

Coop Members Share 2010 New Year Thoughts

By Diane Aronson

he first decade of the new millennium is drawing to a close, and by the time most Coop members read this, 2010 will be here. What New Year's resolutions do our members have, for themselves and for the Coop? Several shoppers and shopping-shift workers shared their thoughts with me on a blustery, bustling December Sunday.

Martin James had a resolution ready that many of us can relate to after the holiday season: "Clear all my debts!" His friend Lee Beckford nodded his head in agreement, and also shared some 2010 goals: "I was a pescatarian, and I've moved into eating meat, so I'm trying to wean myself back to fish, then from fish to a vegetarian diet." Martin further added that he felt things were "perfect," and looked for more of the same in the New Year. When asked for a 2010 resolution for the Coop, Martin simply said: "There are new items here I've never seen; everything is perfect."

Patricia Squillari didn't offer a particular personal resolution, although she felt she would want to be "open to new things" in the New Year. When I asked her if she had a resolution for the Coop, she pleaded for "real yams," adding, "People get sweet potatoes mixed up with yams, and yams are supposed to be better for you."

"Try to Give It My Best for Myself and the World!"

Joanne Vendryes had a big 2010 resolution ready as she answered my query: "A whole different life. I'm planning a career change. This coming year is going to be something so different, so special." Joanne lives in Lefferts Gardens, where she feels there aren't many yoga class options. She hopes to do something "good for the community" by teaching yoga in her neighborhood next year. In 2010 Rosalie Friend wants to "try to give it my best for myself and the world—not so easy to implement!" When I asked Rosalie if she had a New Year's resolution for the Coop, she offered, "The members should cooperate." Although she thought most members already acted responsibly toward the Coop, she felt the New Year was a good opportunity for everyone to strive to do so.

Deepak Khosla has been a member for two years. When asked about personal resolutions, he thought long and hard but really couldn't come up with any. When I inquired whether Deepak had any 2010 resolutions for the Coop, he said he felt that things at present were "pretty good." He did have some ideas about membership in the coming year, mentioning that "lately, it seems like the Coop has been getting pretty crowded." He wondered if possible

Bedbugs Are Biting

By Liz Welch



The horrible discovery.

aisy Jones (not her real name), a Coop member since 2004, thought it was late in the season for mosquitoes. And yet this past October, she noticed that her arms were covered in small red welts that itched like crazy. Jones currently resides in the top two floors of the seven-room brownstone where she grew up; her mother, who lives on the bottom floor, began to complain of bites as well. "We each had these small red bumps that came in a pattern of twos and threes," Jones explains. Her mother's welts were so irritating that she finally went to a dermatologist, who immediately diagnosed the problem as bedbugs.

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Next General Meeting on January 26

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be on Tuesday, January 26, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, January 6. For more information about the GM and about Coop governance, please see the center of this



Martin James, left, and his friend Lee Beckford took a moment to speak to our reporter about their New Year's resolutions.

solutions might include

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Coop **Event Highlights** Thu, Jan 7 • Food Class: Healthy Dinners in a Hurry 7:30 p.m.

- Auditions for Coop Kids' Variety Show Sat, Jan 9 4:00 p.m.
- Tue, Jan 12 Safe Food Committee Film Night: Fresh 7:00 p.m.
- Sun, Jan 17 Auditions for Coop Kids' Variety Show 11:00 a.m.

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

issue.

*Exceptions for November and December will be posted.

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GENERAL MEETING REPORT

Diversity and Equality Get the Last Word at December GM

By Eva Kaplan



Produce buyer Allen Zimmerman

he major item on the agenda at this month's General Meeting was the report of the Diversity and Equality Committee (DEC) as it designs a strategy to encourage tolerance at the Coop. The Open Forum questions at the beginning of the meeting revolved primarily around the new size of the childcare space. Produce Manager Allen Zimmerman reported on seasonal fruits and vegetables currently available at the Coop. Meeting attendees voted to change the dates of two General Meetings in 2010 because they conflicted with holidays. The DEC's report, presented at the end of the

RETURN POLICY Park slope

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

 The Paid-In-Full receipt MUST be presented.
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

You must return the merchandise and re-purchase what you need.

ABLE

CAN I RETURN MY ITEM?

