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Volume DD, Number 23

November 5, 2009



ILLUSTRATION BY DIANE MILLER

Under the Radar

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? Rather clean the bathrooms (and work a shorter shift) than face the onslaught of hurried shoppers as a check-out worker?

For members who seek a

job that's a little different, the Gazette presents this round-up of alternative workslots. It's not an exhaustive list, however, and many of these squads don't currently have openings. Many have waiting lists; check with 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 p.m. until 2 a.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.

****RELATED SQUADS:** Other maintenance shifts are short-

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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 domesticatable 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

CONTINUED ON PAGE 4

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.

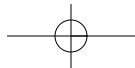
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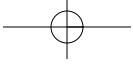
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Coop Event Highlights

- Thu, Nov 5 • **Food Class: Fall Harvest** 7:30 p.m.
- Fri, Nov 6 • **Film Night: *Working Title*** 7:00 p.m.
- Sun, Nov 15 • **Book, CD, DVD and Video Swap for Adults and Children** 10:00 a.m.–1:30 p.m.
- Fri, Nov 20 • **The Good Coffeehouse: Jen Chapin and Stephan Crump's Rosetta Trio** 8:00 p.m.
- Sat, Nov 21 • **Game Night** 7:30 p.m.

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





Unusual Workslots

CONTINUED FROM PAGE 1

ened because of the physical labor involved.

Sunday Inventory

WHAT: Alongside the Cleaning Commandos, every Sunday a large group of members canvass the entire store—shopping aisles and basement—and count about one-fourth of the items. Another group records data.

WHO: Two squads every Sunday. Check with Office for openings.

SPECIAL BECAUSE: Coop is closed for shopping during part of the counting process, so work environment is relatively calm.

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 10 or so packaging certifications that are acceptable to the kosher community. The “K” that appears on many packaged foods doesn’t cut it, says Tauber.

For members who seek a job that's 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:** Committee 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 result. The Hearing Officer Committee runs the meeting, but doesn’t decide anything, says squad leader Marian Hertz.

WHO: The squad has three members, but has room for six more. Most are lawyers, but it’s not a requirement. Says Hertz, “You need to understand procedure because you’re running the meeting.”

SPECIAL BECAUSE: “It’s a microcosm of the American justice system,” says Hertz. Members serve two-year terms.

****DRAWBACKS:** The sche-

dule 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.

WHO: 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

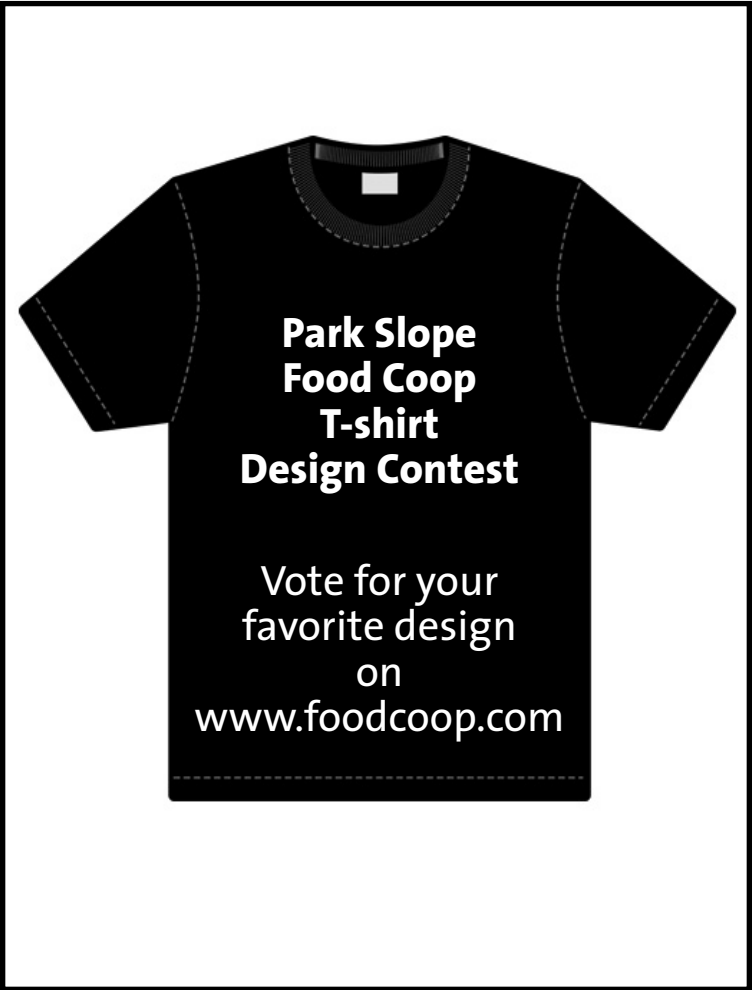
WHAT: The people who decide what will be on the agenda at the General Meeting. The committee was established about 16 years ago because the first half of every General Meeting used to be spent trying to decide what the agenda would be, says founding member Glenn Brill. The committee sifts through every agenda submission. Brill estimates 95 percent of all submissions

eventually make it to 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.” ■



RETURN POLICY



The Coop strives to keep prices low for our membership. Minimizing the amount of returned merchandise is one way we do this. If you need to make a return, please go to the 2nd Floor Service Desk.

REQUIRED FOR ANY RETURN

1. The Paid-In-Full receipt **MUST** be presented.
2. Returns must be handled within 30 days of purchase.

CAN I EXCHANGE MY ITEM?

No, we do not “exchange” items. You must return the merchandise and re-purchase what you need.

CAN I RETURN MY ITEM?

