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LINENWATERS'

GAZETTE



Volume DD, Number 20

September 24, 2009

October 4 Race Commemorates Activist and PSFC Member Liz Padilla

By Frank Haberle



At 10 a.m. on Sunday, October 4—rain or shine — several hundred runners will set out from Bartel Pritchard Square in Prospect Park on a five-kilometer race, the Liz Padilla Memorial 5K. From the most competitive sprinters to those who choose to walk the course and others who simply come out to cheer, all race contributions will support a critical community service, the Brooklyn Bar Association's Volunteer Lawyers Project. At the same time, it will memorialize VLP staff attorney and Park Slope Food Coop member Elizabeth (Liz) Padilla, who died tragically, at the age of 28, in a road accident while bicycling to work on June 9, 2005.

Remembering Elizabeth Padilla

Many Park Slope community members may be aware of the name Elizabeth Padilla, marked on a small plaque attached to a ghost bike memorial on the corner of Fifth Avenue and Prospect Place. The ghost bike, painted white and chained to a sign, is a solemn reminder of what happens all too often in

a congested city where trucks and cars compete with bicycles and pedestrians. On this site four summers ago, Liz was killed by a truck while bicycling to work. A member of the arts collective Visual Resistance, also biking to work that morning, came upon the accident scene and installed New York City's first ghost bike memorial. From this effort, according to the

website www.ghostbikes.org, more than 50 memorials have been installed in New York (and many hundreds more in cities around the world) commemorating bicyclists who have lost their lives riding on our city streets—a stark reminder to drivers, and to city planning and policy leaders, that bicycle and

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Coop Event Highlights

- Thu, Oct 1** • **Food Class: Vegan Sushi** 7:30 p.m.
Fri, Oct 2 • **Film Night: Greensboro: Closer to the Truth** 7:00 p.m.
Fri, Oct 16 • **The Good Coffeehouse: Friction Farm and Anath** 8:00 p.m.

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

SAFE FOOD COMMITTEE REPORT

From Plow to Plate

The Safe Food Committee's Educational Film Series Presents *Thirst*

By Adam Rabiner

Water is a crucial nutrient, one of the basic building blocks of life. Along with fire, air and earth, it's one of four classical elements and plays a role in most of the world's major religions. But for all its importance, most of us take it for granted; that is, of course, until its absence prevents us from cooking, cleaning, washing or bathing.

In an era of rapid climate change that is causing droughts and speeding desertification, and of urbanization and population growth compounding deforestation and the despoiling of rivers and streams, as well

as other manifestations of globalization, water is increasingly becoming scarce and dirty, and struggles are being waged worldwide over its control.

Thirst weaves together three separate but interrelated stories of water: bloody protests against corporate control of the water delivery systems in

Cochabamba, Bolivia; a more peaceful citizens' resistance movement to the privatization of a municipal water treatment facility in Stockton, California; and women banding together to conserve and harvest rainwater in Rajasthan, India's driest state. The film does not pro-

Water is increasingly becoming scarce and dirty.

CONTINUED ON PAGE 3

Next General Meeting on September 29

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, September 29, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

The agenda is in this Gazette and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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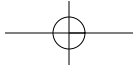


ILLUSTRATION BY LYNN BERNSTEIN

Race Commemoration

CONTINUED FROM PAGE 1

pedestrian safety must be prioritized. Today the ghost bike and Liz’s tragic accident is a rallying issue for cycling advocates to lobby the City, in her memory, for stronger ordinances to protect bike riders. While the ghost bike memorial is a somber reminder of how Liz lost her life, great inspiration and hope can be found in learning how she lived it. In 2005, Liz

was a Park Slope resident and PSFC member who was fully committed to protecting the rights of less fortunate New Yorkers. As a pro-bono lawyer and legal services coordinator for the Brooklyn Bar Association’s Volunteer Lawyers Project, Liz dedicated her career to making sure the legal system is fair and accessible to everyone, including the poorest residents of Brooklyn. A native of McLean, Virginia, Liz received a bachelor’s degree in Spanish and sociology from

the University of Virginia in 1999 and earned her law degree from Cornell University in 2002. Turning down high-salary opportunities, she chose poverty law, working with New York’s Family Law Center to provide pro-bono legal services to indigent people suffering from terminal illnesses (primarily HIV-AIDS), often arranging for the future care of their children. She then joined Brooklyn’s VLP project in 2004.

“Liz was not with us that long,” remembers VLP Executive Director Jeannie Costello. “But the amount of lives she touched—both in terms of providing legal help, and on a personal level—has been extraordinary. She was so much fun to work with, and so energetic. The depth and quality of VLP’s programs today are tremendously high because, in her short time with us, she set the highest standards that we remain committed to meeting.” Liz’s commitment to her community reached beyond her career. She was a tireless volunteer, teaching English as a second language to immigrant high school students and working in a soup kitchen. According to a moving tribute written about Liz by the *Washington Post* in the summer of 2005, this continued a lifetime of voluntary work. Liz started as a candy striper in a local hospital during high school, and was a volunteer firefighter in both her college towns (Charlottesville, Virginia, and Ithaca, New York). One summer during law school, she traveled to Bosnia-Herzegovina, where she helped widows regain property that was taken from them during the Balkan War.

Liz was also a remarkable athlete—a competitive

runner, bicyclist and swimmer who often sought opportunities to merge her two life interests. As a member of the Achilles Track Club, she partnered with a blind runner and friend in the 2004 New York City Marathon and, later, in a tandem bike race. In the summer of 2005, just before the accident, Liz was working with the staff of the Volunteer Lawyers Project to create a 5K fund-raising race and event to support VLP’s programs. The Liz Padilla 5K Memorial Race, now in its fourth year, serves as a great tribute to Liz’s efforts to help others in our community.

A Race Benefiting the Volunteer Lawyers Project (VLP) and the 2010 Liz Padilla Cornell Law School Fellowship

All too often in Brooklyn today, people with special needs, the elderly and/or low-income individuals and families are victimized by issues that include elder fraud and abuse, predatory lending and sub-prime mortgages, crippling debt and landlord abuse. Proceeds from the October 4 race will help the Volunteer Lawyers Project (www.brooklynvlp.org) provide pro-bono legal assistance to people who would otherwise not have access to quality legal assistance. This vital, essential service ensures that all Brooklyn community members have access to fair and committed legal representation, regardless of their financial circumstances.

Since it was founded in 1990, the VLP has trained and supported pro-bono attorneys from the private bar to use the legal system to help more than 16,000 individuals and families from Brooklyn’s poorest neighbor-

hoods. The VLP’s primary referral areas are family law (including supporting victims of domestic violence), elder law and consumer law, including Chapter 7 bankruptcy. Additionally, VLP has established several innovative education and outreach programs for seniors and self-represented litigants, including the Senior Legal Education and Protection (LEAP) Program, which helps seniors plan advance medical directives (healthcare proxies) and builds their awareness of fraudulent telemarketing, sweepstakes, home improvement, investment and utility scams. Proceeds from the event help VLP sponsor the 2010 Liz Padilla Cornell Law School Fellowship, to bring Cornell students with an interest in poverty law to VLP to explore the field in Brooklyn.

About the Race

In keeping with the spirit and commitment of its namesake, the Liz Padilla Memorial 5K is an all-inclusive event, designed to welcome and celebrate the efforts of all participants, from racers of New York City’s running community to joggers and walkers to children. The five-kilometer race kicks off at Bartel Pritchard Square, the 15th Street entrance to Prospect Park, at 10 a.m. Immediately following the race, a pee-wee run will be held for children, ten and under. Participation in the race is \$20, or \$25 on the day of the race (and \$5 per pee-wee runner). The first 200 registrants receive T-shirts and goodie bags. An exciting opportunity to raise funds includes a \$500 team registration option for up to ten people. Individuals are encouraged (but not required) to raise pledges. The individual who raises the most pledge money will win two round-trip tickets to fly to a destination of their choice on Jet Blue Airways.

For more information about the Liz Padilla Memorial 5K Race, including how to register, please contact Karen Rosenberg at 212-625-1025 or vlpevent@empireevents.com.

For more information about the Volunteer Lawyers Project, please contact Executive Director Jeannie Costello at 718-624-5446 or jcostello@brooklynvlp.org

For more information about the Elizabeth Padilla Ghost Bike Memorial, please visit www.ghostbikes.org. ■

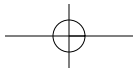
PARK SLOPE FOOD COOP

Product Return Policy

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

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

Produce (fresh fruits & vegetables)	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.



