of Agriculture defines organic food in the following way:

"Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic

food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation."

Small-farm advocacy groups like The Cornucopia Institute have been calling for some food producers to be stripped of their organic certification; they contend that the producers are pushing the boundaries of what actually constitutes an organic food product. Controversy surrounded Aurora Organic Dairy and Horizon dairy products (owned by Dean Foods). Both companies were under investigation by the USDA for allegations of noncompliance with federal organic regulations on animal husbandry and livestock management practices. Although the investigation closed, both companies are under boycotts from consumer organizations.



(To learn more about the country's organic food production regulations, visit the USDA's National Organic Program Web site at <http://www.ams.usda.gov/nop>. For more information on the current argument about how revised regulations may skew organic production away from small-scale, family farms and toward large factory farms, visit The Cornucopia Institute's Web site at <http://www.cornucopia.org>.)

### The Discriminating Palate and the Quality of Milk

Does ultrapasteurized milk taste different from pasteurized? How about the milk of grass-fed versus grain-fed cows? Some consumers would not know the difference even if they watched you pour the milk from its container and hand it to them for a sip. Still others claim to have trained their palates to identify the difference. Some even claim to detect a difference in taste imparted by the packaging options—paper, plastic, or glass. To be sure, Coop members are a discriminating lot, and Coop staff members, whether fueled by ethical, environmental, or merely gastronomic concerns, carefully consider those preferences.

Receiving coordinator Eddie Rosenthal, the Coop's milk buyer, explained just how carefully he and other coordinators consult the best thinking about food options and review member recommendations.

He noted that while he would love to carry milk bot-

tled in glass containers, the extra care and space needed to store and handle this product with minimum loss make it logistically impossible for the Coop to sell it. The Coop has chosen not to carry milk products packaged in plastic, however, with the notable exception of This Land is Your Land non-homogenized and goat's-milk products, which are difficult to obtain in other packaging. Regarding pasteurization, the Coop prefers the shortest process feasible, noting that while ultrapasteurization does extend shelf life (one month, compared to two weeks for regular pasteurization), it may alter taste; some argue that it diminishes nutritive value.

*Is all organic milk created equal? What makes milk organic, anyway?*

On the issue of grass or grain diets for dairy cows, Rosenthal noted that it is widely accepted that the difference in diet can impact milk's flavor and affect its health benefits. Natural by Nature, the leading brand of milk stocked at the Coop, is "low pasteurized" and produced from grass-fed cows. The company's Web site states that by pasteurizing at 165° F instead of the 280° F used in ultrapasteurization, all harmful microbes are killed without rendering the milk sterile or decreasing nutritional value. Furthermore, numerous studies have discovered that grass-fed dairy products contain more

than five times as much conjugated linoleic acid (CLA), an Omega-6 fatty acid purported to reduce body fat and to have antioxidant and cancer-fighting properties.

### Coop's Milk Options

In determining which brands of milk the Coop will stock, Rosenthal explained that he and the other Coop buyers like to support small farmers and distributors as much as possible. He recognizes, however, that deliveries and bookkeeping for such small businesses can be more eccentric than those of larger operations. The Coop's largest milk supplier, Natural by Nature, is a company of four organic dairy farmers in Lancaster County, Pennsylvania. Well rated by The Cornucopia Institute's milk study, "Maintaining the Integrity of Organic Milk," Natural by Nature counts the Park Slope Food Coop as the largest single store in the country selling its product. The Coop spends \$12,000 per week on milk orders from the company and sells roughly 1,000 half gallon containers of whole milk weekly.

The Coop also stocks a non-organic, though locally produced milk product from Farmland Dairy. Located in Wallington, New Jersey, the company does not ultrapasteurize its milk and rejects the use of the genetically engineered growth hormone, recombinant Bovine Somatotropin (rBST), approved by the FDA to artificially bolster the milk production of dairy cows. The Coop spends \$1,500 per week on Farmland

PHOTO BY JUDY JANDA

Dairy orders, one-eighth the business of Natural by Nature, and has had difficulties with the company's rising milk prices.

*Now, more than ever, we can learn what has gone into producing the cup of milk we offer to our children.*

Although Organic Valley does ultrapasteurize its milk products, Rosenthal explained that the milk coop's farmers who supply the Northeast produce a quality product; it is the Coop's back-up in the event of a distribution or other failure with Natural by Nature.

The Coop stocks a variety of milk products to meet the varied needs of its members. (See sidebar.) It does not purchase fresh Horizon milk

products, which many Coop members rejected because it is a large agribusiness that has been seeking to deregulate organic food production. However, the Coop does carry some non-refrigerated Horizon products because they are niche products not found elsewhere.

### Beyond the Coop: Private Label and Raw Milk Options

Because of the amount of business that the Coop generates for Natural by Nature, the milk producer offered to create a private label—a Coop “brand”—for exclusive sale here at the Coop. Rosenthal explained that such a vanity label would not have served the Coop well. Not only could it create supply issues if there were production difficulties in printing

the cartons, but, rather than increasing already brisk sales, the move would create a marketing challenge by changing a known brand into an unknown one that would need to be “rebranded” in the minds of Coop members.

This might be a minor issue at the Coop, where products are chosen for their quality and sustainability as well as flavor and cost considerations. But the Cornucopia Institute rates the private-label milk offered at stores like BJ's Wholesale Club, Costco, Target, Trader Joe's and Wal-Mart poorly, noting that they do not disclose the sources and production methods for their organic milk. The exception is Whole Foods Market's 365 Organic brand of milk, which rates well and is produced by regional family farms.

Though the Coop offers an impressive assortment of milk products, some members have been disappointed that they can't buy raw (meaning unpasteurized) milk at the Coop. There is a reason for this: it is illegal to sell raw milk, or even to recommend how to acquire it, because of contamination concerns. Nevertheless, some raw milk enthusiasts, arguing that carefully handled, locally sourced raw milk should be available, have found ways to get it, ranging from joining a “cow coop” to transporting the product (legally) from farm to home.

### Milk: Nature's Perfect Food?

Milk's proponents tout it as nature's perfect food. Milk's detractors, on the other hand, point to the adulterated milk products available in today's supermarkets, the obesity epidemic, and the growing prevalence of milk allergies as three reasons to seek non-dairy alternatives. If you choose the latter option, there's an equally dizzying array of nut, grain, and plant-based “milks” that can meet many of the needs that dairy milk does. But for the majority who consume dairy, knowledge is indeed power. Now, more than ever, we can learn what has gone into producing the cup of milk we offer to our children. As members of the Park Slope Food Coop, we are part of a select minority who are empowered to make informed food choices, and buyers like Eddie Rosenthal are painstaking in offering a healthy cross-section of organic and non-organic options. ■



**The Coop will be closing early for shopping at 5:00 pm 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 about this early closing by telling your Coop housemates and friends.**