Produce* Bulk* (incl. Coop-bagged bulk)
Cheese* Seasonal Holiday Items
Books Special Orders
Calendars Refrigerated Supplements
Juicers & Oils
Sushi *A buyer is available during the week-days to discuss your concerns.

NEVER
RETURNABLE

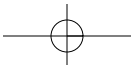
Refrigerated Goods (not listed above)
Frozen Goods
Meat & Fish
Bread

RETURNABLE
ONLY IF SPOILED
BEFORE
EXPIRATION DATE
Packaging/label
must be present-
ed for refund.

Items not listed above that are unopened
and unused in re-sellable condition

RETURNABLE

The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.



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.

Sorting Through the Fruits and Veggies

Right when the weekday produce deliveries begin at the PSFC, usually around 5:30 a.m., the sorting starts. As



Receiving worker Audrey Sherer displays less than perfect fruit and vegetables.

boxes are received, members stock the produce aisle in preparation for the Coop's opening, and, as they work, they cull "anything we can't sell," as Receiving Coordinator Ken Macdonald describes it. He characterizes Coop shoppers as "pretty picky," so damaged fruits and vegetables are set aside because they won't sell.

Sometimes produce culled for the food missions comes from what is already in Coop produce aisle bins, but is now overripe. Very occasionally we have produce, like avocados, which ripen all at the same time, and, once ripe, have limited bin life. This is a fairly rare occurrence, observes Macdonald.

The produce put-asides are collected in the sturdy boxes our supplier uses to ship bananas, and, during the course of the day, these boxes are sent down to one of our walk-in basement coolers. On

any given weekday, after an additional sorting, there's usually one or two U-boat food carts loaded with boxes of fruits and veggies for donation. Each weekday means a different pick-up or delivery strategy for soup kitchen-bound produce. 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, a year before the PSFC was established, 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 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 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 exactly boxed up at the Coop. Some, like CHIPS, have kitchens and will prepare meals, while others are strictly pantries, where clients take away food to prepare meals themselves. Sorting and packing at the Coop must happen efficiently and on a regular timetable to fulfill a structured schedule for a kitchen or pantry to serve meals or to provide take-away food at set times.

Recently a grassroots Man-

hattan group, SUM, has come calling for produce on Saturdays, eager to take what we can't sell to make sandwiches for their clients.

In addition to CHIPS and SUM, the Coop regularly supplies a community of elderly people and children near Ocean Parkway, Brooklyn. City Harvest comes to the Coop if it has produce unclaimed by the smaller food banks with which it has partnered. The need for fresh food is constant. Macdonald observed, "Soup kitchens in general are starting to expand as things get harder." Although he did-

n'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. ■



The PSFC Fun Committee invites you to the next Coop...

GAME NIGHT!

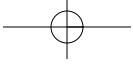
• Saturday, November 21 •
7:30 to 9:30 p.m.
in the meeting room of the Coop.

• Free admission • All ages welcome •
• Bring your friends •
• Refreshments for sale •

Bring your favorite game(s):
• Scrabble • Taboo • chess • checkers • bridge • Nim
• Boggle • Candyland • Trouble • Stratego • Pictionary
• Monopoly • Trivial Pursuit...

Theater Games
in the childcare room





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 curry 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 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. It's 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 and cream colored 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 stir frying Hokkaido squash with onions.

Fall greens were also high on the list. Surprisingly, spinach was not mentioned, probably because it is no longer considered a fall food. Enge mentioned brussels sprouts, which did indeed originate in Belgium in the 1200s. Enge suggested steaming or roasting them with brown rice. Andrea rapturously 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.

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 persimmons 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 blueberries 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 would 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 a great way to make produce like blueberries and pumpkins last through the winter.

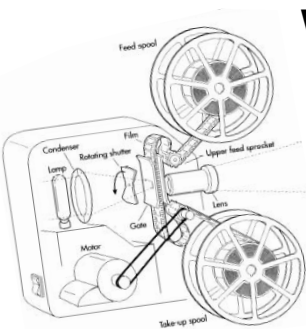
When I set out to see what fall has to offer, I understood that the idea of being confined to a season when picking produce is passé. But, the availability of all foods at all times also makes cooking with the seasons even more attractive, and there's no question that eating in season ensures the best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

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 build your fan base by screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a group). Please email **Faye Lederman** for details at **squeezestone@hotmail.com** or mail your DVD to: **Faye Lederman, 2000 Linwood Ave, #9E Fort Lee, NJ 07024**



Help New Members Feel Like Royalty!

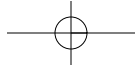
The Orientation Committee is looking for energetic people with a teaching or training background who can work Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency 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 (IT THE VIRGINIAN-PILOT (VIA GOOGLE)





ENVIRONMENTAL COMMITTEE
REPORT

The Treasure of the Marcellus Shale: Have We Seen This Movie Before?

By David Barouh, 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, a giant rock 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 underground 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 the 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, 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 Congressmembers Hinchey, DeGette and Polis, 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 wastewater 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 neighborhood’s methane-contaminated tap water. ProPublica

subsequently reported on a current EPA study to determine if contamination cases are from fracking (“EPA: Chemicals Found in Wyo. 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 drilling, 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 ecokvetch.blogspot.com. Comments are welcome at ecokvetch@yahoo.com. ■

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

The weeds are enjoying a second round
all the rain has made them stand
and grow some more

Can't have too many weeds
What would people do with their time?