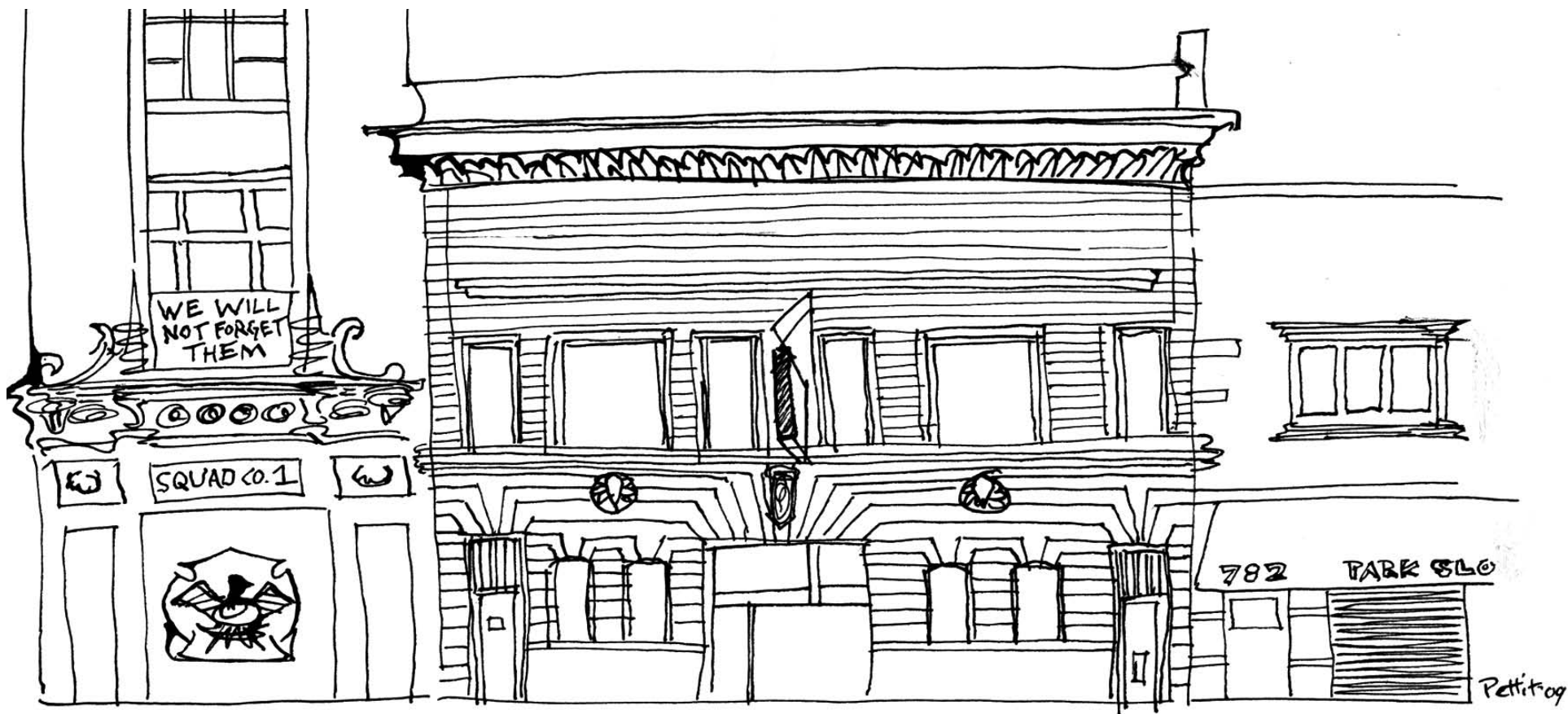


ILLUSTRATION BY ETHAN PETTIT

From Plow to Plate

CONTINUED FROM PAGE 1

vide any scripted commentary; the story is narrated by the people themselves, sometimes in interviews, but more often just by letting the camera follow their lives as events unfold. But the exposition of the conflicts is spelled out nicely by the attendees at the World Water Forum in Kyoto, Japan. Here the World Bank bureaucrats make the case that “someone has to pay for water,” and the heads of global corporations state their good intentions; and both are answered by the voices of citizen activists from around the globe.

Is access to inexpensive, clean water a human right?

The basic philosophical questions that *Thirst* raises are: Who owns and controls water? Is it an economic good for sale, like any other commodity, or is it part of the global commons, a public trust? Is access to inexpensive clean water a human right? While the directors, Alan Snitow and Deborah Kaufman, come out on the side of the citizens movements and against privatization, they do so gently and by no means vilify the forces of globalization or demonize corporations. It is not just about who pays but also “who is paid,” and the film suggests that local,

public control is more likely to invest in needed infrastructure than deliver a profit to external shareholders. While acknowledging that the situation is very complicated, the directors convey a deep skepticism of the arguments that multinational private corporations can deliver services more cheaply and efficiently than government, one of the major drivers of the privatization movement, as cash-strapped municipalities across the globe confront the maintenance costs associat-

ed with aging and antiquated systems.

Thirst is equally a story about democracy and citizens’ resistance, whether it is on the streets of Cochabamba or at a city council meeting in Stockton. At times victorious, at times not, disparate, politically and culturally dissimilar people get together, organize and insist they be heard and included in decisions that they hold dear. Leftist Bolivian street protesters, rural Indian peasants and conservative Californian Republicans

all share the same concerns and distrust, collectively demonstrating how local action can influence and change global thinking.

The Safe Food Committee hosts a monthly educational film series, From Plow to Plate. Light refreshments will be served and following the film you will have an opportunity to discuss it with an expert speaker.

Thirst, Tuesday, Oct. 13, 7:00 p.m. at the Park Slope Food Coop, 2nd Floor, 782 Union Street. Free. ■





Park Slope Food Coop T-shirt Design Contest

Prize for Winning Design!

For contest rules, see www.foodcoop.com

Submit designs starting September 1

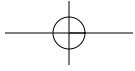


WANTED Bike Valet Parking Squad Leaders

The Coop needs reliable, detail-oriented and personable members to lead the new Bike Valet Parking service. Members will be trained for this position. Currently, these shifts will be on Saturday afternoons, though we are looking at Sunday afternoon/early evening and would like to expand this service.

The Bike Valet Parking service is for Coop members and works like a coat check for bikes (and strollers!). FTOP workers will check in and watch bikes during their shift. Depending on the shift time, the Squad Leader will be responsible for directing either the set-up or take-down of the bike racks and canopy. Training FTOP workers will be required at the beginning of each shift.

If you are interested, please contact Charlene Swift in the Membership Office at 718-622-0560.



Regionalized Breeding

An Answer to Late Blight?

By Ed Levy

The airborne spores of the late blight, the fungus that devastated this year’s Northeast tomato crop, are always in the air, to one degree or another, and usually have some limited impact on the tomato season. But this year, especially for many organic growers, who had little protection against it, the disease wiped out whole fields of tomato plants. One supplier lost all of his seedless yellow watermelons to the late blight, as well. Another strong supplier to the Coop of Yukon gold potatoes lost its entire harvest.

The late blight attacks plants from the nightshade family, which also includes the thorn apple, belladonna, chili pepper, aubergine (or eggplant), mandrake, tobacco and petunia. All these plants contain tobacco in some form. (In tomatoes, the nicotine is usually referred to as tomatine.)

The blight is the same disease that caused the Irish potato famine in the mid-nineteenth century, an event that resulted in the deaths of over a million people dependent primarily on the potato for nourishment. Another million emigrated to the United States to escape the famine.

Favorable Conditions Converged

Late blight likes cool, damp conditions. The white, powdery spores, brown-spotted leaves and open lesions usually show up in August in the Northeast, when the intense heat helps control its spread. But this spring’s extremely cool, wet weather—

the low temperatures in June and July broke records across the Northeast—gave the fungus an early start.

Plant pathologists attribute the severity of the outbreak to the disappointing weather, but say its rapid spread is the result of another factor: sales of the infected plants by big box stores. According to newspaper accounts, these

The blight is the same disease that caused the Irish potato famine in the mid-nineteenth century, an event that resulted in the deaths of over a million people dependent primarily on the potato for nourishment.

stores, Home Depot, Kmart, Lowe’s and Wal-Mart, apparently bought young plants from one or more large commercial greenhouses in the South and distributed them throughout the Northeast.

While a small greenhouse or conscientious grower would immediately have destroyed any plants infected with the blight, the box stores apparently continued to sell the bad plants to unsuspecting consumers. An inspector from the Cornell Cooperative Agricultural Extension recounts that when on an inspection visit he saw infected tomato plants at one of these stores he immediately reported it to a sales person, who said he couldn’t do anything about it without first asking his supervisor. A week later, the plants were still on the rack.

Ten Million More Home Gardeners

Another factor experts say may have conspired with the weather and corporate giantism is the public’s renewed interest in home gardening, inspired by a recession and the White House’s high-profile organic garden. There were approximately 10 million more home gardens this year in the United States—and when first-time gardeners wonder what to plant, they usually aren’t thinking of watercress and arugula. In this way, the blight spread not through large farms, but through little gardens and potted plants on decks, planted mostly by amateurs dreaming of a few fresh tomatoes in their summer salads. In this way, it may have escaped the attention of those who are more used to tracking the spread of plant pathogens in traditional ways.



PHOTOS BY ROD MORRISON

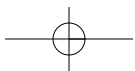
Produce manager Allen Zimmerman said the Coop, which purchases from up to eight different farms, has not yet been affected by shortages of potatoes or tomatoes. On the other hand, he said, someone into home canning who depends on the very low prices at this time of year will not see the glut of fall harvest tomatoes, which generally drives the prices way down. “We won’t see the great tomato giveaway that we usually see in September,” he said.

