

OFFICIAL NEWSLETTER OF THE PARK SLOPE FOOD COOP

Established
1973



LINEWAITERS' GAZETTE



100%
SOY BASED
Ink System
Contains no petroleum oil

Volume DD, Number 14

July 2, 2009



PHOTO BY HAZEL HANKIN

Booker Dechert (L) with Maia, Djuna and Carmen (L-R).

A Chicken in Every Yard

By Larissa Phillips

There is nothing new about keeping poultry within city limits.

What pre-gentrification East Villager never heard a rooster crow? Squatters were said to keep chickens in abandoned houses, and families throughout the city are known to have chickens in their apartments or backyards, especially in immigrant-dense neighborhoods where residents may have grown up with chickens in their home countries.

What is new about keeping chickens in the city is who's doing it—middle-class Michael Pollan-ites—and how many of them there are. According to Owen Taylor, the training

and livestock coordinator of Just Food (and a Coop member), "Over the last five years in NYC, the number of chicken keepers has catapulted astronomically. I have been to around 30 community gardens with chickens, and there are 163 chicken enthusiasts (many with chickens!) on our four-month-old meet-up group."

Overnight Chicks

This spring, I joined these legions of new urban chicken keepers. Despite having considered it for a few years, it happened quite suddenly, when I discovered a website that ships as few as three chicks to the New York City area. (Many hatcheries require

a minimum order of 25 to ensure the chicks' warmth during shipping.)

Within an hour of stumbling upon this site, using their wickedly enticing Breed Selector Tool ("Which Chicken Is Right for You?"), and discovering that one of the breeds recommended for us—the Buff Brahma, described as docile and "huggable"—would be hatching within two weeks, I had placed the order.

Our five chicks arrived via USPS mail truck. Chicks need intense heat when they are little, so we kept them indoors in a large aquarium, under a 250-watt red heat

CONTINUED ON PAGE 2

A FEW GOOD EGGS

By Gayle Forman

Readng an egg carton these days can sometimes require more analytical skills than parsing Thomas Pynchon. Cage-free? Free-roaming? Pasture-raised? Organic? What do these terms mean? Which eggs come from large farms? What is life like for chickens in these flocks? And what eggs does the Coop carry?

With the Coop selling 3,125 dozen eggs per week from a number of suppliers, it's hard to keep track. And the egg selection changes frequently for a variety of reasons, explains Receiving Coordinator Eddie Rosenthal, the Coop's egg buyer. Take Alderfer Farm Eggs: For a while, distribution issues temporarily halted our supply of Alderfer's white eggs. Then their brown eggs were the only ones available. Now we can only get white eggs from them. In the case of Federal Hill Connemaras, one of our smaller providers, it was a different sort of supply problem: A fox in the henhouse

killed the majority of farmer Laszlo Sulyok's tiny flock. The Coop will not receive any eggs from Federal Hill until Sulyok's replacement chickens begin laying regularly.

By the time you read this, Natural Acres, the Coop's largest supplier of pasture-raised eggs (see box for definition), may be part of our egg history. Ivan Martin, the 72-year-old farmer who owns Natural Acres, also grows vegetables and livestock and has a bed-and-breakfast. Recently, he sold his roving chicken operation because raising pastured chickens, he found, did not make business sense. "We'd let our chickens out around noontime after the eggs were laid. They love to go in the grass and eat bugs; that's what's makes the good egg," Martin says. But now Martin wants to grow more nutrient-rich vegetables, and government regulations require that his cattle be a certain distance from his

CONTINUED ON PAGE 3

Next General Meeting July 28

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, July 28, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

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

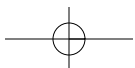
July 4th Shopping Hours: 6:00 a.m.–7:30 p.m.

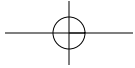
Thu, Jul 30 • Blood Drive Drive, 3:00–8:00 p.m.
Fri, Jul 31 • Blood Drive Drive, 11:00 a.m.–6:00 p.m.
Sat, Aug 1 • Blood Drive Drive, 11:00 a.m.–6:00 p.m.

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

IN THIS ISSUE

Letters to the Editor	4
Lions and Beavers and Bears: Oh My!	5
Coop Hours, Puzzle	6
Coop Calendar, Workslot Needs	
Governance Information, Mission Statement	7
Classified Ads	10
Community Calendar	10





SUMMERTIME



...and the living is easy.

But don't forget your coop shift!

If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at www.foodcoop.com!

Your co-workers will love you for it!



PARK SLOPE FOOD COOP

Product Return Policy

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

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

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

A Chicken in Every Yard

CONTINUED FROM PAGE ONE

lamp. The chicks were astonishingly cute. My family—husband Chris, son Booker, 10, daughter Djuna, 5, and myself—were one and all mesmerized by our new residents. We pulled up chairs to the tank and gazed at the chicks, and took pictures of them like proud new parents. And we weren't the only ones. In the weeks that followed, we hosted a steady stream of playdates as neighbors called and asked if they could come by.

Our chicks are just eight weeks old now and living full-time in the coop that Chris built in our backyard. It will be months before we gather our first egg, and we have yet to face winter and all its attendant decisions: Heat lamp or no? Who will handle feeding on February mornings? But we have been through the hardest part and are now eager ambassadors to the surprisingly large world of the chicken-curious. This is where things have changed in recent years.

Crazy for Chickens

When I was growing up with backyard chickens in suburban Connecticut, I don't remember anyone ever saying they wanted chickens of their own. Not so this current generation of urban locavores. About every third chicken conversation I have, someone admits to wanting chickens. As Owen Taylor says, "People want to eat food that they have grown themselves."

In response to these conversations, and because I'm officially in the enthusiast camp of urban chicken keepers, I'm presenting some of the questions I hear most often, and the answers I've been giving, hoping to convey how thoroughly delightful, family-oriented and ecologically sound our experience so far has been:

Will they lay eggs?

Yes! That's our number one reason for keeping chickens.

How is keeping chickens ecologically sound?

Is it legal to keep chickens in Brooklyn?

City code allows for hens, but you have to be a conscientious owner; creating a "nuisance situation" may result in expensive fines. Roosters, however, are not allowed.

What happens if one of the hens you ordered turns out to be a rooster?

Some people slaughter them and eat them. I know of one chicken keeper who takes his roosters to a poultry slaughterhouse in Brooklyn. Other people find homes for them.

How can hens lay eggs without a rooster?

Most birds will lay eggs whether or not they

are fertilized. Domestic hens have been selectively bred, mostly in the last century, to lay them more often. Most domestic hens will lay about three to five eggs per week, depending on their breed, without the help of a rooster. The eggs are not fertilized unless there is a rooster around.

How do the roosters fertilize the eggs?

(Don't laugh; this is a common question.) The roosters mate with the hens, and then the hens lay fertilized eggs, which may ultimately produce chicks.

Does the chicken coop smell?

Ours does not, but our small flock is still young, and it is not August. People in similar situations tell me that if their coops have any smell (and many don't), it is not a bad or overpowering smell, and is only noticeable at close range.

What do you do with the poop?

This is one of the best parts about keeping chickens: We compost it. I have been composting in my backyard for ten years. Since we started adding chicken poop, it is like we discovered the "on" switch: The nitrogen in the poop heats the compost and makes it turn faster—a lot faster.