Over the summer they grew
chest high in the developer's lot
They sent a man with a dew rag
and a whacker to bring them down
and he did with steady patience
until he left a dusty turf to park
a battalion of earth movers and cement
trucks

But on the other side of the fence
the weeds climb, curious, taunting
In the crooks and crannies they grow
like specimen plants showing off
their rosettes of leaves, their seed heads
their proud new shoots

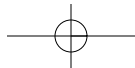
The cement will be poured
the concrete laid
but all the concrete in the world
all the ruthless indifference
of our brute tools
will not conquer the weed
They are the irrepressible push of life
they will and do push
us to a paradise of green
the idyll we promise ourselves
but which lies ever at our feet

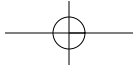
The Park Slope Food Coop
Living up to the promise

by Myra Klockenbrink

Mondays **November 9 and 23**
and **noon to 1:00 p.m.**
 1:30 to 2:30 p.m.

You can join in any time during a tour.





SAFE FOOD COMMITTEE REPORT

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 inextricably tied to Native American communities in particular. The first, *Manoomin: a Minnesota Way of Life* 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 ricers of the Anishanabe, or Ojibwe people of the Great Lakes, canoe into the fields to harvest the wild rice, or manoomin, by hand. The show’s host, Loretta Barrett Oden, 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 intro-

duction 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 lec-

turer, scholar, essayist and human rights activist. We are sure that he will facilitate an interesting evening of discussion and mouthwatering viewing. ■

Reel Harvest: Tuesday, November 10, at 7:00 p.m. at the Park Slope Food Coop, 2nd Floor. Free. Snacks, such as the rice cakes shown in Food Upon the Water, will be served.

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 Ecockvetch is now on Facebook, representing the Park Slope Food Coop’s Environmental Committee.

Puzzle Corner

One for the books

You can-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?6 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:

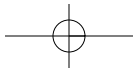
2-	2	4
----	---	---

2-	4	2
----	---	---

8x			12x
6x	4+		
	8+		
2-		2÷	

3	20x		12+		
		2÷		15x	60x
3-	18x	13+			
				6x	
12+		10x	5x		
				1-	

Puzzle Author: Matt Burkhard. For answers, see page 12.



SAFE FOOD LABELING COMMITTEE

Safe Food Labeling Committee Nears Completion of Identifying Foods with GMOs and rBGH

By Julia Herd, for the Safe Food Labeling Committee

PART 1 [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 force them to produce 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 end of article for references 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 growth, and stunted organs. (6). As for rBGH, in addition to the health impact on cows (5), there are concerns that ingestion by humans plays a role in certain cancers, including breast and colon cancers. (2; 5; 6). In effect, U.S. consumers are the guinea pigs and potentially the biggest losers if there are

long-term negative results from ingesting GM foods. But who will know why they became ill, since GM technology, although patented (6), is not identified in our foods?

It simply does not follow that a GM potato is as safe as a non-GM potato just because the original soil bacterium inserted into the GM potato was safe in its natural state (6). GM plants contain proteins that have never before been in the food supply (6). Agribusiness also ignores what happens to pollinating insects and birds that feed on the flowers of GM plants, and make no real effort to keep non-GM crops free from cross-pollination. (1; 3; 4; 5). There is also the threat to the diversity of our mainstay food crops if only one seed type is manufactured and used, because a virus or disease could wipe out the entire crop, as happened in Ireland with potato blight from 1845 to 1852 (5).

GM ingredients now appear in a majority of processed foods sold in the United States. Between 15 and 30 percent of the milk supply contains rBGH (5). Nearly 91 percent of the U.S. soy crop is genetically modified, as is 85 percent of the corn and canola crop (1; 3; 6). More than half of Hawaiian papayas are GM, as are small amounts of zucchini and yellow squash (6). Sugar beets are the newest crop to undergo genetic engineering (3). It is projected that about 90 percent of the nation's sugar will be genetically engineered in 2009 (3; 6). Next on Monsanto's list is GM wheat (3).

Up to now, if you've wanted to avoid eating 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 influ-

ence 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 in 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, was not, or possibly was, part of their products. Phone calls were also made. Responses were tallied from national brands such as Barbara's Bakery, Hain Celestial Group, Kraft Foods and Unilever, and small local bakeries and family-owned companies.

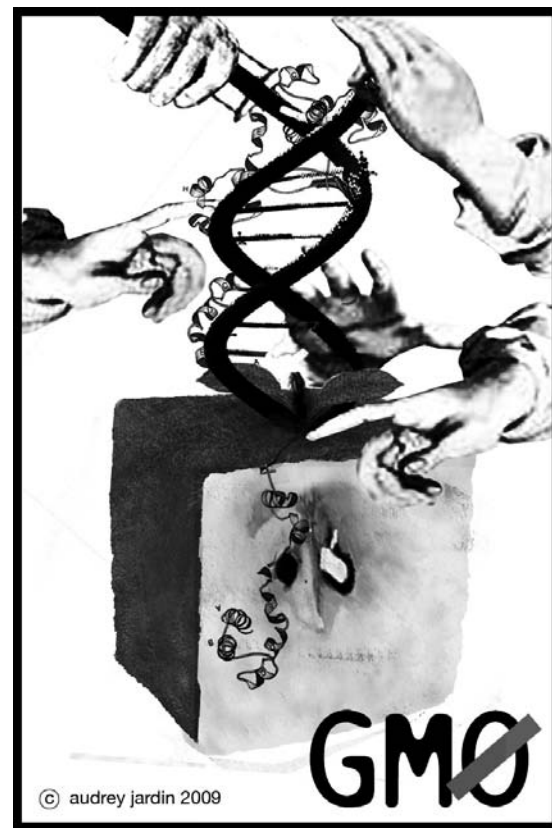


ILLUSTRATION BY AUDREY JARDIN

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

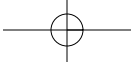
new Non-GMO Project label that will soon appear on products in the Coop. The event is scheduled for Friday, November 13, at 7:00 p.m. at the Coop. ■