# EARLY CLOSING!?



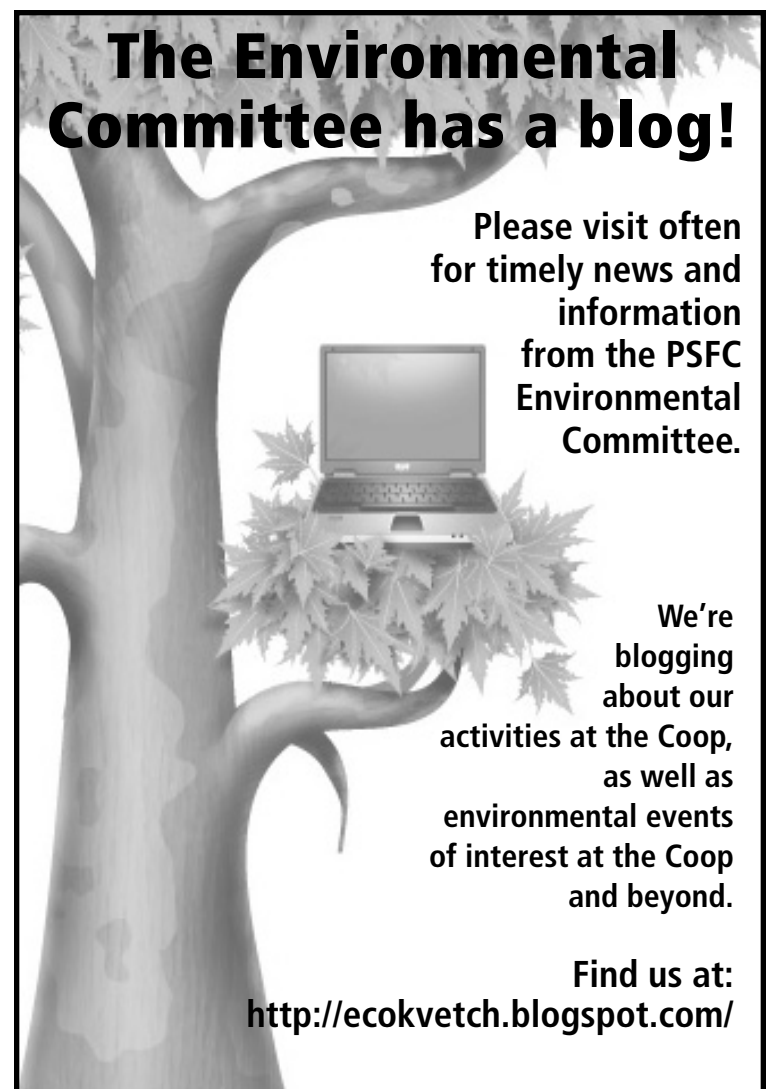
Members whose shifts are affected by the closing will be contacted by the Membership Office.

## 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/>**



## Coop Milk Brands

### Albert's Goat milk Farmland Dairy

[www.farmlanddairies.com](http://www.farmlanddairies.com)

Whole (approx. \$2.78/half gallon), 2%, 1%, fat-free, & skim-plus milk; half-and-half; heavy cream

### Friendship Dairies

1% buttermilk (\$1.91/qt)

**Kort Right Creek organic goat milk unavailable until February/March because goats are kidding**

### Lactaid

[www.lactaid.com](http://www.lactaid.com)

Whole (approx. \$2.07/quart), 2%, 1%, & fat-free milk

### Natural by Nature (organic)

[www.natural-by-nature.com](http://www.natural-by-nature.com)

Whole (approx. \$3.93/half gallon), 2%, 1%, & fat-free milk; half-and-half; heavy cream; whipped cream (non organic, although components are organic)

Natural fat-free buttermilk (\$2.42/qt)

### Organic Valley (organic)

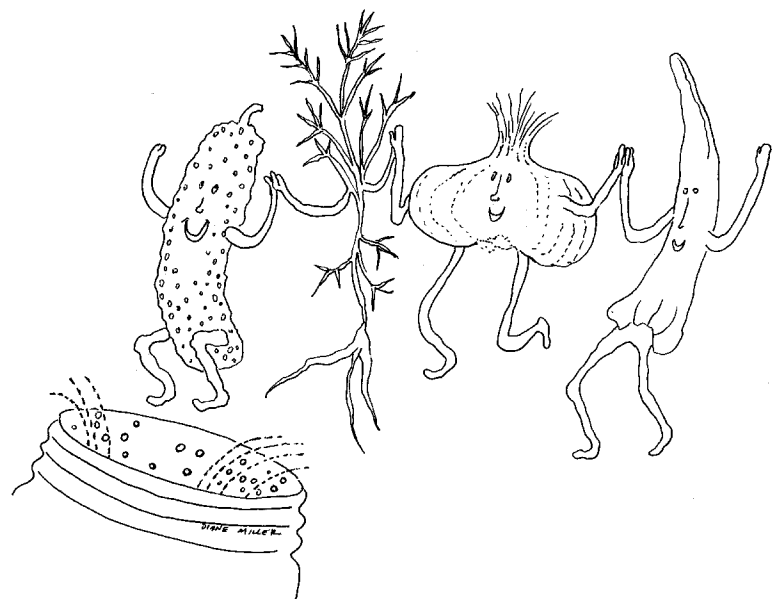
[www.organicvalley.coop](http://www.organicvalley.coop)

Lactose-free milk (approx. \$4.13/half gallon); chocolate milk; heavy cream

### This Land Is Your Land

Non-homogenized organic Jersey cow milk (\$4.50/half gallon); goat's milk





## Real Pickles

CONTINUED FROM PAGE 1

spices are organic, along with the cucumbers, garlic and dill. Dill, garlic and cucumbers also share the distinction of being grown here in the Northeast.

How did such food consciousness come to be packaged in Mason jars of tasty pickles or sauerkraut and stocked in the Coop's cold case near the produce?

### A Radical Foodie

Dan Rosenberg describes himself as an environmental activist, an interest that was bolstered through ecology classes during college. He

thought a lot about how to achieve ecological social change, and narrowed it down to organic agriculture, locally grown. Rosenberg observed, "There are huge problems arising from the way our food system is structured. Food is so central to the human experience, so people can more easily connect to this work. And taking the initial steps toward re-localizing the food system is so much simpler than for many other aspects of the economy."

*"There are huge problems arising from the way our food system is structured."*

After college, Rosenberg started working on organic farms and attending organic farming conferences. His interest in pickling stems from going to a workshop at a Northeast Organic Farming Association conference in the late 1990s. He became interested in pickling as a way to tap into the local bounty and enjoy it year-round.

### How Local Is Local?

Rosenberg buys most of his ingredients in the Northeast, primarily in the New England states and New Jersey, New York, and Pennsylvania. When circumstances permit, Real Pickles buys its organic produce ingredients from a very local source. According to Rosenberg, "99 percent of the vegetables we've ever bought come from within fifty miles," most from the Massachusetts' fertile Pioneer Valley, which runs along the Connecticut River, just to the west of Real Pickles' Montague, MA, home.

### Pickling 24/7

Since Real Pickles works with local produce sources, the company is very busy starting in July, when the cucumbers, which will ferment into delicious green pickles, start to come in. The arrangement is pretty low-tech. Rosenberg comments

about his cucumber sources: "Often, we get a call from one of the farmers with a few days' notice, 'Okay, we're bringing a few thousand pounds of cucumbers!'" Helped by several swing workers, Dan will work intensively to pickle that year's crop during the course of the Pioneer Valley's six- to seven-week cucumber growing season. Cabbage pickling for the

Most of the fermentation takes place during the first three days. The longer the produce is allowed to pickle, the more intense are the flavors. In the case of Real Pickles, this means "two to four months," according to Rosenberg, who went on to describe his pickling philosophy as "an artisanal process" as opposed to a large corporation's process of a "few hours."