What about raccoons (or dogs, cats, hawks)?

We made our coop predator-proof by using hardware cloth (sort of like chicken wire, but with a tighter weave) to line the bottom of the coop, several inches under the soil. Some longtime chicken keepers I've talked to in Brooklyn haven't had problems with raccoons, but I read a lot of sad stories on the chicken blogs, and wanted to be safe.

What kind of chickens do you have?

We ordered Buff Brahmas, which are known for being docile, cold-hardy and quiet. But one little misfit chick turned out to be an Easter-Egger, a hybrid breed that produces lightly tinted blue or green eggs. We love our four Brahmas, but they are hard to tell apart. Next time around I would get a wider variety.

Do your chickens have names?

Scrambles, Ginger, Dot, Monkey and Sunset.

Any regrets?

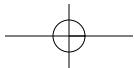
Okay, nobody has actually asked me that. The feverish gleam in my eyes is probably answer enough. But I'm going to tell you that my only regret is that we didn't do it sooner. As Owen Taylor put it, "You will get fresh eggs, amazing manure and fantastic feathered friends who eat your food scraps, till your soil, fix your snail problem and charm you and your guests."

What more could you want from a backyard pet? ■



For more information about keeping chickens in the city, look at these websites:

- www.mypetchicken.com—Sells day-old chicks, has a breed selector guide and lots of information about raising chickens.
- www.meetup.com/Just-Food-City-Chicken-Meetup-NYC—Just Foods' site for NYC chicken keepers, including community gardens.
- www.backyardchickens.com—A huge forum for chicken keepers from all across the country. I have received advice within an hour of posting.
- Handcrafted Homes for Happy Hens. Custom-built coops for city yards and community gardens. nesteggcoops@gmail.com.



A FEW GOOD EGGS

CONTINUED FROM PAGE ONE



PHOTO BY ANN ROSEN

produce and his eggs. "That makes having roving chickens especially hard."

Natural Acres' coming absence means that the Coop will not have a single large supplier of pasture-raised chicken eggs, though Rosenthal is looking for a new one. But in the meantime, here is a sample of our egg sources, the eggs they provide and what life is like for the hens that lay them.

Alderfer Farms

Eggs carried: Cage-free white omega; organic white.

How do the chickens live? The majority of Alderfer chickens are raised on the Alderfer family's sustainable farm about 30 miles northwest of Philadelphia. Chickens are raised in a cage-free environment, in a series of large, double-decker barns, with outdoor porches and decks, which the chickens use from about age 18 weeks to 80 weeks (at which point they

stop laying and are "retired"), weather-permitting. During summertime, a sprinkler system mists the chickens. An estimated 66,000 birds are housed in several buildings on the home farm (compare this to factory farms, where 450,000 birds may be crowded into a single building).

"Everything produced on the home farm is organic," explains Mike Alderfer, including the chicken feed. Alderfer would like the entire operation to be organic; however, eggs from about eight other local small farms are sold under the Alderfer label, and these farms do not necessarily adhere to strict organic certification standards. Thus, some eggs are classified as cage-free instead of organic.

Nature's Yoke

Eggs carried: Organic and cage-free.

How do the chickens live? Nature's Yoke eggs come from small, sustainable

Amish and Mennonite farms in Lancaster County, explains sales representative Philip Lehman. "The average size of the farm is between 20,000 and 40,000 birds." Again, the chickens that lay the eggs that are certified organic must have access to the outdoors, and Leahman says that Nature's Yoke birds are most likely let out into yards as opposed to decks or porches. Which is not to say they are pasture-raised: "I would like to see more of a pasture program...where the farmers let the chickens run over an acre or two or three," Leahman says. "But generally, the farmers have a small lot around the house with grass," so it's not feasible.

Some Small Producers: Grindstone Farms, Federal Hill Connemaras, Sunrise Farms, and Other Sources of Pastured Eggs

Eggs carried and how the chickens live: If you want eggs from chickens that spend most of their lives running around farm yards, eating grubs, bugs and grass, your best bet are those from smaller farms. But smaller farms mean smaller flocks, and a limited, less predictable supply. Upstate farmers or distributors, like Joe Angello, may not always be able to deliver the quantity Rosenthal orders. And they may not be as obvious in the egg case: "These little farmers use discarded cartons, on which the Coop puts our bar code label," Rosenthal explains. So look for the PSFC-generated bar code with the words "pastured eggs" on it. Also unpredictable is the price for pastured eggs: It varies by producer, though it is generally at least \$4/dozen. ■



WHAT'S IN AN EGG?

Organic: Chickens are fed a certified organic diet and must have access to the outdoors for part of their life, though how much access is not specified.

Cage-free: Birds are not in cages and are free to roam around, often in large barns, but do not necessarily see the outdoors and are not fed a strictly organic diet. Often used synonymously with free-range.

Pasture-raised: Birds that live a large portion of their lives outside in a yard or pasture where their diet consists of grass and insects, supplemented by chicken feed, which may or may not be organic, depending on the whether the eggs are designated organic.

WHAT'S IN A COLOR?

Contrary to popular misconception, an egg's color is not correlated to its health content. As Mike Alderfer of Alderfer Farms explains it: "The color of the chicken that lays the egg determines the color of the egg. A white bird lays a white egg. A brown bird lays a brown egg."

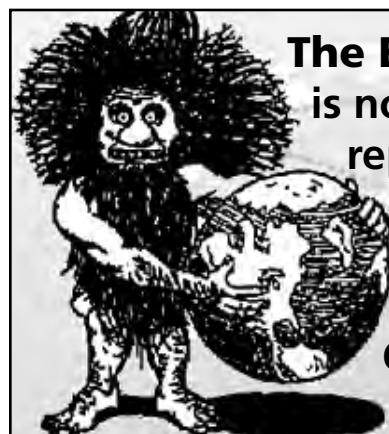


CREATIVE? WRITER? TALKATIVE? LAWYER? SOCIAL-BUTTERFLY? WEB-DEVELOPER? HELP US GET STARTED AND MAKE YOUR OWN WORK SHIFT!

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



The Ecolvetch is now on Facebook, representing the Park Slope Food Coop's Environmental Committee.



Bay Ridge Food Co-op needs talented people to get to the next stage of its development.

We are looking to conduct an extensive market research effort over the next several months. The response to our first survey last year was extremely positive, but we need someone with marketing experience to take us further. Please consider cooperating with us (and of course getting FTOP credit along the way).

For more information or questions, email katewimsatt@earthlink.net.



MEMBER COUNSELS: SHOP DURING OFF HOURS

DEAR READERS,

I support Lynn Armentrout's idea on line management to improve efficiency. With a line manager signaling new customers to the check out, it helps the already busy check out worker and decreases lag time between customers.

I don't believe Kevin Cunneen's idea of increasing the Coop's shopping hours to midnight would be particularly helpful since most people shop between 4 p.m.–7 p.m. Extending the Coop hours will help a handful of people at the most. I have often shopped in the later hours (8 p.m.–10 p.m.) and in my experience, there are few shoppers then.