References by Notation Number:

1. USDA, Adoption of Genetically Engineered Crops in the U.S. (2009) (www.ers.usda.gov/Data/BiotechCrops)
2. Health Care without Harm, Position Statement on rBGH (www.geaction.org/chapter6b.pdf)
3. William Neuman, "'Non-GMO' Seal Identifies Foods Mostly Biotech-Free," New York Times, 29 August 2009 (www.nytimes.com/2009/08/29/business/29gmo.html)
4. Andrew Pollack, "Judge Rejects Approval of Biotech Sugar Beets," New York Times, 23 September 2009 (www.nytimes.com/2009/09/23/business/23beet.html)
5. Martin Teitel and Kimberly Wilson, Genetically Engineered Food: Changing the Face of Nature, Park Street Press, Vermont 2001.
6. Institute for Responsible Technology (www.responsibletechnology.org/GMFree/AboutGMFoods/FAQS/index.cfm).

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 welcomed. Interested parties should contact committee co-chair George Perlov by email at george@perlov.net.



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. 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* letters 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 guided 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 rudimentary 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 articles. 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.

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.

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 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
Nov. 20

8:00 p.m.



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

Jen Chapin

's music is urban folk—story songs that search for community and shared meaning, powered by the funk, soul and improvisation of the city. Critics have hailed her work as "brilliant... soulfully poetic" (NPR), "thoughtful.. worth-savoring" (People), "addictive" (Boston Globe), "smart, observant, lyrically deft, politically aware and emotionally intuitive" (Milwaukee Journal-Sentinel). Her performances are powerful, spotlighting the world-class musicianship and rare chemistry of "Rosetta Trio:" husband/acoustic bassist Stephan Crump and guitarists Jamie Fox and Liberty Ellman.



Stephan Crump's Rosetta Trio

Hailed as "a string ensemble for the new century," Rosetta Trio is an all-string chamber jazz ensemble led by Memphis-bred bassist/composer Stephan Crump with guitarists Liberty Ellman and Jamie Fox. Renowned for their music's narrative depth and for their outstanding performances, tonight they'll focus on music from their upcoming *Reclamation*, due next spring on Sunnyside Records, which includes an extended work commissioned by the 92nd St. Y and NY Guitar Festival.



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
NOVEMBER 14
10:00 A.M.–2:00 P.M.

Third Thursday
NOVEMBER 19
7:00 P.M.–9:00 P.M.

Last Sunday
NOVEMBER 29
10:00 A.M.–2:00 P.M.

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

PLASTICS

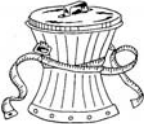
What plastics do we accept?
Until further notice:

- #1 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.



RECYCLING

This Issue Prepared By:

Coordinating Editors: Stephanie Golden
Erik Lewis

Editors (development): Anne Kostick
Petra Lewis

Reporters: Diane Aronson
Eva Kaplan
Willow Lawson

Art Director (development): Patrick Mackin

Illustrators: Diane Miller
Patrick Mackin

Photographers: William Farrington
Judy Janda

Traffic Manager: Barbara Knight

Text Converters: Joanne Guralnick
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Proofreader: Susan Brodlie

Thumbnails: Mia Tran

Preproduction: Sura Wagman

Photoshop: Steve Farnsworth

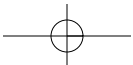
Art Director (production): Lauren Dong

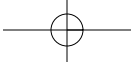
Desktop Publishing: David Mandl
Dana Rouse
Joe Banish

Editor (production): Nancy Rosenberg

Final Proofreader: Teresa Theophano

Index: Len Neufeld





WORKSLOT NEEDS

Vitamin Assistant

Friday, afternoons and early evening

Are you a detail-oriented worker who can work independently and in a busy environment? The Coop’s vitamin buyer needs you to help her 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 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@psfc.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 workslot involves verifying cashier report data and inputting data into an Excel worksheet. The position requires good attendance and a six-month commitment to the workslot.

Please contact Kathy Hieatt at kathy_hieatt@psfc.coop or 718-622-0560 if you are interested.

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.

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, 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., Mon, Nov 9
Dec 3 issue: 7:00 p.m., Mon, Nov 23

CLASSIFIED ADS DEADLINE:

Nov 19 issue: 7:00 p.m., Wed, Nov 11
Dec 3 issue: 7:00 p.m., Wed, Nov 25

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

Attend a GM and Receive Work Credit

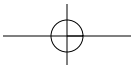
Since the Coop’s inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop’s decision-making process.

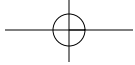
Following is an outline of the program. For full details, see the instruction sheets by the sign-up board.

- **Advance Sign-up required:**
To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby.
Some restrictions to this program do apply. Please see below for details.
- **Two GM attendance credits per year:**
Each member may take advantage of the GM-for-workslot-credit program two times per calendar year.
- **Certain Squads not eligible:**
Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)
- **Attend the entire GM:**
In order to earn workslot credit you must be present for the entire meeting.
- **Childcare can be provided at GMs:**
Please notify an Office Coordinator in the Membership Office at least one week prior to the meeting date.
- **Signing in at the Meeting:**
 1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.
 2. Please also sign in the attendance book that is passed around during the meeting.
- **Being Absent from the GM:**
It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

Park Slope Food Coop Mission Statement

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. **We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods.** We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture. **We respect the environment.** We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. **We are committed to diversity and equality.** We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member.





park slope
FOOD COOP

calendar of events

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 **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.

