In Unusual Workslots, You May Find Your Coop Niche

By Willow Lawson

When it comes to fulfilling one’s monthly Coop duties, some members cringe at the thought of data entry in the office, or doling out bagels in a chaotic childcare room. Others have no patience for waiting at the end of a belt for a delivery that’s supposed to start any minute, only to leave them standing empty-handed for an hour.

Receiving, Shopping or the Office not your cup of tea?

Many have waiting lists; check the Office. Keep an eye on the “Workslot Needs” section in the Gazette for current offerings. Perhaps you’ll find your dream Coop job.

Commando Cleaning

What: Extreme cleaning that can’t be done when the Coop is open.

Who: 10-15 “hardcore” people per Sunday shift. Receiving Coordinator Chase Valdez says squad members can’t just sign up, but must first ‘prove their strength and fortitude.’ Usually appeals to people who don’t work a 9-to-5 job or who would enjoy taking the egg case apart and cleaning every surface.

Special Because: Members work a 6-hour shift every 12 weeks, from 8 a.m. until 2 p.m. Valdez says members “don’t mind being tired on Monday morning four times a year.” Members may soon have their own T-shirts, featuring a black skull and crossed brooms.

Other maintenance shifts are shortlisted. The plants had to survive without continuing to provide overall nutritional balance for human beings to survive without continuing to move in search of supplemental plants where they settled. The plants had to provide overall nutritional balance for human beings to move in search of supplemental plants where they settled. The plants had to provide overall nutritional balance for human beings to move in search of supplemental plants where they settled. The plants had to provide overall nutritional balance for human beings to move in search of supplemental plants where they settled.

Next General Meeting on November 17

The General Meeting of the Park Slope Food Coop is usually held on the last Tuesday of each month, with the exception of November and December. The next General Meeting will be on Tuesday, November 17, 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.

Fall Harvest Round-up

By Eva Kaplan

To me, spring and summer have always been the clear winners when it comes to getting excited about produce—first strawberries, then raspberries, melons and an explosion of vegetables from zucchini to corn to good old lettuce, ending with nectarines and blackberries. These foods bring with them all that is glorious about summer: sitting in a park eating a whole bag of cherries or in a backyard enjoying corn on the cob and watermelon. As summer fades away and I walk around the Coop considering the new food landscape, I’ve begun to suspect that my personal preference has as much to do with the end of winter as the actual offerings. Fall offers as much variety (a cornucopia!) and evokes as much feeling in terms of comfort as summer in terms of the joy of sunshine. So as I put away my gin and tonics and vinho verdes in favor of pumpkin ales and mulled wine, I offer up this article as an homage to fall foods.

My tour of fall foods consisted primarily of asking Coop members—with whom I interacted on a first-name basis—what their favorite fall foods were. Some gave whole lists—leeks, carrots, beets, sweet potatoes, broccoli, cauliflower… To others, fall meant specific ingredients and specific foods.

Overall the squash family was the clear favorite. Winter squashes are of course classic North American fare. According to Jared Diamond in Guns, Germs and Steel, societies were able to move from being nomadic to sedentary only if there existed the right combination of domesticable plants where they settled. The plants had to provide overall nutritional balance for human beings to survive without continuing to move in search of supplements. In North America, the winning combination was...
Unusual Workslots
CONTINUED FROM PAGE 1

Kosher Committee
WHAT: Making sure that bulk food is labeled correctly for kosher shoppers.
WHO: Usually one extra person added to a food processing team of six. “We need people who are knowledgeable about kosher food,” says squad leader Susan Tauber. “You have to sort of live it.” Kosher Committee members know the packaging certifications that are acceptable to the kosher community. The “K” that appears on packages doesn’t cut it, says Tauber.

For members who seek a job that is a little different, the Gazette presents this round-up of alternative workslots… Perhaps you’ll find your dream Coop job.

SPECIAL BECAUSE: Questions always come up, says Tauber. For example, maple syrup is sometimes processed with lard, she says. It’s such a small part of the process that it isn’t listed in the ingredients. Kosher certification ensures that every step of production of a food is acceptable. A rabbi affiliated with the Coop can be reached for questions.

**DRAWBACKS: No FTOP. Members must sign up for a squad.

Produce Composting
WHAT: Delivering organic material to the Union Street garden near 4th Avenue. Compost is chopped up, put into wooden bins and occasionally stirred.
WHO: A team of two, usually daily.

SPECIAL BECAUSE: You coordinate with your partner and decide what time to arrive at the Coop. Doesn’t usually take 2.75 hours. Keeps solid waste out of landfills.

**DRAWBACKS: Compost happens rain or shine. Few openings on the squad.

Web Committee
WHAT: Redesigning and re-envisioning the Coop’s presence online. Internet professionals serve as a sort of advisory board Jessica Robinson, a general coordinator, serves as liaison.
WHO: About 10 members who work in the technology field.

SPECIAL BECAUSE: The Coop needs members with very specific skills.

**DRAWBACKS: Commit-tee just added several new members and is fully staffed. Pace of technological change at the Coop is slow. Some would say glacial.

Plastics
WHAT: Squad collects some plastics not accepted by City of New York.
WHO: Two overlapping shifts of workers collect and sort spotless containers to be picked up by an outside recycler. Some plastics are baled the same way the Coop bales cardboard for recycling.

SPECIAL BECAUSE: Collection takes place rain or shine.

**DRAWBACKS: The Coop doesn’t accept all plastics. Some recyclers get upset when their containers are rejected.

Hearing Officer Committee
WHAT: If a Coop member is accused of breaking Coop rules—for example, not performing shifts, sneaking in to shop, or even theft—the case first lands with the Disciplinary Committee. If it can’t be resolved there, a hearing will be held. The Hearing Officer Committee runs the meeting, but doesn’t decide anything. Says hearing coordinator. “It’s a microcosm of the American justice system,” says Hertz. Members serve two-year terms.

**DRAWBACKS: The schedule is very irregular. It’s not unusual for many months to go by without a hearing. To remain “active” with the Coop, members will likely need to pick up FTOP shifts in other squads.

The Linewaiters’ Gazette
WHAT: The Coop’s official newspaper, published 26 times per year.
WHO: Four teams of reporters, editors, photographers, illustrators and other media professionals who put together the paper, almost completely via email.

SPECIAL BECAUSE: Flexible scheduling. A chance to use special skills.

**DRAWBACKS: Deadlines are deadlines.

Vitamin Assistants
WHAT: Checking in and organizing vitamins in the basement and on the shopping floor. Some FTOP-ers and assistants to Edite, the vitamin buyer, and Elinoar, a receiving coordinator.

SPECIAL BECAUSE: Members can work independently.

**DRAWBACKS: Have you seen the vitamin aisle?

Bike Valet Squad
WHAT: The “Shop N Cycle” squad ran a bike and stroller valet service this summer on weekends. It worked like a coat check. The bike racks were set up in front of the mural next to the Coop. They have adjourned for the winter, but are gearing up for spring.
WHO: FTOP shifts for roughly 12 members one day per week.

SPECIAL BECAUSE: The committee is forming a plan of action for next year and working with City Racks and the Department of Transportation.

**DRAWBACKS: There were “a lot of ups and downs” during the trial this summer, says staff liaison Charlene Swift. But members will be working out the kinks this winter.

Agenda Committee
WHAT: The people who decide what will be on the agenda at the General Meeting.
WHO: Six members who meet the first Tuesday of every month. Members serve two-year terms and must run for election. Each member also attends five GMs per year.