Though, this is not a new idea, I think the old advice to shop during less popular hours still stands. While this will not alleviate overcrowding all together, it would decrease intense congestion at peak hours. I recognize that this requires more work on all our parts. Yes, we would all like to shop whenever we want, but the fact of Coop life is that we share the space and most people want to shop at the same time. I am asking everyone, if you can get up earlier on the week-ends, do so. If you can shop later in the day, do so. We may not like it, but a little bit of sacrifice on all our parts will help make shopping at Coop a better experience for all members.

Rather than looking at the overcrowding as a problem, I think we can look at it as an opportunity to try different things, both officially through line management, and personally, through changes in our shopping habits.

Sincerely,
Rebecca Schwarz

EATING WHILE WORKING CHECKOUT?

HELLO EDITOR,

Is it me? Am I overly sensitive, or do others find it disgusting that the person working the checkout line is eating a huge fully loaded bagel while touching my food? Either the squad leader was otherwise focused or maybe they don't see the problem.

This whole incident causes me to question the cleanliness and general food handling standards at the Coop. Years ago, I was in the food service industry and by statute we were required to have a well trained and state certified food handler in the building at all times, and each of my managers had to complete a "Serve-Safe" course in sanitation.

I work in receiving early in the morning and we are asked to wear aprons and clean gloves just to unload trucks. The fact that someone so careless is allowed to go through

each of my muslin produce bags fondling my apples and the like to find the sticker code is indefensible.

Thank You,
Vented Spleen, a/k/a Vinny Bogan

MARIA MCGRATH'S REAL SHOPPING LIST

DEAR EDITOR:

As flattered as I was to find a photo of my list and a description of my shopping "system," such as it is, I must take issue with "Maria McGrath's sample shopping list." The categories are mostly correct, but the items listed couldn't be further from what I purchase. In the past few years, due to a program of reading and viewing including *The Future of Food*, *Food, Inc.*, the works of Michael Pollan, Mark Bittman's *Food Matters*, Barbara Kingsolver's *Animal, Vegetable, Miracle*, and even Nina Planck's *Real Food*, I have been trying to eat seasonally and locally as much as possible. The only acorn squash available right now are from South America, so I won't buy them until late fall, when they're local. I also won't buy anything but whole milk and other full fat products—nothing reduced for my family.

Also, I try very hard to keep processed and prepackaged food to a minimum, so we make our own pizza on Saturday nights instead of reheating frozen. I have also, to my kids' chagrin, tried to cut out snack foods such as granola bars. If I am in a hurry and need a quick energy boost, I would rather eat the nut/seed mix from bulk than a Luna bar. As for the categories, the separate section for bread should be for the middle two aisles with all the pasta, canned tomato, peanut butter, jelly, mayonnaise, etc. On my list, bread is part of bulk.

Many thanks to the *Gazette* for keeping us informed and soliciting our opinions.

Sincerely,
Maria McGrath

REQUEST TO LABEL ISRAELI FOODS

DEAR EDITOR:

Just a brief comment in support of Ms. Ann Schneider's "Call for A Boycott"—PSFC *Gazette*, May 21st 2009.

Thank you Ann Schneider, it is refreshing to see that some members are rediscovering one of the Coop's tradition of caring and vocal denunciation and active rejection of political injustices, perpetrated by regimes, in countries whose products and produce we sell to our members.

I fully support the call for a boycott of products and produce from Israel, which are sold in the Coop. In this regard, I think that we members who do not want to be financially supporting the Apartheid system in Israel,

should prevail upon the coordinators to always label produce which come from Israel or from entities that act as subsidiaries of Israeli companies. This should be a first step toward a total boycott of all Israeli goods. A comprehensive boycott will include Sabra Hummus, Bell Peppers and other produce from Israel.

Thanking you,
(Flynn) Shaka Belfon

EARFOODS

Avocado, broccoli,
Carob, humus shmear,
Haddock, perch and heavenly pollack—
Soothing fare for the ear.
Sesame seeds, cornrich tortillas,
Lentils, alfalfa tea,
Cornish hen and fresh legumes—
Aural ecstasy.
Gelatin and saltfree almonds,
Kale and blackeyed peas,
Comfy, lushly steaming comfrey—
Syllables that please.
Tart gefilte fish and cocoa,
Angelfood cake, bulgar,
Blackstrap molasses, cultured
yogurt—
Octaves above the vulgar.
Kasha-masha, hominy grits,
Cantaloupe and matzo,
Carob, lightly salted pretzels—
How many pleasures? Lotsa.
Summer squash, Italian salami,
Tofu, escarole,
Creamy sherbet, chili con carne—
Shivers in the soul.
Ricotta, Moroccan couscous, millet,
Coleslaw, Camembert—
Gazpacho, gleaming cauliflower—
Foods I love to hear.

Leon Freilich

ANOTHER CALL FOR BOYCOTT OF ISRAELI PRODUCTS

DEAR LINEWAITERS'

GAZETTE,

I am writing in support of the letter written by Ann Schneider to the *Gazette* in the May 21 issue. I join Ann as a member of the National Lawyers Guild, and other human rights organizations throughout the US and the world, in condemning the violation of United States laws, treaties and international law, in Israel's invasion of

Gaza, and its continuing disastrous blockade. This invasion was made possible in courtesy of the billions of dollars in military aid, training, economic support and ordnance we provide to the IDF, at the expense of the poor, the weak, the sick and the vulnerable in our own society. It is the antithesis of our mission statement.

The entire human rights and international aid community, which includes Amnesty International, Human Rights Watch and human rights groups throughout the world, protested Israel's actions. So have Jewish human rights groups in Israel, including the imprisoned youth who refuse to serve and kill, and in the US. Jewish Voice for Peace, whose members include Adrienne Rich and Ed Asner. The United Nations continues to condemn Israel's actions, by votes of 173-4, with dissidents typically from the US, Israel and Australia.

There are videos galore on YouTube, ranging from those posted by Elizabeth and Dennis Kucinich, to "Obama, Take Away the Pain in My Stomach," to the innumerable broadcasts on Democracy Now! which document the atrocities.

An American Congressional delegation to Gaza identified the spent phosphorous bomb shells as American-made. Israel was forced to admit using those weapons, a form of chemical warfare, after initial denials. And our Coop includes members who unhesitatingly condemned Dow Chemical years ago.

Ample precedent for a boycott exists. We voted in 1995 to boycott the state of Colorado, as a response to its passage of an anti-gay rights ordinance, even though the affected companies were arguably innocent, and had not advocated nor campaigned for the ordinance. There have been boycotts of Coors Beer, Nestle products and grapes from Chile under Pinochet, as well as UFW-led boycotts which virtually all American coops supported.

This issue is one that should not be swept under the carpet. If we can vote on meat and bottled water, and vote to boycott Colorado, we can certainly vote on whether we want to boycott products from Israel.

Cooperatively yours,
Carol Lipton



LIONS AND BEAVERS AND BEARS: OH MY!