ILLUSTRATIONS BY DIANE MILLER

tasty sauerkraut takes place around the local calendar for the crop; usually September through November. In 2008, Real Pickles added a new product: Tomatillo Hot Sauce. The tomatillos come in during the late summer—usually August—which makes a nice bridge between the cucumbers and cabbage in terms of keeping the business producing and working with local agriculture cycles.

### A Healthful Pickling Process

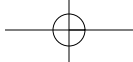
Rather than use vinegar as a pickling agent, Rosenberg lets his cucumbers and cabbage literally stew in their own juices—a fermentation process based on lactic acid. Once the washed and cored produce is packaged in barrels with water and the other ingredients, naturally occurring *Lactobacillus*—the good bacteria that aids digestion, one also found in yogurt—create lactic acid through digesting the sugars from the plant material. The result is a naturally pickled food and one with a good by-product.

### Keeping It Local

Dan Rosenberg's commitment to keeping it local as an environmental business credo extends to distribution. When he began his business earlier in the decade, he would travel to local farmers' markets to peddle his pickles and sauerkraut and sell wholesale through UPS and other outlets. Now Rosenberg has grown the business enough to work through natural food distributors, but only those that will only sell his product in the Northeast. One such distributor is Associated Buyers, located in Barrington, NH; another is Angello's Distributing, based in Germantown, NY. Both distributors stress stocking healthful, environmentally sensitive products from local sources, which fits neatly into Real Pickles' enviro-business model.

### Growing the Business

Gradually expanding his product line, Dan Rosenberg plans on introducing garlic dill pickles in fall 2009 as a



more largely distributed item. Last year's market research consisted of making small batches, which were met with great enthusiasm by his local test market!

*Rosenberg lets his cucumbers and cabbage literally stew in their own juices.*

Expanding into new products is tricky for a business that relies on local, organic sources. As Rosenberg explains, "The primary question we ask in developing new products is, 'what do people want?' We listen carefully to customers' requests, which we get fairly frequently. Then, we have to figure out how practical it would be to produce them. Many fac-

tors come into play, which arise from the fact that we produce seasonally from local produce. To produce a product, we need to have a stable, secure supply of the necessary vegetables from local farms."

An example of working with local growers was the addition of Tomatillo Hot Sauce to the Real Pickles product line. According to Rosenberg, "No one in western Massachusetts was producing certified organic tomatillos in wholesale quantities." From his farming experience, Rosenberg knew that "tomatillos are easy to grow and prolific." He convinced some local growers to take a try at tomatillos, and Rosenberg observed, "This plan worked out great. All of

the growers had successful experiences with the crop, and we're now planning to continue with the hot sauce with expanded production in 2009."

### An Alternative Business Model in an Uncertain Economic Climate

When I asked Dan Rosenberg how a challenging economic climate has impacted his business, he commented that sales were steady: "In 2008, we sold about 80,000 jars of Real Pickles products. This is about 20% more than we sold in 2007." He described Real Pickles' grow-local, go-local business model as "a good reason why Real Pickles is actually going to be competitive in a world where oil prices are going to be much higher." He observed that when you keep your supply and distribution lines local, your business is constantly reducing a volatile overhead cost—energy. ■

## 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.

WORDS

PROUTS

The Park Slope Food Coop's Reading Series

Memoir Writing Essentials

with Paula Bernstein

Everybody has a story to tell, but most people don't know where to begin. This workshop will present an overview on the basics of memoir writing, including the technique of character development, description and narrative arcs. Bernstein will also discuss strategies for producing a book proposal and landing an agent.

Paula Bernstein is the co-author (with Elyse Schein) of *Identical Strangers: A Memoir of Twins Separated and Reunited*, which was published by Random House in October 2007. Featured on NPR, "Good Morning America" and "The View," "Identical Strangers" won a 2007 MS Society Books for a Better Life Award. A freelance writer, Paula's personal essays have appeared in *Redbook*, *The New York Observer* and other publications. Previously, she was a reporter at *Variety* and *The Hollywood Reporter*. She teaches an online course in memoir writing for [mediabistro.com](http://mediabistro.com). Further details are available at her website, [www.paulabernstein.com](http://www.paulabernstein.com).

FREE

Non-Members Welcome

All Wordsprout participants are Coop members.

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

Thursday, February 19

7:30 p.m. at the Coop

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

## Pave Paradise? Don't Let It Happen

By Kris Kohler

High-quality farmland is already scarce enough in the western Catskill Mountains where Lucky Dog Farm produces vegetables that end up in the Park Slope Food Coop. But the level flood plain along the West Branch of the Delaware River, a source of Brooklyn water, is at constant further risk from unwise commercial development.

"If you're a contractor thinking of building a service station or a sewer plant, your eyes don't wander up the mountainside," says Richard Giles, the farmer who is beginning his 10th year at Lucky Dog in Hamden, New York. "The impulse is toward cheap and easy—and once the farmland is gone, it's gone for good."

Even as we in this community enlighten ourselves about the values of eating local food, more and more "local" farmland goes under concrete. This is a nationwide problem, but when the farmland in question is so near so many eaters, the result is tragic.

Help may be on the way. The State of New York purchases the development rights on some at-risk farmland and is currently considering an easement on some of the valley farmland leased by Lucky Dog Farm. These easements are a highly effective way of keeping farmland from being covered in concrete. Many easement grants require matching contributions, and this is where we as eaters need to step forward.

Farm Catskills, a regional farm advocacy nonprofit group, is leading the

effort to raise the funds (something in the range of \$40,000) required to match a state grant. Amy Kenyon, president of the organization, adds, "The State Department of Agriculture and Markets needs to know this issue matters to downstate eaters."

There will never be a better chance to put your money where your mouth is. Applewood Restaurant in Park Slope will be hosting a fundraiser auction on February 8. (For more information, contact 718-

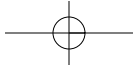
788-1810/[info@applewoodny.com](mailto:info@applewoodny.com)).

If you can't attend the fundraiser but still want to help, call Farm Catskills at 607-643-1724, or Lucky Dog Farm at 607-746-9898. Or, simply send a check to Farm Catskills, 87 Sal Bren Rd., Suite 1, Delhi, NY 13753-1440. ■

## Member Contribution

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





## COOP HOURS

### Office Hours:

Monday through Thursday  
8:00 a.m. to 8:30 p.m.

Friday & Saturday  
8:00 a.m. to 5:00 p.m.

### Shopping Hours:

Monday–Friday  
8:00 a.m. to 10:00\* p.m.

Saturday  
6:00 a.m. to 10:00\* p.m.

Sunday  
6:00 a.m. to 7:30\* p.m.

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

### Childcare Hours:

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

### Telephone:

718-622-0560

### Web address:

www.foodcoop.com

# LINEWAITERS' GAZETTE

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

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

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

## SUBMISSION GUIDELINES

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

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

**Voluntary Articles:** Maximum 750 words.

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

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

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

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

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

**Printed by:** 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 Carribean, North America, Europe, and Africa, we demand freedom and justice. Gene Glickman's a 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...