SPECIAL BECAUSE: Long-standing Coop members who know how the place runs can help General Meetings run more smoothly by crafting a useful agenda. Says Brill, “Given our knowledge of the hot-button issues at the Coop, we’ll try not to put two controversial issues on the same agenda.”
Helping the Hungry
Produce Finds a Second Life
By Diane Aronson

The Park Slope Food Coop receives about 6,000 cases of produce weekly—an average of 1,150 boxes per weekday and a couple hundred delivered Saturday. While most of the fruits and vegetables find their way into shopping carts, a small amount of it is unsalable—bruised or damaged in some other way—but perfectly edible and available to help feed the needy. Through a partnership between the Coop and local food missions, produce-sorting workslots are strictly pantries, where clients take away food to prepare meals themselves. Sorting and packing at the Coop must happen efficiently and must be exactingly boxed up for delivery. Each weekday means a production of fruits and veggies for donations. Sometimes members working their Coop shift will drive the boxes to the designated mission, other missions will send runners to pick up the produce. If a day’s offering is headed for CHIPS, Coop members will load up a food-stocking U-boat and deliver the bounty via foot power. Helping those in need since 1972, CHIPS serves more than 70,000 meals annually in their small storefront location close by the Coop on Fourth Avenue.

A Little Produce Can Go a Long Way

Like the PSFC, CHIPS doesn’t have a lot of room to store food, and, as a charitable operation, the mission depends on donated food to serve those who line up at the PSFC to eat. Perhaps their only complete meal of the day. The Coop’s Monday, Wednesday and Friday deliveries to CHIPS of fresh produce and sometimes a small amount of meat or dairy that’s perfectly edible, but was damaged during processing or has hit its sell date, makes it possible for this soup kitchen to serve meals with fresh ingredients. Overripe or bruised produce often finds a second life in a fresh vegetable or fruit salad. According to CHIPS director Sister Mary Maloney, the Coop’s steady supply of fruits and veggies “helps us keep our resolution to serve fresh, nutritious foods daily.”

Although these boxes of produce can make a big difference to CHIPS and to any of the missions receiving them, the donated food represents a very small amount of what the Coop receives daily. Out of the truckloads of produce delivered to the PSFC for sale to our 15,000-plus membership, perhaps eight to 24 boxes a day are put-asides, with two-thirds of those making their way to soup kitchens and the rest going to compost.

Boxes of produce waiting to be stored in the basement.

It’s All in the Planning

When Macdonald became a produce coordinator five years ago, sorting for the soup kitchens was part of the general produce processing. As he became more involved in receiving and as the Coop’s produce deliveries grew and grew, Macdonald made sorting for the soup kitchens a specialized part of the receiving squad. He has created a receiving sub-squad of two produce-sorting workslots each weekday, starting early—7 a.m.—and finishing up at a little bit before 10 o’clock.

While most of the [Coop] fruits and vegetables find their way into shopping carts, a small amount of it is unsalable—bruised or damaged in some other way—but perfectly edible and available to help feed the needy.

Individual missions welcome different sorts of deliveries to serve their clients, so sorted produce and the small amount of other fresh food must be exactlying boxed up at the Coop. Some, like CHIPS, have kitchens and will prepare meals themselves. Sorting and packing at the Coop must happen efficiently and on a regular timetable to fill the necessary schedule for the week. As the Coop’s membership grows, and with it a demand for more and more produce, there will be an inevitable increase of edible produce that can’t be sold, even if it remains a negligible amount of the Coop’s deliveries. Macdonald sees this as an opportunity for fresh food is constant. Macdonald observed, “Soup kitchens in general are starting to expand as things get harder.” Although he didn’t indicate an overt increase in appeals from local soup kitchens as their client count has climbed during hard times, he pointed out that none of our produce sorted for donation has gone unclaimed. As the Coop’s membership grows, and with it a demand for more and more produce, there will be an inevitable increase of edible produce that can’t be sold, even if it remains a negligible amount of the Coop’s deliveries. Macdonald sees this as a chance to take what would go unsold and give back to our larger community by helping to feed our neighbors in need.

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

By Diane Aronson

The Park Slope Food Coop, Brooklyn, NY

November 5, 2009
Fall Harvest
CONTINUED FROM PAGE 1

maize, beans and squash. This combination also makes a great soup. Pumpkins are the classic fall squash. Not only are they crucial in any decent celebration of Halloween, they are delicious. As research for this article, I challenged several coworkers to a bake/cook-off, to be judged by other colleagues. The only rule was to start with a whole pumpkin. The point (aside from winning) was to see how versatile the pumpkin could be. We found it surprisingly so. Nobody made the old favorites of pumpkin bread, pie or cheesecake. There was a pumpkin tagine with olives and almonds, a pumpkin chili, a pumpkin soup and a pumpkin white bean salad. The only dessert was pumpkin ice cream served with graham crackers crumbled over the top. I sprinkled the pumpkin seeds with salt and sugar and roasted them for a delicious snack. Most squash recipes work with more than one kind of squash, and what we learned is that squashes are easily and deliciously integrated into a variety of culinary favorites.

Coop members, in true form, had a long list of different squashes that could be enjoyed in the fall and had specific ideas about what to do with them. Each squash has different nutritional qualities. Most have high levels of beta carotene and vitamin A—the more orange the fruit, the more of these vitamins.

Spaghetti Squash
Spaghetti squash is a four- to eight pound cylinder-shaped squash that is pale ivory in color, although in the 90s a brighter orange version was developed. When cooked, spaghetti squash has the texture of a spaghetti, hence the name. It is known for having low caloric content.

Acorn Squash
Acorn squash is dark green in color and, as its name would indicate, is shaped like an oversized acorn. Coop member Andre suggests roasting an acorn squash, scraping out the flesh, creaming it, and serving it with little bits of apple, pecans, olive oil and salt.

Butternut Squash
Butternut squash has a rounded bottom with a cylindrical body, like a vase. Its beige in color with orange flesh. Butternut squash soup was suggested by two Coop members: Kathy suggested a cream- or coconut-based soup served with a cinnamon stick, and Richard suggested skipping the cream and using sweet potato to add a thickness to the soup.

Delicata Squash
Delicata squash is oblong shaped with sweet flesh with green stripes. Its flesh is beige in color and, when cooked, has a creamy quality and nutty flavor.

Kabocha Squash
Although all squashes are indigenous to the Americas, Kabocha squash was cultivated in Japan, having been introduced and carried around Asia by the Portuguese. It is the same color as an acorn squash but shaped like a pumpkin. It has a bright orange flesh and is sweet in flavor. Coop member Rene suggested preparing Kabocha squash with cinnamon and chili, serving it with mung beans and rice.

Hokkaido Squash
Hokkaido squash was also cultivated in Japan. In the northern town of Hokkaido (where it is known as Chinese Squash). Hokkaido squash is known for its rich chestnut and caramel flavor. Rene suggested stirring Hokkaido squash with onions. Fall greens were also high on the list. Surprisingly, spinach was not mentioned, probably because it is not a fall vegetable. Enge mentioned brussel sprouts, which did indeed originate in Belgium in the 1200s. Enge suggested steaming or roasting them with brown rice. Andrea rap-turously described her kale recipe, which involved stir-frying with ginger, garlic and onion.

As the leaves fall, I am thinking of the oncoming cold and the months of staying indoors. I am also thinking quite happily of all the foods and recipes that go with that.

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 to act 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.

ARE YOU A BROOKLYN-BASED FILMMAKER?
Would you like to screen your work at the Coop?
Then submit your film for possible inclusion in the Coop’s Friday Night Screening Series.

