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1973



LINEWAITERS' GAZETTE



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Volume DD, Number 5

February 26, 2009

The Garden of Union: Claudia Joseph's Path of Food Justice and Environmental Education

By Adriana Velez

Hard as it is to believe with Punxsutawny Phil's prediction and the cold, snowy winter we are having, spring is just around the corner. We will soon see crocuses peeping out from the ground and green tendrils curling out from brownstone gardens. For Brooklyn's Garden of Union, that means the composting program will begin taking new members again. We sat down with Claudia Joseph, president of the Garden of Union, to talk about composting, the garden's unique partnership with the Park Slope Food Coop and the role community gardens play in Brooklyn life.

Claudia Joseph began working at the Garden of Union when she moved to Brooklyn in 2001. Before that she had lived on a 160-acre farm 45 minutes north of Los Angeles and in an Oakland apartment near Lake Merritt and down the block from the first bird sanctuary in the U.S. She gardened at the Oakland Botanical Demonstration Gardens and taught the first permaculture course offered at Merritt College. But when her husband, a composer, wanted to move to New York City, she decided to take the principles of intentional living and permaculture to an urban environment.

The Garden of Union was founded in the mid-1970s in the same utopian spirit as the Food Coop. In fact, it was Coop members who helped clear out the rubble from two demolished buildings at 634-46 Union Street, fought to



PHOTO BY INGRID CUSSON

Claudia Joseph, Coop member, president of The Garden of Union and environmental pioneer.

claim the lots for a garden and began growing food for nearby soup kitchen CHIPS. The Garden became a non-profit in 1986. Members began processing material from their

kitchens and from the Coop into compost for the garden from its inception. Over the years CHIPS became over-

CONTINUED ON PAGE 2

Coop Event Highlights

- Thu, Mar 5 • Food Class: Spices** 7:30 p.m.,
Fri, Mar 6 • Film Night: Short Films by Lynne Sachs 7:30 p.m.
Sat, Mar 7 • Bag, Jewelry, Accessory and Shoe Exchange
10:00 a.m.
Sat, Mar 7 • Variety Show 7:00 p.m.
Thu, Mar 19 • Wordsprouts 8:00 p.m.,
**Fri, Mar 20 • The Good Coffeehouse: An Evening of
Jazz, Tap and Song** 8:00 p.m.,

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



Push: Coop Author's Book-Turned-Film Story of Harlem Teenager Celebrated at Sundance Festival

By Hayley Gorenberg

A decade after it hit the best-seller list, *Push*, written by Coop author Sapphire, has become a hit film (renamed *Precious*) at the Sundance festival. It was purchased earlier this year by Lionsgate for over \$5 million. *Precious* took the "Grand Jury Prize: U.S. Dramatic," the "Audience Award presented by Honda: U.S. Dramatic" and a "Special Jury Prize for Acting."

"It was amazing, seeing my words alive on the screen," Sapphire wrote, in response to questions for this article. "I was not expecting to even like the film and I ended up loving it!"

Apparently Oprah Winfrey, said to have promoted the film's sale for distribution to a wider audience, was also deeply moved.

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Next General Meeting on March 31

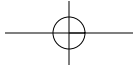
The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be on Tuesday, March 31, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

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

IN THIS ISSUE

Letters to the Editor	4
Emergency Food Drive, Eat Local—East Coast	5
Recycling, Coffeehouse	6
Workslot Needs, Coop Calendar	7
PSFC & Food Policy: What's the Connection	9
Community Calendar, Puzzle	10
Classifieds, Puzzle Answer	12



Garden of Union

CONTINUED FROM PAGE 1

whelmed with food donations, so the garden stopped growing food for the kitchen. In fact, the Coop produced so much material (plant-based food scraps) for compost that members started culling the unspoiled, still usable food from it and preparing meals at CHIPS with it. The Coop also created some 200 workslots to help cook food at CHIPS.

Through the 1990s the garden matured and continued to attract members. It became a challenge to accommodate a changing group of members so the garden leadership decided it was time to write a clear code. They spent the next two years collaborating on a new set of guidelines for participation and membership rules.

The Garden of Union is unique in that membership is not tied to work assignments.

Typically in other community gardens members must commit to several workslots in exchange for a plot. Members are given a defined space, which means there is only room for a limited number of gardeners, depending on the size of the garden. The Garden of Union is open to as many members as want to join, and membership is not tied to a work commitment.

“We rely on the personal responsibility and commitment of volunteers to care for the space and its members,” Joseph says. “There are numerous tasks in addition to gardening that are required to keep a community space open. Someone has to pick up the trash in front of the garden and shovel snow off of the sidewalk. Another person needs to have brochures available and welcome people to the garden. There are many tasks that have nothing to do with gar-

dening but much to do with community care. We fill these on a voluntary basis—everyone pitches in.”

Joseph’s arrival at the Garden of Union was well timed. “There was very little happening to raise green consciousness in 2001. 9/11 blew the town apart. The garden was a sweet spot but the membership at the Food Coop was doubling and our facility had not kept pace.” As president, Joseph worked to improve communication among members and implement training in composting.

The Garden’s program is based on stewardship. Each year stewards coordinate the planning, planting, care and harvest of their assigned spaces. They also teach new members how to use the garden and answer questions from the public.

A large component of the Garden of Union is its composting program. In addition to processing a total of 12 tons of material annually from the Food Coop, about 50 garden members bring material from their homes to process. In fact, about 50 members come to the garden *just* to compost. There is no drop-off; if you bring material you process it as well. So Joseph has refined the composting process so that members get essential training in composting for the garden. Members need to understand the difference between old and new bins, the importance of cutting scraps and which ingredients work best in compost (not starches, and definitely not socks!). All the regular gardeners help educate new members and check the system to correct mistakes.

In her role as the compost manager, Joseph oversees everything from training new workers, finding room for new material and tracking brown material (sawdust) to giving compost tours. Sherry Showell is the compost squad leader for the Food Coop and she schedules a network of gardeners and workers and decides where the compost should go.

The compost material from the Food Coop also goes to other community gardens as well: Warren/St Marks, 6/15 Green, Added Value farm in Red Hook and now even the Brooklyn Botanic Gardens for a test program. Because the garden exists on a rubble site, the Garden of Union and Annie’s Garden use most of the compost and there is very little extra. Still, Joseph says, “We’re a great model and

we’re sharing our wealth.” By this she means not just sharing the garden’s compost, but also lessons in composting and running a community garden.

The Garden of Union hosts educational tours with children from local schools. Leading one of these tours is actually a new Food Coop workslot. The Garden of Union also cooperates with the master composting programs from Brooklyn Botanic Gardens, Queens Botanical Gardens and the Lower East Side Ecology Center.

Joseph’s educational efforts have extended to the garden at the Old Stone House, the 1699 Dutch farmhouse and site of the 1776 Battle of Brooklyn, the first battle of the Revolutionary War. In 2001 Joseph began planting a historical-reference garden with culinary, medicinal and native plants—“I like plants I can use,” Joseph says. The garden makes use of what is called sheet mulching, in which layers of compost material are layered to create fertility, soil structure and a weed barrier. The Dutch originally worked

garden were unable to identify peas growing on a fence as food. Children all over the U.S.—not just in urban areas—are not accustomed to seeing the source of their food. This is one of the valuable lessons a community garden can teach.