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

**Third Thursday  
FEBRUARY 19  
7:00 p.m.–9:00 p.m.**

**Last Sunday  
FEBRUARY 22  
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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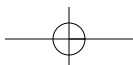
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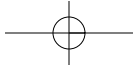
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Final Proofreader: Teresa Theophano

Index: Len Neufeld







WORKSLOT NEEDS

## Cash Disbursed Bookkeeping

**Monday, 6:00 to 8:45 p.m.**

Do you have neat, legible handwriting and like to work with numbers and calculators? You will be transferring information about checks written from individual papers into our checkbook (cash disbursed journal) and adding it up. Attention to details (especially working with numbers) is a must. Workslot is open to members who have been members for at least 6 months and have a good attendance record. A six-month commitment is required for this workslot. If you are interested, please speak to Renee St. Furcy, Monday through Thursday or email her at [renee\\_stfurcy@psfc.coop](mailto:renee_stfurcy@psfc.coop).

## Checkwriting

**Wednesday, 6:00 to 8:45 pm**

You will transfer information from vouchers on to checks to pay some of the Coop bills. Neat and legible handwriting, particularly writing digits, a must. You will be working independently so good attendance record needed. Workslot is open to members who have been members for at least 6 months and a 6-month commitment to the work slot is required. Please speak to Renee St Furcy through the Membership Office or email her at [renee\\_stfurcy@psfc.coop](mailto:renee_stfurcy@psfc.coop).

## Data Entry Project

**Weekday evenings, Saturday or Sunday**

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 weekday evenings after 6:00 p.m. or all day Saturday or Sunday. 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

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:

Feb 12 issue: 7:00 p.m., Mon, Feb 2  
Feb 26 issue: 7:00 p.m., Mon, Feb 16

### CLASSIFIED ADS DEADLINE:

Feb 12 issue: 7:00 p.m., Wed, Feb 4  
Feb 26 issue: 7:00 p.m., Wed, Feb 18

## General Meeting Info

**TUE, FEB 3**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Feb 24 General Meeting.

**TUE, FEB 24**

GENERAL MEETING: 7:00 p.m.

## 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, February 24, 7:00 p.m.

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

## Location

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

## How to Place an Item on the Agenda

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

## Meeting Format

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

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

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

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

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

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

**Wrap Up (9:30-9:45)** (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.

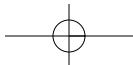
2. Please also sign in the attendance book that is passed around during the meeting.

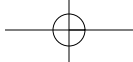
### • Being Absent from the GM:

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.*

## 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.

## THU, FEB 5

**READING** by Beth Harpaz\* from her funny new book, “13 Is the New 18...and other things my children taught me while I was having a nervous breakdown being their mother.” Barnes & Noble, 7th Ave. & 5th St. in Park Slope, 7:30 p.m. [www.13isthenew18.com](http://www.13isthenew18.com)

## 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).

## SAT, FEB 7

**WOMEN’S BRUNCH** and Book/Stuff/Clothing Exchange: Join Some of The Girls, a women’s activity group, to meet other NYC women who know there is more to life than going home, going to work and repeating. This is a great first SoTG event to attend—it’s 50% old members, 50% new members. A one hour massage to Kneaded

Bodyworks will be raffled off for free! At Iguana, 240 W 54th St., 1 p.m. \$21. [www.evite.com/app/publicUrl/OKSBUEBDQZKPMOSFDKEN/020709brunch](http://www.evite.com/app/publicUrl/OKSBUEBDQZKPMOSFDKEN/020709brunch)



## SAT, FEB 14

**PEOPLES’ VOICE CAFE:** Rod MacDonald. 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.

## SUN, FEB 15

**ENGLISH SWORD DANCE FESTIVAL:** 12:30 p.m. at Old First Church (126 6th Ave.), First Unitarian Church (Pierrepont & Monroe St) and Brooklyn Historical Society (Pierrepont & Clinton St); and 1:00 p.m. at St John’s Episcopal Church (139 St. Johns Pl). All 14 teams will dance at 2:30 at the Brooklyn Museum (200 Eastern Pkwy). [www.halfmoonsword.org](http://www.halfmoonsword.org)

## FRI, FEB 20

**SALLY FALLON**, author of “Nourishing Traditions,” will speak on “The Oiling of America.” Come learn the truth about cholesterol, heart disease and the benefits of traditional foods. At Nurture New

York, 1123 Broadway, 12th fl. (@ 25th), Manhattan. \$15-20. 7–9 p.m. Ticket info: [www.wprice-nyc.org](http://www.wprice-nyc.org)

## SAT, FEB 21

**PEOPLES’ VOICE CAFE:** Sally Campbell; Adele Rolider\*. 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.

**BOOK SALE:** Thousands of new & used books plus DVDs, videos, CDs, records & tapes. Prices start at 50 cents. Incredible bargains! Terrific Children’s Corner! Park Slope United Methodist Church (6th Ave. at 8th St.). 8:30 a.m.–4:30 p.m. Donations needed. Drop-off dates and other details at [www.parkslopeumc.org](http://www.parkslopeumc.org).

## SUN, FEB 22

**FREE CHAMBER MUSIC SERIES** featuring the Apollo Trio: Curtis Macomber, violin; Michael Kannen, violoncello; Marija Stroke, piano; and Maria Lambros, viola. Music of Haydn, Beethoven & Faure. At the Steven Dweck Center for Contemporary Culture (under the steps of the Brooklyn Public Library in Grand Army Plaza). 4 p.m.

**BOOK SALE** (afternoon only): Thousands of new & used books plus DVDs, videos, CDs, records & tapes. Prices start at 50 cents. Incredible bargains! Terrific Children’s Corner! Park Slope United Methodist Church (6th Ave. at 8th St.). 12:30 p.m.–4:30 p.m. Details & more info at [www.parkslopeumc.org](http://www.parkslopeumc.org).



**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

## WORKSLOT NEEDS

CONTINUED FROM PAGE 9

be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. All drivers must be available to drop off the recycling at the center between 8:00 a.m. and 5:00 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

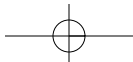
**Wednesday, 6:00 to 8:00 a.m.**

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 check-out 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.





## ENVIRONMENTAL COMMITTEE REPORT



PHOTO BY JUDY JANDA

## Coop Water Wars

By David Barouh

### The Epilogue, Part II

*Keep a movin' Dan, don't ya listen to him Dan, he's a devil not a man and he spreads the burnin' sand with water. —Old Cowboy Song*

The United Nations estimates that 1.2 billion people currently lack access to safe drinking water, and that by 2050 the number could be between 2 and 7 billion. [<http://www.un.org/Pubs/chronicle/2005/issue2/0205p20.html>] The Coop membership's vote to discontinue selling bottled water was an unambiguous statement that we see water as part of the Commons—a public resource and not a commodity for sale. The amount of water returned to the Commons from our action may be a drop in the ocean, but the Coop is influential, and the story made it all the way to The New York Times as an example of the growing activism confronting

the bottled-water industry.

### Worldwide Backlash

In the U.S., Poland Spring, Deer Park, Arrowhead, Perrier and 10 other brands—once independent companies—are now subdivisions of Nestlé Waters North America. Worldwide, Nestlé has 72 brands, making it the leader in an industry dominated by a few transnational giants, including Coca-Cola, Pepsico and Danone.

The 2008 book *Blue Covenant: The Global Water Crisis and the Coming Battle for the Right to Water*, by Canadian activist Maude Barlow, documents how the bottling and parallel water services industries have been steadily gaining control of global water resources. Simple in its structure, the book describes the growing world crisis of fresh water, how the giant transnationals have taken advantage of it, and the growing worldwide struggle

against the takeover of our most precious resource.