(Produce*	Bulk* (incl. Coop-bagged bulk)	\backslash	
	Cheese*	Seasonal Holiday Items		
	Books	Special Orders		NEV
	Calendars	Refrigerated Supplements)	RETUR
	Juicers	& Oils		

meeting, garnered a lot of attention and debate.

Remodeled Childcare Space Leaves Room for Strollers

Several members mentioned their concern with the smaller size of the childcare room. General Coordinator Joe Holtz informed the meeting that because of the expanding number of staff, the Coop needed more office space. He assured them that there should be enough room for the same number of children in the remodeled room. In addition, they have cleared out space by the washing machine and sink in the childcare area to store strollers while parents are shopping. Fifteen folded-up strollers or eight fully open strollers will fit in the space.

Outreach in Bay Ridge: Speakers of other languages needed

One member doing outreach in Bay Ridge let Coop members know that a new Coop was being developed and they were doing outreach in several different languages. He encouraged Coop members who are fluent in a language other than English to join them. The work can count as a PSFC workslot.

Coop spent 17 cents of every dollar taken in to run itself, compared with 38 cents for typical large coops. This savings is primarily due to the higher labor costs at other coops. Even with the PSFC's savings due to members' labor, the Coop spends 12.5 cents of the 17 cents on personnel-related expenses. We had sales of \$33 million over the first 44 weeks of our fiscal year and our expenses are up 4% from a year ago, largely due to staff raises and additional staff. In addition, healthcare costs tend to rise annually. Sales are up more than 10% from a year ago and membership is up 3.5%. The Coop's inventory turnover is 61 times a year, compared to 64 times last year: for a typical large coop, turnover is about 15 times a year.

The only contentious issue was the Coop's repayment of a \$707,000 mortgage to the bank. Eakin informed the meeting that this would result in negative working capital next month. One member of the Coop questioned whether it was within Coop rules to pay such a large sum without bringing it before the Coop General Meeting. Another member commented that the Coop members had already approved the costs when we got the loan. The repayment schedule is not subject to General Meeting approval. The decision to repay the loans, Eakin noted, was at the request of the lending institution. The bank released the Coop from early payment penalties and requested repayment because the bank was under stress. One member noted that it seemed we had bailed out the bank. This was, in a sense, true, Eakin responded, but this particular bank had been willing to extend loans to the Coop, which he noted is "an unusual beast." Helping out the bank was not unprecedented: A major supplier in a tight situation once requested that the Coop pay in advance. The Coop was helpful and it strengthened the relationship.



Jay Smith

Local Produce in Great Variety This Season

Allen Zimmerman, the Coop's produce buyer, talked about current available foods. He understood that some members were upset with the disappearance of grapes and Valencia oranges, but they are no longer in season. Despite the oncoming winter (when farmers often have to dig through snow to harvest), the Coop has over 90 different local produce items, which is the most the Coop has had at this time of year. He recommended Coop members try Tatsoi, which is being harvested by two farmers-one harvests the whole plant, the other bunches them. Tatsoi can be cooked like spinach.

One member asked Zimmerman if it was possible to





case-by-case basis. If you have questions, please contact a staff member in the Membership Office.

Mortgage Repayment Raises Questions

The financial report was presented by Mike Eakin, who led the attendees through the financials of the Coop as compared to last year. The

Carl Arnold



David Marangio

better train the members who stock produce to handle it more carefully. Allen apologized, saying that it was an ongoing struggle but admitting that chaos manages to rule for most parts of the day. There is a printed introduction to working in the produce aisle, available in the front of the aisle next to the carrots, but too few members are aware of it. Allen suggested that the Gazette raise the issue in an article, or perhaps place it on the agenda at a future General Meeting.