Claudia Joseph is always thinking about the future of these gardens. A garden is always shaped by its members, so it is always changing. With all of the new construction surrounding JJ Byrne Park, re-named Washington Park, there are now plans underway to develop the playground and other recreational areas—possibly at the expense of some garden areas. There is often talk about replacing everything with a few hardy shrubs, something that dismays Joseph, though she understands the need to balance diversity to accommodate large groups of people. Still, she says, “People need to speak up for an environmental park. We need more community support for the most diverse garden we can support.”

With the explosion in

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. 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.

Interesting Links

Find out more about the Permaculture Exchange at www.permaculture-exchange.org/.

The Old Stone House: 5th Avenue between 3rd and 4th Streets, Phone: 718-768-3195, <http://www.theoldstonehouse.org> info@theoldstonehouse.org Open Saturday and Sunday, 11 a.m.–4 p.m.

Garden of Union: Union Street between 4th and 5th Avenues Open Saturday 10-2 and Sunday 12-6. New membership orientation meetings April 4 and April 26

Claudia Joseph also recommends visiting the **Brooklyn Bears Gardens**, which include the Pacific Garden near the Atlantic Center. <http://brooklynbears.wordpress.com>

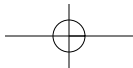
in straight lines, but Joseph has planted the garden to resemble more of a naturalized landscape, which makes visitors feel almost like they’re in the country.

At first, the garden suffered from its proximity to MS51. Students unknowingly tore apart the garden at lunchtime and after school. Joseph began working with a class of special education students, teaching them to garden, and ran this program for about five years. The new principal, Lenore Berner, has been very receptive to the idea of expanding the school’s involvement with the Old Stone House garden, and Joseph is now helping to create the garden component to a combined social studies/science class.

According to Joseph, most students on early tours of the

green awareness, membership at the Garden of Union has sprung up to 150 members this year and Joseph is trying to figure out how to respond to this unexpected growth. “How do I send the history forward? New people need to know the garden’s history so it continues to run smoothly and retains its unique character. “ Joseph understands that a community garden has to serve its community in order to retain support. But how much foot traffic can the garden handle? How many different hands in the garden? What plants are good for community gardens? The garden has hosted cultural events, like performances by the Artichoke Company and Spoke the Hub, and there are plans to expand the edu-

CONTINUED ON PAGE 8



Push: Book-turned-film

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"I wanted to do whatever I could to encourage other people to see this movie," Winfrey said in the news release Lionsgate issued to announce the film's purchase. "The film is so raw and powerful—it split me open."

Sapphire's 1996 book chronicled the deeply disturbing—yet in some ways triumphant—story of Precious Jones, an illiterate, abused, pregnant black teenager in Harlem. The book won lavish notices after its publication, and was eventually optioned for film.

"As an author my role was limited," wrote Sapphire. "I read the script and made several suggestions for changes which the director surprised me by incorporating (he did not have to). I actually attended some of the auditions for the main character, Precious Jones. The director would occasionally call and ask me questions about the book or script. I visited the set and had a question-and-answer session with the young actresses who play Precious' classmates. I also had a small cameo appearance. But I was not involved in day-to-day shooting or decision-making of the film. It's not what I do. Lee Daniels, the filmmaker, makes films and he makes them brilliantly." (Daniels' bio details that he produced *Monster's Ball*, which made him the first African-American sole producer of an Academy Award-winning film. His next producing credit was *The Woodsman*, which received the CICAIE Arthouse Prize at the Cannes International Film Festival and a special mention from the National Board of Review. At the request of President Bill Clinton, Daniels also produced public service announcements encouraging young people of color to vote.)

Since *Precious's* success at Sundance, wrote Sapphire, "the film is almost assured of a life and an audience and hopefully even more recognition and good reviews as it makes its rounds of the festivals here and in Europe."

Responding to a *Gazette* reporter's question about what "currency" the story, now more than a decade old, retains, she responded, "In some ways not much has changed, poverty and racism have not diminished in most people of color's lives. Illness, child abuse, substan-

dard education, all this still reduces the life expectations and life expectancies of black girls today. But there is Obama, which signifies a profound shift in the way the country was going and how it saw itself. There is, I think, much more hope now, much more willingness to discard old ways of thinking that weren't working and a willingness to embrace something new and different."

Write-ups of the film praise its "sheer audacity and utter authenticity," and call it "an unforgettable film that sets a new standard for cinema of its kind.... *Precious* is not a film wallowing in the stillness of depression; instead, it vibrates with the kind of energy derived only from anger and hope. The entire cast are amazing; they carry out a firestorm of raw emotion."

The film features newcomer Gabourey Sidibe as Precious, along with Mo'Nique as her mother. Other cast members include Paula Patton, Sherri Shepherd, Lenny Kravitz and Mariah Carey as a social worker who meets with Precious.

A review by *Movie Nation* deemed Precious "the kind of character most movies would run screaming from or turn into a cartoon: a hulking, inarticulate mountain of a Harlem 16-year-old with an emotionally abusive mom (Mo'Nique), sexually abusive dad (Rodney Bear Jackson), one child and another on the way. The movie skirts being a chamber-of-horrors melodrama and an agenda-driven inspirational movie (once Precious lands in an alternative writing class headed by Paula Patton), but the script, the performances and especially Daniels' smart, alert direction, grounding the film in real reactions, real speech patterns, keeps it honest."

The *Daily* at ifc.com complimented *Precious* by saying that "as grim and melodramatic as *Precious* gets, it retains a grubby power thanks to powerhouse performances and a milieu seldom explored in movies or television: the lives of people at the very bottom rung of the socio-economic ladder for whom the American Dream of upward mobility is little more than a sick joke."

Paul Moore at the Spout-



Gabourey Sidibe, and other cast members, in a scene from *Precious*.

Blog wrote, "During the Q&A after the screening I attended, a girl stood up and said, 'I'm from Harlem and I know people like

that, but I've never seen it on a screen before.'"

Sapphire interviewed widely in 1996, after publishing *Push*. In a question-and-answer session that June with Mark Marvel, Sapphire discussed topics ranging from the themes of her book to her choice of nom de plume: "my given name was Ramona, and I just didn't have any use for it. I took the name Sapphire at the height of the New Age movement, when everybody was a gemstone [laughs]. At one time in African-American culture, the name also had a very negative connotation. Sapphire was, like, the evil, razor-toting type of belligerent black woman, which was somehow attractive to me, especially because my mother was just the opposite. And I could picture the name on books; I couldn't see *Push*, by Ramona."

Sapphire paid homage to black female authors before her: "I wanted to let this whole new generation who's gonna read *Push* know that it was born out of *The Color Purple* and the other books I mention. I don't think I could have written *Push* if Alice Walker had not written *The Color Purple*, or if Toni Morrison had not written *The Bluest Eye*. They kicked open the door. The content of *Push* may not be so problematic now, but can you imagine what it would be like if noth-

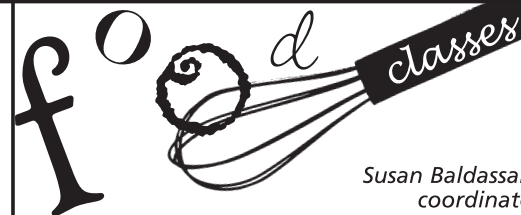
ing had come before it?"