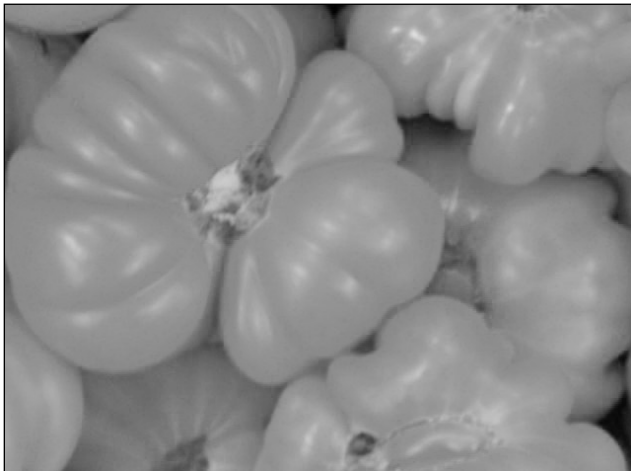
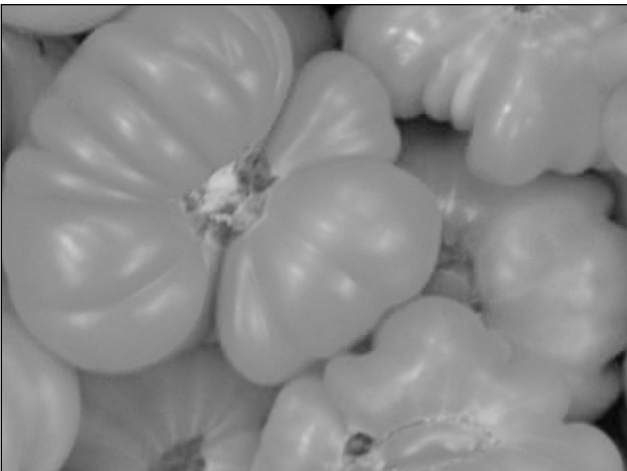
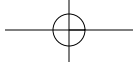
Regionalized Breeding

Organic heirloom tomatoes, a favorite of home gardeners, are especially vulnerable to the blight. Home gardeners who can surrender the cachet of heir-

looms might want to take a look at less glamorous varieties, like Mountain Magic, an experimental tomato from Cornell that the Stone Barns Center in Tarrytown is testing in a field trial. So far there’s been no evidence of disease in these plants, while more than 70 percent of the heirloom varieties of tomatoes have succumbed. Mountain Magic is a cross between a large fruited tomato with early and late blight resistance and a high-sugar grape tomato line with early blight resistance. The result is a round fruit, reportedly highly flavored, approximately 1.5–2 oz. in size with both early- and late-blight resistance. The hybrid seeds are being prepared by the Dutch seed company Bejo, and are expected to be available beginning in 2010 in both conventional and organic seed. It should be listed in seed catalogs.

Mountain Magic is an example of regionalized breeding that has fallen by the wayside in recent years—the result of a food movement that has grown wary of science and an industrialized food chain that eschews differentiation in favor of uniformity. But regionalized breeding may be viewed as





the counterpart to growing locally—looking for characteristics that work in geographical niches, such as plants that thrive on less water in the southwest or plants that resist early and late blight in the Northeast. Tomato expert Randy Gardner would like to see the development of more and more varieties like these as we move away from the uniform, standardized fruit with a long shelf life favored by large growers. The five-acre monoculture of tomato plants next door might be

But regionalized breeding may be viewed as the counterpart to growing locally—looking for characteristics that work in geographical niches.

local, he says, but it's really no different from the 200-acre one across the country: both have sacrificed the ecological insurance that comes with biodiversity. "Healthy, natural systems abhor uniformity," Gardner writes, "just as a healthy society does. We need, then, to look to a system of food and agriculture that values and mimics natural diversity."

The reason organic farmers were hit hardest by the blight is that they were armed with only a water soluble copper spray that acts simply as a physical barrier to the wind-

born spores of the fungus. The copper spray also has to be reapplied, in a very labor intensive and expensive process, every time it rains. Some very small-scale organic farmers were able to put plastic tents over their tomato rows, keeping the plants dry and protecting them from the airborne spores. But most larger organic growers ended up pulling up plants and burning them.

A Look at the Science

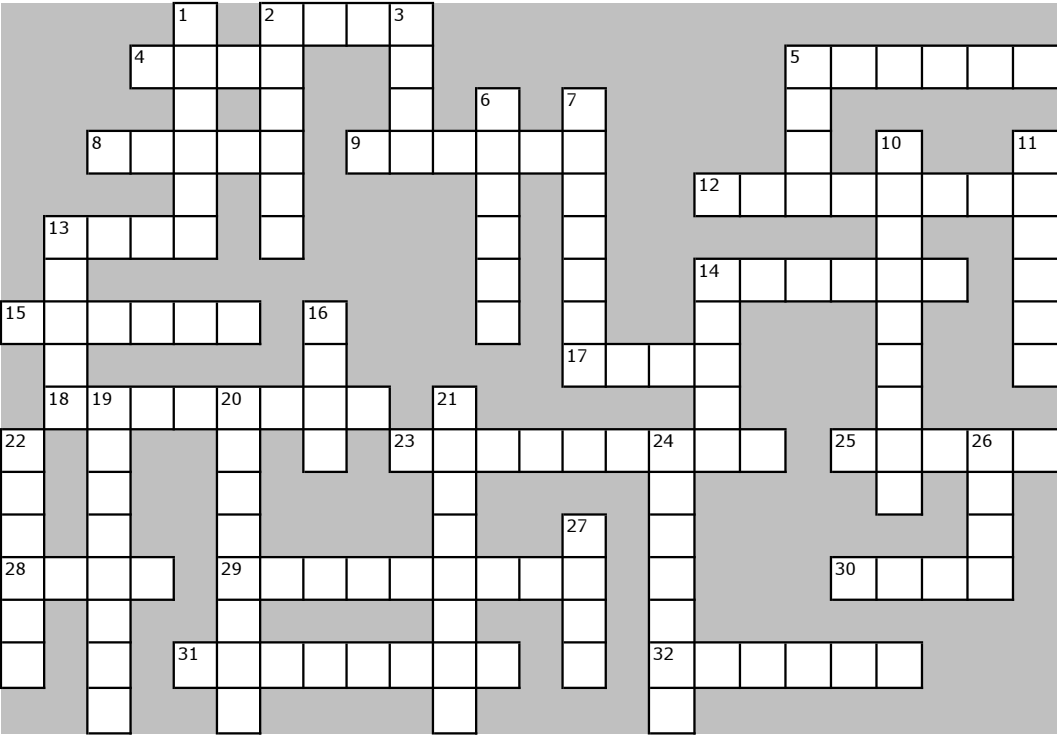
Botanically speaking, phytophthora infestans or late blight, is a host-specific necrotrophic parasite—that is, one that feeds off the dead tissues of plants. It grows mainly on plants in the family of Solanaceae ("night-shades"). The life cycle of the blight begins when the sporangia—the structures containing the spores—are carried by wind and land on plant hosts, where the spores are released. These spores are flagellated, meaning they have long, thin, tail-like structures that propel them, enabling them to swim on the moist surface of the host until they encyst themselves in the plant tissues. The cyst walls then break open and the cells feed off the host. This process is known as indirect germination.

In warmer weather, the spores of the phytophthora will also infect a plant through direct germination, with the spore forming a germ tube that it sends directly into the host tissue. ■

Puzzle Corner

Double Dealing

All the words in this puzzle are auto-antonyms—that is, the word has multiple seemingly opposite meanings. For example, "alight" can mean both to land on and to dismount. The clues indicate these dual meanings.



ACROSS

- 2 Excellent, or indifferent
- 4 To select, or to reject
- 5 Show publicly, or conceal from view
- 8 Hello, or Goodbye
- 9 Miss, or collide with
- 12 Murderous, or cheerfully optimistic
- 13 To secure in place, or to run away
- 14 Pose, or solve, a problem
- 15 To fasten, or to collapse
- 17 Get something started, or pull out completely
- 18 Progressively easier, or progressively worse
- 23 Supervision, or omission
- 25 Overgrown, or scrawny

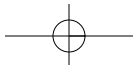
- 28 Cut pieces off, or add ornamentation
- 29 Protect against, or infect with
- 30 Fixed in place, or moving quickly
- 31 To authorize, or a punishment
- 32 Join together, or cut in two

DOWN

- 1 Produce, or extinguish
- 2 To join, or to separate
- 3 Departed, or remaining
- 5 Examine closely, or glance over quickly
- 6 Energetically start up, or to conclude
- 7 Withstand, or to wear away
- 10 Fully capable, or limited in some way

- 11 Mollify, or to strengthen
- 13 Restrained, or to leap
- 14 Discard, or promote
- 16 An invoice, or a banknote
- 19 Old and unchanged, or creatively new
- 20 An advantage, or a disability
- 21 Watch over, or fail to notice
- 22 Typical behavior, or special treatment
- 24 To add to, or to take from
- 26 To remove, or to add, fine particles
- 27 An equal, or a nobleman

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



Checkout Etiquette

By Jennifer M. Cain

When you go to work a checkout shift for the very first time, as I did just a few months ago, the shopping squad leader shows you where to sign the attendance book, a fellow member shows you how to scan products and a shopping member might show you how to find the right produce code. But who gives you the lowdown on checkout etiquette? No one, and sometimes it shows. Perhaps the Coop thinks it goes without saying: no yelling, no hitting, no stealing (wait, that was kindergarten). But a few recent experiences make me think it's time for some checkout worker guidelines as a reminder that the goal of the work-slot is to check out fellow members correctly and efficiently.