Next Year's GM Dates Need Adjustment

There was a proposal to change the dates of two General Meetings in 2010. The rule on General Meeting dates is: For the first 10 months of the year, the meeting takes place on the last Tuesday of the month. For Month 11, the



Jeremy Gordon

meetings happen on the last Tuesday, unless that is the week of Thanksgiving, in which case the meeting happens on the next to last Tuesday of the month. In Month 12, the meeting takes place on the Tuesday before the week of Christmas. In 2010, there are two problems with that plan. First, in March, the meeting date is the second night of Passover and the meeting hall is not available. There are two possibilities in this case: One is to look for another location and the other is to find another date. In the past, the Coop has held the meeting in other places when the meeting hall was not

available, but they have never found another place that was satisfactory. The general coordinators proposed moving the meeting from March 30 to March 23. The second problem date is in December: Tuesday, November 30 is the week after Thanksgiving, so the meeting should be held then. However, the next meeting would follow only two weeks later, which does not allow enough time between meetings. Holtz proposed having the meeting on Tuesday, Dec 28. This would put the meeting between New Years' and Christmas, which was common at the Coop in years past. The proposal to change these two dates was put to a vote and passed by an overwhelming majority. Therefore, for 2010, the General Meetings will be held on the last Tuesday of every month except for March, when the meeting will be held on March 23.

Diversity and Equality Committee Floats New Ideas

The last and lengthiest item on the agenda was the report of the Diversity and Equality Committee (DEC). The purpose of the report was to follow up on the previous work of the Committee, which outlined the scope of discrimination and bias at the Coop. In this meeting, the Committee offered for discussion its proposed plans to combat bias at the Coop. These proposals will be voted on in a future General Meeting. The DEC was formed by the General Meeting in 2003 out of concern by some members that the Coop was not fulfilling its mission of diversity and equality. The Committee acts as a forum in which members who feel they have been subject to discrimination or bias can air their complaints. The Committee also administered a survey in which about 9.5% of the Coop, or 1,320 members, par-

Park Slope Food Coop, Brooklyn, NY

ticipated, about what issues the DEC should be looking at. One in four members stated that they had witnessed bias at the Coop; one in seven acknowledged experiencing bias at the Coop. One in twenty members stated that their actions had been mistakenly taken as bias. The two major forms of bias at the Coop were stated to be disrespectful behavior (62%) and arbitrary application of rules (33%). The forms of bias were primarily based on race, ethnicity, class and income level. There was some discussion about whether disrespectful



David Golland

behavior was due to bias or simply rudeness, and some members noted that staff at times set a hostile tone.

It was generally agreed that the Coop, as a politically progressive organization, should address these issues. The DEC had three goals: First, to create a cooperative climate, because sometimes the lack of space in the Coop makes it a difficult place to encourage camaraderie; second, to develop a Diversity Awareness Initiative to better understand diversity at the Coop; and third, to strengthen the organization's mechanisms to address diversity.

The specific initiatives towards that goal were the following:

1) Video on the history of the Coop. This would instill in members a sense of history and belonging, and underline the work that the Coop has done in the past to initiate change. This project would require a Coop team of filmmakers and media contacts. It basically requires people power. The DEC would like it to be developed by the end of 2010. 2) Cooperation coordinator position added to each squad. The role of the cooperation coordinator would be to anticipate and moderate conflicts, developing ways to encourage better shopping experiences. The cooperation coordinator would try to figure out when conflict is mostly likely to occur. The Committee would



Jess Robinson

like to pilot the position of coordinator by spring.

3) Community Building Campaigns. The idea would be to develop a good neighbor campaign, and do outreach to members of the community that might not be well represented at the Coop. It would include outreach in places like churches, and would be done in different languages.

There was a long discussion on how to best dissemi-

nate information that could make a positive difference in people's thoughts and behaviors. Other specific proposals, from the DEC and the general audience, included incorporating a diversity column into the Linewaiters' Gazette or developing a monthly movie night to deal with issues of diversity. It was pointed out that these types of interventions might only reach a self-selecting crowd who were already prone to think about issues of bias and diversity. One member recommended celebrating diversity in a way suited to the Coop—by highlighting the diverse types and preparation of food according to different cultural backgrounds. As the DEC currently seeks new ideas, Coop members are encouraged to contact the DEC.

Board of Directors Election

The General Meeting & the Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting.... The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

Duties of the Directors The Board of Directors conducts votes at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

Openings

We have two three-year terms and one two-year term open this year.

Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Monday, March I. Please submit a statement of up to 750 words to GazetteSubmissions@ psfc.coop. Please include a small photo for publication in the Linewaiters' Gazette and the member proxy mailing.