A NATURAL HISTORY OF NEW YORK CITY

By Anita Aboulafia

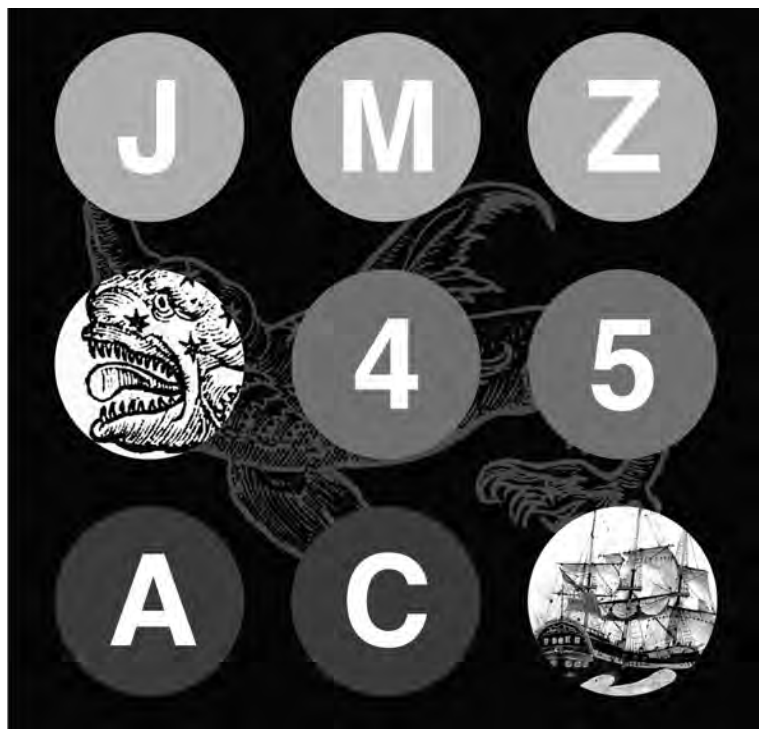


ILLUSTRATION BY PAUL BUCKLEY

Have you ever wondered what the island of Manhattan was like 400 years ago? To start, it was rich in forests, wetlands, rolling hills and meandering streams with diverse ecosystems that supported abundant animal and plant life. The Native Americans living on the island, the Lenape, called it “Mannahatta,” meaning “island of many hills.”

You can learn this and more at Manhattan’s Museum of the City of New York, located at 103rd Street and Fifth Avenue, which has a fascinating exhibit, *Mannahatta/Manhattan: A Natural History of New York City*, presented in partnership with the Wildlife Conservation Society (WCS). Thanks to cutting-edge multimedia, maps, paintings, artists’ renderings, book displays and artifacts, the show gives museum goers a unique opportunity to go back in time and see what Manhattan looked like 400 years ago.

British Headquarters Map

The British Headquarters Map, created as a military plan during the American Revolution, was so instrumental in helping exhibit curators reconstruct the island’s topography that it is considered the “Rosetta Stone” of the project, the key to unlocking *Mannahatta* of 400 years ago. A reproduction of the map, part of the exhibition, is accurate in scale and details the physical elements of the island—its shoreline, streams and wetlands. Using the latest techniques in computational geography, Dr. Eric W. Sanderson, a landscape

ecologist at the WCS and based at the Bronx Zoo, exhibit curator and author of the book that was recently published in conjunction with the exhibit, *Mannahatta: A Natural History of New York* (Abrams 2009), overlaid a grid of the city’s streets as they appear today onto the map. This method, known as “geo-referencing,” attained an accuracy of approximately 40 meters. The map includes Manhattan, Governor’s Island and parts of the Bronx and Brooklyn (called “Long Island” on the map).

Commissioners’ Plan

A copy of the Commissioners’ Plan, which proposed a rectangular system for Manhattan streets (the street grid that we all know) and was adapted by city officials in 1811, is also part of the exhibit. What is known as Midtown Manhattan today was, at one time, a series of farmlands; one such farm was owned by the Bloomingdale family, and back in 1811, there was a Bloomingdale Road along what is now Seventh Avenue.

Wild Animals Roamed the Island’s Lush Forests

Geographically, Manhattan sits at the mouth of the Hudson River. Thousands of

years ago, ice carved away the bedrock and then dropped beads of sand and silt, producing the 66 miles of streams that flowed through the island. There were millions of fish coursing up these waters in the springtime. This interaction of land and the water created the temperate climate that New Yorkers still enjoy today.

Four hundred years ago, *Mannahatta*’s lush forests contained more than 70 kinds of trees, 200 types of plants, and wetlands. Black bears and mountain lions could be found roaming through the forest, and more than 200 kinds of birds called *Mannahatta* home. The black bears flourished due to an abundance of mountains and food, such as berries, roots, insects, small animals and eggs. The bears’ only enemies were the occasional wolves and Lenape warriors, who hunted them with stone-tipped arrows for their skins and grease. (For those unaware: bear fat applied liberally to the skin keeps summer mosquitoes at bay.)

Beavers also called Manhattan home; in fact, there used to be a stream filled with beavers on the southern tip of the island. After it dried up, the land where it once flowed was named “Beaver Street.” To this day, a drawing of two beavers still appears on New York City’s official seal.

John James Audubon

The noted artist and ornithologist John James Audubon (1785-1851) purchased 24 acres on northern Washington Heights in the early 1840s to establish his estate and paint the plates for one of his books, *Viviparous Quadrupeds of North America*, written with Reverend John Bachman, which is part of the exhibition. He wanted to draw rats but could not find any on his property so he went south, to the Battery, and shot rats there in the early morning hours.

Manhattan’s Altered Footprint

At one time, Manhattan contained more than 50 different ecosystems, from pine barrens to offshore eelgrass beds. Changes occurred when the island was cultivated by the Lenape and burned by them in some places as

well. (By burning parts of the land, essential nutrients returned to the soil, thus extending its productive life well beyond the two or three years that were possible with the European system of crop rotation.) The Dutch farmers’ introduction of farms to the area—with pigs, cattle, plants and pests—caused the greatest devastation. Today, Manhattan is one of the most altered places in the global human footprint. These changes have occurred over time, accelerating in pace in the 19th and 20th centuries.

The exhibit contains an artist’s 3-D rendering of an area (known as Times Square today) 400 years ago and the area today. This midtown area was once a confluence of two streams that formed a larger one—a red-maple swamp surrounded by dense woods and, most likely, a beaver pond. Another artist’s 3-D rendering depicts downtown’s Foley Square 400 years ago. At that time, Foley Square was known as the “Collect Pond” because it provided an essential element for all living things—fresh water. The Pond managed the fresh water supply—for New York City’s

Native Americans and, later on, for the area’s settlers as well—for hundreds of years into the first decade of the 19th century. After that, pollution spoiled the waters and, ironically, today, New Yorkers get their water from 125 miles away, from the Catskill/Delaware system and the Croton watershed.

The Making of *Mannahatta: A Natural History of New York City* exhibit is part of the museum’s year-long celebration of Henry Hudson’s voyage to the New World 400 years ago. The exhibit will run through October 12. In addition, during the summer months, the museum will offer several programs, including family workshops, films and walking tours, presented by curators and museum educators, to provide a more in-depth, hands-on exploration of the exhibit.