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-Corvera** 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



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 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** taught for a year in Kenya, Africa, and has been a Coop member for more than 10 years.

nov 14
sat 5 pm

Esperanto: A Cooperative Tool Toward World Friendship

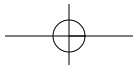
Esperanto is a fascinating language, useful in meeting people in China, France, Cuba, Japan, Israel and most countries. Thousands of speakers meet internationally, regionally and locally year-round. Activists world-wide link friendship and peace. Come to an introductory lesson, including songs. Coop member **Neil** has traveled to 32 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.



nov 6–nov 21 2009

nov 17
tue 7 pm

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.

nov 17
tue 7 pm

PSFC NOV 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: Make a new position of packers/unpackers part of the Shopping Squad (30 minutes)

Proposal: "To mandate workshifts for packers/unpackers in the shopping squad to expedite lines on nights & weekends" —submitted by *Beth Segal*

Item #2: Open Early Weekdays (30 minutes)

Subject: "Open the store at 7am Monday-Friday" —submitted by *Ingrid Cusson*

Item #3: Advance weighing and pricing of fruits & vegetables, grains (30 minutes)

Discussion: "I suggest that a new station be put in place to weigh and price items in the fruit and vegetable aisle, to speed checkout." —submitted by *Jerome Barth*

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.

nov 20
fri 7:30 pm

Budgeting Made Easy

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

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

nov 20
fri 8 pm

Jen Chapin and Stephan Crump's Rosetta Trio



Jen Chapin's music is urban folk—story songs that search for community and shared meaning, powered by the funk, soul and improvisation of the city. Critics have hailed her work as "brilliant... soulfully poetic" (NPR), "thoughtful...

worth-savoring" (*People*), "addictive" (*Boston Globe*), "smart, observant, lyrically deft, politically aware and emotionally intuitive" (*Milwaukee Journal-Sentinel*). Her performances are powerful, spotlighting the world-class musicianship and rare chemistry of **Rosetta Trio**: husband/acoustic bassist Stephan Crump and guitarists Jamie Fox and Liberty Ellman. Hailed as "a string ensemble for the new century," Rosetta Trio is an all-string chamber jazz ensemble led by Memphis-bred bassist/composer Stephan Crump with guitarists Liberty Ellman and Jamie Fox. Renowned for their music's narrative depth and for their outstanding performances, tonight they'll focus on music from their upcoming *Reclamation*, due next Spring on Sunnyside Records, which includes an extended work commissioned by the 92nd St. Y and NY Guitar Festival.

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.

nov 21
sat 10 am-1 pm

Helping Feral/Outside Cats: Trap-Neuter-Return

Join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats. We will speak about the trap-neuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretaking tips! All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks. Coop member **Jesse Oldham** is the founder and serves on the board of Slope Street Cats.

nov 21
sat 2 pm

Ways to Help a Distracted Child

Children can be distracted for many reasons. Hear successes and frustrations from other parents, as well as useful perspectives for parents to keep in mind, as they help their children focus at home and at school. Coop member **Sharon C. Peters**, M.A., is the founder and director of Parents Helping Parents on President Street in Park Slope. She has worked with hundreds of individual families for more than 15 years and has led many parent workshops for schools and organizations.

BUY YOUR TURKEY EARLY!!!

FRESH turkeys available beginning Thursday, November 19th

SMALLER SIZES GO QUICKLY. NO RESERVING OF BIRDS. FIRST COME, FIRST SERVED.*

Bell & Evans (New Jersey)

8 to 26 lbs., \$2.31 lb. (Thursday 11/19)

Plainville Farms Pasture-raised (New York)

16 to 24 lbs., \$2.75 lb. (Friday 11/20)

Stonewood Farm Pasture-raised (Vermont)

12 to 20 lbs., \$3.12 lb. (Monday 11/23)

McDonald Farm Heritage Breed

(**American Bronze—New York**) 12-26 lbs., \$4.26 lb. (Monday 11/23)

Eberly Certified Organic (Pennsylvania)

8 to 24 lbs., \$4.25 lb. (Friday 11/20)

Koch Certified Organic (Pennsylvania)

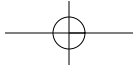
8-24 lbs., \$3.96 lb. (Friday 11/20)

FROZEN Wise Kosher Certified Organic (Pennsylvania)

10-24 lbs., \$4.85 lb. (Tuesday 11/17)

All the above are delivered FRESH, except for Wise Kosher. All are free-range, locally raised, hormone & antibiotic free.

***a service policy whereby the requests of customers or clients are attended to in the order that they arrived, without other biases or preferences.**



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,

we are growing accustomed to the luxury of eating anything we choose, such as mangoes in March. The organic greens, carrots and squash that most health food stores provide are available throughout the winter. Dried shiitake 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.

deprived of, an adzuki bean mocha mousse might hit the spot, yum! Mindful of what we eat becomes mindful of how we live.
Bon Appetit!

- Some common macrobiotic ingredients**
Grains: brown rice, millet, buckwheat
Beans: tofu, tempeh, adzuki
Seaweed: wakame, kombu, arame, nori
Vegetables: kale, chard, roots, squash
Others: fish, miso, agar agar, kudzu

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 suribachi (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. ■

Puzzle Answers

4	2	1	3
3	1	2	4
2	4	3	1
1	3	4	2

3	5	1	6	2	4
1	4	6	3	5	2
5	1	4	2	3	6
2	6	3	4	1	5
4	3	2	5	6	1
6	2	5	1	4	3

Member Contribution

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 appetizing experience that is truly digestible. Ginger, garlic, mirin, 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 crust-ed, 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

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 many would rather not be

BAY RIDGE FOOD CO-OP

Join Today

Sign-up to be a member at our Greenmarket outreach table, info sessions at the library (1st Tues/3rd Sat), or online.

Get Involved

The co-op benefits from your talent and expertise. Would you like to help us grow? Please email or call today.