If you’re a Coop member you’ll receive one FTOP credit for screening and offering a Q&A with your film. If you’re not a member, it’s still a chance to spread the word about your work and your build fan base for screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a backup for emergency coverage. Only Coop members afternoons, Monday or Wednesday evenings, or Wednesday mornings). Please email Faye Lederman for details at squeezenstone@hotmail.com or mail your DVD to: Faye Lederman, 2000 Linwood Ave, #9E Fort Lee, NJ 07024.

If there’s no fall, I am thinking of the oncoming cold and the months of staying indoors. I am also thinking quite happily of all the foods and recipes that go with that.

Not many Coop members mentioned fruits, though when they did, they for the most part mentioned apples. Apple picking in particular was mentioned as a key feature of fall. Robin, a visitor from San Francisco, noted that in California seasons don’t change, and fall produce is thus a moot point (score one for East Coast!). However, he said that in California per-simmons appear around this time, and he serves them either in a fruit salad or in a cake with dried fruit. Peter was the only person to bring up blueberries. Maine, the largest producer of blueber- ries in the world, is my home state. I did not grow up in farming country, but I can recall being jealous that schools in blueberry-intensive counties of Maine could close when it was time to harvest blueberries. I was grateful to Peter for mentioning them.

I was also grateful to Peter for reminding me that fall is not just about produce. For him, fall means that it’s time to make chutneys. As we move from summer to fall to winter, as ingredients ripen and threaten to rot, chutneys are there waiting to transform produce like blueberries and pumpkins last through the winter.

When I set out to see what fall has to offer, I understood that the idea of being confined to a season when picking produce is passe. But, the availability of all foods at all times also makes cooking with the seasons even more attractive, and there’s no question that eating in season enables the best quality produce.

Speaking with Peter, I appreciated the continuing of a tradition that is no longer necessary, since clearly there are other ways of getting fruits and vegetables through the winter than turning them into chutney. Looking at my own basket, uncharacteristically filled with bags of nuts and dried fruits, I wondered if, while Peter was carrying on a fall tradition, I was veering toward the tradition of squirrels. I began to wonder if there wasn’t something beyond the love for fresh foods and the emotional associations that drives our seasonal choices: perhaps it was actually instinctual. I later spoke to Chef Jacques Gautier of Palo Santo on Union Street about his approach to fall foods, and he told me that while season-al vegetables are crucial to fall menus, fall cooking is as much about preparation as it is about ingredients. Fall and winter menus are about braised meat or red wine reduction with heatier sides, while summer menus are about grilling with fresh sides.

As the leaves fall, I am thinking of the oncoming cold and the months of staying indoors. I am also thinking quite happily of all the foods and recipes that go with that.
The Treasure of the Marcellus Shale: Have We Seen This Movie Before?

By David Bar0, for the Environmental Committee

“Water’s precious—sometimes more precious than gold!”
—From the 1948 film
“The Treasure of the Sierra Madre

New York City’s watershed, the source of 90% of New York City’s famed water supply, sits within the potentially lucrative Marcellus Shale formation deep underground that extends from southern New York to West Virginia. It is said to house vast amounts of natural gas. A new drilling technology, hydraulic fracturing (fracking) makes exploitation of the Shale’s treasure possible. Millions of gallons of fresh water along with sand and chemicals—some toxic—are injected under high pressure down the drilling hole to fracture the earth’s formations and prop them open in order to release oil and gas trapped within.

The technology is being promoted in Sunday morning TV ads and articles such as a recent New York Times piece (“New Way To Tap Gas May Expand Global Supplies,” 10/9/2009) as nothing less than a solution to the world’s energy and climate crises. In that article, no environmental, public health or political controversies were cited, much less discussed.

Federal Regulation

The Safe Drinking Water Act (SDWA) of 1974 regulates the injection of fluids underground because of potential dangers to groundwater. In 1995, reports that fracking contaminated drinking water in Alabama prompted the Legal Environmental Assistance Foundation (LEAF) to petition the Environmental Protection Agency (EPA) to regulate fracking under the SDWA. The EPA denied the petition, holding that fracking did not fall under the SDWA because its purpose was extraction of oil and gas and not injection of liquids for storage or disposal.

LEAF appealed, and in 1997, a U.S. Court of Appeals in Atlanta ruled that the EPA’s position violated the plain wording of the SDWA and that fracking should indeed be regulated under the Act. But a 2004 EPA study concluded that fracking posed no risk to drinking water supplies, and in 2005, with Bush Administration support, Congress passed the Energy Policy Act (EPA) reversing the court’s ruling and exempting the process from regulation—what is called “the Halliburton loophole,” after the notorious oil services company that pioneered the process.

On 6/9/2009, The FRAC Act (Fracturing Responsibility and Awareness of Chemicals Act, H.R. 2766, was introduced in both House and Senate by Congressmen Hinchey, Zinke, and Polsi, and Senators Casey and Schumer, to repeal the Halliburton loophole and require disclosure of the chemicals used in the process.

State Regulation

Although the federal government doesn’t regulate fracking, the states can. Most have been quite lax, with predictable results, but New York State’s Department of Environmental Conservation (DEC) has been comparatively more stringent. On 10/1/2009, DEC issued its long awaited draft supplemental generic environmental impact statement (dSGEIS) setting guidelines on natural gas drilling in the state, including the watershed.

Those guidelines include requirements for disclosure of the fracking fluids, testing of wells within 1,000 feet of drilling sites, extending the testing area to 2,000 feet when necessary, following established protocols for water withdrawals, preparing plans for greenhouse gas emissions, visual, noise and traffic impacts, and restricting waste storage in open pits.

The drilling industry quickly accepted the guidelines, viewing them no doubt as the cost of doing business, especially considering the lucrative anticipated returns.

But Is It Safe?

“All that glitters is not gold”
—The Merchant of Venice II, vii.

The industry claims that contamination of water supplies by fracking has never been proven. But non-profit investigative journalism website ProPublica reported that the 2004 EPA study’s conclusions were inconsistent with information in its body (“Buried Secrets: Is Natural Gas Drilling Endangering U.S. Water Supplies?” 11/13/2008). It also reported on more than 1,000 documented cases of contaminated water supplies in drilling areas in Colorado, New Mexico, Alabama, Ohio, Pennsylvania and Wyoming. The article described cases of benzene and methane contamination, of wells exploding and even a house exploding, all traced back to the neighboring methane-contaminated tap water. ProPublica subsequently reported on a current EPA study to determine if contamination cases are from fracking (“EPA Chemicals Found in Wyoc Drinking Water Might Be From Fracking” 8/25/2009).

Recent Local Developments

Environmental groups, residents, politicians and many news publications have raised alarms about the threat to the city’s water supply and have demanded that no drilling take place in the watershed. Riverkeeper promised to carefully go over the guidelines, but has stated that it is frankly skeptical that any drilling in the watershed is safe.

The Sierra Club and other groups formed around this very issue have argued that if only the Catskill/Delaware watershed, covering just 10% of the Marcellus Shale, is exempted from fracking, then the rest of the state’s watersheds and indeed all the watersheds covering the entire formation are fair game. This would be a “compromise” that’s a huge victory for the drillers but a catastrophe for the region’s water drinkers.

Also at issue is the EPA exemption the city enjoys from water filtration normally required for surface water supplies. If the city’s water becomes contaminated and the exemption is lost, the city would be required to build a filtration plant costing an estimated $4 billion, according to the New York City Independent Budget Office, with some estimates many multiples higher. It would be taxpayers who paid—not the industry, an example of what economists call an “externality”—where the costs and negative effects of some economic activity are borne not by those responsible for it but by third parties, in this case us.