Sapphire also discussed themes of sexual orientation and prejudice that surface in the book: "Well, as a bisexual woman who has never been in the closet, it was very hard for me when I encountered homophobia, and I couldn't back away from that in my characters—it would have been a disservice to what I was trying to do not to have Precious confront her ignorance. Precious has to deal with this and somehow incorporate it into dealing with her other problems. She has to go outside of her community,

to people who she's been taught are in some ways her enemies, to get the help she needs. That's why I wanted her to be so young; she has the capacity to change."

This uplifting theme was accompanied by harsher truths, as well: "One of the myths we've been taught," Sapphire was quoted as saying in an interview later in 1996, "is that oppression creates moral superiority. I'm here to tell you that the more oppressed a person is, the more oppressive they will be." ■

Thursday,
Mar 5
7:30 p.m.
at the Coop



PARK SLOPE FOOD COOP

Spice Up Your Life: The Power of Spices

Explore the medicinal and culinary power of five common spices: cinnamon, turmeric, ginger, cayenne and paprika. Come discover the healing attributes and intense flavor of these spices through simple and delicious recipes.

MENU

- Spicy vegetable stew (vegan)
- Toasted chickpeas with paprika (vegan)
- Chai Tea
- Sautéed greens with cayenne (vegan)

\$4 materials fee

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

Linda Monastra is a graduate of The Natural Gourmet Institute who works as a freelance chef specializing in vegetarian and health-supportive cooking. Currently Linda works as a culinary instructor, private chef, food writer, and recipe developer for Natural Health Magazine.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.



Experience the
Thrills, Chills and Spills
of the
Park Slope Food Coop's
Adult Variety Show!

**Saturday
March 7, 2009
7:00 p.m.**

**at the Old First Church
Carroll St. and Seventh Ave.**

REVEL IN THE UNMITIGATED TALENT STYLINGS OF:
RICHARD ANTONE ★ NEIL BLONSTEIN ★ CHUCK BREEN
FANELLE COLETTE ★ TRACY FITZ
VINCENT AND LISA FRISARI ★ PHYLLIS GADSDEN
DORA AND WESLEY GRAY ★ CYNTHIA HILTS
ISRAELLA F. MAYERI ★ BRUCE MARKOW ★ DONALD MURK
KATHLEEN PAYNE A CAPELLA GROUP
LEE ROGAN ★ MARTHA SIEGEL
BARRY SIMPSON ★ THOMAS SMITH
ALBERT SOLOMON ★ NANCY SPITALNICK ★ JOAN STURGIS
JAMES SUBUDHI ★ WILLIAM (BILLY) THOMAS
MEKKA TIMBERLAKE

**Admission \$10
\$6 for children under 12 & limited income
Refreshments will be for sale!**

PRESENTED BY THE



Bag, Jewelry, Accessory and Shoe Exchange



(Unchosen items will be donated to a local shelter.)

This exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can share items that have already been well loved? Reuse, renew, recycle.

**FREE
Non-members welcome**

**Saturday, March 7
10:00 a.m. – 2:00 p.m.
in the meeting room**

To bring items for exchange:

- Do not leave things in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean purses, bags, shoes, jewelry and accessories that you are proud to be able to exchange with a new owner.



TAKE THE SURVEY

Help the Coop gather valuable information on your shopping experience and payment choice by taking our survey in conjunction with the Federal Reserve Bank of Boston. Your responses will help the Coop serve you better!

**Take the
survey now on
www.foodcoop.com or
pick up an
information card
from the
entrance desk.**



LETTERS TO THE EDITOR

RESPONSES TO AN ISRAELI BOYCOTT LETTER

TO THE EDITOR:

I respectfully disagree with letter writer Hima B's suggestion to boycott any and all Israeli products. For one thing, such an action will hurt Palestinian workers. For another, this writer's view to compare Israeli policies to apartheid is grossly unfair and inaccurate. It bespeaks an ignorance of the history of the Jews and Arabs in the region.

Thank you.

David Simonoff

should include in the boycott the following countries, a small sampling of the more than 150 countries listed by Amnesty International for human rights abuses.

Afghanistan
China
Democratic Republic of Congo
Iran
Libya
Mongolia
North Korea
Sudan
Zimbabwe
Venezuela
Viet Nam
Yemen

The list also includes the United States.

Rose Freilich

DEAR EDITOR,

I am appalled by the horrid motions to boycott Israeli products and divestment proposals. Once again post Holo-

caust anti-Semitism raises its head because Hamas fired rockets into Israel igniting the current conflict.

The Coop can take a cue from Sahadi's on Atlantic Ave. He carries products from both Israel and the Arab world.

I am glad to know that Israeli products are available at the Coop.

Devorah Greenspan

BACKWARD ADVANCE

Baseball's given us many a gift—

Joe DiMaggio, Ruth,
Designated hitters, franks—
Healthy pastime for youth.
Best of all its benefits,
Worthy of more than a
sketch,

Baseball's soothed our
aching backs
With 7th inning stretch.

Leon Freilich

HEALTHIER MILK

DEAR LINEWAITERS' GAZETTE,

My question is about the Bovine Growth Hormone found in the dairy products carried by the PSFC.

I am a nursing mother and

am careful to drink milk that does not contain Bovine Growth Hormone since I do not want to pass this harmful synthetic hormone on to my baby. Bovine Growth Hormone has been proven to be dangerous to the health of humans. For one, it has been found to be a cancer accelerator, increasing the risk and development of breast, prostate and colon cancer in humans.

Also, as a consumer I am cautious when lending my money in support of big business. Bovine Growth Hormone is produced by Monsanto, a company without conscience, in my opinion. Monsanto is a company that has proved itself time and again to be anti-environment and anti-worker.

I shop at the Coop almost exclusively and purchase all of my dairy products there. Recently I noticed that the Coop does carry Cabot products. I have read that Cabot has agreed to ban the use of Bovine Growth Hormone by August 2009, which means that their products still contain it now, in February 2009. This leads me to believe that there are other products containing Bovine Growth Hormone sold at the Coop. While it's fairly easy as a consumer to knowingly make the deci-

sion not to buy Cabot products, or any other products that are labeled as such, buying cheese at the Coop is another issue. Since cheese is cut and re-wrapped once it arrives at the Coop we have no way of knowing which cheeses contain harmful ingredients.

With all of the environmental and health concerns that are mindfully addressed at the PSFC I am concerned that this is an issue that has been overlooked. I am unsure why the decision-makers at the Coop have agreed to continue to support the use of this harmful synthetic hormone and am dismayed to learn that these products are placed on the shelves unlabeled, making it impossible for conscious consumers to make smart choices for their families.

Any information you may have about the inclusion of Bovine Growth Hormone in dairy products sold at the Coop or the decision-making process that is behind making purchases from dairies that use these harmful chemicals would be greatly appreciated.

Thank you,
Gillian Puryear



Eat Local—East Coast

By Kris Kohler

The idea that much of our food could and should be grown nearer home is one of the most popular topics of the last few years' conversations. Shop in the Greenmarket. Ask where your food comes from. Read Michael Pollan. Many of us are amazed at what an amazingly good idea this is. But while a secure, local, East-coast food system is interesting to talk about, it is currently only a fantasy.



do things differently. But what must we do? Buy local, right? Shop for real food? Think of the Earth?

good food system or a healthy farm." Most food coming into New York still comes from a long way off. Why? Because the food production system on this side of the country is wrecked.