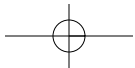
Stay Informed

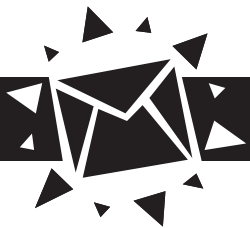
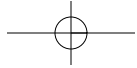
Whether you join now, volunteer now, or have questions now or later, you can always stay informed by coming to a meeting, reading our newsletter, calling, emailing, or friending us on Facebook. We can also come to speak to your group or organization.

www.foodcoopbayridge.com
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347-274-8172



ILLUSTRATION BY DIANE MILLER





LETTERS TO THE EDITOR

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 artist willing to design one(s).

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 Palca Made Me Like This
- 5) We're Always On Line!
- 6) On Line Since 1973
- 7) Cooperate or We'll Suspend You
- 8) Bonding & Discipline Committee
- 9) Out Sold Maybe. Sold Out Never!
- 10) Organic Fair Trade Free Range Chocolate Covered Tofu!
- 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 Be a Squad Leader Too!
- 15) Have YOU Had Your Minimally Treated Local Grown Rutabaga Today?
- 16) I Met my Partner/Guru/
Nutritionist/Website Designer On Line @ the Coop

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.

She is unable to find work because background checks turn up with an FBI file, as well a mysterious conviction on her case history. Her father was also arrested at the same time as she was for immigration violations, and ultimately deported, putting her and her family (she is the oldest of five) into severe financial straits. Also, last fall she discovered she was on a no-fly list and was almost detained

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 citizenship, detaining her, or worse. She previously worked 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 challenge 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

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 happen 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.

www.examiner.com/x-7160-Sacramento-Nutrition-Examiner~y2009m6d28-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 Spence's 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 McCleave

MAKING THE COOP
CRUELTY FREE

DEAR EDITOR:

I strongly urge our discontinuing the use of glue traps. Along those lines, I recently read a review copy of Jonathan Safran Foer's upcoming book, *Eating Animals*, and learned that the terms "cage free" and "free range" as applied to eggs are essentially meaningless terms as far as animal cruelty goes. I'm guessing that dairy cows have a pretty rough time of it, too. Is there a way we can ascertain—and label—which of our eggs and milk products are 'humanely' produced? Another committee, anyone...?

Carol Wald

D.C.ISM

Too Big to Fail,
Goes the chatter;
And the poor?
Too Small to Matter.

Leon Freilich

WELCOMING THE
DEBATE OVER BOYCOTTS
ESPECIALLY OF ISRAELI
PRODUCTS

TO THE EDITOR:

Let's acknowledge that controversy is inevitable because we are individuals. Committed to our collective well-being, and outside of the markets' profit-for-the-few ideology, our future together requires that we enter the controversy over using our power as consumers in boycotting products which violate our common values. Tolerance, patience and active listening during the debate will strengthen our unique enterprise. We respect the opinions, needs and concerns of every member. (Mission Statement). As we adhere to norms of respectful behavior as mature humans, we can learn from these debates, enhance our relationships and take a step towards peace and security in a diverse world.

Enter the debate over our boycotting products from Israel. A wide variety of Jews belong to the Coop: secular, observant, socialist, Zionist and Israeli. We have keen interest and intense emotional reactions. US military aid to Israel implicates us all as Americans. An additional perspective will be offered by members of the Brooklyn Arab-American community from which a substantial number of Coop members come. I think that we each have a moral obligation to speak for ourselves as we build a voice that can speak in the name of one aspect of our identity as members of the Park Slope Food Coop. Because of our col-

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.

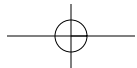
The above applies to both articles and letters. The only exceptions will be articles by *Gazette* reporters which will be required to include the response within the article itself.

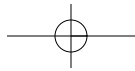
Respect

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.

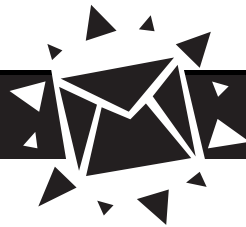


LETTERS CONTINUED ON PAGE 14





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



LETTERS CONTINUED FROM PAGE 13

lective prestige and influence, our debate will resonate. What a tremendous opportunity!

My opinion: The Israeli siege of Gaza has been brutal and criminal—verifiably documented in the widely available Goldstone Report. Even in the region suffering from repeated unspeakable violence of invasions and occupations in the conflict over oil, this premeditated and continuing assault by the highly trained army against an unarmed civilian population stands out. A boycott is a non-violent and effective way of showing our outrage.

Many aspects will be brought out in the *Gazette*, at meetings and in the aisles of the store a serious and intense and healthy discussion. I continue to explore what this means for me—an elder woman of left-wing Jewish ancestry, safe with my school-teacher's pension in a brownstone in Prospect Heights; a member of the Coop for 29 years. I have been deepening my commitment to non-violent solutions within the context of Brooklyn For Peace (BFP). I encourage you to join us—especially on Tuesday, November 10, 7 p.m. at Brooklyn Law School for a discussion of US Military Aid to Israel.

On Thursday, November 12 at 6:30 p.m. the Latin America Committee of BFP will present a documentary film, *The Man From Two Havanas*, and a conversation about the current restrictions on travel to Cuba at the Brooklyn Society for Ethical Culture. More information is on the Community Bulletin Board of this Gazette and the BFP website.

We can model open and passionate debate rather than murderous violence of those who hold different beliefs and opinions.

Susan Metz



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...."* (emphasis added)

The issue: The GM was presented with the issue of lack of an independent audit committee, which in turns, leads to poorly designed governance in the Coop: the Coop management is responsible for selecting the auditor; the auditor is responsible for checking up on management (read: several coordinators).