Candidates will have the opportuni-

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The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve threeyear terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance. ty to present their platform at the March 23, 2010, General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 29, 2010.

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"working toward expanding, or limiting membership."

2010: Time to Live an Adventurous Life

Abigail Ramos was happy to be asked about New Year's resolutions. Her response was, "It's a really good idea that you asked me, because I should be having those thoughts!" In 2010, she'd like to go back to school for her master's degree. When I asked her if she wanted to make any lifestyle changes, she answered, "I already have a couple of things in place that I'd like to continue, and the Coop is definitely a big part of that." She observed: "The food here is wonderful. I try to vary my diet as much as possibleeat a lot of different leafy greens and a lot of different vegetables, and the Coop allows me to do that, because it always introduces me to the craziest new vegetables I've

When I asked Roz if she had a resolution for the Coop, she had a ready reply— "Relax!"

never seen before." Abigail also had a 2010 resolution for the Coop: "Reconsider how often



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Coop members speaking to reporter about their New Year's resolutions. Counter-clockwise from top right: Deepak Khosla; Rosalie Friend; Patricia Squillari; Bob Burton, Sue Lee Kim, and child; Carol Patti; Roz Smith; Abigail Ramos.

we need to work. Are there so many members that maybe we don't have to work as often?"

Roz Smith wants to live an adventurous life in 2010. Among the changes on her list in the coming year: "A new job, doing things a little bit differently—not being so fearful. Taking chances much more than I've taken." She is willing to take a leap of faith in 2010, as compared to 2009, when she felt she didn't take chances. Travel is a priority on her 2010 to-do list, and the first stop on her ideal itinerary would be Trinidad, where Roz has family she hasn't seen for some time. She would like to go during carnival season, which she feels is not only about the stereotypical good times, but also about letting go of the old and inviting in the new. When I asked Roz if she had a resolution for the Coop, she had a ready reply—"Relax!"

Healthier Eating... Slow Down

For her New Year's resolution, Amanda Bechtold would like to "eat healthier. Eat less fatty foods." More vegetables and fish are both on Amanda's 2010 menu. Amanda's resolution for the Coop would be to "possibly come up with a better plan for so many members." She likes her cheese slot and works very hard in her shift, but Amanda wondered if the shift cycle could move from every fourth week to every sixth week. In 2010, Carol Patti wants "to slow down my very hectic pace. I think everything is moving very fast right now in the world. It's a good thing, and at the same time we have to pace ourselves better, so that's a New Year's resolution." A nutritionist, Carol is keen to set up a Web site to expand her contacts beyond word of mouth, and she'd also like to do "more home cooking."

John Donohue, shopping with his young daughter, didn't really have a 2010 resolution, observing, "I can't really think beyond this particular shop." He added, "I don't make New Year's resolutions, I make weekly resolutions," which, he admitted, can be broken just like those made annually. When I asked John if he had a resolution for the Coop, he said: "It should take credit cards."

Amanda's resolution for the Coop would be to "possibly come up with a better plan for so many members."

Bob Burton, Sue Lee-Kim and their small daughter Charlotte were in the produce aisle, where Bob shared some goals for 2010. "Work out more" was at the top of his list. Although Bob thought they all ate pretty well, he would like to "get rid of the yeast" in their diets during the coming year. When queried about a resolution for the Coop, Bob, who does his shift in the vitamin aisle, answered quickly: "They have got to organize the vitamin aisle."

So there you have it: hopes to launch new careers promises of visits to see cherished family, dietary to-dos. As you read, perhaps you came up with a few resolutions of your own. Whatever your resolutions for 2010, and wherever they may take you, happy New Year!

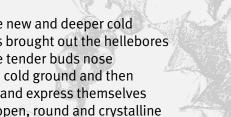
What Is That? How Do I Use It? Food Tours in the Coop

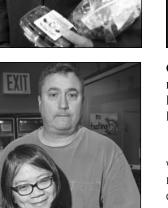
> The new and deeper cold has brought out the hellebores The tender buds nose the cold ground and then lift and express themselves in open, round and crystalline white bowls

The flowers live next to sturdy dark green leaves knights and maidens indifferent to the sharp wind Unafraid of the weather they have no concern, no worry, no anxiety they are not even at peace

They are peace

And so peace blooms ever around us At the quick of our being it waits still and care-free for the moment when we would but turn and face it and take it into our hearts





HOTOS BY WILLIAM FARRINGTON

The Park Slope Food Coop With peace and goodwill

by Myra Klockenbrink

Monday January 11 and January 25 noon to 1:00 p.m. and 1:30 to 2:30 p.m.