Across the globe, from India, Pakistan, Indonesia and the Philippines to Mexico and Brazil, and in the U.S., from California and Michigan to the town of Fryeburg, Maine (as recounted in *Bottlemania: How Water Went on Sale and Why We Bought It*, by the Coop's own Elizabeth Royte), local residents have battled bottlers in sometimes violent protests over control of depleted water tables.

Barlow cites three problems with corporate control over water. First, corporations benefit from scarcity created by pollution of the world's fresh water, and are therefore not motivated by environmental concerns. Second, as they gain control of diminishing water sources, they gain power over who gets water, and obviously the select group will be those who can pay. Third, as water is seen as a commodity rather than a public resource, now uninvolved governments will be increasingly reluctant to ensure equal access to water and to protect the natural environment that includes watersheds.

### Greenwashing

The bottlers, well aware of the growing backlash, have sought to polish their image, hoping to show environmental consciousness by using less plastic in the bottles. The amount of plastic may be less than before, but it's still mammoth. The manufacturing process still produces pollution, the bottles still end up mostly in landfills or incinerators, and bottled water still requires massive amounts of fossil fuel to be transported to market and from market to home.

A letter from Nestlé Waters North America, on hand at the General Meeting last April 29, urged the Coop to contin-

ue selling bottled water. It touted safety, claiming that "every day we read about ..." what are, in actuality, rare boiling alerts in municipal systems. The letter ignored episodes such as a famous 1990 Perrier recall because of benzene contamination.

In fact, every impression the industry fosters in comparing bottled water to tap water can be questioned; all, that is, except one—convenience while out and about. It's easier to buy a liter of water and then toss the bottle than it is to carry a reusable water bottle, or find increasingly scarce public water fountains, or enter a restaurant and ask for water, or simply wait. But the price of that convenience is degradation of air, and especially—and ironically—of water.

### The Future

The great film-noir classic *Chinatown* is partly a story of public versus private control of water. In 1930s Los Angeles, private eye J.J. "Jake" Gittes (Jack Nicholson) discovers that wealthy tycoon Noah Cross (John Huston) is intentionally diverting water away from valley farmland and into the Pacific Ocean, creating drought conditions so he can cheaply buy the valuable land. Gittes confronts Cross:

"How much are you worth?"

"I have no idea. How much do you want?"

"No, I just want to know what you're worth. Over 10 million?"

"Oh my, yes!"

"Why are you doing it? How much better can you eat? What can you buy that you can't already afford?"

"The future, Mr. Gittes! The future!"

The fight for control of the world's fresh water, more even

than for oil, is a fight for the future. Minding the old environmental dictum to think globally and act locally, a commitment to public water means a commitment to one's own water source—in our case the city's upstate watershed—and to efforts to protect it against the pressures of development and drilling.

The City's watershed sits atop part of the Marcellus Shale, a giant natural gas formation 6 to 8 thousand feet below ground, stretching from western New York to West Virginia. Recent technological advances have made the formation accessible to drilling companies. Any drilling in New York State would be contingent on passing an environmental impact statement. Nonetheless, it's feared that drilling in the watershed will imperil the City's famed municipal water. The regional environmental groups Riverkeeper and The Sierra Club—Atlantic Chapter are lobbying to declare the portion of the Marcellus Shale within the city's watershed to be off-limits to drilling. Given the reality of campaigns for electoral office funded with mostly corporate money, we simply cannot depend on elected officials to look after public interests over corporate interests. So it behooves us all to keep abreast of developments in the watershed and make our opinions known. ■

Join us Saturday, March 21, from 11:00 a.m.-12:30 p.m. at the Coop, for a presentation by Carolyn Zolas, Watershed Coordinator of the Sierra Club—Atlantic Chapter, and Assemblyman Jim Brennan, sponsor of a bill to ban drilling in the watershed. For periodic updates on Coop and environmental issues, visit the Environmental Committee's blog at <http://ecokvetch.blogspot.com>. Comments are welcome at [Ecokvetch@yahoo.com](mailto:Ecokvetch@yahoo.com).

## EARLY CLOSING!?

# Why?

The Coop will be closing early for shopping at 5 pm 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 about this early closing by telling your Coop housemates and friends.

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



## LETTERS TO THE EDITOR

### JUST CURIOUS

#### FELLOW COOP MEMBERS,

I just shopped. I watched warm-appearing, friendly people pushing each other around, respectfully. As someone who has always been pro-expansion, I wonder: Is there an actual, quantifiable, capacity number for the shopping space, necessitating what method(s) of moving forward as the membership continues to grow?

*Just Curious,  
Len Heisler*

### THE COOP SHOULD MAKE A POLITICAL STATEMENT

#### GREETINGS...

I strongly urge the Food Coop to boycott any and all Israeli products. This action is not anti-Semitic—it's about being anti-apartheid, which is what the policies of Israel's government have imposed upon the Palestinian people. Especially right now as Israel continues to wage a horrific war against Palestinians, the rest of the world has a moral imperative to respond by not rewarding a government that is repeatedly and blatantly violating international laws.

*Sincerely,  
Hima B.*

## 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, comprehensive, factual coverage:

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

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

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

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

#### Respect

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

## Puzzle Corner

### Banal Dour Game #3

Double Anagram Puzzle by Janet Farrell

The letters in each entry in list #1 can be rearranged to form at least two English words. List #2 contains definitions of those words. Find the double anagram and match it to correct clue. For example, the first group of letters can be rearranged to form "MELON" and "LEMON" which matches definition K, "CANTALOUPE DUD." See answers on page 15 and use the space below to work out your answers if needed.