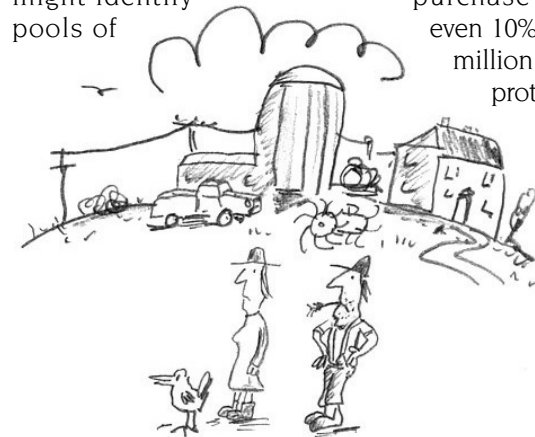
"On the east coast there are not enough farms, farmers, labor or money."

We understand that the hidden cost of our failed food system, the unpaid balance for damage to our health and our environment, is gigantic. And now is a better time than most to look at ways that we might

One way to start is to admit that we will need to pay the real cost of our food. Richard Giles of Lucky Dog Farm puts it this way: "While cheap food has become much too expensive, good food is still much too cheap. Buying local and buying organic are great for my farm, but demand alone won't build a

There simply isn't enough production capacity. "Not enough farms, not enough farmers, not enough labor, and not nearly enough money," Giles says. A secure, local, East-coast food system is going to be very expensive to develop and it will have to perform against an entrenched global, market-based, insecure, environmentally destructive, health damaging and very, very cash-inefficient food system.

Building a good food system means providing basic funding for the farms themselves—capitalizing land and major equipment. It means preserving farmland with development easements and outright purchases. And it means fully funding programs to train people who want to farm. This money needs, by no means, to come from government sources. We might begin by agreeing to pay more for good food. Then each of us might identify pools of



enormous importance of securing this resource with a big public endowment. The NYC Department of Environmental Protection (DEP) has been able to maintain the purity of much of this water without expensive filtration, an amazing accomplishment. Coincidentally, this water comes from some of the very areas that might best provide good food for New York. Much of the DEP's attention has been focused on control of watershed lands through both purchase and regulation. If even 10% of the current \$300 million grant for watershed protection were spent to build New York's farm resource, then two goals might be accomplished simultaneously.

Finally, we need to talk about models of motivating activism. Brazil-

ian farmers have the great energy of great numbers. Dutch farmers have the energies of the contained sea and public agrarian pride. What energy do we call on as we approach these pools of essential capital to secure our essential needs? The very democratic value of demanding the best food for all of us is certainly one of our great strengths. ■

Member Contributions

CAMBA Beyond Hunger Emergency Food Drive

Food Pantry event coming up

Wednesday, March 11, 2009, 9 a.m. to 4 p.m. at the Coop

By Mary-Beth Shine

Started in 1988, our Beyond Hunger Emergency Food Pantry has served thousands of individuals and families, providing them with nutritious food to tide them over during a food emergency. This summer, we converted the food pantry to a Client Choice Pantry. Instead of receiving bags already packed with food, clients actually shop in the pantry and choose the foods that they want/need, supermarket-style.

Because many individuals, including the elderly and those at or below the poverty level, are unable to maintain a healthy diet, the Food Pantry distributes a three-day

supply of nutritional food to CAMBA clients as well as clients referred by churches and other agencies. Services also include review of public benefits and assistance with applications, money management, nutritional education, and referrals to social service programs and health care providers.

Previously the food pantry served 5000 individuals a year; however, in 2008 we saw an increase in usage of over 900%. According to the New York City Coalition Against Hunger, 1.3 million New Yorkers live in food insecure households, and in 1 in 5 homes children go hungry.

On Wednesday, March

11th, CAMBA staff and volunteers from King College in Bristol, Tennessee will be outside the Coop collecting donations and answering questions about CAMBA's Beyond Hunger Emergency Food Pantry.

We are looking for the following non-perishable items for the pantry:

Rice • Beans • Fruit • Vegetables • Pasta • Canned Tuna/Salmon • Canned or Dried Milk • 100% Fruit Juice • Cereal • Peanut Butter • Spices

We are also happy to accept cash donations. For more information please visit our website at www.camba.org or contact Mary-Beth Shine at marybeths@camba.org or 718-287-2600 extension 305. ■



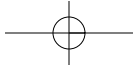
CREATIVE? WRITER? TALKATIVE? LAWYER? SOCIAL-BUTTERFLY? WEB-DEVELOPER?

HELP US GET STARTED AND MAKE YOUR OWN WORK SHIFT!

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



www.GreeneHillFoodCoop.com
info@greenehillfoodcoop.com | 718-208-4778



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
Mar 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

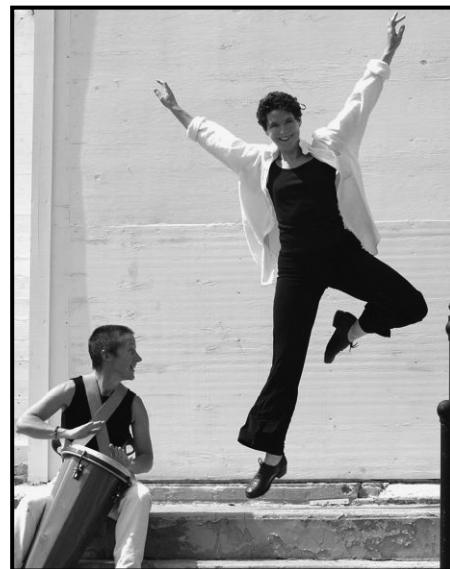
An Evening of Jazz, Tap & Song



When she's not busy showing people how to communicate with power, authenticity and ease, **Jezra Kaye** weaves her sultry, swinging vocal magic on a mix of jazz standards, blues and sophisticated pop. This year she's joined by Roberta Piket (piano), Dom Richards (bass), Todd Isler (drums), Robin Burdulis (percussion) and special guests. Come find out why Jezra and her great backup musicians always pack the Good Coffeehouse.

Rhythm Tap soloist
Margaret Morrison is
joined by **Robin Burdulis**
on percussion, Stefan

Bauer on vibes, Dom Richards on bass and other friends for an evening of tap dance and swinging jazz music. For over 20 years Margaret has presented her tap dance artistry across the globe, performing as a soloist and with the acclaimed American Tap Dance Orchestra. Reviewers have called her "a paragon of exacting control and cool theatricality" and "expressive and wonderfully musical."



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

Monthly on the...

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

Third Thursday
MARCH 19
7:00 p.m.–9:00 p.m.

Last Sunday
MARCH 29
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?
Until further notice:

- #1 type non-bottle shaped containers, transparent only, labels ok
- Plastic film and bubble wrap, transparent only, no colored or opaque, no labels
- #5 plastic cups, tubs, and specifically marked caps and lids, very clean and dry (discard any with paper labels, or cut off)

**NOTE: We are no longer accepting
#2 or #4 type plastics.**

PLASTIC MUST BE COMPLETELY CLEAN & DRY

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



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This Issue Prepared By:

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Erik Lewis

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Preproduction: Susan Louie

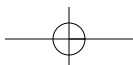
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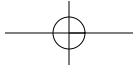
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Gabrielle Napolitano
Maxwell Taylor

Editor (production): Nancy Rosenberg

Index: Len Neufeld

Final Proofreader: Teresa Theopano





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. 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.