You can join in any time during a tour.





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Our Coop: Diversity Between the Aisles

By Young Lee

hy don't you try the Yucca root? It is much better for you than the potatoes," spilled the Slovakian checkout clerk with the stylish stubble and an infectious smile. The Park Slope Food Coop is about more than accessible healthy foods and our work commitment, as noted in the spate of recent publicity. The Coop is also about community, learning and shaping our diverse and changing world, guided by the universal principles outlined by the International Cooperative Alliance.

We can be proud of our Coop's successes in the record number of new members and "I enjoy the work here; it is great!" chimed the blonde from the Czech Republic restocking with me on a

recent Saturday. The "member-owner-shopper-as-worker" nature of how we function enables all of us to be proactive. We pick up scraps on the floor meant for the garbage and take pride in the neatly

shelved boxes of pastas. We are helpful to our fellow shopper-owners because we are collectively invested in how we function. Sure, there are bound to be members that irritate and cross boundaries of decorum and politeness, but true learning multicultural nature of our membership also means diversity in our collective talent. Members can and do con-

Member Contribution

> tribute to the work requirement according to their experiences and abilities.

> A walk through the aisles of the Coop on any given day will open opportunities for a wealth of insights from around the world. The main-

stream-media-labeled "liberal, crunchy-granola" categorization for the Coop was put to the test by the elderly member from Alabama who extolled God's visions and purposefulness in the Coop's organic Japanese sweet potatoes at \$1.21 a pound! Whether it is from a Ghanaian newcomer; a Ph.D. candidate examining insect behavior; or an experienced civil rights hand, the lessons to be learned from our fellow members are limited only by our willingness to engage, share and be accepting of new chances to learn.

season for many religions, faiths and non-faiths, let's also remember the special place our Coop occupies in our lives. Much more than the home of healthy foods, good prices, and our important work requirement, the Coop is a road map for how a diverse group of committed people can cooperatively create a more just, equitable and peaceful world.

"Are you shopping or are you working?" asked a friend I met by the bagged pearl onions; both might mean the same thing in a unique and visionary way at the Park Slope Food Coop.

As we celebrate a holiday



the members' work that saves labor costs. We can also take pride in having contributed to healthier dietary habits of New Yorkers now that heart disease is the second leading cause of death, after cancer. An unheralded fact about our little world on Union Street, however, is our multicultural membership and the harmony (yes, harmony) that is reflected in our everyday interactions *between* the aisles.

requires struggle, effort and chance-taking on the part of every member to assist in maintaining our community.

The loyalty to our unique mission is striking. Did you read about our debate on keeping those members over 65 years old to full work commitments for fear of creating a tiered system of members? (The PSFC Board voted to allow retired members to keep shopping.) The spectacular

Professional Diversity Consultant Needed

The Diversity and Equality Committee seeks a professional diversity consultant to review and provide input on the commit-

Puzzle Corner Gazette Acrostic

Enter answers to clues in the workspace below the grid. Then copy the letters in the answers to the corresponding numbered squares in the grid. When the grid is complete, its letters will spell out a quote, and the first letter of each solution in the workspace will spell out the source of the quote.

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tee'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, volunteerbased organizations is especially welcomed. Interested parties should contact committee co-chair George Perlov by email at george@perlov.net.

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Bedbugs Are Biting

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Jones is hardly alone. According to the New York Department of Housing, bedbug-related complaints have skyrocketed over the past few years; in 2008 there were 8,840 complaints as compared to 6,889 in 2007. According to Anthony Vasi, the Director of Operations for Abalon Exterminating, a Manhattan-based company that services the tristate area, the resurgence of bedbugs over the last decade has reached epidemic proportions. "People don't seem to realize just how bad it is," Vasi explains. Simply go to www.bedbugregistry.com to see a nationwide map of bedbug reports from hotels and private residences in places as varied as South Dakota, Boston, Brooklyn and beyond.