#### LIST #1

- 1 ELMNO
- 2 ACELRT
- 3 AENRT
- 4 CENORTU
- 5 AINTT
- 6 ENOST
- 7 AEEHNRT
- 8 AILNS

#### 9 ACENRT

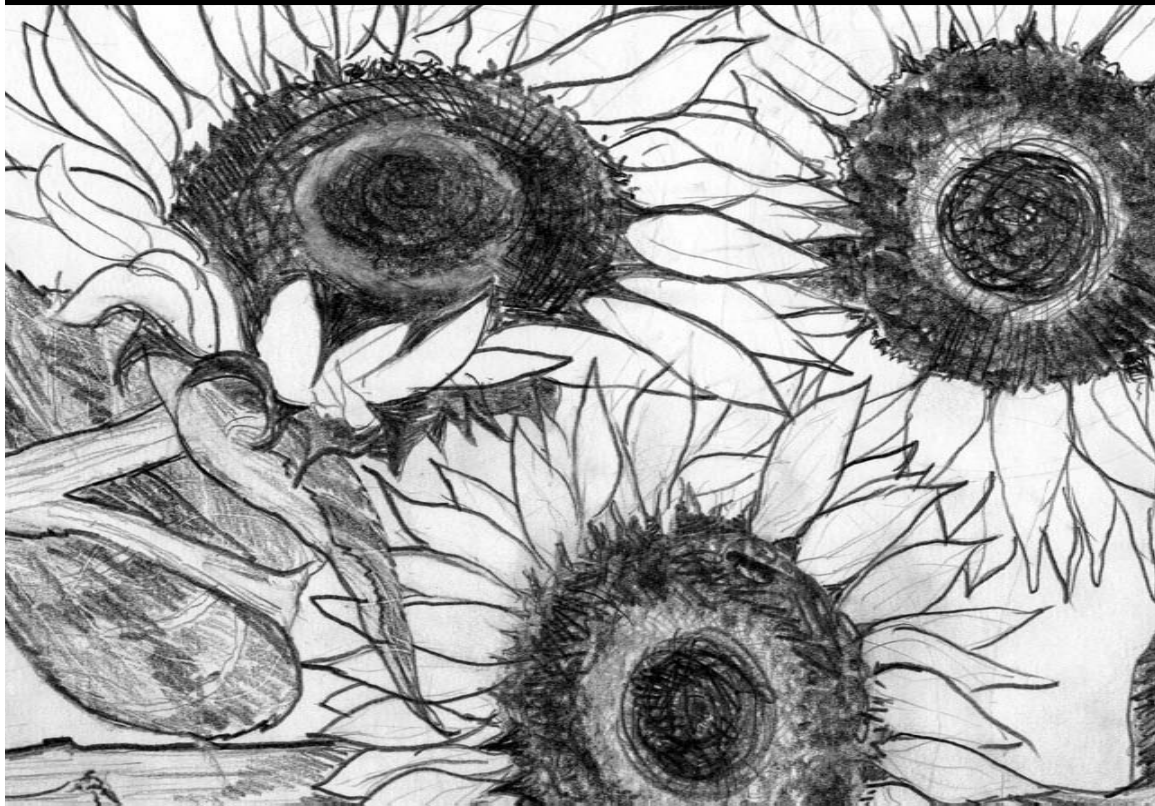
- 10 CEERSU
- 11 AEINPRT
- 12 ACNNOT
- 13 CDEOR
- 14 EHNORT
- 15 ADENRT

#### LIST #2

- A OVERPOWER BAR
- B BOOST PERSIAN CAPITAL
- C RELATE ARTIST
- D AMBROSIA DAZE
- E WITHDRAW CACTUS
- F WASP SEAT
- G UNABLE DISTRICT
- H RED WINE ASSOCIATION

#### I BELIEF ADORNMENT

- J GIANT BLEMISH
- K CANTALOUPE DUD
- L SHOUTED ENTHUSIASTIC
- M MURDERED MOLLUSK
- N OBSERVES GEM
- O KEEP PART OF EYE



### 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.



## Meet Your Mind

WITH ALLAN NOVICK

### A Class In Basic Meditation

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.

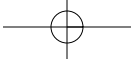
Allan Novick has practiced meditation since 1975 and is a meditation instructor at the New York Shambhala Center. He lives in Park Slope, has been a Coop member for many years, and works as a psychologist for the New York City Department of Education.

**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  
11:00 a.m. at the Coop

FREE  
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  
2:00 p.m. at the Coop

FREE  
Non members Welcome

## Nutrition Response Testing

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



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

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

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

Saturday, January 31  
7:00 p.m. at the Coop

FREE  
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

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 Revols 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

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

FREE  
Non-members welcome

## 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.

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

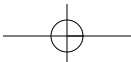
This hour-long presentation is guaranteed to inform, enlighten, and entertain as it offers an inside peek into how we create our reality in the world by the beliefs that we harbor, wittingly or unwittingly.

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.

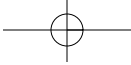


Coop member Gili Chupak, a Field Center Certified Facilitator, has been exploring the idea that we create our reality for well over a decade. He has been practicing various forms of Tai Chi and meditation since 1995. He offers Certified Facilitating services to individuals, couples, families, and organizations. 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

Friday, February 20  
7:30 p.m. at the Coop

FREE  
Non members Welcome



Avatar Adi Da Samraj



# The Enlightenment Of the Whole Body

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

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

Documentary will be shown, with discussion to follow.

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

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

Saturday, February 21  
10:00 a.m. at the Coop

FREE  
Non members Welcome

# GIVE YOURSELF A TAX CUT!

Homeowners,  
Students,  
Parents, Grandparents,  
Small-Business Owners

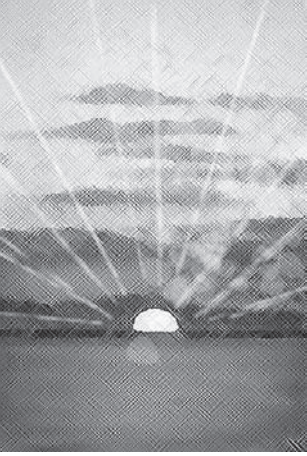
Jenifer Lee is a CPA, CFP®, and MBA  
and a Coop member.

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

Saturday, February 21  
1:00 p.m. at the Coop

FREE  
Non members Welcome

# What Can Life Coaching Do For You in 2009?



**Life Coaching can:**

- clarify life goals;
- teach you how to avoid blocks;
- help you take concrete steps toward a more fulfilled and happy life;
- learn to live a life aligned with your unique gifts and talents.

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

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

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

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

Sunday, February 22  
12:00 p.m. at the Coop

FREE  
Non-members welcome

# ENHANCING FERTILITY NATURALLY:

A CHINESE MEDICINE APPROACH  
**WITH LARA ROSENTHAL, L.AC.**

**UNDERSTANDING FERTILITY:**

- The energetics of reproduction
- What our grandmothers never told us: reading our body's signals

**OBSTACLES TO FERTILITY:**

- Chinese medicine patterns of imbalance
- “Unexplained infertility” explained


**IMPROVING THE ODDS:**

- Nutrition and lifestyle choices for your body type
- Tilling the soil: preparing the body for the rigors of pregnancy

**WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:**

- Eastern and Western approaches side by side

Lara Rosenthal is a Licensed Acupuncturist and Board Certified Chinese Herbologist. She maintains a private practice in Manhattan specializing in Women's Health and Fertility and works at the NYU Hospital for Joint Diseases' Initiative for Women with Disabilities. She has a B.S. in Biological Sciences from Stanford University, is fluent in Chinese, and studied and worked in Taiwan for three years. She is a faculty member at Pacific College of Oriental Medicine and a Coop member.




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

Tuesday, February 24  
7:00 p.m. at the Coop

FREE  
Non members Welcome

# Auricular Acu-Pressure

It's relaxing and does not require the use of needles to be effective.



Auricular therapies are used successfully by acupuncturists for stress reduction, smoking cessation, and weight loss. This complete healing system can also treat symptoms or pain anywhere in the body.

Come learn more about ear acu-pressure in this informative workshop.

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

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

Friday, February 27  
8:00 p.m. at the Coop

FREE  
Non members Welcome

# THE NOW FILM SERIES presents


# 24 Hours on Craigslist

What is the internet, anyway? The idea probably makes you think of huge corporate sites like Yahoo, Microsoft, Amazon, and (gasp!) even MySpace. These giant, multi-billion-dollar companies spend millions and employ tens of thousands of people worldwide in an effort to get your attention and money.

But did you know that there's a Web site run by only 22 people in San Francisco that, despite never having paid a single penny in advertising,

- Is responsible for billions of dollars of interpersonal commerce — more than any other stop on America's internet?
- Provides the majority of housing and jobs for the nation's urban population?
- Has hooked up more people than ALL other dating sites combined?
- Has grown in Web traffic 100% per year since its creation more than a decade ago?
- Is 99.99% FREE to use and 100% FREE of banner adds, pop-ups, or any other annoying internet advertising, which you are probably seeing out of the corner of your eye at this very moment?

It's all true, and it's called [www.craigslist.org](http://www.craigslist.org).