Admission to the museum is free for Park Slope Food Coop members; otherwise, suggested admission is \$10. The museum is open Tuesdays through Sundays from 10:00 AM to 5:00 PM, and on holiday Mondays. For more information, visit the museum’s website, www.mcny.org, or call 212-534-1672. ■

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psfc products

PARK SLOPE FOOD COOP—PRODUCTS & INFO

Brooklyn, NY

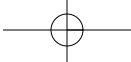
GF! LSI HCI WTH!
 GF stands for “gluten free.” Not only did we get a new gluten free waffle from Kinsella’s, the freezer finally has doughnuts! These cinnamon sugar doughnuts are also from Kinsella’s and are also gluten free.
 LSI stands for “low sodium” which is what Amy’s Matter Panzer meal is. Loaded with all kinds of veggies, Indian cheese (panzer), and exotic spices.
 HCI stands for “highly clean” which is what some people will exclaim in reaction to the new products.
 WTH stands for “what the heck?” which is what some people will say when I tell them that the Heavy and Lite Frozen shrimp might have been discontinued. We haven’t been able to get them for weeks but our distributor kept on saying “next week.” Well, they’ve changed “next week” to “maybe never again.” I’m looking into other environmentally friendly sources for shrimp.
 posted by freezer guy at 10:23 am

It’s springtime in the produce aisle
 Right now we have English peas (peas in a pod) and fava beans, both organic and from Healds.
 On Friday we are expecting from Lancaster Farm Fresh Co-op from Lancaster County PA, the following organic greens:
 loose arugula
 loose dandelions
 baby red Russian kale
 baby mache
 loose baby spinach
 loose wild watercress
 And on Monday we expect: organic rhubarb from California
 posted by julie at 3:18 pm
 labels: fava beans, local greens, peas, rhubarb

Life by Chocolate
 We’ve added some new chocolates from Life by Chocolate in Greenville, New York in time for Easter. The bunnies are hopping out of here very fast. (More are coming Thursday afternoon.) We’ve also added bars with unusual flavors (choc covered apples)

the place to go for the latest info on our current product inventory.

check out the coop’s products blog at www.foodcoop.com



COOP HOURS

Office Hours:

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

Shopping Hours:

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

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

Childcare Hours:

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

Telephone:

718-622-0560

Web Address:

www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

Voluntary Articles: Maximum 750 words. Please note that member-submitted articles, unlike letters, can be edited for content and style by editors. Editors will reject articles that are essentially just advertisements for member businesses and services.

Committee Reports: Maximum 1,000 words. Like member-submitted articles, committee reports can be edited for content and style by editors.

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").

Printed by: New Media Printing, Bethpage, NY.

Puzzle Corner

Puzzling Products

How many of the following commercial slogans do you recognize?

ACROSS

1 A Diamond Is Forever
3 So easy, a caveman could do it
8 Breakfast of champions
9 ... sometimes you don't
12 The Ultimate Driving Machine
13 Just do it
15 I'm lovin' it
16 Tastes Great, Less Filling
18 It takes a licking and keeps on ticking
20 Sometimes you feel like a nut... (see 9A)
22 Look, Ma! No cavities!
25 Keeps going and going and going and going

DOWN

2 I liked it so much, I bought the company
4 Put a Tiger in your Tank
5 Does she... or doesn't she?
6 Good to the last drop
7 Zoom-Zoom
10 It takes a tough man to make a tender chicken

11 Once you pop, you can't stop
14 You can't top the Coppertop
16 When it rains, it pours
17 Fair & balanced
19 Where do you want to go today?
20 We Try Harder
21 57 Varieties
23 Where's the Beef?
24 Think Different
26 Betcha can't eat just one
28 Quality is Job 1

For answers, see page 12. This issue's puzzle author: *Stuart Marquis*

Monthly on the...

Second Saturday
JULY 11
10:00 A.M.–2:00 P.M.

Third Thursday
JULY 16
7:00 P.M.–9:00 P.M.

Last Sunday
JULY 26
10:00 A.M.–2:00 P.M.

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

RECYCLING

PLASTICS

What plastics do we accept?
Until further notice:

- #1 and #6 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.

This Issue Prepared By:

Coordinating Editors: Stephanie Golden
Erik Lewis

Editors (development): Dan Jacobson
Carey Meyers

Reporters: Gayle Forman
Larissa Phillips
Anita Aboulafia

Art Director (development): Michelle Ishay

Illustrators: Paul Buckley

Photographers: Hazel Hankin
Ann Rosen

Traffic Manager: Monona Yin

Text Converters: Peter Benton
Diana Quick

Proofreader: Margaret Benton

Thumbnails: Barbara Jungwirth

Preproduction: Yan Kong

Photoshop: Bill Kontzias

Art Director (production): Lynn Cole-Walker

Desktop Publishing: Leonard Henderson
Tricia Stapleton
Midori Nakamura

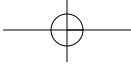
Editor (production): Michal HersHKovitz

Post Production: Becky Cassidy

Final Proofreader: Nancy Rosenberg

Index: Len Neufeld

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



WORKSLOT NEEDS

Office Data Entry

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

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

Attendance Recorders or Make-up Recorders

Wednesday, Thursday, or Saturday

The Coop needs detail-oriented members to

help maintain attendance records for Coop workers. You will need to work independently, be self-motivated and reliable. Good attendance is a requirement. Members will be trained for this position, and staff members are available for further assistance. Workslot requires a six-month commitment. Please speak to Lewanika or Cynthia in the Membership Office if you would like more information.

Check Store Supplies

Saturday, 9:00 to 11:45 a.m.

This workslot is responsible for restocking supplies and literature throughout the Coop. Some light maintenance, such as light cleaning of desktops and phones, is another task. This is a

task and detailed-oriented job, ideal for someone who likes working independently and is pro-active. Please speak to Alex in the Membership Office or contact him at alex_marquez@psfc.coop if you are interested.

Bathroom Cleaning

Weekdays, 12 p.m.

Work with a partner to deep clean the Coop's bathrooms. Tasks include scrubbing floor tiles, cleaning toilets, mopping floors and stocking the bathrooms. You will work with only natural cleaning products. This job is perfect for members who like to clean and are conscientious about doing a thorough job.

CONTINUED ON PAGE 12

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, JUL 8

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

TUE, JUL 28

ANNUAL and GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jul 16 issue: 7:00 p.m., Mon, Jul 6
Jul 30 issue: 7:00 p.m., Mon, Jul 20

CLASSIFIED ADS DEADLINE:

Jul 16 issue: 7:00 p.m., Wed, Jul 8
Jul 30 issue: 7:00 p.m., Wed, Jul 22

ALL ABOUT THE GENERAL MEETING

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, July 28, 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 p.m.) (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:

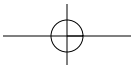
1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.
2. Please also sign in the attendance book that is passed around during the meeting.

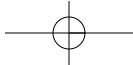
• Being Absent from the GM:

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.



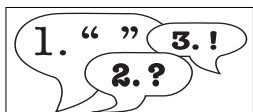


park slope
FOOD COOP

calendar of events

jul 7
tue 7 pm

Agenda Committee Meeting



The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. ***The next General Meeting will be held on Tuesday, July 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.***

jul 11
sat 11 am

Digest This!