All the Elements of a **Horror Movie**

The New York Times and other local papers have been reporting on the rapid and rabid resurgence of these bloodsucking creatures that resemble small, flat ticks (about 1/4 inch and reddish brown). Bedbugs nest in mattresses, carpets, sofas, clothing pockets, electrical sockets and wooden crevices, and come out mostly at night to feast on the blood of their victims. If it sounds like a horror movie, Jones will affirm that is-one that she is still experiencing almost three months later.

"When my mother told me we had bedbugs, I thought, 'No big deal! We'll call 311 and get it taken care of," she explains. That was the beginning of her itchy, expensive and, in Jones's word, "traumatic" odyssey. "The operator told me to call New York City's Pest Control Services, which gave me a list of local exterminators," she explains. Jones chose one in Brooklyn that specialized in bedbugs, as every credible Web site and organization dedicated to bedbug eradication recommends. As stated by Cornell University's New York State Integrated Pest Management Program Web site, "Do-ityourself pest control could make bedbugs spread.'

The resurgence of bedbugs over the last decade has reached epidemic proportions.

The exterminator arrived and immediately spotted several bedbug "shells" near the baseboards of Jones's living room. "They shed their exoskeleton," Vasi explains. "That's one way to spot them. You might also see spots of blood on your sheets." In the case of an extreme infestation, one might even spot visible excrement and crawling bugs—see video footage at www.bedbugger.com, a Web site dedicated to educating the public about bedbugs, if you can stomach it. However, the biggest threat posed by the bedbug is imperceptible to the human eye, as the female lays microscopic eggs. "We don't know why, but the female will lay eggs in transport," Vasi explains. "That means they can be anywhere—in your carpet, armoire or your electric socket." This makes a "human inspection" such as the one Jones received only about 30% accurate, Vasi says. Abalon charges \$150 for such a visit, as did Jones's exterminator. This initial "diagnostic fee" is deducted from the actual extermination price, should the client agree to proceed. For a more thorough examination, Vasi recommends using bedbug-sniffing dogs. "Trained dogs can sniff bugs and eggs in all sorts of hidden places," Vasi says. "In fact, studies prove that a canine search is 95% accurate." Although canine inspection is three times more expensive, Abalon will still deduct that cost from the treatment total.

Once the bedbugs were detected in Jones's home, she was struck with a sudden memory. "Several weeks earlier my neighbor was throwing out his sofa and several mattresses," she says. "I asked him if everything was okay, and he said he was ready for a change." What Jones now suspects is that her neighbors had bedbugs and never told her. "The exterminator said he sees this all the time," Jones says. "My brownstone is attached to his house-the bugs crawled through the walls and into my home through the baseboards." The exterminator told Jones she had to tell the neighbors on the other side about the problem, to prevent a ripple of bedbug infestations down her block. Vasi confirmed that this does indeed happen. "People may detect bedbugs and instead of getting professional exterminators, they wind up using a store bought bomb that is simply a repellant that will send the bugs scurrying elsewhere," he explains. The New York City Department of Health states in its literature that people who have bedbugs "need to hire a professional exterminator" to get rid of them.

An Expensive Process

To begin the extermination, Jones was told to pack up everything. "All my clothes had to first be laundered and then packed up into heavy duty plastic bags, which cost \$24 each," Jones explains. "I had to empty every drawerincluding all my papers—and every closet. I had to pack up all my books. It was a nightmare—it took me from 7 p.m. to 11 p.m. and then again from 4 a.m. to 10 a.m. And that was just for two floors."

She then had to throw out her mattress, as well as her mother's, as they were most likely infested. "[Bedbugs] are nocturnal creatures that feed off their hosts at night," Vasi



explains. "That is one of the reasons they love beds for nesting." This means that not only mattresses but also headboards and crevices in the bed frame can be welcome nesting sites for a bedbug.