In March, Councilperson James Gennaro introduced Resolution 1850 (currently under revision) which calls on the state legislature to ban fracking in the city’s watershed. On September 30, Councilperson Tony Avella introduced Resolution 2191, which calls for a ban on fracking statewide.

The DEC has a public comment period (www.dec.ny.gov/energy/58440.html) in effect until November 30. Several environmental groups are advocating that it be extended to 90 or even 120 days. Four public hearings are scheduled, one in New York City on Tuesday, November 10, at 7 p.m. at the Stuyvesant High School Auditorium, 345 Chambers Street, Manhattan.

For updates on this issue, go to the Environmental Committee blog at ecovetich.blogspot.com. Comments are welcome at ecovetich@yahoo.com.
From Plow to Plate: Reel Harvest

By Adam Rabiner

In the spirit of the holiday season that we are celebrating, as well as the indigenous people who welcomed us, provided sustenance, knowledge and instruction in the ways to survive in this land, the two films selected for the month of November reflect issues and themes that are timeless and at the same time of the moment, universal yet inexplicably tied to Native American communities in particular. The first, Food Upon the Water, is a 22-minute documentary on “the complex issues surrounding genetic engineering, patenting, and the state of grain of Minnesota.” The second is one of the five episodes of the Native American cooking show Seasoned with Spirit, produced by the Connecticut Public Broadcasting System. In this episode, Food Upon the Water, you will see how the rivers of the Anishanabe, or Ojibwe people of the Great Lakes, canoes into the fields to harvest the wild rice, or manoomin, by hand. The show’s host, Loretta Barrie, a renowned Native American chef, food historian and lecturer, instructs viewers on how to cook wild rice and maple syrup cake, as well as wild rice and cranberry stuffed acorn squash. You can test out these recipes on November 26th. Your families and friends will be glad you came.

The first film is a great introduction to the issue of genetically modified food, which is a study in and of itself (the Safe Food Committee was originally named the GE Food Committee and was created to focus solely on this one aspect of food safety). Twenty-two minutes is hardly enough time to scratch the surface of this topic, but if anyone wants a solid introduction to the economic, moral, ethical, spiritual and scientific ramifications of this hotly debated subject, the scientists and Native American activists interviewed here are eloquent in suggesting that science and mythology need not necessarily conflict with one another.

From Plow to Plate is proud to announce that the host of this double feature is Tiokasin Ghosthorse, host and producer of First Voices Indigenous Radio on WBAI Radio. Mr. Ghosthorse is a musician from Cheyenne River Lakota (Sioux) Nation of South Dakota. He is a storyteller, poet, university lecturer, scholar, essayist and human rights activist. We are sure that he will facilitate an interesting evening of discussion and mouthwatering viewing.

Puzzle Corner

One for the books

You can do this new Japanese number game. The numbers 1, 2, 3 and 4 will appear once and only once in each row and each column (or 1-76 in the larger puzzle). Each connected set of boxes has an arithmetic clue with the number part of the clue equaling the result of applying the arithmetical operation to all the numbers in the boxes, in any order. For instance, both of these work:

\[
\begin{bmatrix}
 2 & 2 & 4 \\
8 & x & 12 \\
6 & 4 & + \\
8 & + & \\
2 & + & \\
\end{bmatrix}
\]

\[
\begin{bmatrix}
2 & 2 & 4 \\
2 & 4 & 2 \\
\end{bmatrix}
\]

Puzzle Author: Matt Burkhard. For answers, see page 12.
PART I [of two parts]

Do you worry about the safety of the food that you buy? Concerned that your food may contain genetically modified ingredients? Wonder if the milk you buy comes from cows fed artificial growth hormones (rBGH) that the milk is more milk than is natural? Do you think consumers have a right to know what’s in their food and how it’s produced? So does the Coop’s Safe Food Labeling Committee.

A genetically modified organism (GMO) is a living organism created in a laboratory from genes of one species that are forcibly inserted into the DNA of an unrelated species (5—please refer to the footnotes for this and all other footnotes). Genetic engineering is used by agribusiness in certain food crops (3, 6). It creates plants that (a) can survive applications of certain herbicides that would otherwise kill them or (b) contain a poison that kills particular pests (3, 6). For example, the gene of a soil bacterium could be inserted into potato DNA so that the potato cells will develop their own pesticide. The idea may be to increase the food supply (5), but consumers and the environment have not benefited (5, 6).

The U.S. Food and Drug Administration approved introduction of GM crops in 1996 (1, and the use of rBGH in 1993 (1, 5). However, there has been minimal safety testing of the resulting food supply (2, 5, 6). There are now documented health risks linking GMOs to immune system dysfunction, certain allergies, potentially pre-cancerous cell dysfunction, certain cancers, and stunted organs (5). In effect, ingestion by humans of GM foods and dairy products, or wanted to support sustainable agriculture, the only thing to do was buy foods labeled “100 percent organic” (2). There are no federal or state laws requiring food labels to state when a product includes GM ingredients or rBGH (5). Why? Because biotech companies and their lobbyists, focused solely on profits, have enormous influence on Congress (3, 6).

Thus the task of the Safe Food Labeling Committee is to provide shoppers with sufficient information to enable them to avoid GM foods or rBGH dairy products if they want. “Food is supposed to be nourishing, not illness producing,” explains Greg Todd, chair of the Committee.

The Labeling Committee’s two-year project, not quite completed, took as a foundation that foods labeled “100 percent organic” are GMO-free. Individual ingredients labeled “organic” are also GMO-free. Foods grown and imported from the European Union are GMO-free because of the stricter laws in those countries. After researching the current uses of GM engineering, the committee developed a list of common ingredients which may well be genetically modified. The suspect ingredients are butter, canola, caseinate, cheese, corn, cream, dextrins, dextrose, high fructose corn syrup, malto-dextrin, milk, modified food starch, papaya, soy, squash, textured soy protein (TSP) and whey. Throughout much of 2007 and 2008, shoppers saw committee members pull samples of every food product from the Coop’s shelves or cases, read labels and note suspect ingredients on cards. Over 8,000 labels have been read, and 559 products identified on the Coop’s shelves as containing non-organic, potentially genetically modified ingredients.

The food producers of those 559 products were then contacted by the Labeling Committee, mostly by letter. The letters described the Coop’s project and requested verification of whether genetically modified source material was, in fact, or possibly was, part of their products. Phone calls were also made. Responses were tailored from national brands such as Barbara’s Bakery, Hain Celestial Group, Kraft Foods and Unilever, and small local bakeries and family-owned companies.

For the results, and to learn more about what is being done, see Part Two in the next issue of the Gazette. Also plan to attend the panel discussion about the new Non-GMO Project label that will soon appear on products in the Coop. The event is scheduled for Friday, November 13, at 7:00 p.m. at the Coop.

References by Notation Number:

Professional Diversity Consultant Needed

The Diversity and Equality Committee seeks a professional diversity consultant to review and provide input on the committee’s strategic recommendations based on last year’s survey. Total time needed approximately 4-5 hours. Workslot credit will be provided. Experience developing diversity programs at large, volunteer-based organizations is especially welcome. Interested parties should contact committee co-chair George Perlov by email at george@perlov.net.
The Gazettewelcomes Coop-related articles, and letters from members.