Plastic Recycling Drivers

Monday, Wednesday or Friday, Flexible time
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 Monday, Wednesday or Friday. The time for pick-up and drop-off of recycling is flexible. Drivers must have a large capacity van or truck for the volume of recycling collected. You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. Member will be reimbursed for mileage according to IRS reimbursement rates. If interested please contact Office Coordinator Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or drop by the Membership Office to speak to her.

Data Entry Project

Weekday evenings after 6:00 p.m. or all day Friday, 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 available weekday evenings after 6:00 p.m. or all day Friday, Saturday or Sunday. Great opportunity for Members available to do 2 or more slots a week now through the end of March. Please contact Renee St. Furcy at 718-622-0560 or renee_stfurcy@psfc.coop to arrange shifts.

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the four weekly New Member Orientations. To pre-register, visit www.foodcoop.com or contact the Membership Office. Visit in person or call 718-622-0560 during office hours.

Have questions about Orientation? Please visit www.foodcoop.com and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

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

General Meeting Info

TUE, MAR 3

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Mar 31 General Meeting.

TUE, MAR 31

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

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

CLASSIFIED ADS DEADLINE:

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

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, March 31, 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.

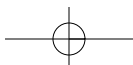
2. Please also sign in the attendance book that is passed around during the meeting.

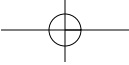
• Being Absent from the GM:

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.





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.




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

Sunday, March 1
12:00 at the Coop

FREE
Non members Welcome

Welcome to
21st Century
Medicine

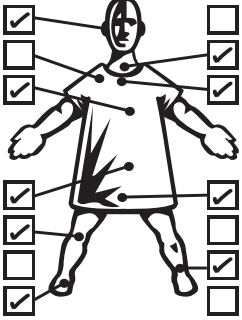
What if there were a simple test that would determine, whether your antioxidant and other supplements are really reducing your free radical levels?

What if you could merge the best of Western and Eastern philosophies?

What if there were a simple way to determine if the foods you eat are good for you?

Welcome to 21st century medicine.

Bring your favorite food, bring your antioxidants, and bring yourself!



Presented by Coop member Jeffrey Goodman, ND, and Monique Binford, NP.

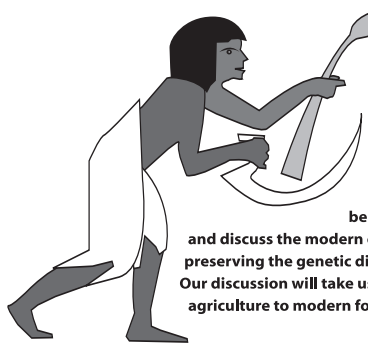
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Saturday, March 7
6:30 p.m. at the Coop

FREE
Non members Welcome

SAVING SEEDS
THE TRUE FOOD SECURITY

Every seed has a story. Whether grown by native peoples or brought from abroad by immigrants, heirloom vegetables, herbs, and flowers that we eat, savor, and enjoy come with unique genetic and social histories.



Through slides and hands-on activities we will discover the stories behind New York heirlooms and discuss the modern day importance of preserving the genetic diversity they hold. Our discussion will take us from the dawn of agriculture to modern food politics.

Coop member Philip Botwinick is the Executive Director of Local Energy Solutions, a project of the Five Borough Institute, a Not For Profit organization that educates and empowers people on the issues of energy, economics, food, and community building. Co-presenter Ken Greene is part of the seed saving panel of the Coop's Food Conference in May. He is co-founder of Hudson Valley Seed Library, a small seed company that produces organically grown seeds and fosters a regional seed-saving community.

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

Sunday, March 8
12:00 p.m. at the Coop

FREE
Non members Welcome


Infant Developmental
Movement Workshop

For parents and children in their first year of life

A Body-Mind Centering® approach led by Scott Lyons, BMCP, RSMT, SME, IDME, and Emily Peck, SME, IDME.

Join us to learn more about all the new things your baby is doing!

From birth through rolling, crawling, standing, and exploring, your baby's independent movement skills are expanding along with his or her perceptions of the world. Through observation, play, and following your baby's growing curiosity, this workshop offers useful information about natural movement patterns that encourage optimal brain and body development. Families gain support for common baby concerns like how to enjoy Tummy Time and digestive and sleep difficulties, as well as for more complex challenges.



Coop member Scott Lyons, BMCP, RSMT, SME, CPT, IDME, has been dedicated to integrating somatic and holistic practices into the creative and healing arts. He works privately as a movement therapist, integrating cranial-sacral therapy, visceral unwinding, yoga, Body-Mind Centering®, experiential anatomy, applied kinesiology, and neuro-developmental therapies in his work with infants, children, and adults. Emily Peck is a certified Somatic Movement and Infant Developmental Movement Educator as well as a dance instructor and performing artist. She holds a deep commitment to fostering wellness through movement in all stages of life.

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

Garden of Union

CONTINUED FROM PAGE 2

cation program into after-school classes. You can even get married in the garden—provided you leave the gate open to the public.

Still, Joseph says, "Part of our job is to protect the garden. If people respect it, it will stay alive."

Joseph's project reaches beyond the Park Slope community gardens. She teaches a permaculture design certification program at the Open Center and is the founder of the NY Permaculture Exchange. Permaculture is a method for designing agricultural systems and communities after natural ecosystems. Joseph has used the same approach in designing the Old Stone House garden. Plants and other natural elements are placed so that needs and outputs complement one another. Permaculture is also about changing our current culture of extraction of resources and learning how to make the most of the resources we already have—including people.

Urban permaculture poses significant challenges, but for Joseph it's enough if she can just encourage people to make small changes in their lives on a path to greater sustainability. "There's a number of things we can do in our everyday life that can make a difference." Joseph says it is food and a desire to increase genetic diversity (more than three kinds of corn!) that have put her on her own path. As she drove north and south through California, witnessing the sights of big agribusiness but also shopping at the farmer's market run by the Berkeley Ecology center, working for environmental magazine *Terrain*, and starting an outreach program to colleges, all put her on the path of food justice and environmental education. "Food is my main interest in life," she says. "It's just fun when you pull a carrot out of the ground—you just feel good!"

Claudia Joseph will be participating in a panel on permaculture at the May 2nd Brooklyn Food Conference. The panel will focus on how to integrate principles of permaculture—earth care, people care, fair share—into our lives. "We have a forest of people. Our greatest resource is our imagination," Joseph says. "We have to be brave enough to act. That's permaculture."

This article is part of a series of articles by the Conference Planning Committee, leading up to the Brooklyn Food Conference: Local Action for Global Change, to take place May 2, 2009 in Park Slope. Come discover more about global hunger and sustainable food systems. This event is co-sponsored by the Park Slope Food Coop, World Hunger Year, Caribbean Women's Health Association, Brooklyn Rescue Mission and Brooklyn's Bounty. To get involved, make a contribution, or find out more, please check our new website, <http://www.brooklynfoodconference.org> or send an email to info@brooklynfoodconference.org ■

Past Life Regression
Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?

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

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

Well there might be an explanation for this.

Through hypnosis we can tap into the subconscious mind, as well as enter into a peaceful trance-like state to retrieve memories of our past lives.

Relax and take a journey within.