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

Saturday, February 28  
11:00 a.m. at the Coop

FREE  
Non members Welcome

# Get the SKINNY on FAT



Does fat scare you? Confuse you? Taunt you? Come face your fears. This course will show you how to have a smart, happy, and healthy relationship with the most notorious of nutrients. We'll learn the difference between “good” fats and “bad” fats and what is so terrible about trans fats. Need some ideas to reinvigorate your cooking? Curious what the latest research says about the Mediterranean, low fat, or Atkins diets? Come learn what it all means and why it matters to you.

Laura Friedman has been a Coop member since 2006. She is a registered dietitian and holds a Masters of Science in Clinical Nutrition from NYU. She currently works in research at Columbia University and has a private practice in Brooklyn.


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

Saturday, February 28  
2:00 p.m. at the Coop

FREE  
Non members Welcome

# Living with Loss


With Suzy Lieber, LCSW



Resolving grief has profound transformative benefits. Move beyond mourning and reclaim your passion for life.

Grieving is a life-long process, whether it is:

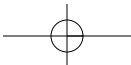
- Death of a Loved One
- Loss of Health
- Divorce
- Loss of a Pet
- End of a Relationship
- Loss of Dreams



Explore normal grief reactions and the stages of bereavement. Identify common pitfalls. Learn effective strategies for coping and grief recovery. Find support and resources.

Suzy Lieber, LCSW, is in private practice in Prospect Heights, Brooklyn, and midtown Manhattan. She holds a Certificate in Psychoanalytic Psychotherapy from the Post Graduate Center of Mental Health and has training in group psychotherapy from The American Society of Group Psychotherapy and Psychodrama.

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





## 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.

**HOUSE ON 3rd St. B&B**, beautiful parlor floor thru apt., double living room, bath, deck overlooking garden, wi-fi. Sleeps 4-5 in privacy and comfort. Perfect for families. Call Jane White at 718-788-7171 or visit us on the web at houseon3st.com

## 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.

## 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 alteyedrl@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.

**LARGE MIDWOOD SHARE** 1 block to subway, 40 mins. to city. Fully furnished. Clean responsible person only! Own large bedroom, small kitchen with foyer. Residents mostly away. \$600 a month util. included. Beautiful neighborhood. Apr. to Nov., possibly longer negotiable time. Call Susan or Gary 347-623-2653, 718-859-6722.

## 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.tguccione.law.com.

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

**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 Szufliata 718-781-1928. www.nyschoolhelp.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.

**HAIRCUTS HAIRCUTS HAIRCUTS.** Adults, Kids in the convenience of your home or mine. Also Color, Perms, Treatments. Adults, \$35.00, Kids \$15.00. Call Leonora, 718-857-2215

## SERVICES-HEALTH

**HOLISTIC OPTOMETRY:** Most eye doctors treat patients symptomatically by prescribing ever-increasing prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com

**HOLISTIC DOCTOR** in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp. As Featured in Allure Magazine. Dr. Gilman 212-505-1010.

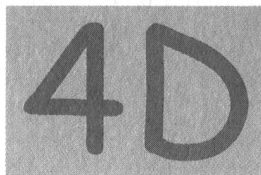
**PSYCHOTHERAPY TO SUIT YOUR NEEDS AND YOUR LIFESTYLE.** Helen Wintrob, Ph.D., licensed Psychologist and trained family therapist will accept insurance including GHI, Oxford, Aetna, Blue Cross/Blue Shield. Park Slope Office. Evening and weekend appointments. 718-783-0913

## 4D Tax & Financial Planning LLC

Jenifer Lee  
CPA, CFP®, MBA

101 Warren Street, #A-1C  
Brooklyn, NY 11201

Phone: 917-755-0516  
Fax: 718-228-3846  
jlee@4Dnyc.com  
Visit www.4Dnyc.com



## To Submit Classified or Display Ads:

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

Submission forms are available in a wallpocket near the elevator.

Prompt & Courteous  
Licensed & Insured  
Free Estimates



Residential & Commercial  
Packing & Supplies  
Local & Long Distance



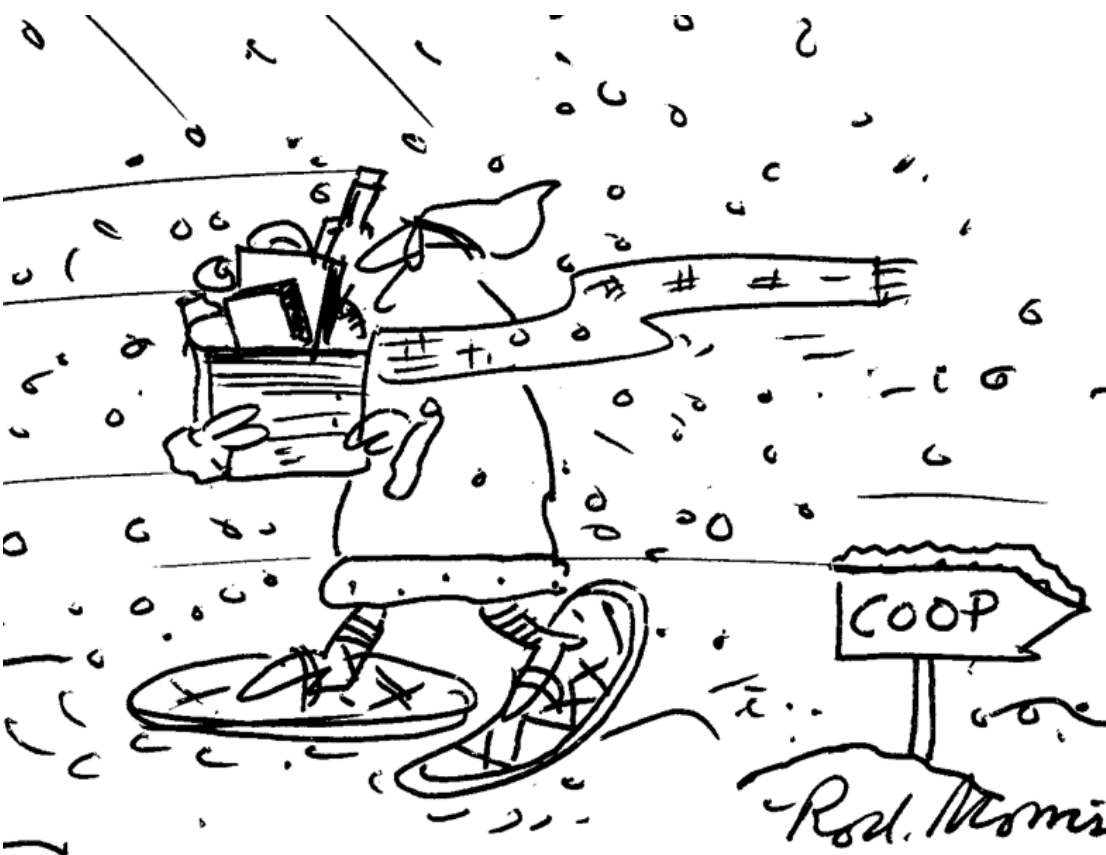
Top Hat Movers, Inc.