All submissions must include author’s name and phone number and
submitted articles that are illegible or too long. Submission deadlines appear
in the Coop Calendar opposite. All letters will be reviewed and
material fact checking. Writers are responsible for the factual
content of their stories. Editors must make a reasonable effort to
contact and communicate with writers regarding any proposed
correction or deletion. If there is no response after a reasonable effort to contact
the writer, an editor, at her or his discretion, may make editorial
changes. Writers must make a reasonable effort to
respond to and be available to editors to confer about their arti-
table. Submissions to the Linewaiters’ Gazette will be reviewed and
conform to the guidelines above. The Anonymity and Fairness
policy regarding length, anonymity, respect, and fairness,
except for letters to the editor, which
Maximum 500 words. All letters will be printed if they
comply with the guidelines above. The Anonymity and Fairness
policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words. Editors will reject articles that are essentially just advertisements for member businesses and services.

Committee Reports: Maximum 1,000 words.

Editor-Writer Guidelines: Except for letters to the editor, which are published without editing but are subject to the Gazette let-
ters policy regarding length, anonymity, respect, and fairness, all submissions to the Linewaiters’ Gazette will be reviewed and
if necessary edited by the editor. In their review, editors are guid-
ed by the Gazette’s Fairness and Anonymity policies as well as
standard editorial practices of grammatical review, separation of fact from opinion, attribution of factual statements, and rudiments fact checking. Writers are responsible for the factual content of their stories. Editors must make a reasonable effort to contact and communicate with writers regarding any proposed editorial changes. Writers must make a reasonable effort to respond to and be available to editors to confer about their arti-
cles. If there is no response after a reasonable effort to contact the writer, an editor, at her or his discretion, may make editorial
changes to a submission without conferring with the writer.

Submission on Paper: Typed or very legibly handwritten and placed in the wallpocket labeled “Editor” on the second floor of the
building. If there is no response after a reasonable effort to contact the writer, an editor, at her or his discretion, may make editorial
changes to a submission without conferring with the writer.

Digital Submissions: We welcome digital submissions. Drop disks in the wallpocket described above. The email address for
submissions is GazetteSubmissions@psfc.coop. Receipt of your sub-
missions will be acknowledged on the deadline day.

Classified and 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.

Printed by: New Media Printing, Bethpage, NY.
Vitamin Assistant
Friday, afternoon and early evening
Are you a detailed-oriented worker who can work independently and in a busy environment? The Coop’s vitamin buyer needs you to help check in orders, organize the vitamin supply area in the basement and on the shopping floor, label vitamins and supplements, and other related tasks. Contact the Membership Office for more information.

Wall Chart Updating
Sunday, 8:00 to 10:45 a.m.
This is the perfect job for a detail-oriented person who likes a quiet and pleasant work environment. You will be trained by a staff person who will always be available to answer questions. You are a part of a team of two to three people, but you will work on your own. Please speak to Camille Scuria if you would like more information. She can be reached at camille_scuria@pscf.coop, or call the Membership Office Saturday through Wednesday to speak to her.

Cash Received Bookkeeping
Tuesday, 6:00 to 8:45 p.m.
Like working with numbers, have good data entry skills and are able to work independently? This workshop involves verifying cash register data and inputting data into an Excel worksheet. The position requires good attendance and a six-month commitment to the workslot.

Office Data Entry
Monday, 4:00 to 6:45 p.m.; Friday, 3:30 to 6:15 p.m.; Monday, 7:30 to 10:15 p.m.
Are you a stickler for details and accurate on the computer, and do you 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 or Camille Scuria in the Membership Office if you would like more information.

Workslot requires a six-month commitment.

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.

www.foodcoop.com
The Coop on the Internet

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, NOV 17
GENERAL MEETING: 7:00 p.m.
TUE, DEC 2
AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Dec 15 General Meeting

Gazette Deadlines
LETTERS & VOLUNTARY ARTICLES:
Nov 19 issue: 7:00 p.m., Wed, Nov 11
Dec 3 issue: 7:00 p.m., Wed, Nov 25

CLASSIFIED ADS DEADLINE:
Nov 19 issue: 7:00 p.m., Mon, Nov 9
Dec 3 issue: 7:00 p.m., Mon, Nov 23

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.

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

- 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 PTOP committees (Some Committees are omitted because covering absent members is too difficult.)
- Attend the entireGM:
  In order to earn workslot credit you must be present for the entire evening.
- 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 board that is passed around during the meeting.
- Being Absent from the GM:
  It is impossible to cancel your name if you know you cannot attend. Please do not call the Membership Office with GM cancellations.

WORKSLOT NEEDS

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, November 17, 7:00 p.m.
The General Meeting is held on the last Tuesday of each month, with the exception of November and December.

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 (7:50 p.m.) • Financial Report • Coordinators’ Report • Committee Reports
Agenda (8:00 p.m.) • The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.
Wrap Up (9:30–9:45 p.m.) (unless there is a vote to extend the meeting) • Meeting evaluation • Board of Directors vote • Announcements, etc.

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

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, 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 are committed to supporting and helping others about health and nutrition, cooperation and the environment. We are committed to supporting and helping others about health and nutrition, cooperation and the environment.

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calendar of events

nov 6 fri 7:30 pm
Film Night: Working Title
So, what do you do? I’m a doctor. I’m a lawyer. I’m a teacher. “Artist” is a messy term, fraught with complicated judgments about what constitutes art, work and success. Working Title explores what it means to be an artist in a society that values easy classification, money as success and a your-job-defines-you mentality. By following five artists from the middle-class suburb of Montclair, NJ—the hometown of the filmmakers—the film examines this romanticized and often misunderstood vocation. Gradually, the journey of the filmmakers is revealed as they struggle to answer the question for themselves: “Am I an artist?” Filmmaker John Givens is a senior art director at Underground Advertising (undergroundads.com), where he creates television, print and outdoor campaigns for nonprofit organizations. Guest Curator Gabriel Rhodes is both an editor and a filmmaker. His work has premiered at Sundance and Cannes—among many other festivals—and has been nominated for a Regional Emmy and a Rockefeller. Film Curator Faye Lederman is a member of New Day Films and her work has been supported by NYSCA, NYFA, the Funding Exchange and the Puffin Foundation. To present a Film Night, contact Faye Lederman, squeezestone@hotmail.com.

nov 7 sat 10 am
How to Spend, Save and Stay Fiscally Fit
Coop member Jennifer 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.

nov 7 sat 1-3 pm
Demystifying the Nutrition/Procrastination Link
This workshop explores how food and nutrition are related to procrastination and vice versa. Learn about foods that increase motivation and concentration and how to avoid the foods that feed procrastination. Presented by Coop member Renate Reimann, Ph.D., Certified Life Coach and founder of FreshLife Coaching, and by Coop member Carol Patti, M.S. Clinical Nutrition, who maintains a private practice at Dr. Andrea Auerbach’s Park Slope Family Wellness Center.

nov 7 sat 4 pm
Nourishing Wisdom
We will discuss what traditional foods are and why they are of vital importance for fertility, pregnancy, lactation and feeding babies. We will cover the pioneering work of Dr. Weston A. Price, his study of healthy traditional communities and the underlying factors in a variety of traditional diets. Coop member Angela C. Davis is a holistic health counselor and owner of Nourishing Works Holistic Health and Wellness Counseling. Hannah Springer-Delacora is a holistic nutrition consultant with a private practice serving women and families in Bay Ridge, Brooklyn.