Gain: • Realizations
• A deeper understanding of who you are
• Retrieve memories • Pass beyond death and back again

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

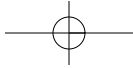
Jeffrey T. Carl, CHT, a Coop member, is a certified clinical hypnotherapist, and a member of I.A.C.T. Jeffrey is also certified in past regression through the Wiess Institute.

FREE
Non-members welcome

Friday, March 13
7:30 p.m. at the Coop

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

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



The Park Slope Food Coop and Food Policy: What's the Connection?

By Marion Stein

AT A NEW YORK ORGANIC FARMING CONFERENCE, AN EXPERT TALKED ABOUT HOW WE CAN SOLVE OUR FOOD SYSTEM'S PROBLEMS.

The keynote address was delivered by Professor Fred Kirschenmann at the Northeast Organic Farming Association, or NOFA-NY, Conference, January 23-25, 2009. Professor Kirschenmann is Distinguished Fellow at the Leopold Center for Sustainable Agriculture, Professor of Religion and Philosophy at Iowa State University and President of the Stone Barns Center for Food and Agriculture. The title of his address is "How the future may change our food systems: Crisis and Opportunity."

For just over one hour, Professor Kirschenmann presented an outline of a virtual graduate seminar in current food policy. He began by quoting Hazel Henderson, independent futurist, syndicated columnist and consultant on sustainable development, who said, "A crisis is a terrible thing to waste." He was, of course, referring to our current global ecological and financial situation. The way in which we currently use resources is unsustainable. If we take an honest look, we may be able to remedy the situation. Here are three of the many key concepts upon which he touched in his talk: Value Based Supply Chains Food Democracy, Resilience Thinking.

the names of two groups. One is the Lancaster Farm Cooperative, wherein about 30 farmers grow cooperatively and own their own trucks and deliver themselves, thus eliminating the middleman. Another is the Finger Lakes Organic Growers Cooperative, which has partnered with Regional Access, a trucking company that carries their produce all over the state and carries manufactured products back to the Finger Lakes region from New York City.

Food Democracy, according to Professor Kirschenmann, means that all people have access to fresh, healthy

For the complete charter text, please go to www.toronto.ca/food_hunger/pdf/food_charter.pdf.

I recently read that Mayor Bloomberg is planning a food charter for NYC. We'll see if

Member Contribution

that comes about and how it compares with the Toronto document.

The final concept in Professor Kirschenmann's analysis, Resilience Thinking is a concept that has gained currency in our changing environment: "Resilience thinking means abandoning command-and-control approaches....

Greater decentralization can provide backup against the inevitable failure of centralized command-and-control structures. Think decentralized power grids, more localized food systems, and the Internet. Redundancies are good failsafe mechanisms, not the waste portrayed by industrial efficiency-think.

The heart of resilience is diversity. This applies to societies as well as to ecosystems.

This means diversity of players who respond to myriad challenges in different

Greater decentralization can provide backup against the inevitable failure of centralized command-and-control structures.

ways depending on which curve ball comes at you. Diverse approaches improve the odds."

Other benefits of resilience thinking are:

- [It can] build community

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

Right now the hills are steep
a head wind stings the cheeks
tears rake the face

A light steady rain
makes a goo of the road
and the mud is flipped by the wheel
onto the seat of our pants

The breath burns
we want to stop – but it's as far
to go back as it is to move ahead
out here in the middle of nowhere
the place we brought ourselves to
on the bicycle of our world-bound selves

Someone
no one we know
cycles down to us
peddles expertly in front
pulls us into their slipstream
and hauls us up the hill
and then the next

By the time of our descent we have rested
the wind at our back
the rain eased
we sail back home happy
whole

We have to apply ourselves
we have to knit others
and sometimes allow ourselves to be knitted
into the slipstream of the collective good

That's where we're headed

The Park Slope Food Coop
Leading the way

by Myra Klockenbrink

Monday March 2
Noon to 1 p.m. and
1:30 to 2:30 p.m.

Monday March 9
1:45 to 4:30 p.m.

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

You can join in any time during a tour.

*The way in which we currently use resources is unsustainable.
If we take an honest look, we may be able
to remedy the situation.*

Value-based supply chains allow the mid-sized farm to get its product to market in the most efficient and cost effective way. As opposed to other types of supply chains that do not stress 'value,' these are made up of members who, rather than compete with each other, are partners working together for their mutual benefit. Here is a description of how it works:

According to Prof. Kirschenmann, "A value chain is a long-term network of partnering businesses working together to maximize value for the partners and the end customers of a valued product. In the supply chain, the farmer is the input supplier. In a value chain the farmer is a partner."

Some of the products that we sell at the Coop are from value-based supply chains. Coop General Coordinator and Produce Buyer Allen Zimmerman shared with me

foods at a reasonable price. It also means that they have adequate choices to meet their preferred dietary needs. Our PSFC mission statement expresses the same goals. The city of Toronto, Canada has established a Food Charter with these goals in mind:

Every Toronto resident should have access to an adequate supply of nutritious, affordable and culturally appropriate food... Food is central to Toronto's economy and the commitment to food security can strengthen the food sector's growth and development. Food brings people together in celebrations of community and diversity and is an important part of the city's culture. The charter is designed to:

- Promote food safety programs and services.
- Sponsor nutrition programs and services
- Promote healthy growth and help prevent dietary-related disease.

and social capital. Resilience resides in enduring relationships and networks that hold cultural memory the same way seeds regenerate a forest after a fire.

- [It can] empower local communities to solve their own problems. Governance usually works best when it's closest to the ground and includes all stakeholders across all levels.

- [It can cause people to] beware of systems being too tightly connected, because one shock to the system can cause them all to crash at the same time.

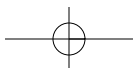
- And above all—[It can

encourage people to] learn, experiment and innovate."

Source: <http://theragblog.bolgsport.com/2007/11/heart-of-resilience-is-diversity.html>

What Professor Kirschenmann has taught us is that our food system is an integral part of our society. The ills that affect it are apparent in many other areas as well. Many hours of reading would be inadequate to thoroughly explore these (and other) concepts that he brought us in his talk. I hope you find this small sampling worthwhile.

—Marion M. Stein, NOFA-NY member and PSFC representative at the conference. ■



COMMUNITY CALENDAR

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

FRI, FEB 27

CONCERT: Andy Cohen, Blues singer and guitar virtuoso, authentic blues, flamboyant showmanship. Folk Music Society of N.Y., Inc/ N.Y. Pinewoods Folk Music Club, 8:00 at OSA, 220 E. 23 Street, Suite 707, (btw. 2nd & 3rd Ave.) NYC, \$20. www.folkmusicny.org or 718-672-6399.

SAT, FEB 28

PEOPLES' VOICE CAFE: Colleen Kattau & Band; Barry Kornhauser*. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (Madison & Park); wheelchair-accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SUN, MAR 1

SUPPORT GROUP for people car-

ing 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.

WED, MAR 4

FOLK OPEN SING: Come sing with us. Bring voice, instruments, friends. Children welcome. Co-hosted by the Folk Music Society of N.Y., the Ethical Culture Society & the Goodcoffee House. At the Ethical Culture Society, 53 Prospect Park West. 7:30-10:00 p.m. 718-636-6341.