1. The focus should be on the member getting checked out. Some members can work checkout faster than others, but the priority should always be getting the shopping member finished as efficiently as possible. Working members should not be teaching their children how to work the scale or having cell phone conversations. If a member is not interested in checkout, perhaps they should consider a different workslot like childcare or answering phones in the office.

2. No eating while handling other people's groceries. Do we really have to point out that it is unsanitary for you to be eating when you are putting your hands on someone else's food? I once asked a member working checkout who was eating maki rolls with her fingers if she wouldn't mind wiping them with a paper towel before handling my member card. I got the same eye-roll response my nine-year-old gives me when I ask him to wash his dirt-caked hands before dinner. It's understandable if a worker is sipping early-shift coffee or mid-shift water, but eating food with or without a utensil when handling other members' groceries is yucky.

3. Please handle the shopping member's purchases with care. On occasion, I've had a tired/bored/careless checkout person handle my groceries roughly. Shopping is a chore for most people, but that doesn't mean a person should stack a tomato can on top of my avocado or toss my bagged apples onto the counter just because they're weary.

4. The express aisle is for 15 items or fewer. Shopping members could learn some etiquette as well. It may seem silly to police the express lane, but on one recent shift, a member used the express lane even though she had 42 items.

When I pointed this out, she mumbled that she was having personal problems. Personal problems with counting? Some members see the express lane more as the "My time is more valuable than yours" lane. Not fair.

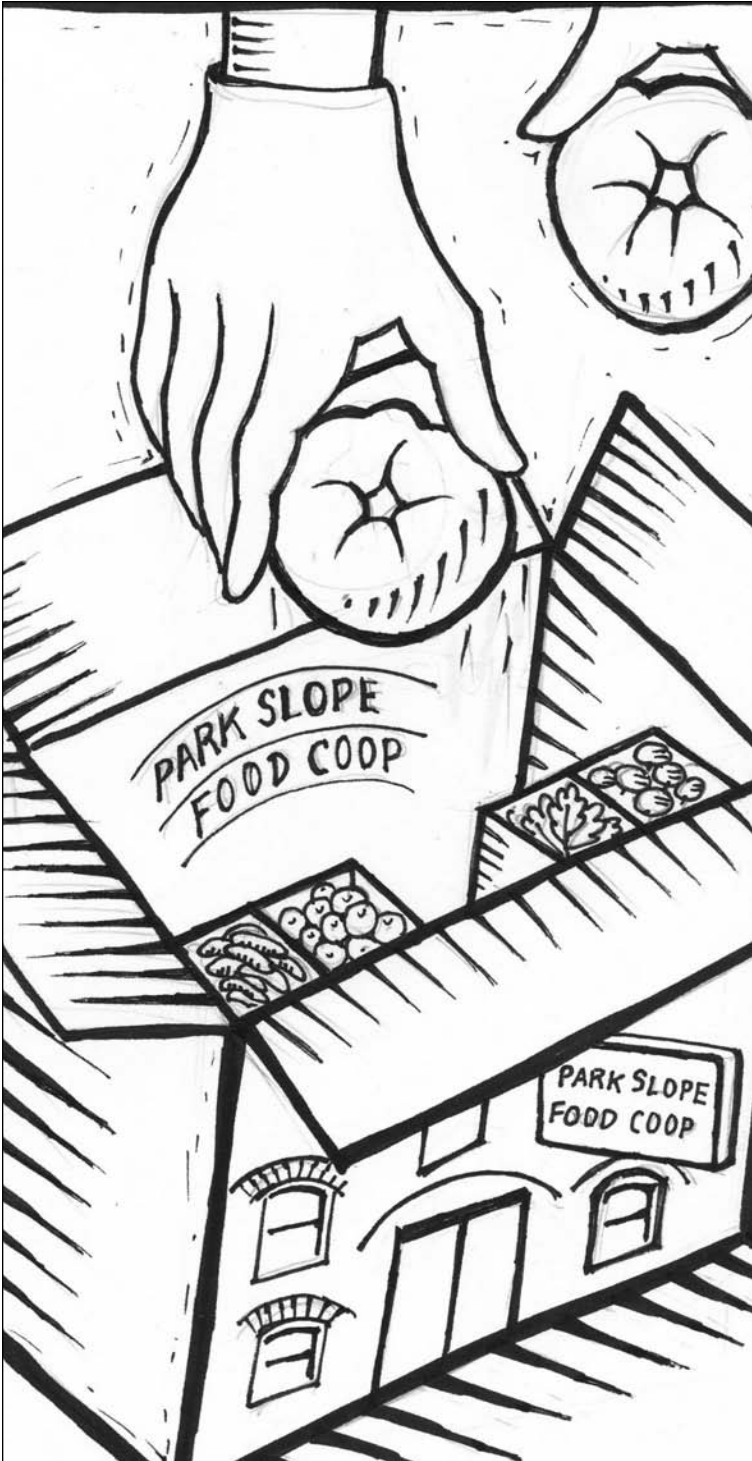
5. Make sure the checkout space is clean and free of personal clutter. Recently I was sent from waiting on the regular line to an available express checkout. I asked the checkout worker if she would please move her book from the counter so that it wouldn't get wet from my groceries. What I really wanted to express was that I needed the space to organize my groceries. It didn't matter to her; she refused to move the book and sug-

gested that I work around it, loading and clearing my groceries in small batches. The

Member Contribution

only problem was, the other side of the counter was also cluttered with her personal stuff.

Most of my checkout experiences are very friendly, so it surprises me when they aren't. When I work a checkout shift, I assume that the shopping member has somewhere else they'd rather be. I'd rather be elsewhere too, but that doesn't excuse me from using a modicum of etiquette. ■



GREENE

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FOOD CO-OP

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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.

MORE INFO

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

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/>

Eating Healthy Is a Way of Life

By James Dubreze

You are what you eat, as stated by Anthelme Brillat-Savarin in his work *Physiologie du Gout*: “Dis-moi ce que tu manges, je te dirai ce que tu es.” “You are what you eat” is simply my translation of the preceding quote. As they say, you are as young as you look. Age cannot be used to determine how one should be aging; it can only tell how long one has been on this earth. To determine how one has aged, we must look at the many processes that have caused a person to age.

Aging has more to do with life style than it has to do with food; it is the accumulation of changes in someone’s health over time that will dictates how one has aged. However, good nutritious food does play a big role in aging.

Whereas food is eaten for survival, good nutritious food is eaten to maintain health. Therefore, maintaining youth

that the fountain of youth cannot be found if as a society we do nothing to discontinue the incentive to produce GM foods. In other words, what significance is it

we’ll also be able to benefit from this growing demand by becoming a supplier instead of merely a consumer. This is the agenda; it is one that requires every individual to

participate in a revolutionary movement that would redefine health as an accumulation of nutrients that brings about support for all vital organs. So, our

right to a healthy life is defined by our access to nutrients.

Eating healthy means eating a variety of different type of nutritious fruits, vegetables, grains and dairy prod-

Member Contribution

to you, if we tell you what you should eat when you have no access to it? It would seem that the first solution would be to work together as a society to get rid of GM food. But to get rid of GM food, we must have alternatives to replace them with; ideally, organically grown produce.

I propose that we use some of the stimulus money to cultivate organic produce. As it is right now, in this country there is a great demand for organic produce. Many Americans have realized organically grown foods are more nutritionally beneficial than processed food. As a result, they’re making all sort of sacrifices to access organic foods so that they can be proud of who they are. Because if you are what you eat, then what you are not is what you don’t eat. Hence, we can now say, since most of us are not eating organic foods, that we are not “healthy.”

Now it makes sense to say that if we were to cultivate organic food in great quantity as a country, not only can we benefit from its nutrients,

ucts. Everyone cheats once or twice, but the problem is that most people are not sure which foods are nutritionally healthy; instead they settle for processed foods that are not nutritionally healthy. Eating healthy is a way of life; it is not a trend where today it’s in style and two weeks later it’s not. Eating healthy is the same as exercising; they both require a lifetime commitment. ■



But to get rid of GM food, we must have alternatives to replace them with organically grown produce.

is partly related to what one eats. If you eat garbage you’ll become garbage, is simply an expression, but the truth remains, what you put in your body does affect you physically.

On May 11, 2004, Monsanto, the chemical giant responsible for more than 91 percent of all genetically modified (GM) crops in the world, announced that it would suspend further development of its genetically engineered wheat. This was a victory that resulted from protests all over the world against genetically modified food.