nov 8 sun 12 pm
Building a Cohousing Community in Brooklyn
“Cohousing” refers to a collaboratively designed community with private units around shared space that includes a commitment by members to making major decisions by a process of consensus. Our project is the first of its kind in New York City and will include 30 households. Please join us for a discussion. Coop member Alex Marshall is a writer on urban planning issues and founding member of Brooklyn Cohousing.

nov 10 tue 7 pm
Safe Food Committee Film Night: Reel Harvest
We pick this season of harvest to honor and learn about the customs and practices of the first people who lived in the area we now call New York State. How and what did they grow and what place did the earth’s bounty play in their lives? Who did the work and how was the food prepared and distributed? Does their ancient wisdom have some place in our future? Come share in our new “old” celebration. Speaker and film to be announced.

nov 13 fri 7 pm
Labeling Committee Panel Discussion
You will soon be seeing this label on some of the products sold by the PSFC. What does the label mean? Why was it created? What are genetically modified organisms and why should you want to know? Come to the panel discussion to find out. The Non-GMO Project is a third-party certification program to enable consumers to purchase non-GMO products. The PSFC’s Labeling Committee has just completed a three-year-long project that involved reading more than 8,000 labels to identify products that might contain GMOs. Because of limited seating, we request that you reserve your free seats by e-mailing sayno2gmo@gmail.com.

nov 14 sat 10 am
Getting Fit Inside & Out
Come learn how the lack of organization on the outside of your life can have profound effects on your overall well-being and how exercise and proper organization can lead you down a path to better health. Personal trainer, holistic nutritionist and Coop member Aja Davis teams up with professional organizer Nicole Abromovici to teach proven systems for optimizing wellness both inside and out.

nov 14 sat 1-3 pm
From “Free” Trade to The Rwandan Genocide
In 1994, violence broke out in areas with coffee agriculture, including the Rwandan genocide and Chiapas, Mexico. Coincidence? My research has uncovered common ground with recent protests and social forums. An Amnesty International rep has been invited to share some of their experiences and knowledge. Come join the discussion. Mark Rego-Monteiro has traveled to 32 countries using Esperanto. Hear some experiences and share your stories from a linguistic viewpoint.

nov 14 sat 5 pm
Esperanto: A Cooperative Tool Toward World Friendship
Esperanto is a fascinating language, useful in meeting people in China, France, Cuba, Japan, Israel and most countries. Thousands of speakers meet internationally, regionally and locally year-round. Activists world-wide link friendship and peace. Come to an introductory lesson, including songs. Coop member Neil has traveled to 33 countries using Esperanto. Hear some experiences and share your stories from a linguistic viewpoint.

nov 15 sun 10 am-1:30 pm
Book, CD, DVD and Video Swap for Adults and Children
Do you and your kids love to read, listen to music, watch movies? Bring your old books, CDs, DVDs and videos to the Coop to swap with others! All donations must be dropped off by 1:00 p.m. Please follow these guidelines when choosing what to bring: Books must be in good condition. We cannot accept magazines, journals, textbooks, computer-related books, guide books or outdated books. CDs, DVDs and videos must be commercially produced. We cannot accept home recordings.

Read the Gazette while you’re standing on line OR online at www.foodcoop.com
Budgeting Made Easy

A budget should be a flexible, positive plan for using financial resources to meet needs and desires—not a restrictive and punitive document. Learn how to create and use a budget that is right for you or your family. Presented by Allan Novick, a long-time member and desires—not a restrictive and punitive document. Learn how to create and use a budget that is right for you or your family. Presented by Allan Novick, a long-time member of the Park Slope Food Coop. Novick has practiced meditation since 1975 and is a meditation instructor at the New York Shambhala Center.

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Meet Your Mind

A class in basic meditation. The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique. Coop member Allan Novick has practiced meditation since 1975 and is a meditation instructor at the New York Shambhala Center.

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ZenSational Appetite
Macrobiotic Method and Shiatsu for Greater Autumnal Balance

By Shandoah Goldman

The study of Macrobiotics can become a Zen practice as one cultivates mindfulness.

Tuning in to our natural impulse for balance, we find a place that rests in between the two extremes, Yin and Yang. Each type of food can be placed on this scale; sugar is the extreme yin, salt the extreme yang, and brown rice is at the center point. The foundation is simplicity. The key is unprocessed whole foods consisting mostly of grains, vegetables, and beans. Emphasis is placed on the preparation of food and conscious eating, suggesting that we chew our food thoroughly. Through doing so, eating becomes a healthful ritual, rather than a social routine. We then eat when we’re hungry, and receive complete nourishment.

One may wonder how such basic ingredients can taste ZenSational. Creativity provides variation when cooking the same foods daily. The beauty of food, such as the colors and arrangement of a meal, makes an appreciating experience that is truly digestible. Ginger, garlic, miso, olive oil, tamari and sesame seeds enhance the taste of the foods by bringing out their true flavors while being healthful. Tofu, for example, is relatively bland on its own, but sesame crusted, marinated, baked, or sautéed, it can transform into a delicious dish. After trying a simplified way of eating, the craving for a bowl of vibrant, dark-leafy greens with a little lemon juice and sesame seeds might surprise you. The body intuits what it needs in order to maintain a profound balance.

An important principle of Macrobiotics is eating seasonally and locally. The concept may seem farfetched, as we are growing accustomed to the luxury of eating anything we choose, such as mangos in March. The organic greens, carrots and squash that most health food stores provide are available throughout the winter. Dried shitake mushrooms, which are abundant in Chinatown, are an integral ingredient as well. We may want to consider the teachings of macrobiotics, so that we eat for heat when it’s cold, choosing warming grains such as buckwheat and brown rice, and saving the mangoes for a trip to Maui.

Finding a balanced place is an ongoing process, not a permanent condition or something to be attained. We are constantly changing along with the seasons. One day we may have eaten too many yin foods and feel too sweet (is that possible?) The next day we might want to balance the effect by eating more yang foods, eventually homing in, eliminating the extremes.

The ancient Japanese healing art Shiatsu also facilitates the balance of energy. Movement is enhanced by using fluid manipulations, gentle stretches, and pressure points. Shiatsu practitioners find places in the body that are lacking energy (yin), and areas which have an excess condition (yang). Sight, listening, touch, and other modes of oriental diagnosis give the practitioner information as to the condition of the patient. A session is received on a futon, fully clothed. The result can release excess tension, invite alignment, and provide a greater awareness. Shiatsu and Macrobiotics work synchronistically, centering our bodies and minds.

And for dessert, which might well surprise you, is an Adzuki Bean Rice Ball.

Adzuki Bean Rice Balls

Complete protein and calcium (sesame seeds). Enjoy with steamed vegetables.

Short-grain brown rice
Adzuki beans
Sesame seeds
Kombu
Tamari
Scallions

Use two parts water to one part rice and cook for 45 minutes.

Soak beans overnight or cook in a pressure cooker with a few strips of kombu. Drain excess water after beans are fully cooked.

While rice and beans cook, make gomasio.

Gomasio

Roast sesame seeds in a dry (un-oiled), heavy-bottomed pan over medium heat. Stir with a wooden spoon constantly. Seeds will begin to pop. Allow them to brown, then remove from pan and grind in a buribachi (Japanese mortar or coffee grinder). Combine equal parts rice and beans in a bowl and add tamari to taste. Knead until the mixture becomes sticky. Using a small bowl of water for dipping hands, form into plum-sized balls. Roll in the gomasio Garnish with chopped scallions.
POLITICALLY INCORRECT TEE SHIRT SLOGANS

TO THE EDITOR: I would like to submit the following politically incorrect tee shirt slogans and would be happy to work with any tist willing to design ones.