In effect, we currently have a design that does give a real assurance for the Coop members that management keeps and reports the Coop's books and records in a transparent way. Although most of us feel that the paid coordinators do their jobs well, the design of the audit process does not lend itself neatly to give everyone an independent verification of that feeling.

In this day and age, large and small corporations fall prey to lack of transparency and accounting problems. The Coop membership deserves and should demand the most transparent governance structure possible. An independent audit committee goes a long way to addressing the issue, and

puts a buffer between management and the auditors.

But...here's the rub: Since February's GM, I have been trying to put on the GM agenda the next 'normal' step which is to have the GM consider the creation of an audit committee. In email messages, several coordinators have vehemently opposed this agenda item saying that the GM didn't discuss it "enough"; coincidentally or not, the agenda item is yet to be placed in the GM's agenda. I am writing to complain that it *appears* that the coordinators are meddling with the governance of the Coop. The responses from the agenda committee have been a muffled "we'll get back to you, soon..." Yet to date, despite repeated attempts the requested agenda item was not placed.

My questions: first, is there a valid explanation of the prolonged delay? If there is a reason—let's have it. And if the answer to the first question is "no" then I ask: should the Coop members tolerate attempts of some coordinators to make accountability to their work more opaque?

If everything is Kosher at the Coop's accounting and finances then all coordinators should endorse the audit committee proposal.

Cooperatively,
Yigal Rechtman, CPA, CFE

GENERAL COORDINATOR
REPLY—GM: CREATING
AN AUDIT COMMITTEE

TO THE EDITOR:

On April 22, 2009 Yigal Rechtman wrote an e-mail to an individual member of the Agenda Committee with a proposal for a GM agenda item. On April 23, 2009 the Agenda Committee member wrote back "Please fill out an Agenda Submission Form. We will then schedule it in due course."

To the best of my knowledge the request for an Agenda Submission Form was never answered by Yigal.

Yigal copied me on his original e-mail to the Agenda Committee mem-

ber. Thinking that the item needed to be a discussion item again rather a proposal, I responded to "all" as follows:

"I am not sure who from the Agenda Committee was at the meeting where Yigal did the presentation. However, it was essentially only a presentation. There was not enough time for there to be a discussion. Only a very few people got to speak. The presentation went on for a very long time. This is an important item and the Coop will benefit if there is a discussion first. I hope the Agenda Committee uses its authority to use its discretion and schedule this item for a discussion.

Thank you for your consideration of this."

Also, the auditor was vetted by the Auditor Search Advisory Committee, which talked to many firms. The Committee was composed of a majority of non-staff members. Every year the membership votes on hiring the auditor at a General Meeting.

Joe Holtz
General Coordinator

THE CASE FOR TWO
STRIKES AND YOU'RE
OUT

DEAR EDITOR,

I was intrigued if not slightly perplexed by the October 22 letter regarding the ostensible unfairness of the Coop's shift "unassignment" policy. Briefly, this policy states that if a member misses two consecutive shifts and is unable to complete any make-up shifts in between, he or she is unassigned from or loses their permanent shift. At first read, this policy did sound a bit harsh; the vicissitudes of life prevail, and invariably people will prioritize their own necessities and obligations accordingly. Pitted against family, work, transportation, and all the other countless unforeseen events, the monthly Coop shift inevitably falls by the wayside. However, these unas-

The Park Slope Food Coop Agenda Committee ("AC") is seeking qualified nominees to stand for election and serve on the committee.

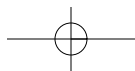
The AC was established by the General Meeting ("GM") to help facilitate the timely presentation of Coop business to the members attending the monthly meeting.

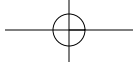
In addition to assembling the monthly agenda and maintaining records of items submitted, the AC works with members who submit items for consideration by the GM and may need assistance formulating proposals and discussion points.

The AC meets the first Tuesday of every month at 8PM 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 aforementioned, 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 before your next work slot, you can call the membership office and request an extension and retain your shopping privileges. If you exceed your first extension, you can request another extension. Additional make-up policies are available for those members with overdue make-ups extending past 6 work cycles. 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-devised and more than fair and I question those who argue that it

flies in the face of the spirit of community for which the Coop has become so well known. I've been a member for over 3 years and have indeed missed my fair share of shifts. By educating myself on the Coop work policies and communicating with my fellow squad workers and the membership office, I've kept my membership in good standing with little to no extra effort. In closing, let us not forget that although the Coop is certainly a community in and of itself, it is, perhaps more importantly, a business and we its employees.

Best,
Lisa Grauer

Compost Check

Project LeafDrop

By Beth Manes

As 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, Warren St. 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 giveaways. 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

Member Contribution

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 and 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. ■



Bags of leaves collected last year at the 6-15 Green community garden's compost area. The leaves are the “browns” for some of the Food Coop's produce waste “greens.”

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.

FRI, NOV 6

GOOD COFFEEHOUSE: Finger-picking guitarist Ari Eisinger. Brooklyn Ethical Culture Society. \$10. 8:00 p.m. 53 Prospect Park West. www.gchmusic.org.

SAT, NOV 7

Peoples' Voice Cafe: Peter Siegal, Joe Jencks. Community Church of New York, 40 E. 35th St. (between Madison & Park). 8 p.m. Info: 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.

Second Annual Flatbush Artists' Studio Tour: 23 visual artists will open their studios to the public in a weekend-long, self-guided tour through the park-like, historic “Victorian Flatbush” neighborhood. 11 a.m.–4 p.m. Free admission. Tour maps, artists' profiles & additional info available at www.flatbushartists.org or call 347-515-2038, ext. 304.