Did you know that a restaurant cheeseburger eaten the right way will provide more nutrients than a raw organic salad eaten the wrong way? This workshop will teach you the best tips of the major Eastern and Western nutritional philosophies to get the most from the foods you eat with an understanding of your busy lifestyle. Coop member **Kimberly Russell** holds a Masters in Health and Healing as a Certified Nutritional Counselor.

jul 11
sat 3 pm

Moving Your Business Forward In a Stuck Economy

When times get tough it's easy to get stuck. If you own your own business, getting stuck and procrastinating on important decisions and projects can be devastating. The good news is that there are ways of moving your business forward by refocusing on your core business principles. Join procrastination coach **Renate Reimann** and small business management consultant **Alan Siege** to develop your plan out of frustration and into action.

jul 17
fri 7:30 am

Gas Is So 20th Century

Help form the Park Slope Ethanol Coop. **Michael Winks** and **Kevin Burget** are forming a community-based renewable energy coop with the goal of using locally made ethanol to power our vehicles and even heat our homes. Find out more. Come to a screening of David Blume's *Alcohol Can Be a Gas!*

jul 19
sun 12 pm

Sustainable Stress Reduction

Learn strategies and solutions to reduce stress, guilt, fear and anxiety. Find authentic methods to navigate life transitions and challenges by integrating all aspects of life (work, family, finances, emotions, body and thoughts). Coop member **Jennifer Edwards**, MFA, RYT, has 10 years experience in stress reduction and related fields. She has worked with institutions including Columbia University Medical Center, New York University, Cancer Care and the American Heart Association.

jul 25
sat 10 am

Nutrition Response Testing

Join us for a look at Nutrition Response Testing. **Diane Paxton**, MS, LAc, will explain how NRT can identify the underlying reason your body is creating symptoms and help you design a personalized clinical nutrition program to have you looking and feeling better than you have in years.

jul 25
sat 1 pm

Self-Healing and Empowerment Workshop

Coop member **Glenda Springer** provides tools that you can use to improve your everyday lives, using: crystals for meditation and healing; visualization techniques; stress management techniques; how to release emotional baggage; and meditative movement and dance techniques. Please wear comfortable clothes.

jul 26
sun 12 pm

Building a Cohousing Community in Brooklyn

"Cohousing" refers to a collaboratively designed community with private units around shared space that includes a commitment by members to making major decisions by a process of consensus. Our project is the first of its kind in New York City and will include 30 households. Please join us for a discussion. Coop member **Alex Marshall** is a writer on urban planning issues and founding member of Brooklyn Cohousing.

jul 28
tue 7 pm

PSFC JULY General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office and at all General Meetings. ***Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.***

jul 28
tue 7:30 pm

What Is Dyslexia? And How Is It Treated?

Hear about a multisensory method for treating dyslexia. Although dyslexia is a language-based deficit, a multisensory technique developed by Orton-Gillingham uses visual, auditory and kinesthetic methods for an effective solution. Coop member **Helen Wintrob**, Ph.D, is a licensed psychologist and certified school psychologist.

jul 30-aug 1
thu 3-8 pm
fri 11 am-6 pm
sat 11 am-6 pm

Blood Drive

Fact: Less than 3% of the population donates blood, and 90% will use blood some time in their life. Presented in cooperation with New York Methodist Hospital. For further information about blood donation, call 718-780-3644.

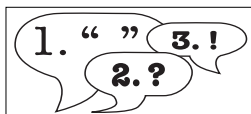
aug 2
sun 12 pm

Family Music Workshop

The Flying Teapot: Music for Kids, with **Joanne Riel**. Join us for this magical class that will nurture your child's unique expression. Songs just happen when grownups and children come together to make music. Joanne, a Coop member, has been engaging children and parents in the community for many years, with her unique and spontaneous style.

aug 4
tue 7 pm

Agenda Committee Meeting

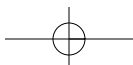


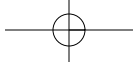
The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. ***The next General Meeting will be held on Tuesday, August 25, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.***

aug 7
fri 7 pm

What Is the Truth About The Ion Cleanse/Foot Bath?

It's a rejuvenating, energizing and refreshing technology that cleanses the body on a cellular level. And there is more. Witness the benefits, warnings and testimonials at this presentation and demonstration by Coop member **Marija Santo**, CNHP and Geotran Practitioner.





Jul 7–sep 1 2009

aug 8
sat 10 am

The Basics of Greenroofs

Topics include NYC incentives, reviews of some green roof products on the market, DIY versions, greenroof horticulture, cost and the questions around irrigation. Coop member **Atom Cianfarani** is a recycled-commodities designer, sculptor and greenroof specialist. She's a board member of the Lower East Side Ecology Center and is known for her sustainable design of Brooklyn's famous eco-eatery Habana Outpost.

aug 8
sat 1 pm

Bowenwork®

Come see a demonstration of this holistic bodywork that stimulates the body's own healing response. Gentle moves across muscle and connective tissue send signals to the body to relax and move toward balance. Coop member **Moraima Suarez** is a certified Bowenwork Therapist and Reiki practitioner who has studied and practiced the healing arts for more than 20 years.

aug 9
sun 12 pm

College Applications: What to Do, When

This workshop for high school students and their parents will help you start your essay, learn which standardized tests to take and how to prepare, and how to get going on your application. Coop member **Marissa Pareles** (pareles@gmail.com) is a private SAT and writing tutor with more than six years of experience.

aug 14
fri 7:30 pm

Budgeting Made Easy

A budget should be a flexible, positive plan for using financial resources to meet needs and desires — not a restrictive and punitive document. Learn how to create and use a budget that is right for you or your family. Presented by **Arthur Goodman**, a long-time PSFC member, who has been an accountant for too many years.

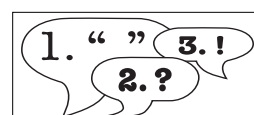
aug 25
tue 7 pm

PSFC AUGUST General Meeting

Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office and at all General Meetings. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

sep 1
tue 7 pm

Agenda Committee Meeting



The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, September 29, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

For more information on these and other events, visit the Coop's website: foodcoop.com

All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops.
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

The Environmental Committee has a blog!

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



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

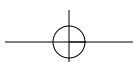
Find us at:
<http://ecokvetch.blogspot.com/>

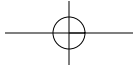


The Fun Committee Needs You!

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.





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.

Hearing Officer Committee Seeks New Members

The Hearing Office Committee is seeking two new members. The committee conducts and presides over disciplinary hearings, ensures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines what disciplinary action should be taken against the member. Applicants should be Coop members in good standing for at least two years, have good attendance records and preferably have judicial, arbitration, mediation or legal backgrounds.

Members of the committee meet and earn workslot credit on an as-needed basis only, that is, when hearings are required. Therefore these members must maintain regular Coop workslots in good standing or be FTOP members in good standing.

The nature of the committee's work requires that all members maintain strict confidentiality with respect to all matters on which they work.

The committee seeks an applicant pool that reflects the diversity of the Coop membership at large.

Those interested, please telephone Marian Hertz of the Hearing Officer Committee at 212-440-2743 or email at Marian.Hertz@cna.com.

Interested in Engaging Coop Work? Disciplinary Committee Seeks NEW Members

★ **If you are good at:**
Communicating • Problem solving • Dealing with difficult situations • Investigating *We need you!*

The DC is seeking new members to work with us on making the Coop the best place it can be for everyone.