All shirts would somewhere say:

Park Slope Food Coop.
1) Shifts Happen
2) Fruits, Nuts, and Liberals
3) Costco: Everyone Out for Themselves
Coop: Everyone Out for Themselves in a Nice Way
4) Margaret Pacca Made Me Like This
5) We’re Always On Line!
6) Menu Longs (for the longest)
7) Cooperate or We’ll Suspends You
8) Bonding & Discipline Committee
9) Out Sold Maybe: Sold Out Never!
10) Organic Fair Trade Free Range Chocolate Covered Tolu! (a guide)
11) Where You’ll Never Hear “Paper or Plastic?” Again
12) The Coop Wants You to Swap Your Shift
13) Could It Be? Seitan?
14) Mommy When I Grow Up I Wanna...
15) Your Minimally Treated Local Grown Rutabaga Today?
16) I Met my Partner/Guru/ Nutritionist/Website Designer On Line @ the Coop

Sincerely, David Forbes

SEEKING LAWYER (PAID; PRO BONO)—HUMAN RIGHTS CASE

DEAR MEMBERS,

I am currently seeking legal help for the subject of a documentary film that I am editing. The film follows a young Muslim woman who was arrested by the FBI in 2005 when she was just 16 years old, and accused of being a “potential suicide bomber.” No terrorist charges were ever brought against her, nor was any evidence ever released to explain why the government had arrested her. After six weeks in a detention center, she was released with an ankle bracelet, a gag order, and a deportation order.

The subject of the film was granted asylum in the fall of 2007, but she continues to struggle with various issues connected to her arrest.

When she attempted to board a plane to visit a friend in Texas, the young woman very much wants to tell her story and go forward with the film, but she worries about the gag order. The government might penalize her for speaking out, either by denying her a green card or citizen- ship, or by deporting her, or worse still, working with a lawyer who helped secure her asylum, but she currently has no legal representation.

On her behalf, I’m seeking a Coop member who is a human rights and/or activist lawyer and is willing to help her battle the gag order and clear her record.

I welcome referrals if you’re connected to someone who fits this description.

All help is deeply appreciated.

Sincerely,

Brad Kimbrough
617-216-5253

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SOMETHING FISHY WITH FARM-RAISED FISH

DEAR EDITOR:

Within an hour after eating dinner both of my eyes were watering so badly I couldn’t read. This discomfort continued throughout the night as my eyes continued watering. In the morning I had enormous sacks under my eyes (the worse was the right eye) and my eyelids were swollen. What had happened? As I mentally checked what I had eaten for dinner and throughout the day there was only one item that wasn’t regularly included in my diet. That was the farmed smoked salmon.

I researched the Mayo Clinic for “swollen eyes” and discovered that hormones were a possible explanation for my plight. I had never had this reaction before. Then, I Googled for “hormones in farmed fish” and discovered that not only are farmed fish being given growth hormones, they are being fed rendered food from cows and soybeans that are rife with pesticides. This article is: “Scientists Study Risks of Contracting Fatal Brain Diseases From Eating Farmed Fish Fed Rendered Cows” by Ann Hart. Scientists-study-risks-of-contracting-fatal-brain-diseases-from-eating-farmed-fish-fed-rendered-cows

It is truly scary that we are so casually accepting this alteration to substance of the farmed fish we so innocently consume. After my worrisome reaction to what I suspect was the farmed smoked salmon I will refrain from consuming any farmed fish.

And, I think the “environmental committee” might give this industry some real research for the membership of PSFC to evaluate. I know well that the fish caught in their natural habitat is much more expensive but the results from eating this farmed fish could eventually cause serious medical problems.

Geraldine McLenn

lett E R S C O N T I N U E D  O N  P A G E 1 4

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 (including 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’s actions. Letter writers must refer to other people with respect. refrain from calling someone by a name that the person never uses himself or herself, and refrain from comparing other people to odious figures like Hitler or Idi Amin.

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

SOMETHING FISHY WITH FARM-RAISED FISH

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Geraldine McLenn
GM: CREATING AN AUDIT COMMITTEE

DEAR MEMBERS:  
In February 2009, a discussion on the topic of creating an audit committee was brought before the GM, as follows:  "To discuss the formation of an audit committee that will report to the Board and the GM. The objectives of the audit committee are: 1. Recommend to the Board and GM an independent auditor firm; 2. Act as liaison between the audit firm and the Board prior to, during and after the performance of the audit; 3. Recommend changes to be undertaken by management as a result of any audit findings; 4. Monitor the implementation of suggested and approved changes based on the independent auditor’s findings.

One and only one member of the audit committee would be a member of management, at least one member of the committee would be a financial expert with knowledge and experience on par with the audit firm’s qualifications."

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SUSAN METZ

THE PARK SLOPE FOOD COOP AGENDA COMMITTEE ("AC") is seeking qualified nominees to stand for election and serve on the committee.

The AC was established by the General Meeting ("GM") to help facilitate the timely presentation of Coop business to the members attending the monthly meeting.

In addition to assembling the monthly agenda and maintaining records of items submitted, the AC works with members who submit items for consideration by the GM and may need assistance formulating proposals and discussion points.

The AC meets the first Tuesday of every month at 6PM at the Coop. Committee members are also required to attend five (5) GMs per year.

In addition, committee members caucus by telephone and via e-mail as needed to facilitate committee business.

Qualifications include a cooperative spirit, experience working in a committee environment, and an ongoing interest in the business of the Coop. Interested members, please contact Glenn Brill at glennbrill@earthlink.net
signed members are by no means pariahs, lost souls relegated to roaming the cold, mean streets of Park Slope—quite the contrary. After reviewing the membership manual, I found that there are myriad precautions a member can take to avoid being unassigned and with just a bit of planning and initiative, avoid missing a shift in the first place. Here are just a few. **Trade a shift**—the Coop has a bulletin board in the cashier area as well as an online forum where members can post, or find a shift to swap. The names and phone numbers of other members in all committees and time slots are also listed and available near the Coop entrance.

**Call your squad leader**—if the unforeseeable happens and no time is available to trade a shift, members can call their squad leader and notify him or her that they can’t make it. Depending on the squad leader’s attendance policy, doing so may reduce the two make-ups policy to just one. **Join the Future Time Off Program (FTOP)**—this program allows members to accrue work shifts in advance when they have the time. If you’ve already missed a shift and didn’t do any of the aforesaid, you still have several options. **Make-up a shift**—you can make up a shift on any committee at any time, and you have until your next scheduled shift to do so. Even if you’ve been unassigned, you will be automatically reassigned to your permanent work shift by making up one shift within the 4 weeks following unassignment.

**Make-up extensions**—if you can’t make up a shift on your next work slot, you can call the membership office and request an extension and retain your shopping privileges. If you exceed your first make-up extension and still can’t request another extension. Additional make-up policies are available for those members with overdue make-ups extending past 6 work weeks.

Given so many avenues of circumventing unassignment, my sympathies wane for those who find themselves without a shift. It is this reader’s opinion that the unassignment policy is well-versed and more than fair. In conclusion, let us not forget that although the Coop is certainly a community in and of itself, it is also perhaps more importantly, a business and we its employees.

Best,
Lisa Grauer

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**Compost Check**

**Project LeafDrop**

By Beth Manes

A s readers of the Gazette may know, the Park Slope Food Coop has been redirecting expired produce from landfills to local compost sites since the mid-1970s, and now has a squad of 68 members to help turn Coop food waste into “garden gold” at the Garden of Union, Red Hook Farm, Warburton Marks Garden, 6/15 Green and the Brooklyn Botanic Garden.