SAT, MAR 7

PEOPLES' VOICE CAFE: Raging Grannies; Solidarity Sisters. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (Madison & Park); wheelchair-

accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

"GROWING UP GREEN: Guiding Youth from Gardening to Green Collar Jobs": This free conference features keynote Maurice Small of Cleveland's City Fresh, workshops and exhibitors. Arrive at 10 a.m. to register for the day's workshops. 10 a.m-4 p.m. 718-623-7250 or bbg.org.

SAT, MAR 14

PEOPLES' VOICE CAFE: Alix Dobkin; Blanche Wiesen Cook. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (Madison & Park); wheelchair-accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

The Fun Committee Needs You!

The Fun Committee is looking for an enthusiastic member who has experience and expertise in "alternate outreach"—21st-century style—to inform our membership and community of our committee's upcoming events. We want to increase attendance and participation at our events by creating an online presence on sites like Facebook.

Recent Fun Committee events include Poker Night, Game Night, Pub Night, Valentine Card-Making workshop, Adult Variety Show and the Food Conference.

All interested members, please e-mail Len Heisler at heislerlen@yahoo.com.

Puzzle Corner
February Puzzle

Use the clues below to fill in the quote.
Puzzle Author: Janet Farrell. For answers, see page 12.

“ 1 2 3 4 5 6 7 8 9 10 11 12 :
13 14 15 16 17 18 19 20 21 22 23
24 25 26 27 28 29 ? 30 31 32 33 34 35 36 37 ?
38 39 40 41 42 43 44 45 ?”
46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62

- | | | | |
|--------------|---------------------|-------------|---------------------|
| 1. Faint | 61 36 40 16 34 | 7. Amiss | 42 1 43 50 |
| 2. Twist | 38 10 44 15 4 31 | 8. Warn | 41 26 53 27 3 52 19 |
| 3. Difficult | 58 56 60 14 2 | 9. Bear | 59 22 35 39 |
| 4. Fervor | 25 18 7 62 13 32 49 | 10. Cheese | 55 8 6 54 37 |
| 5. Spacious | 23 48 9 51 29 | 11. Avocado | 28 46 24 45 |
| 6. Dupe | 11 57 20 33 21 17 | 12. Carved | 5 12 30 47 |



March 6 • 7:30 p.m.
at the Coop



Two Short Films by Lynne Sachs

Georgic for a Forgotten Planet (11 min)

When Sachs read Virgil's Georgics, a 1st Century epic agricultural poem, she knew immediately that she needed to create a visual equivalent about her own relationship with New York City. The film is culled from material she collected at Coney Island, the Lower East Side, Socrates Sculpture Garden in Queens, a Brooklyn community garden and a place on Staten Island that is so dark you can see the three moons of Jupiter.

States of Unbelonging (63 minutes)

A moving cine-essay on the violence of the Middle East created by exchanging personal letters and images with the filmmakers' Israeli friend Nir Zats. The core of this experimental meditation on war, land, the Bible, and filmmaking is a portrait of Revital Ohayan, an Israeli filmmaker and mother killed in a terrorist act on a kibbutz near the West Bank. Without taking sides or casting blame, the film embraces Revital's story with surprising emotion, entering her life and legacy through home movies, acquired film footage, news footage, news reports, interview and letters.

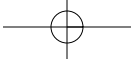
Working against the grain of traditional documentary, Lynne Sachs makes non-fiction films, videos, installations and web projects that push the borders between genres, discourses, radicalized identities, psychic states and nations. Her films, which expose the limits of verbal language by complementing it with complex emotional and visual imagery, also include: *Which Way is East: Journals from Vietnam*; *Investigation of a Flame: A portrait of the Catonsville Nine and House-of-Drafts: A Bosnian-American web collaboration*. Sachs strategically situates herself in relation to her subjects and challenges conventional hierarchies of historical and political inscription. Her work has screened at the MOMA, Pacific Film Archive and the Sundance Film Festival as well as museums and alternative exhibition sites nationally and internationally. Lynne teaches experimental film and video at NYU.

FREE
Non-members
welcome

Faye Lederman's independent films include *Women of the Wall*, *The New Old Country*, *A Good Uplift*, and *Hold the Soup*. She was a field producer on *Election Day* (POV 2008) and consulting producer on Judith Hefand's *Cooked* (in production). She has traveled extensively to facilitate workshops using her films, which have screened on PBS and in festivals, universities, museums, conferences and community/political organizations in the U.S., Europe and Africa. She served on the steering committee of New Day Films, is a member of the Jews, Religion and Media working group at NYU and has taught at the School of Visual Arts. Her work has been supported by NYSCA, NYFA, the Funding Exchange and the Puffin Foundation.

Film curator Alexandra Berger can be reached at isisprods@yahoo.com.

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




Helping Feral/Outside Cats: Trap-Neuter-Return

WITH JESSE OLDHAM

Do you want to help your neighborhood cats?

Please join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats.



We will speak about the trap-neuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretaking tips!

All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks.

Jesse Oldham, a PSFC member, has been an animal welfare advocate for 13 years. She is the founder and President of Slope Street Cats and is on the NYC Feral Cat Council.

FREE
Non-members welcome

Saturday, March 14
1:00 – 4:00 at the Coop

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

Sunday, March 15
12:00 at the Coop


FREE
Non members Welcome

Ayurvedic Nutrition for Kapha Season

The wisdom of Ancient India teaches us that an ideal diet is different for everyone, and also changes according to the season. As winter approaches, Ayurveda teaches us to use warming foods and spices for balance.

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

Namaste!



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

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


Saturday, March 21
6:00 p.m. at the Coop

FREE
Non members Welcome

Why You're Not Losing Weight:

Ten Reasons Those Pounds are Sticking Around With Coleen DeVol

What many people don't seem to realize is that you can lose weight and still be unhealthy—which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your body in a state of calorie-burning health and balance. Find out how to become the shape you are meant to be!



Coleen DeVol is a health counselor and whole foods nutrition educator certified by the Institute for Integrative Nutrition in conjunction with Columbia University's Teachers College. Fueled by a genuine passion for teaching others how to help themselves, Coleen has been involved in the healing arts for more than 10 years, and in the process has helped a wide range of people achieve their goals.

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

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, March 20
7:30 p.m. at the Coop

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


Saturday, March 21
3 - 5 p.m. at the Coop


FREE
Non members Welcome

MOVE BEYOND PROCRASTINATION AND GET THINGS DONE!

Procrastination is a stress response to all kinds of challenges, but it is even more widespread in this time of economic crisis. The good news is there are ways to move beyond procrastination and accomplish your goals.

This workshop explores various reasons for procrastinating and offers proven techniques to stop stewing and start doing. Throughout the workshop, there are opportunities to apply this knowledge to your particular procrastination situation. In written and interactive exercises, you will create your own personalized plan out of procrastination into action. All handouts and materials are free of charge. Let's get moving!





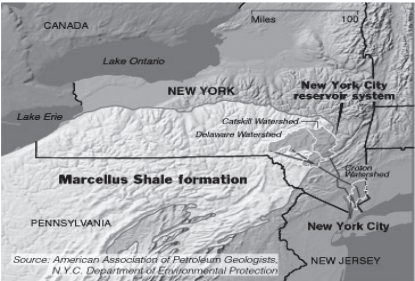
Renate Reimann, Ph.D., is a Certified Life Coach. She works with clients who desire a balanced and productive life without procrastination. Her professional experiences include coaching, college teaching, and academic and market research. She holds a Certificate in Personal and Life Coaching from New York University and a Ph.D. in Sociology from The Graduate Center of CUNY. She has been a member of the Coop and a Park Slope resident since 1991.