Being a DC member offers the opportunity to be involved in **important, interesting and challenging work**. We contribute more time than regular monthly shift (much of it is done from home via phone & e-mail). We are seeking members prepared to make a **substantial and consistent commitment** to the Coop (you will get credit for overtime hours)

Some of our work includes:

- Investigating allegations of misbehavior by members, such as failing to report for or to complete shifts, bringing in non-members to shop, shopping while suspended, stealing, using racist, sexist, homophobic or nasty language against other Coop members and staff, etc.
- Participating in disciplinary hearings
- Mediating disputes between Coop members
- Engaging in problem-solving and policy issues related to the DC's work

We recognize the importance of various points of view when considering cases brought to us. WE ARE SEEKING A CANDIDATE POOL THAT REFLECTS THE DIVERSITY OF THE COOP'S MEMBERSHIP.

Requirements for Candidates:

- Coop members for at least a year & have good attendance records
- attend an evening meeting approximately every six weeks.

Candidates with experience in **writing, investigation, conflict-resolution, or mental health professionals** encouraged to apply. Use of a **computer and email is essential**.

Interested? Please call **Jeff: 718-636-3880**

CLASSIFIEDS

BED & BREAKFAST

BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights block has space with semiprivate bath, AC, Cable TV & free WiFi. Full breakfast provided in attractive smoke-free environment. Reasonable rates. Call David Whitbeck, 718-857-6066 or e-mail brownstonebbb@yahoo.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.

HOUSING SUBLETS

LOVELY FURNISHED ROOM FOR RENT in Park Slope townhouse. Full use of kitchen and garden. July 26–Aug 31. \$975. 917-613-4207.

PEOPLE MEETING

CAMPING WEEKENDS. Singles, couples, families, experienced or inexperienced campers are invited to have some fun hiking, biking, swimming, kayaking, campfiring, and s'moring at campgrounds in NY, NJ and PA with this volunteer-run club. <http://www.campersgrowup.org>.

SERVICES

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

ATTORNEY—Experienced personal injury trial lawyer representing

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

ATTORNEY—Personal Injury Emphasis—30 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultation. Prompt, courteous communications. 20-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.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.

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

BURIED UNDER PAPER? My organizing service reduces your stress, increases your efficiency and gives you more free time. Expert in home business and household management. Call Margaret Barritt Organizing Service. 718-857-6729.

COMPUTER HELP—Call NY GEEK GIRLS. Setup & file transfer; hardware & software issues; viruses &

pop-ups; networking; printer/file sharing; training; backups. Home or business. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-time Coop member. 347-351-3031 or info@nygeekgirls.com.

ART CABRERA, ELECTRICIAN 30 yrs. residential wiring, trouble shooting low voltage, one outlet or whole house, no job too small. Fans, AC, 220 volt, lighting, out door work, insured, 718-965-0327. Emergency service, call 646-239-5197. Founding Coop member, born in Brooklyn, 35 yr. resident of Park Slope. #0225. Coop discounts.

HAIRCUTS HAIRCUTS HAIRCUTS. Haircolor, Highlights, Lowlights, in the convenience of your home or mine. Adults \$35.00, Kids \$15.00, Call Leonora, 718-857-2215.

GREENROOF WORKSHOP. Learn how to build a lightweight Do-It-Yourself Greenroof on your home and save thousands of dollars (your costs are almost nothing), reduce your energy bills, get a tax abatement to make costs disappear, and live healthier in NYC! Call Atom at 212-614-6998 or visit www.greenroofworkshop.com.

SERVICES-HEALTH

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

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



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. An asterick (*) denotes a Coop member.

WED, JUL 8

MEET-THE-FARMER DINNER: with Lucky Dog Organic Farm at Applewood restaurant. A four-course tasting menu, paired with wine, a chance to meet and talk with the farmers themselves, and a Q&A with Applewood's Chef David. 7 p.m. \$85 per person (plus tax and added 20% gratuity). 501 11th St. Reservations: 718-788-1810.

SAT, JUL 18

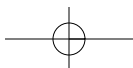
TRACY FITZ's 60th birthday

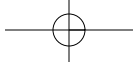
Party Fun(d)raiser to help finish the solar electric arbor and waterfalls at 6/15Green community garden, 6th Ave./15th St. in Brooklyn. Rain date: Sun, July 19. 1-9 p.m. 1-5 p.m. Renaissance/Baroque/Classical; 4-7 p.m. potluck; 5-9 p.m. Country/Jazz/Celtic/Singalong. Bring a dish and make a donation. Info: www.615green.org and www.citysolar.us/events.

MON, JUL 27

DELEGATION TO VENEZUELA: Human Rights, Food Sovereign-

ty & Social Change: This delegation will explore Venezuela's current process of social & political transformation, in the areas of food sovereignty, education, healthcare & direct citizen participation in the political process. Activities include visits to social programs, cooperatives, community sites & media outlets; meetings with farmers, community leaders & government officials; trips to natural areas & historic sites. Info: cbalbertolovera@gmail.com.





CLASSIFIEDS (CONTINUED)

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

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

YOU DESERVE TO FEEL BETTER. Licensed psychotherapist has weekday evening openings. Park Slope/Prospect Heights area. Adult individuals and couples. Call Maje Waldo LCSUR CASAC 718-683-4909.

OLIVE DESIGN INTERIOR DECORATING. Services: color consulting, furniture selection and placement, rugs and window treatments. Use what you have or start fresh. See my web site for description and rates: www.olivedesignNY.com. 25% discount to Coop members.

nance approx. \$3,200. Cash sales only. No dogs. 212-242-0806 or junejacobson@earthlink.net.

CENTRAL MAINE. Lakefront cottage, secluded, roomy, fireplace, on a sandy shoreline with rowboat & canoe available. Cottage comes fully equipped in the beautiful Winthrop Lakes region. \$650 per week. Contact David Whitbeck at 718-857-6066 or email inquiries to david_whitbeck@yahoo.com.

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.

VACATIONS

3-SEASON VACATION COTTAGES for sale in our friendly, wooded northern Westchester community. Pool, tennis, biking, hiking; near Hudson River and Metro North (5-minute cab ride from train). \$79,000-\$99,000; annual mainte-

What Is That? How Do I Use It?

Food Tours in the Coop

Waiting, we wait
in a line that traces
everything we've ever
done

good and bad
and levels it to the
nothingness
it is

All that is over
and the place we're
going
as smooth as the face
of a lake

mirroring back our
reflection

We are in the wait
the non-motion
the world races around
us

the moon floats up
the sun drops down
and we are this one
still point

a pinprick of light
in the constellation of
life

Hold the light
Be steady
This is your opportunity
to be great

The Park Slope Food
Coop

Lining up
the possibilities

by Myra Klockenbrink

Friday, July 10
10:00 a.m. to 2:00 p.m.

Thursday, July 16
11:00 a.m. to 1:30 p.m.

Monday, July 27
noon to 1:00 p.m. and
1:30 too 2:30 p.m.

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Got Community?

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BFS is now enrolling students ages 5-14 for the 2009-10 school year.