To answer the question “Can food be the answer to finding the fountain of youth?” one must understand



Help New Members Feel Like Royalty!

The Orientation Committee is looking for energetic people with a teaching or training background who can work Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency coverage. Only Coop members with at least two years of membership will be considered.

Workslot credit will be given for training sessions. An annual meeting of the Orientation Committee is part of the work requirement.

We are especially interested in members who speak fluent Spanish or Russian. For more information, contact the Membership Office or write to karen_mancuso@psfc.coop.

PHOTO: JOHN H. SHEALLY II/THE VIRGINIAN-PILOT (VIA GOOGLE)



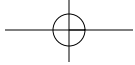
The Fun Committee Needs You!

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.



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").

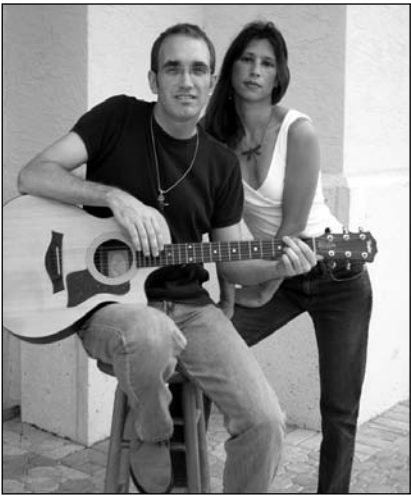
Printed by: New Media Printing, Bethpage, NY.

Friday Oct 16

8:00 p.m.



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



Friction Farm

is guitarist/vocalist Aidan Quinn and bassist/vocalist Christine Shay. They are songwriter competition winners at the South Florida Folk Festival and the Susquehanna Music Fest. Friction Farm's latest release, *34 Degrees, 32 Minutes*, is musically and lyrically varied, quoting Thomas Paine and Dr. Seuss, finding hope and inspiration in ordinary places and ordinary people — from a Civil War-era cemetery which connects us to our past, to a young protester who connects us to our future.

Singer/songwriter **Anath** produces music that can speak to a universal audience. Born of Tunisian parents, and raised in Tel-Aviv and Paris, Anath is now a New Yorker by choice. With her latest CD, the introspective and personal *Dark Lullaby*, she navigates themes like love, loneliness and longing, and shifts to an entirely new sound. Recorded in Chile and New York with pianist, composer and producer Pablo Vergara, the CD recalls the sounds of some of Anath's influences, from the psychedelia of Mazzy Star to the noir rock of Elysian Fields and the feminist punk of PJ Harvey.



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
OCTOBER 10
10:00 A.M.–2:00 P.M.**

**Third Thursday
OCTOBER 15
7:00 P.M.–9:00 P.M.**

**Last Sunday
OCTOBER 25
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 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

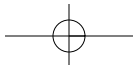
**We close up promptly.
Please arrive 15 minutes prior to the
collection end time to allow for inspection and
sorting of your plastic.**

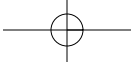


R E C Y C L I N G

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Art Director (production): Brigid Nelson
Desktop Publishing: Joe Banish
Kevin Cashman
Namik Minter
Editor (production): Tioma Allison
Post Production: Becky Cassidy
Final Proofreader: Nancy Rosenberg
Index: Len Neufeld





WORKSLOT NEEDS

Office Data Entry

Thursday or Friday, 4:00 to 6:45 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.

Laundry and Toy Cleaning

Saturday, 8:30 to 10:30 p.m.

This workslot has two responsibilities. You will 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. You will be working with a partner on these tasks. Please contact Annette or Jana in the Membership Office for further information.

Bathroom Cleaning

Thursday or Friday, 12 to 2:00 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.

Shopping Floor Set-up and Cleaning

Monday or Wednesday, 6:00 to 8:00 a.m.

Are you an early riser with a love of cleaning and organizing? Work under the supervision of a staff person to set up and clean the shopping floor checkout stations. Must like to clean, be meticulous, detail oriented and able to work independently. Great opportunity for someone who wants to work when the Coop is not crowded. Please contact Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or through the Membership Office at 718-622-0560 if you are interested in this workslot.

CONTINUED ON PAGE 15

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, SEP 29

GENERAL MEETING: 7:00 p.m.

TUE, OCT 6

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Oct 27 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Oct 8 issue: 7:00 p.m., Mon, Sep 28
Oct 22 issue: 7:00 p.m., Mon, Oct 12

CLASSIFIED ADS DEADLINE:

Oct 8 issue: 7:00 p.m., Wed, Sep 30
Oct 22 issue: 7:00 p.m., Wed, Oct 14

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, September 29, 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

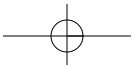
Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

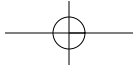
Following is an outline of the program. For full details, see the instruction sheets by the sign-up board.

- **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.





park slope
FOOD COOP

calendar of events

sep 26
sat 2 pm

The Emotional Side Of Healthy Living

Understand how your emotions play an important role in your ability to heal and maintain good health; identify how we get in the way of our own healing process; and take simple steps toward converting toxic thoughts and emotions into healthy attitudes. Coop member **Clarisse M. Domingo** is a colon-hydrotherapist, nutrition and lifestyle coach, licensed clinical social worker, and the owner of Prana Brooklyn Wellness in Kensington.

sep 27
sun 12 pm

Blogging: Getting Started

Learn what it takes to set up and maintain your own blog. Whether you're running your own business or just want a better Web presence, a blog is the perfect tool to get started. Coop member **Jaki** runs Arrow Root Media. He has helped countless individuals, businesses and organizations improve their Web presence.

sep 29
tue 7 pm

PSFC SEPT General Meeting

Items will be taken up in the order given. Times in parentheses are suggestions. More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7 and 7:15 p.m.

Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.

Item #1: Disciplinary Committee Election (30 minutes)

Election: The Disciplinary Committee will present additional candidates for the committee to fill recently authorized positions. —submitted by the Disciplinary Committee

Item #2: Annual Hearing Administration Committee Election (30 minutes)

Election: Two current committee members will stand for re-election, and the committee will present three additional candidates for the committee. Hearing Administrators work on an FTOP basis when needed and serve three-year terms.

—submitted by the Hearing Administration Committee

Item #3: New Brooklyn Food Coops Seed Money Pilot Support Plan (30 minutes)

Discussion: "Discuss how our Cooperative can initiate an experimental pilot program to offer limited seed money to support the formation of other food coops in Brooklyn.

Specifically, discuss starting a fund that would pool \$10,000 of our Coop's money with donations from our individual members (not tax deductible). Members may be asked to donate via announcements on our Web site, flier postings in the Coop, articles and ads in the Gazette, tables staffed by members, etc. A set of standards that Brooklyn coops must meet in order to qualify will be developed. Those standards, which will be voted on at a future GM, will include requirements such as the existence of a committed core group that welcomes new people into that group; existence of a significant and effective community outreach effort; commitment to using member labor in order to keep prices low and cooperation high; a plan for financial accountability; a democratic governance plan; and a commitment to the Seven International Principles of Cooperation. Qualifying coops will receive grants." —submitted by General Coordinators

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.

sep 29
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.

oct 1
thu 7:30 pm

Food Class: Healthy Vegan Sushi And Other Japanese Dishes



Hideyo Yamada Iwakiri is a trained sushi chef from Japan with more than 10 years of experience. She will demonstrate how to prepare brown rice for sushi, how to roll romaine-lettuce sushi and how to prepare simple Japanese sauces and pickles

without using white sugar. Menu includes *brown rice, sushi vinegar, Japanese-style mushrooms, pink-daikon pickles, pumpkin salad* and *romaine-lettuce Sushi rolls*.

Hideyo is a graduate of the Institute of Integrative Nutrition and has been a Coop member for more than two years. **Materials fee: \$4.**

To teach a Food Class, contact Susan Baldassano, sueb@naturalgourmetinstitute.com.

oct 2
fri 7 pm

Film Night: Greensboro: Closer to the Truth



Greensboro: Closer to the Truth, by Adam Zucker, documents the first-ever Truth and Reconciliation Commission held in the United States, 25 years after what is now known as "The Greensboro

Massacre," a violent episode in the nation's history. **Paul**

Bermanzohn received a BA from City College of New York, and an M.D. from Duke University School of Medicine. On November 3, 1979, Ku Klux Klansmen critically wounded Paul at an anti-KKK march in Greensboro, NC. In spite of permanent partial paralysis, Paul survived and has practiced psychiatry for the last 28 years. **Sally Avery**

Bermanzohn witnessed the Klan/Nazi murder of five friends, and found Paul with bullet wounds to the head and arm. For the last 15 years, Sally has been a professor at Brooklyn College and chairperson of the political science department. She authored *Through Survivors' Eyes: From the Sixties to the Greensboro Massacre* (Vanderbilt Press, 2003) and co-edited *Violence and Politics: Globalization's Paradox* (Routledge, 2002). Paul and Sally have been members of the Park Slope Food Coop for 20 years and will be present for a post-film Q&A.