SUN, NOV 8

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

Second Annual Flatbush Artists' Studio Tour: 23 visual artists will open their studios to the public in a weekend-long, self-guided tour through the park-like, historic “Victorian Flatbush” neighborhood. 11 a.m.–4 p.m. Free admission. Tour maps, artists' profiles & additional info available at www.flatbushartists.org or call 347-515-2038, ext. 304.

TUE, NOV 10

Talk and conversation with Josh Ruebner, National Advocacy Director of the US Campaign to End the Israeli Occupation at Brooklyn Law School, 250 Joralemon St., first-floor student lounge. Info: brooklynpeace.org or 718-624-5921.

WED, NOV 11

How to Talk to Your Children About Mathematics: The Basics of Counting. Free workshop. 7 p.m. At the Brooklyn Creative League, 540 President St., 3rd Floor. Sponsored by Better Living Through Mathematics. Info: email r@bltm.com.

THU, NOV 12

Free Seminar on Energy Saving and Repairs: Learn ways to save money on your energy 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.nhsnyc.org. To RSVP, call 718-469-4679.

FRI, NOV 13

GOOD COFFEEHOUSE: Paul Rishell & Annie Raines—Country Blues. Brooklyn Ethical Culture Society. \$10. 8:00 p.m. 53 Prospect Park West. www.gchmusic.org.

Holiday Sale of Folk Art direct from Oaxaca, Mexico, to benefit Mexican artesanos. Sponsored by Friends of Oaxacan Folk Art (FOFA). 20 Plaza St. East (“Mulvihill”). 7–9:30 p.m. Something for every budget. Opening celebration: \$25. Mexican refreshments served. www.fofa.us.

SAT, NOV 14

Holiday Sale of Folk Art direct from Oaxaca, Mexico, to benefit Mexican artesanos. 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.

SUN, NOV 15

Holiday Sale of Folk Art direct from Oaxaca, Mexico, to benefit Mexican artesanos. 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.

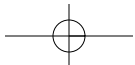
SAT, NOV 21

Peoples' Voice Cafe: Terry Kitchen; Richard Berman; Carla Ulbrich. 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.

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: helpinghandsfp@yahoo.com.

SUN, NOV 22

Brooklyn Public Library Chamber Players: Free Concert in the Dweck Center at the Central Library at Grand Army Plaza. “Trio Solisti”: Maria Bachmann, violin; Alexis Pia Gerlach, violoncello; Jon Klibonoff, piano. 4 p.m. www.brooklynpubliclibrary.org.





CLASSIFIEDS

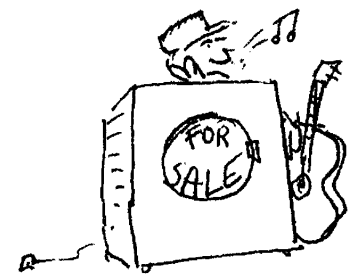
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MERCHANDISE

ESTATE SALE November 7th & 8th, 11a.m.-4p.m. Victorian, Art Deco, and Rustic furniture. Antique rugs, lamps mirrors, linens, crystal, crockery, kitchenware, serving ware, and dolls. Vintage records. 448 Sixth Street, bet. 6th & 7th Aves. Park Slope, Brooklyn. Direct inquiries to estatesale3@yahoo.com or 917-576-8105.

MERCHANDISE-NON-COMMERCIAL

FREE STORAGE BED for child. 76" x 40" x 43". 7 shelves, 3 small drawers, pullout desk, storage space behind desk under sleeping platform. Ladder hooks securely to top rail. Paul 917-592-7148.

FOR SALE: Singer sew machine, bridge chairs metal, beach chairs, new coat-winter-long ladies maroon designer-3 piece gown w beading, woolen dress, dress suit, 3 piece suits-designer size 7-8 9-10 11-12 13-14 new polo shirts for children.718-253-6525. Friend phone 718-998-4524.

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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.

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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.

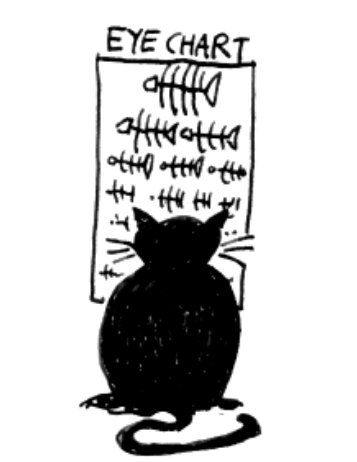
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ATTORNEY experienced in all aspects of Family Law has recently opened a private practice specializing in same-sex & other adoptions, custody/visitation cases, child support, separation agreements, divorce and neglect/abuse matters. Louisa Floyd (TH. D4) can be reached at 917-658-6841 or louisafloydnyc@hotmail.com.

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SHIATSU by Shandoah Goldman. www.shiatsu.shandoahgoldman.com. 646-671-7572. \$25 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 Wintrob, Ph.D. Licensed psychologist. Insurance including Medicare accepted. Park Slope Office. Please call 718-783-0913 for an appointment.

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 junejacobsen@earthlink.net.

COUNTRY HOUSE for rent. Hunter & Windham ski areas. 3 BR, 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 or \$600/wk. Call 917-572-7923 or email edaylew@aol.com.

WHAT'S FOR FREE

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

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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**Helping Hands Food Pantry
Fun Run/Walk/Bike Event**
5 K loop in Prospect Park beginning at 15th
Street Entrance, Saturday, Nov. 21 at 11 AM

A fundraiser for Helping Hands Food Pantry, a local
emergency food program located at 116 6th Avenue, Park
Slope that provides food to an average of 630 people a
month. To get more information and registration forms,
contact helpinghandsfp@yahoo.com



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.