What readers may not know is that it takes a lot of “browns,” or carbon-based materials, to make compost from the “greens,” or nitrogen-based materials that come from the Coop. The best browns, many say, are the fallen leaves that we bag up at curbside—which, ironically—are now trucked to out-of-state landfills, where they produce methane instead of nutrient-rich compost.

Until last year, the City did collect our leaves (20,000 tons per year) for compost, and the finished product was returned to us to improve our soil through community gardens, parks and public give-backs. But, due to budget cuts, our Council representatives cut leaf collection out of the NYC Compost Project, leaving many gardeners with questions of how to amend the city’s soil.

NYCLeaves, a new neighborhood-based coalition of volunteer gardeners and greening partners, has answered with Project LeafDrop. Building on successful leaf compost projects last year at Park Slope’s 6/15 Green and East New York Farms’ UCC Youth Garden, community gardens throughout the city—and many in Coop member neighborhoods—will be accepting composting residential leaves over three weekends in November. Anyone wishing to keep fall leaves out of landfills and help turn them into rich compost is invited to bring leaves (in clear plastic or brown paper bags without branches or trash) to a participating garden. Maps of participating gardens, and resources to add your garden to the project, are available at nycleaves.org.

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**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 asterisk (*) denotes a Coop member.

**FRI, NOV 6**

G O O D C O F F E E H O U S E: Finger-picking guitarist Art Eisinger Brooklyn Ethnic Culture Society $10 8:00 p.m. 53 Prospect Park West www.gcmmusic.org

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**SAT, NOV 7**

Peoples’ Voice Cafe Peter Siegel, Joe Jenkins Community Church of New York, 40 E. 35th St. (between Madison & Park) 8 p.m. Info: 212-877-3903 or peoplesvoicecafe.org Suggested donation $15 general $10 member/more if you choose, less if you can/t one turned away.

Second Annual Flatbush Artists’ Studio Tour 25 visual artists will open their studios to the public in a weekend-long, self-guided tour through the park’s historic “Victorian Flatbush” neighborhood. 11 a.m.-4 p.m. Free admission. Take your pick—our artists’ profiles & additional info available at www.flatbushartists.org or call 714-515-2038, ext. 304.

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**SUN, NOV 8**

Compost-O-Rama! At MS 51 & The Old Stone House, 10th Ave @ 4th St. ONE DAY ONLY! Bring your old jack-o-lantern & we will supply the shedded leaves. Together we’ll make beautiful compost for our historically referenced educational gardens. 1-5 p.m. You chopper: 718-768-3195 info@thedomestichouse.org

Second Annual Flatbush Artists’ Studio Tour 2 visual artists will open their studios to the public in a weekend-long, self-guided tour through the park’s historic “Victorian Flatbush” neighborhood. 11 a.m.-4 p.m. Free admission. Take your pick—our artists’ profiles & additional info available at www.flatbushartists.org or call 347-515-2038, ext. 304.

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**THU, NOV 12**

Free Seminar on Energy Saving and Repairs: Learn ways to save money on your electric bills. Learn about energy saving tips, repairs & home improvement options. Free giveaways 6–8 p.m. at the Flatbush Branch Library, 22 Linden Blvd. near the corner of Flatbush. Sponsored by Neighborhood Housing Services of East Flatbush. www.nhseny.org. To RSVP, call 718-649-4679

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**FRI, NOV 13**

G O O D C O F F E E H O U S E: Paul Rishell & Annie Raines—County Blues Brooklyn Ethnic Culture Society $10 8:00 p.m. 53 Prospect Park West www.gcmmusic.org

Holiday Sale of Folk Art direct from Oaxaca, Mexico, to benefit Mexican artisans. Sponsored by Friends of Oaxacan Folk Art (FOFA). 20 Plaza St. East (“Mulvihill”). 11–4:00 p.m. Something for every budget. Free. www.fofa.us

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**SAT, NOV 14**

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**SUN, NOV 15**

P e o p l e s’ V o i c e C a f e Terry Kitchen, Richard Berman, Carla Ulrich. 10:30 a.m. Community Church of New York, 40 E. 35th St. (between Madison & Park). For info call 212-877-3903 or peoplesvoicecafe.org. Suggested donation $15 general $10 member/more if you choose, less if you can/t one turned away.

Prospect Park 5K Fun Run/Walk/Bike Starts at 15th Street entrance, 11 a.m. Fundraiser for the Helping Hands Food Pantry in Park Slope. Not a race, an opportunity to get outdoors, have fun and support the food pantry and those in need. For details and to register, contact helpinghandsps@yahoo.com.

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**SUN, NOV 22**

Brooklyn Public Library Chamber Players. Free Concert in the Park Slope Library Grand Army Plaza ("Pro Solista") Maria Bachmann, violon, Alexandra Gerlach, violoncello, Jon Klilbonoff, piano 4 p.m. www.brooklynpubliclibrary.org

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

**SERVICES**


**ATTORNEY—** Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation. Member of NYSTA and ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope residence.

**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 718-785-2154. I charge $50.**

**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 718-877-6729.

**COMPUTER HELP—** Call NY GEEK GIRLS. Setup & file transfer, hardware & software issues, viruses & pop-ups, networking, printerver, sharing, training, backups. Home or business. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-Term Coop member. 147-191-3031 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, outdoor work, insured. 718-765-0327. Emergent service, call 646-239-5197. Founding Coop member. born in Brooklyn. 35 yr. resident of Park Slope #0229. Coop discounts.

**Plastering-Painting-Wallpapering-Remodeling** 3 yrs experience of doing the finest prep & finish work. One room or an entire house. LOW VOC paints used. Fred Becker 718-853-0750.

**ATTORNEY experienced in all aspects of Family Law has recently opened a private practice specializing in same-sex & other adoptions, custody/visitation cases, child support, separation agreements, divorces and neglect/abuse matters. Louisa Floyd (TH. DM) can be reached at 917-658-6841 or louisafoyd4@hotmail.com.**

**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.

**SHAIYUS** by Shandoah Goldman. Clean, fresh shahada. 646-671-7572. S25 off 1st session 10% off for Coop members. Sessions in Park Slope, house calls also available. Experience profound balance!

**PSYCHOTHERAPY to suit your needs and your lifestyle. Individual and couple therapy provided by Helen Winstroh, Ph.D. Licensed psychologist. Insurance including Medicare accepted.** Park Slope Office. Please call 718-783-0913 for an appointment.

**TRADING POST** 3-SEASON VACATION COTTAGES for sale in our friendly, wooded northern Westchester community. Path, tennis, biking, hiking near Hudson River and Metro North (5-minute cab ride from train). $79,000-$99,000; annual maintenance $1,200. Cash sales only. No dogs. 212-242-0806 or junejacobson@earthlink.net.

**COUNTRY HOUSE for rent: Hunter and Windham ski areas. 3BR, LR, bath, kitchen, phone, cable & Internet (on request), 4 car parking, 4+ acres, dogs (no cats). 2.5 hrs from NYC. $5k season (Nov. 13–April 11) + utilities & Windham ski area lift ticket. Call 917-783-2154. I charge $60.00.**

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


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**ADVERTISE ON THE WEB**

If your ad would benefit from broader exposure, try the classified ads may be up to 315 characters and spaces. Display ads are free.) All ads must be written on a submission form. 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” horizontal).

Submission forms are available in a wallpocket near the elevator.

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

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