To present a Film Night, contact Faye Lederman, squeezeystone@hotmail.com.

oct 3
sat 11 am

Move Beyond Procrastination And Get Things Done!

This workshop explores various reasons for procrastinating and offers proven techniques to stop stewing and start doing. 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. Coop member **Renate** is a Certified Life Coach. She works with clients who desire a balanced and productive life without procrastination.

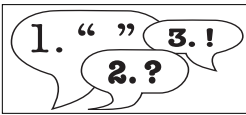
oct 3
sat 2-4 pm

Forgiveness

Learn to forgive yourself and others, focus and use the power of unconditional love, align your head and your heart, use the power and energy of love to relieve stress, and participate in a group unconditional love meditation. Coop member **Moraima Suarez** has studied and practiced the healing arts for more than 20 years.

oct 6
tue 7 pm

Agenda Committee Meeting



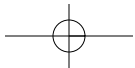
The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m.

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, October 27, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.



sep 26–nov 5 2009

oct 10
sat 10 am

How to Spend, Save and Stay Fiscally Fit

Coop member **Jenifer Lee**, CFP®, CPA, MBA, is a frequent speaker and writer on tax and financial-planning topics. Here she suggests to pay yourself first; learn how you spend; “sale” does not equal “save”; prioritize competing financial goals; save and see your net worth grow; start early; and use basic tools to measure your fiscal fitness.

oct 11
sun 12 pm

Enhancing Fertility Naturally: A Chinese Medicine Approach

Coop member **Lara Rosenthal**, L.Ac., explores the energetics of reproduction and the nuts and bolts of improving one’s chances of conceiving naturally and having a healthy pregnancy using nutrition, lifestyle, as well as Chinese medicine tools.

oct 13
tue 7 pm

Safe Food Committee Film Night: Thirst



Population growth, pollution and scarcity are turning water into the oil of the 21st century. Global corporations are rushing to gain control of this dwindling natural resource, producing intense conflict in the U.S. and worldwide, where people are dying in battles over control of water. The world is poised on the brink of epochal changes in how water is stored, used and valued. Will these changes provide clean water to the billions who need it or save the children dying from contaminated water? *Thirst* shows that popular opposition to the privatization of water sparks remarkable coalitions that cross partisan lines.

oct 16
fri 12 pm

Six Healing Sounds of Qi Gung

Each of six Qi Gung exercises is performed with a sound that has a healing resonance with a body organ: liver, heart, spleen, lungs, kidneys and triple burner. The “life/breath” of each organ can be strengthened with regular practice. This workshop is limited to 15 participants. Please reserve by calling 718-622-0122. Presented by licensed acupuncturist and long-time Coop member **Ann E. Reibel-Coyne**.

oct 16
fri 8 pm

Friction Farm & Anath



Friction Farm is guitarist/vocalist Aidan Quinn and bassist/vocalist Christine Shay. They are songwriter competition winners at the South Florida Folk Festival and the Susquehanna Music Fest. Friction Farm’s latest release, *34 Degrees, 32 Minutes*, is musically and lyrically varied, quoting Thomas Paine and Dr. Seuss, finding hope and inspiration in ordinary places and ordinary people — from a Civil War–era cemetery which connects us to our past, to a young protester who connects us to our future. Singer/songwriter **Anath** produces music that can speak to a universal audience. Born of Tunisian parents, and raised in Tel-Aviv and Paris, Anath is now a New Yorker by choice. With her latest CD, the introspective and personal *Dark Lullaby*, she navigates themes like love, loneliness and longing, and shifts to an entirely new sound. Recorded in Chile and New York with pianist, composer and producer Pablo Vergara, the CD recalls the sounds of some of Anath’s influences, from the psychedelia of Mazzy Star to the noir rock of Elysian Fields and the feminist punk of PJ Harvey.

Concert takes place at the **Brooklyn Society for Ethical Culture**,
53 Prospect Park West (at 2nd Street) • \$10 • doors open at 7:45.
The Very Good Coffeehouse is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture.
To book a Coffeehouse event, contact **Bev Grant**, 718-788-3741.

oct 17
sat 10am–1:30pm

Children’s Clothing Swap

Bring your child’s outgrown clothes to the Coop to trade with other members. Please bring only items that are in good condition. Collect clothes for your own children, only. At 1:30, any remaining clothes will then be available to anyone. Attention moms-to-be: Come to the swap to find newborn clothes! Do not bring clothing to the Coop before the hours of the exchange.

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.

still to come

oct 18

Teachers’ Secrets

oct 27

PSFC OCTOBER General Meeting

oct 22–24

Blood Drive

oct 27

Stop Using Gasoline Now! Go Green!

oct 24–25

Food Drive

oct 31

Now Film Series

oct 24

Fair Trade Tea

nov 3

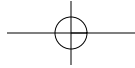
Agenda Committee Meeting

oct 25

Nutrition Response Testing

nov 5

Food Class: Fall Harvest



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

Let me tell you
one thing I know
to be true:

Plants talk
they open their lips
and whisper meaning
into your soul

The part of your mind
that can't hear them
says this is—poetical

But when you step lightly
on the earth and the ground ivy
curls around your toes
and paints its minty scent
at the back of your throat
it whispers

When you lay your hand
on a moss-covered log
it chatters
it is talking to you
as sure as these words make their case

The common weeds are
the most talkative
beech trees
hum
bee balm sings

Always
They always have
And there is a plant that speaks
directly to you
wherever it grows
It has things to tell you
valuable things for you—to know

It has the same impulse as you
to live and can tell you
about being alive

From the duck weed that grows
in the ripples of the mountain stream
to the grass that pulses in the wind

Plants talk to us
in a continual hubbub of hush

The Park Slope Food Coop:
Join the conversation

by Myra Klockenbrink

Monday October 19
noon to 1:00 p.m. and
1:30 to 2:30 p.m.

You can join in any time during a tour.



looking for something new?



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

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



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.

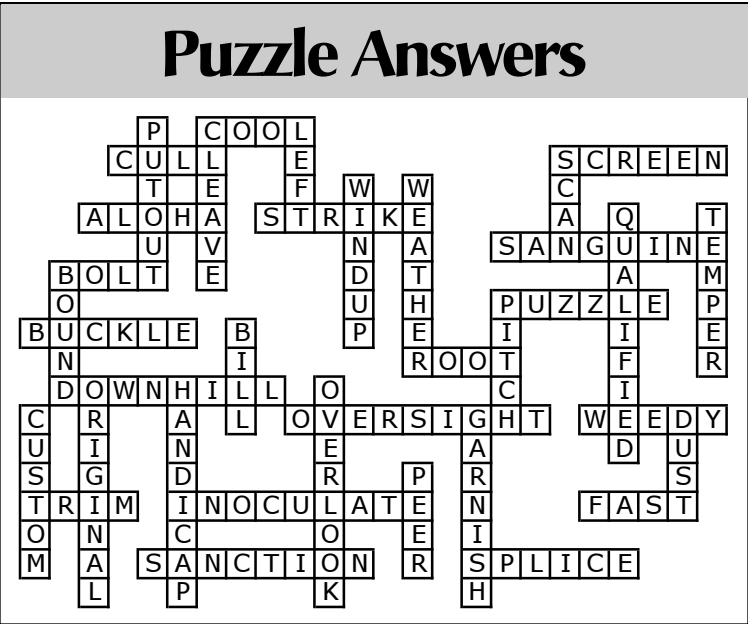
The committee seeks an applicant pool that reflects the diversity of the Coop membership at large.

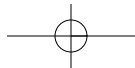
Those interested, please telephone Marian Hertz of the Hearing Officer Committee at 212-440-2743 or email at Marian.Hertz@cna.com.

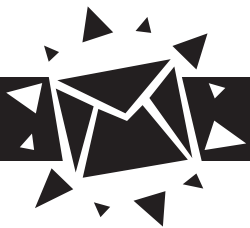


The Ecolvetch
is now on Facebook,
representing the
Park Slope
Food Coop's
Environmental
Committee.

Puzzle Answers







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

SINCERELY AND GRATEFULLY

DEAR KEN MACDONALD AND COOP MEMBERS,

We received the Coop's generous donation of canned goods from the canned food drive. We are very grateful. Please extend our gratitude to each and everyone who participated in the collection and decision to organize this canned food drive for CHIPS.

All of you at the Park Slope Food Coop constantly and continuously enable us here at CHIPS to prepare delicious and nutritious meals for the hungry and homeless that eat at our soup kitchen at least six times a week, sometimes we serve close to 220 people on a daily basis.

Thank you also for the volunteers who do their Coop hours here. We also appreciate the food delivered three times a week.

Be assured of our prayers, love and gratitude to you all at the Park Slope Food Coop. A blessed and beautiful season to you.

Sincerely and gratefully,
Sister Mary A. Maloney SFP
Director
Park Slope Christian Help

KIDVERSE: BOA CONSTRICTOR

The boa constrictor's appetite

Is ravenous, by day, by night.

He eats until he's twice his size,

With swollen tail and bulging eyes,

And then he sleeps, a long,
long while,

Never stirring, immobile.