BROOKLYN FREE SCHOOL IS THE ONLY SCHOOL IN NEW YORK CITY WHERE:

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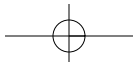
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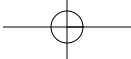
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Classified advertising in the *Linewaiters' Gazette* is available only to Coop members. Publication does not imply endorsement by the Coop.

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





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.						
Reindorf Adomako-Manu	Bruna Cesar	Melina Emmanuel	Cherrelle Henry	Gina Marciona	Aleksandr Revzin	Anna Sulewska
Claudia Albert	Wei-Chuan (Viviane) Chen	Jeff Erickson	Kyle Hittmeier	Meredith Marks	Chris Reynolds	Lillibeth Tavarez
Margaret (Meg) Aldrich		Pierce Evans	Evan Hughes	Abba-Natan Mazor	Shara Richter	Akua Taylor
Susan Allerow	Lucy Childress	Merav Ezer	Teresa Ish	Michael McCutcheon	Bowen Rodkey	Eric Taylor
Philippa Anderson	Victoria Cho	Gabriel Feliciano	Sara Jaffe	Erika McGrath	Lily Rossebo	Jennifer Thomson
Michael Awad	Megan Clary	Emily Findley	Gaynelle Jasper	Jordan McKown	Kaz Sakuma	Richard Toniuk
Julia Barenboim	Lindsay Comstock	Regan Jaye Fishman	Kerstin Kalchmayr	Jaclyn Mednicov	Guadalupe Sanchez	Annie Tsai Gomez
Todd Bartels	Kelly Conklin	Ingrid Freeman	Tania Kamensky	Catherine Morris	Jeremy Saulnier	Akemi Uehara
Noah Barth	Anthony Copioli	Muchere Freeman	Leah Kassell	Nadia Mujalli	Skei Saulnier	Matt Waldis
Moustafa Bayoumi	Corinne Cornibe	Lily Garcia	Brandon Kelly	Theophile Mullen III	Andy Schaffer	Sannon Waldis
Samuel Bazawule	Wagner Correa	Clara Garrett	Paxton Kirsh	Alison Notter	Alexandra Schloss	Yvette Weaver
Marissa Block	Jamie Courville	Courtney Gleason	Lombehe Koroma	Olusegun Olowosoyo	Belinda Schmid	Jared Weinstock
Dymphna Bloodworth	David Cranstoun Welch	Shandoah Goldman	Jennifer Sasha Kravitz	Jasmin Orr	Christine Scott	Michelle Whittingham
John Bloodworth	Claude De Castro	John Gordon	Molly Lee	Steven Ottogalli	Peter Seymour	Parris Whittingham
Justin Bogardus	Melanie Degnan	Zeke Goulbourne	Rebecca Lessem	Yaka Oyo	Adi Shneiderman	Michelle Williams
Mark Bohan	Terence Degnan	Katherine Gray	Talia Leszcz	Cynthia Polutanovich	Amanda Simson	Josephine Yeh
Sean Brody	David Denman	Robert Gullixson	Barbara-Theresa Levine	Rebecca Pozorski	Lola Sinreich	Lin Zhou
Nadia Cannon	Darius Dixon	Danielle Haas	Daniel Leyva	Shakil Quazi	Richard Smith	Yuan Zhou
Kim Carpenter	Tony Dokoupil	J. Nicole Hale	Judith Loebel	Yusuf Ransome	Robert Snowden	
Joseph Carreno	Ana Christina dos Santos	Kimberly M. Hendler	Eric Logue	Jay Raphaelson	Jeff Sterrenberg	
Jessica Cassidy	Laura Eckenrod	Allison Henry	Laura Mantell	Cathy Resler	Melissa Stypulkoski	

THANK YOU!						
Thank you to the following members for referring friends who joined the Coop in the last two weeks.						
Carol M. Adams	Roman Botvinnik	Monika Devries	Karen Isaacs	Shanyn Murrell	Frances Rabinowitz	Tyler Sussman
Alina	Anita Bushell	Yildiz Hacer Dinler	Ivan	Joshua Nelson	Naomi Ramirez	Pamela Taylor
Adrienne Almeida	Rachel Casparian	Damian Dominique	Debbie Kaplan	<i>The New Yorker</i>	Zvezdana Rodic	Danielle Volpe
Emily Anderson	Dawn Cavalli	Susannah Donahue	Allison Lack	Traci O'Kelly	Alicia H. Rodriguez	Ellen Weinstat
Khin Mai Aung	Adam Chasen	Kathryn Drummer	Ali Lecube	George Olken	Zachary Schulman	Lisa Williams
Barbara	Margaret Chu	Renee Fidz	Mawule	Jennifer Parker	Marci Schultz	Gabriel Willow
Bay Ridge Food Coop	Alethe Clemetson	Nancy Goldhill	Kristi McKim	Maya Pedersen	Alisa Sikelianos	Peter Wohlsen
Sarah Bell	Chaya Cohen	Justin Gressley	Andra Miller	Peter	Ela Stachnik	Zakia
Ilyssa Berg	Caitlin Craven	Jessica Harris	Sharon Miodovsky	Christie Phillips	Jay Sterrenberg	
Jennifer Bleyer	Olivia Cueva	Loretta Holmes	Grace Mitchell	Eleanor Preiss	Kate Suhr	

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

Laundry and Toy Cleaning

Tuesday, Friday or Saturday

8:30 to 10:30 p.m.

Load laundry into dryer, fold it and redistribute it around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room. Please contact Annette or Jana in the Membership Office for further information.

Kitchen Cleaning

Wednesday,

8:00 to 10:00 a.m.

Deep clean all three kitchens in the Coop: childcare, meeting room and staff room. You will work independently to clean countertops, cabinets, drawers, kitchen equipment, sinks and refrigerators. Must be reliable as you are the only person coming to do this job on your day. Please speak to Adriana in the Membership Office, Monday to Thursday, 8:00 a.m. to 2:00 p.m.

Refrigerator Cleaning

Wednesday,

9:00 to 11:00 a.m.

This position requires a desire to do physical work. You should enjoy cleaning and organize refrigerators. You will thoroughly clean the refrigerator, removing all movable parts and cleaning them, label food items, and discard old or out-of-date products.

Office Close

Friday, 6:00 to 8:30 p.m.

Responsible for adding attendance pages in up to nine attendance books and confirming the location of attendance cards for members on these shifts. Must also confirm each worker's work status and annotate the attendance pages accordingly. If you like to work independently and have good attention to detail, this workslot might be for you. You will be trained for this job on your first shift.

Data Entry

Tuesday, 7:00 to 9:45 a.m.

Detail-oriented members needed to enter data from voucher sheets into a spreadsheet. Accuracy with numbers and facility with Excel required. The shift must begin by 7:00 a.m. but you can come as early as 6:00 a.m. You will need to be self-motivated and reliable. Please contact Renee St. Furcy at renee_stfurcy@psfc.coop or 718-622-0560 if you are interested.

Shopping Floor Set-up/Cleaning

Monday or Wednesday,

6:00 to 8:00 a.m.

Are you an early riser with a love of cleaning? Work under the supervision of a staff person to set up and clean the shopping floor checkout stations. Must like to clean, be detail oriented and able to work independently. Contact Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or through the Membership Office.