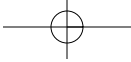
718.965.0214 ☎ 718.622.0377 ☎ 212.722.3390

## Puzzle Answers

K MELON	N NOTES STONE	ARTIST
H LEMON	B HEARTEN	G CANNOT
H CLARET	TEHERAN	CANTON
CARTEL	M SLAIN SNAIL	I CREDO DÉCOR
O RETAIN	D NECTAR	F HORNET
RETINA	TRANCE	THRONE
A TROUNCE	E RECUSE	L RANTED
COUNTER	CEREUS	ARDENT
J TITAN TAIT	C PERTAIN	

Banal Dour Game is an anagram of the words DOUBLE ANAGRAM





PHOTOGRAPH BY KEVIN RYAN

WELCOME!						
A warm welcome to these new Coop members who have joined us in the last two weeks. We're glad you've decided to be a part of our community.						
Jacob Abraham Marina Agranov Alison Baker Brigid Barrett Mike Barry Allison Becker Ulla Berg David Bernstein Andrew Blum Rodrigo Brandao Wendy Brown Shannon Brunette John Bryant Brad Canning Joy Canning Adriana Carballosa Jessica Carter Shelley Carver Brigid Castacio-Perez Margaret Chan Renroy Chase Adam Chasin Noah Chernin Sara Cohen Sam Coleman Anwyn Crawford Gabriel Cummins Phoebe Damrosch Harris Danow Hope Davis Caitlin Delohery	Rebio Diaz Julie Dodge Ethan Donaldson Jemile Dragovic Victoria Emen Aimee Ennaoui Chatiq Ennaoui Andrea Esteruelas Patrick Esteruelas Dan Ettinger Jinha Evenson Michael Fadem Fanny Falter Leslie Farrell Shai Feldman Thomas Ferguson Anna Ferraz Casas Lionel Foster Robert Garral Kate Garrison Mika Gedeon Elizabeth George David Gilman Elsbeth Gilmore Allen Goldschein Thomas Goodhart Roe Goodman Tova Goodman Otis Gospodnetić Elka Gould Nailah Griffin	Shagari Guity Nadia Hajiomar Eamon Hamilton Meghan Harrington Elana Haviv Lorraine Hinds Cory Hloska Rebecca Homa Isabelle Ibiyinka Yuliya Izmaycova Katherine Jacobs Elizabeth Jenetopulos Yongyong Ji Alicia Jnoville Paula Jnoville David Johnson Hugh Jones Jeffrey Joseph Ami Kaplan Kate Kelly Mary Kidd Andrew Kloppe Saqera Kokayi Yahoteh Kokayi Vanina Kondova Rachel Kornhauser Elizabeth Kosack Adam Kowit Julie Kraisler Virginia Kropp Alison Landrey	Kermith Lawrence Karen LeBlanc Kahdijah Lemaine Xaviera Lemaine Jessica Levey Josh Loeb Lauren LoGiudice Susan Lopatin Martin Lucas Alejandro Lurati Jodie Lustgarten Vincent Ma Jessica Mabli Andre Mack Henry Maldonado Laura Mann Bobby Markowitz Alana Martell Samuel Martell Francesca Martinelli Grace Martinelli H.G. Masters Alexandra McCabe Erin McCarthy Denny McDonough Laraine McDonough Michael McGinnis Jennifer McKee Alicia Melamed Joseph Mendlowits Leah Mendlowits	Yides Mendlowits Ahnika Meyer Karl Meyer Gregory Mitchell Ned Molesworthe Alexios Moore Aimee Morton Perry Morton Tommaso Muffato Jessica Murphy Paula Nanninga Carline Nemorin Patrick Nugent Sam Nussenblatt Allison Olly LaLita Oltarsh Frank Ortiz Cyslin Pajares Davina Pardo Meghan Patrick-Farrell Katherine Payne Marco Antonio Perez-Jacome Kyle Pope Gabriela Pérez Baéz Andre Raffington Abby Ranger David Rawson Kristen Robinson Jacob Rolls Adriana Rombaldi	Danielle Roper Editha Rosario Michele Sala Adam Saltman Laura Saltman Courtney Samborsky Katherine Sammis Rosalind Samuel Kei Sasaki Nancy Sasaki Jacob Scheier Kryssa Schemmerling Victoria Schlesinger Nancy Schwerner Steve Schwerner Rafaella Scimeca Imaan Selim Mona Selim Maytal Selzer Ryan Servais Kelly Shannon Dor Shapir Natalie Shaw Liana Sheintal Stuart Silverman Susan Silverman Mackenzie Smith Kimberly Sobel Kyle Sola Frances Sorensen Ari Spool	Micah Stanek Jo Steel Sandy Stoeckel Sarah Strom Tina Struble Brian Sullivan Nava Sutter Tom Swan Johanna Taylor Mary Tchamkina Hilary Teplitz Delores A Thompson Vincent Thuet Estelle Tijou Gina Trent Luke Truman Kenzan Tsutakawa-Chinn Jonathan Tuczynski Nikka Vekilbek Jorgen Wahlsten Jonathan Walker Cecelia Walsh-Russo Charisma Whitehead Sarah Wilson Shaun Wilson Michael Woods Elisa Young Koren Zailckas

THANK YOU!						
Thank you to the following members for referring friends who joined the Coop in the last two weeks.						
Alice Anna Altman Mary Anderson Aviva Zakarin Angell Jennifer Bacon Lauren Belski Sigal Bergman Juleah Berliner Paul Bermanzohn Carl Bernholtz Mark Berns Esther Bernstein Anna Booth Nathan C. Camellia Carter Claire Cavanah Annabelle Cazes Sarah Chase	Kelsy Chauvin Adam Christpher Collin Dennis Collinson Claudia Gonson Christine Correa Shannon Curren Emily Davison Tamar Efrat Karen Elam Ukeme Emem Amanda Eyrich Nick Falzone Julia Farr Andrea Fassone Sam Feather-Garner Emily Flynn Filippo Fossati	Madeline Fox Shevon Gant Katherine Gilbert Jane Gish Sarah Goltz-Shelbaya Leah Gottlieb Denise Greene Julia Greene Jessica Harris Shoa-Hsun Hsia Jennifer Jacobs John Jannone Coleen Jennings Sarah Jensen Tatiana Jerine Janet K. Liza K. Tara Kamath	Ann Kansfield Mounir Khaddar Nicole Kief Rachel Kline Jaquie L. Destin Joy Layne Ada Leaphart Emily Lee Grace Lee Mikal Lee Etisha Lewis Andrew Lutsky Jenny Lynch Tom Lyons David Marangio Ryan McKee Merida Johanna S. Meyer	Jesse Mintz-Roth Naomi Moland Sean Moran Eve Moros-Ortega Julia Musailoua-Mello Sandra N. Kymberly Orcholski Denise Ortiz Lia Pack Romi Paek Ilana Panich-Linsman Marissa Pareles Heather Paulson Leah Picker Freya Powell Aisha Rab David Reed Mary Recine	Alex Rich Layna Roberts Hillary Rubenstein Brian Russ JoAnn Santangelo Greta Schwerner Sarah Secunda Mathew Semel Ofer Setty Andrew Shinn Rita Silva Zachary Singer Nicole Sisco Lindsay Smith Glenda Springer Ian Stearns Stevie F. Talmie	Lauren Tarantino Erasmia Tausend Angela Thurmond Ayen Tran Danielle Varga Melissa Vaughan Fern Vernon Heidi Wein David Whitehill Karen Williams Robert Wilson Jennifer Woltil Aramis Zeno Hannah Zeno Eric Zuarino