On waking up in his retreat,

He knows what's next—it's time
to eat!

And this goes on day after day,

With boa finding it okay.

It's a life of envious prediction,

Except for all that dumb constriction.

Leon Freilich

WBAI ELECTIONS

GREETINGS

Autumn, À La Rotunda!—A Campaign of Panache, Lightness of Being, Movie Madness, Attention to Detail and Freedom of Choice in HIV.

Yes, it is Autumn again (our autumn begins in September). The campaign is in full cry, the wraps are off, and I am determined—if someone will only recognize my brilliant talent and dark genius!—to become the rightful successor to Howard Stern! We were criticized for not recording the tumultuous disruption which effectively dismantled the July 24-26 Board of Directors meeting in New York. But now we have the incomparable September 9th meeting at WBAI! See our Memoirs below for extensive coverage.

Rate Albert Baron Solomon, Mitchel Cohen, Andrea Fishman, Alex Steinberg, Paul DeRienzo, Lionel Legros, Chris Farrell, Rolando Bini and one or two others on the Family Justice Party (one-issue candidates who will do the right thing), Ken Laufer, Andrea Katz, Austin Kelley, Jeffery ("ERY") Peress, Stephen Brown's daughter Elizabeth, a very worthy lady named Manijeh Saba, with whom I spoke personally after the July 12th meeting, Sam Weinreb, Andrew

Aaron, Jonathan Asculai and Teresa Palmer. That's 18 candidates for 9 openings. And please don't rate anyone else. Really!

I am the only candidate who makes movies to convey the mayhem and mob rule that is Justice and Unity—now called takeBACKwbai. The Independents' website is takeFORWARDwbai.org, please visit it. My website is PACVID1.com where you will see the first 3 chapters of Campaign Memoirs 2009, the absorbing, informative, collectively produced and disinterested movie exposé of the fight for the heart and soul of Pacifica.

Except for Ken Laufer, I am the only candidate who steps up to openly deny the HIV=Death hysteria. This truculent madness has no opponent on the radio since Gary Null was fired.

I am also the only openly Queer candidate. It is not a sexual matter because I am Asexual, but I make no secret of it. Queer people are also underrepresented at WBAI.

Yours in solidarity and cooperation,
Albert Baron Solomon
Gauguin Films - PACVID1.com
International Allstars of Homœopathy (IAH)
718-768-9079
hobces@yahoo.com

LETTERS POLICY

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

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

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk.

Anonymity

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not

based on the author's first-hand observation.

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

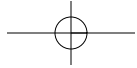
3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the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

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

Respect

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





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.

The House on Third St. Bed & Breakfast—Beautiful parlor floor thru apt. living room, bedroom, den, private bath, kitchen, deck overlooking garden, AC, WI-FI, piano. Sleeps 4-5. Perfect for families. Call Jane at 718-788-7171 or visit us on the web at house-on3st.com.

CLASSES/GROUPS

SUPER-GENTLE YOGA for people who think they are “too” large, “too” stiff, “too” old to do yoga. Wed. 7:30 PM, convenient Park Slope location, starts Sept. 16. Experienced, caring teacher, call Mina Hamilton for more info. 212-427-2324 or minaham@aol.com.

MEDITATION class with Mina. Looking for a way to be calmer, more relaxed? Find contentment and inner balance. Experienced teacher Mina has studied with Jon Kabat-Zinn, Thich Nhat Hanh, Toni Packer. Wed 8:15-9:00 PM. Class starts September 16. Spoke the Hub, 748 Union St. Call Mina at 917-881-9855, email minaham@aol.com, www.serenitytogo.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.

ARTIST WORKSPACE FOR RENT. 273 sq ft space, \$625/mo. Dean St. and Vanderbilt Ave, Prospect Heights, Brooklyn, very close to Park Slope. Natural Light/ 2 windows. Private Space with Locking Door. Share utilities with 3 other artists (keeps bills low). 24 hr.

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.

SAT, SEP 26

People's Voice Cafe: Musical Celebration of PVC 30th Anniversary, featuring Suni Paz with Jacque DePree*, Charlie King, Chris Lang, Peter Pasco and Clearwater Singers, Victorio Roland Moussaa and Rick and Andy. 8 p.m.-10:30 p.m., Community Church of New York, 40 E. 35th St. For info, call 212-787-3903. Suggested donation: \$15 general/\$10 members.

THU, OCT 1

Concert by progressive troubadour David Rovics to prepare for the Vigil/Protest in Columbus, Georgia, in November to close the School of the Americas (now called the Western Hemisphere Institute of Security Cooperation) where the US Army trains Latin American security personnel in torture, sabotage and assassination. 7 p.m. Brooklyn Society for Ethical Culture, Prospect Park West and 2nd St. Free. Donations welcome.

FRI, OCT 2

Does the US foreign policy in Iraq, Afghanistan and Pakistan mean Endless War? A conversation with Tom Hayden. 7:30 p.m., Park Slope United Methodist Church, 6th Ave & 8th St. Questions and answers and reception with Mr. Hayden will follow. Donations accepted.

Slow Food for the Urban Kitchen: Nourishing Local Food from the Slow Cooker. Learn to cook seasonal local food in your crockpot! Led by local foods experts Jessica Prentice, Maggie Gosselin and Sarah Klein. Judson Memorial Church, 239 Thompson St. \$27-30. 6-8:00 p.m. Order tickets at www.nycharities.org/beta/EventLevels.aspx?ETID=469 or contact angela@justfood.org.

SAT, OCT 3

Harvest Fest at Stone Barns Center for Food and Agriculture! Family-friendly celebration on the farm including live music from Brooklyn's own Astrograss; workshops on food and farming; Farmers' Market; hayrides; farm demonstrations; seasonal pie contest; and more! Pocantico Hills, NY, 10 a.m.-3 p.m., stonebarnscenter.org or 917-366-6200.

Peoples' Voice Cafe: Holly Near and emma's revolution Concert and CD release. 8 p.m.-10:30 p.m., Community Church of New York, 40 E. 35th St (between Madison & Park). For info, call 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$18 general/\$15 members/more if you choose, less if you can't/no one turned away.

Preserving the Local Harvest with Lacto-fermentation: Learn about the health benefits and how to turn the fall harvest into sauerkraut, kimchee, chutneys, salsa, sauerbraten and fermented drinks. Led Jessica Prentice, Maggie Gosselin and Sarah Klein. Judson Memorial Church, 239 Thompson St. \$27-30. 2-4:30 p.m. Order tickets at www.nycharities.org/beta/EventLevels.aspx?ETID=469 or contact angela@justfood.org.

SUN, OCT 4

David Mensah will speak at the Brooklyn Humanist Community. Mensah, owner of Wave Training and Consulting and former Executive Director of the Hetrick-Martin Institute, will speak on “Who I Am Is Leader,” the title of his new book. First Unitarian-Universalist Church, Brooklyn, at Monroe Place and Pierrpont St. 2 p.m. Admission is free.

THU, OCT 8

CINEFORO, sponsored by the Latin America Committee of Brooklyn for Peace, presents a screening of VOCES INOCENTES (Mexico 2005 with subtitles in English) about a boy growing up in El Salvador during the Central America Wars of the 1980s. Discussion to follow. Brooklyn Society for Ethical Culture, Prospect Park West at 2nd Street. 6:30 p.m.—film begins promptly at 6:45.

SAT, OCT 10

Peoples' Voice Cafe: Jack Hardy. 8-10:30 p.m., Community Church of New York, 40 E. 35th St (between Madison & Park). For info, call 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.

SUN, OCT 11

NYC VegFest is an outdoor festival (rain or shine) in Union Square Park from noon to 6 p.m. We will celebrate vegetarianism, and it is free to the public. The NYC VegFest has something for everyone to enjoy, so please join us in this endeavor as a sponsor and/or exhibitor! Info: <http://veg-fest.webs.com/> or send an email to nycvegfest@live.com.

WED, OCT 14

Talk by John Burroughs, executive director of Lawyers Committee on Nuclear Policy, who will discuss plans for President Obama's summit on Nuclear Security scheduled for March 2010. Friends Meeting House located at Schermerhorn Street and Boerum Place in downtown Brooklyn. Sponsored by the Nuclear Zero Committee of Brooklyn for Peace.

SAT, OCT 17

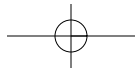
Peoples' Voice Cafe: The Human Condition. 8-10:30 pm, Community Church of New York, 40 E. 35th St (between Madison & Park). For info call 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.

SAT, OCT 24

Peoples' Voice Cafe: Celebration of Augusto Boal's Life. 8-10:30 pm, Community Church of New York, 40 E. 35th St (between Madison & Park). For info call 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.

SAT, OCT 31

Peoples' Voice Cafe: Triboro. 8-10:30 pm, Community Church of New York, 40 E. 35th St (between Madison & Park). For info call 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.



CLASSIFIEDS (CONTINUED)

access/no living. Freight elevator available during day. Good size windows. Share bathroom w/slopsink. Nice Location. Call Max at 347-307-0988.