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

Saturday, March 21
11:00 a.m. at the Coop

FREE
Non members Welcome

PROTECT NYC'S WATERSHED



New York City's municipal water is considered among the best in the country. Gas companies are currently vying for drilling rights in the City's upstate watershed. To drill in this area, part of the Marcellus Shale, companies would use a technique called hydraulic fracturing, which releases hazardous materials and carcinogens. Learn what you can do to prevent this. Q&A will follow.

Carolyn Zolas is Watershed Coordinator of the Sierra Club, Atlantic Chapter, NYS.

Assemblyman Jim Brennan is co-sponsor of legislation to halt gas drilling in upstate NY.


Sponsored by the Park Slope Food Coop Environmental Committee. Visit us at <http://ecokvetch.blogspot.com>

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

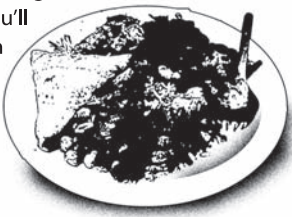
Sunday, March 22
12:00 - 1:30 at the Coop

FREE
Non members Welcome

EXPAND Your Protein Repertoire



Are you bored of your veggie burger? Less than enthused with that grilled chicken breast salad? Then come to this interactive class for a refreshing look at protein. We'll discuss creative new ways to get this nutrient in your diet, covering both plant and animal sources. You'll also learn all the information you need in selecting the protein that works best for you. Guaranteed to please vegetarians and omnivores alike ... whether or not you like tofu.



Ameet Maturu is a Holistic Health Counselor who helps individuals have more fun in the kitchen, slow down, and experience better health.

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


Saturday, March 28
7:30 p.m. at the Coop

FREE
Non-members Welcome

Gas is so 20th Century!

My car doesn't need gasoline... how about yours?

Say goodbye to fossil fuels and switch to clean-burning fuel. Help jumpstart the green economy. Gas prices are rising and by year's end, will be very high again. Get off gasoline now! There is an alternative!



Find out more. Come to a screening of David Blume's *Alcohol Can Be a Gas!*

Michael Winks and Kevin Burget, founders of the Park Slope Ethanol Coop, are Food Coop members.

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

Sunday, March 29
12:00 at the Coop


FREE
Non members Welcome

Please join us for an informative discussion to learn:

TEN WAYS TO GREEN YOUR ROUTINE

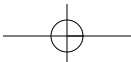
TIPS TO DETOXING YOUR HOME AND OFFICE

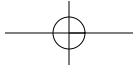
WAYS TO SAVE MONEY WHILE GOING GREEN



Saudia Davis serves as president and the environmental consultant for Greenhouse Eco-Cleaning's "Holistic Eco-Home Program." Currently focused on high-end residential projects, Davis has committed herself to applying environmental and socially responsible practices that generate lasting value and greater health benefits for GreenHouse's clients. Moving beyond the immediate and obvious issues of sustainability, Saudia works to inspire holistic solutions that increase efficiency, reduce cost, and improve the human condition. Davis' previous professional experience includes project management for high-profile hospitality and commercial projects, as well as design for film and television.

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.

CLASSES/ GROUPS

SUPER GENTLE YOGA. Think you're too stiff, too old, too large, too out-of-shape to do yoga? Gentle, nurturing classes on Wednesdays, 7:30-8:15 PM or private sessions. Convenient Park Slope locations. Call Mina Hamilton, 212-427-2324.

¿HABLAS UN POQUITO DE ESPANOL? I can help you break through and truly improve your command of the language. Strengthen your grammar and pronunciation in a fun, conversational approach. All levels are welcome. Call Sergio at 646-775-1475

COMMERCIAL SPACE

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

EMPLOYMENT

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 northern Westchester. 2500 sf legal two family on 0.9 acre. 3 br/2 baths + home office/family room and 1 br/1 bath. Lake rights to Mohegan Lake, near train and #15 bus. Lakeland school district. Phone 917-755-4686. Bob.

MERCHANDISE

GUIDED CLIMBING in the Gunks? Passage on Pete Seeger's famous Clearwater? Hike to a waterfall guided by a Scenic Hudson ranger? Going 140 MPH in a car with a pro race driver? These experiences—and a lot more—are all up for bidding in an eBay-style online auction fund-raiser for a plucky little school in the Hudson Valley. Amazing bargains and interesting experiences are on the block from March 6-22. Check out the Website for some excellent upstate destinations and getaways. <http://HighMeadowSchool.cmarket.com>.

MERCHANDISE-NONCOMMERCIAL

FOR SALE: Women's shoes, Merrell, size 8 1/2, tan, new, \$45; dark green Susan Bennis suede boots, embroidered, size 10, \$30; gold-plated jewelry signed by artist (vintage), \$20-\$40. Call 718-768-1598.

PETS

ADOPT RICHARD PARKER! He is a male 1 1/2 yr old brown tiger striped cat. He is neutered, up to date on shots, blood tested, healthy. He's polydactyl! His name can be changed. There is a modest adoption fee. Pics can be emailed to you. If interested, contact Victoria at 914-443-9209 or at vtbooth@yahoo.com.

SERVICES

PAINTING-PLASTERING+PAPER-HANGING-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

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.

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

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

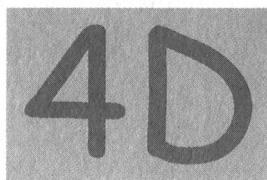
NYC SCHOOL HELP-Public/Private Nursery and Elementary school info. High School and Middle School choice workshops. Save time, manage the process, stop stressing. School search consultant specializing in north Brooklyn lower schools/citywide

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SERVICES-HEALTH

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

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

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.

LIFE COACHING WITH MINA. Are you in transition? Want to explore new possibilities in your career? More fully express your creative potential? Life Coaching is a powerful tool for change and growth. Sessions either by phone or in convenient Park Slope location. First session free. Call 212-427-2324.

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.

PSYCHOTHERAPY: Clinical psychologist with many yrs. experience (& many yrs. coop membership) offers respectful, collaborative treatment for adults, adolescents, couples & families. Insurance accepted. Look me up on <http://therapists.psychologytoday.com/rms/60175>. Linda Nagel, Ph.D.. 718-788-9243.

VACATIONS

Communitybegood Guest House, Park Slope: 1-2 rooms each w/dbl and twin beds. \$120 p/d, \$800 p/wk, \$2000 p/mo + tax; + \$50 p/d for 3rd person in one room. \$10 p/d donated to a local cause. Shared sitting room w/wireless, cable, kitchen, bathroom on each floor. Close to subway. Open-hearted social progressives welcome! 917-744-4389.

WHAT'S FOR FREE

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

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We are a small team of Brooklyn designers, programmers, and media professionals with experience in the non-profit and small business world, dedicated to sustainable and progressive ideals.

By furthering the efforts of like-minded organizations, we can create a more livable and socially-just world.

bend & bloom yoga
Life Long Yoga: for boomers and beyond
with Kate Johnson
Wednesdays 2:30-4:00
708 Sackett St. in Park Slope
(btwn 4th & 5th Ave.)

Puzzle Answer

This Month's Quote:

"Which is worse: ignorance or apathy. Who knows? Who cares?"

Anonymous Sourpuss