MERCHANDISE

SLEEPING ON A TEMPUR-PEDIC IS LIKE THERAPY FOR YOUR SOUL. This mattress is the ultimate in comfort & pressure relief and truly will improve the quality of your sleep. Mattress comes with a 20 year guarantee & a 3 month trial period. Special consideration for Coop members. Call Janet 718-237-2592.

MERCHANDISE-NONCOMMERCIAL

NEW hollow body guitar with hard shell case. Limited edition—only 120 made, \$300. Peavey Rage practice amp—used, \$50. Antique stove—needs some restoration. Nice for show, \$75. Sanyo amp and tuner with Realistic speakers. Small-size system, \$50. Turntable, \$75. Call for details. 718-788-6317.

BIKE RACK, Rhode Gear. Holds three bikes. Ultra Shuttle 3—\$50.00. Razor scooter—\$15.00. Call 718-788-6317.



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.tguccione.law.com.

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

BURIED UNDER PAPER? My organizing service reduces your stress, increases your efficiency and gives you more free time. Expert in home business, household management and downsizing. 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.

Plastering-Painting-Wallpapering-over 25 yrs experience of doing the finest prep & finish work. One room or an entire house. LOW VOC paints used. Fred Becker 718-853-0750.

EXPERIENCED FLOOR MECHANIC. Will refinish/install or repair wooden floors. Over 20 years. Call Tony 718-658-7452.

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. holisticceyecare.com.

PSYCHOTHERAPY TO SUIT YOUR NEEDS AND LIFESTYLE. Helen Wintrob, Ph.D. is a licensed psychologist with an office in Park Slope. She will accept Aetna, Oxford, Blue Cross, GHI, Value Options and Medicare. Please call for an appointment at 718-783-0913. Evening and weekend appointments are available.

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



WHAT'S FOR FREE

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

YOGA AT THE BROOKLYN ACUPUNCTURE PROJECT! (\$10-15 sliding scale). Wednesdays at 9:30 a.m. and 7 p.m. call 718-369-0123 for more info. www.brooklynacupunctureproject.com Free Class when you bring a friend.

ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.

To Submit Classified or Display Ads:

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

Submission forms are available in a wallpocket near the elevator.

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alteyedr@aol.com

WORKSLOT NEEDS

CONTINUED FROM PAGE 9

Office Set-up

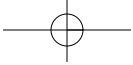
Monday or Wednesday, 6:00 to 8:30 a.m.

Need an early riser with lots of energy to do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? This job might be for you. Please speak to Adriana or Cynthia in the Membership Office for more information.

Voucher Data Entry

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

The Coop needs detail-oriented members to enter data from voucher sheets into an Excel spreadsheet. Accuracy working 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 work independently, be self-motivated and reliable. Please contact Renee St. Furcy at renee_stfurcy@psfc.coop or 718-622-0560 if you are interested.



WELCOME!						
A warm welcome to these new Coop members who have joined us in the last four weeks. We're glad you've decided to be a part of our community.						
Martin Addo Ran Adler David Alpher Lisa Amadeo Joe Ancowitz Jeannine Andre-Burns Jason Andrew Ioanny Andritsos Kelly Ardoin Sarah Arvey Deborah Bassous Erik Beach Roy Ben-Itzhak Michael Bennett Dag Bennstrom Daryl Berg Kerry Birnbach Sara Blachman Ashley Blewer Lisa Boettcher Carine Bonnet Maissa Boulos Andreas Brade Amar Bradley Aaron Braun Alisa Braun Amy Braun Katie Brewer Ball Megan Brewer Peter Brown Natalie Bryant-Rizzieri Zack Buchman Christopher Budnick Maria Bueno Bari Bugge Robin Burger Henry Burns Margaret Butler Laurel Cameron Amanda Carroll Dan Cayer Sarah Chakrin Anton Cipriani Shellie Citron Patrick Clark	Katherine Clements Bret Cohen Rebekah Cohen Benjamin Conniff Ruth Conroy Sarah Cox Colleen Criste Sheree Crute Erin Culton Daniel Curtis Michael Cutright Sandra Dacres Tiffany Dasént Lawrence David Teana David LaToya Davis Kate Deibler Jennifer DeLeonardo Manal Dia Erik Diamond Alexander Dockery Arlene Dockery Ally Domm Andrew Drenth Caroline Duco Fletcher Durant Karen Durham Tressa Eaton Kathryn Edler Johann Elysee Maureen Fadem Mireille Fauteux Claire Femiani Beth Ferholt Christina Joy Ferwerda Jamie H. Finkelstein Kara Fischer Elizabeth Fox Lawrence Frank Adam Frey Domenic Gagliano Stephanie S. Geronimo Kris Ghadry Stephen Glick Adam Goldberg	Sarah Goodis Mary Ruth Goodley Anna Gorovoy Evan Graner Lillian Guenther Samantha Guss David Haglund Kayonne Hall Emily Harting Alexandra Hartstein Julie Hau Eliah Hecht Richard Herald John Hildreth Suzanne Hillinger Allegra Hirschman Tessa Hite Adam Hitt Julia Hochner Patience Hodgson Emily Horowitz Mary Horowitz Sam Horwich-Schole- field Tyler Howorth Julia Hsueh Jui Hu Faith Huckel David Huffaker Joshua Hummert Sara Hunninghake Jewel Jeffrey Dana Johnson Kerri Johnson Kimberly Johnson-Toure Jane Jones Meghan Joseph Roberto Juarez Laloma Kagan Rachel Kahn Haruka Kajima Hester Kamin Liubov Kaper-Pop Meghan (Makaya) Kelday	Jacquelyne Kellam Kevin Kelley Sabina Kelley Philip Kendall Benjamin Kessel Nomi Kleinman Andrew Kloosterman Yolanta Kornak-Bozza Lynn Kowalewski Esther Krafchow Kaitlyn Krahn Frances Kreimer Erica Kronenberg Patricia Krueger Nathaniel Kuzma Elizabeth Kveton Britta Larsen Patrick Thomas Larsen Julian Lee Tchesmeni Leonard Angela Levy Geoffrey Lewit Nora Lisman Jennie Litt Emily Livadary Vanessa LoBue Ian Locky Jeremoah Lockwood Shasta Lockwood Randy Lord Aimee Lyde Lisa Madison Stacey Maire Paul Mancini Phyllis Mandell Karen Marshall Francesca Maso Melissa Mathis Lisa Mattingly Melissa McEwen Ruth McFarland Krystal Mercer Tanya Messado Katherine Messer Martin Miller	Megan Miller Mike Milyavsky Dimitri Moderbacher Paolo Monaco Kaitlyn Montgomery Joseph Morris Christopher Mosher Kelly Mullendore Howard Muller Michele Muller Gavin Murphy Andrew Myers Emily Nemens Juliana Neuspiel Veronica Newton Ken Nicholds Shannon O'Rourke Nicole Oddo Jay (Yehuda) Okon Sally Ord Thomas Ord Maxwell Orenstein Angela Ortiz Willie Osterweil Jonathan Othmer Katalin Othmer Dan Parilis Lauren Pearlman Laura Pelcher Jill Penman Myers Grace Pickering Heather Plourde Brylee Plyshevsky Maxim Plyshevsky Leonor Pons Remus Pop Marvin Porras Tamara Porras Jane Porter Michael B. Raftree Jennifer Ragonese Kishori Rajan Victor Ramirez Sarah Raskin Nick Reebe	Meredith Rees Jeremy Reinstein Colin Reis Thor Ritz Aaron Rizzieri Kate Rockwood Leslie Rodgers Tarell Rodgers Diana Roffman Natalie Romero Christopher Rooks Beth Rosaler Melody Rosser Allan Roth Daniel Roth Lisa Roth Michael Rubiner Roxanne Ryce-Paul Katharine Salerno Theo Samuels Kevin Schaefer Claudine J. Scholtus Adam Schraub Stephen Schulz Axel Schwintzer Serena Scoccimarro Katy Scoggin Domenic Seita Laura Seita Kristina Semos Marek Senkowski William Seplowitz Clark Sexton Olga Shafran Dan Shaw Jeffrey Shay Laura Shirk Charles Ben Shuldiner Charlotte Sims Katharine Skolnick Liliya Skubish Timothy Spence Gardenia Spiegel Dana Stevens Benjamin Stuber	Maria Suarez Nicholas Sweeney Anita Swerdlick Jill Szuchmacher Rachel Taylor Trish Tchume Alexander Tilleman J. Frampton Tolbert Mouctar Toure Cristina Trinidad Urayoana Yvette Trinidad Tori Truscheit Eric Tucker Mark Tumiski Anne Turner Jennifer Unger Vanessa Varela Laura Vinocur Valerie Waldeier Donna Wang Bernard Wastin Karen Watson Jessica Wegener Robert Weinstock Sarah Wellington Brian Wertkin Laura Wertkin Kenya White Terence White Michael Whitney Matt Wiens Joanna Williams Linda Wong Leo Wyatt Ainate Yiaueki Yaelle Yoran-Wastin Theresa Young Lord Craig Zeigler Wenting Zhang Brian Zimbler

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