Once everything was laundered and packed away, Jones had to turn every piece of furniture upside down before the exterminators came in early November. "Two men came and spent nearly six hours methodically spraying each and every room," Jones says. "They even sprayed the electric sockets and the bottom of every chair. When they left, there was a powdery white dust everywhere." It cost \$2,000 for the treatment—Abalon charges \$675 per room for a similar treatment-which included a follow up ten days later as well as a three-month warranty. However, that price does not reflect the cost of the plastic bags, new mattresses and furniture. Jones said, "I am up to \$5,000 in bills." In addition to new furniture and linens, Jones has invested in mattress encasements-"one for my box spring, one for my mattress and pillow encasements for each pillow," she says. "Bed Bath and Beyond is making a fortune!" With good cause: these encasements prevent bedbugs from penetrating and nesting in your mattress, box spring and pillows. A full sized "Allergy Luxe Bed Bug Protector" mattress encasement costs \$80 on the Bed Bath and Beyond Web site. Jones also invested in two new vacuum cleaners, as the exterminator told her to vacuum daily to make sure to remove any eggs or bugs that may find their way back into her home. "For the first time in my life, I am using the attachments!" she says. "I no longer just vacuum the floors, but all my furniture as well. I use the wand to get into every corner and crevice."

As a result of her ordeal, Jones's life has shifted radically, and for the better. "I will forever be paranoid about bedbugs," she explains. "That means I won't ever bring my coat into my home and I will wash all my clothes as soon as I get back from a trip." There is a reason for her vigilance: according to the Web site nyc.gov, people unknowingly carry bedbugs into their homes in their luggage or clothing. As Jones will attest, bedbugs may also travel between apartments through small crevices and cracks in walls and floors. As for used furniture? Forget it! "Whenever I see a sofa or bed left on the street, I immediately want to put up a sign that says, 'It's not worth it!'" Jones says, regarding that age-old New York tradition of great furniture discoveries on Thursday nights. Even the New York Health Department Web site warns: if you are discarding infested furniture, slash it with a knife or otherwise destroy it to dissuade people from bringing it, and bugs, back home. The same goes with thrift store finds: before bringing any used article of clothing into your house, first wash it in hot water and dry it on the highest temperature setting, as heat will kill both bugs and larvae.

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A Change in Attitude is Necessary, Too

Perhaps worse than the financial and physical price of

Park Slope Food Coop, Brooklyn, NY

this ordeal is the psychological torture. "It has been hell!" Jones attests. "We have been living out of plastic bags for the last seven weeks and I have become so paranoid that I won't even visit my friends, let alone get in their cars, because I am worried I am still infested." Jones could not even send her 80-year-old mother to stay with relatives during the grueling process. "My sister was rightly worried that she would bring the bugs with her," Jones explained. "They could be in her pockets, in her suitcase—who knows? Until our exterminator has told me we are in the clear, we are not socializing with anyone." In fact, bedbugger.com's first piece of advice on treating bedbugs is to stay in your infested home until the problem has been solved. Sleeping at a friend's house simply means potentially transferring the infestation therenot the nicest hostess gift.

While Jones feels confident that she is taking every proper step towards eradicating the critters, she desperately wants to protect her friends and family. "It's embarrassing to say to people, 'I have bedbugs,'" she says. "You become instantly stigmatized—but my close friends and colleagues know. And I go to great lengths to make sure I don't spread them anywhere else!" She carries a bottle of 91% isopropyl alcohol—found at Duane Reade—and uses it to wipe down her desk and chair at the end of every workday.

Bedbugs may also travel between apartments through small crevices and cracks in walls and floors. As for used furniture? Forget it!

In fact, she was horrified when a friend admitted that she too had a problem. "I said, 'You must tell people!'" Jones recalled. "Instead, she threw her granddaughter a birthday party and invited people to her infested home." Since the nits—or eggs—are microscopic, people can easily pick one up on their clothing by sitting on an infested couch. There are reports of infested airplanes, hotel rooms, restaurants-even medical facilities may have bedbugs! "My dentist called the other day," Vasi says. "I thought I was late for an appointment-instead, his

assistant was calling to say he thought the dentist chair might be infested."

It is the universality of bedbug infestation that caused Jones to call the Linewaiters' Gazette and specifically request a story on the issue. "Everyone needs to know that people spread bedbugs," Jones explains. "You cannot prevent bedbugs from coming into your house. But you can prevent an infestation."

Jones' exterminator wound up contacting her neighbors to let them know he was treating her house for a serious infestation. The neighbor spotted throwing away furniture finally admitted that he had been fighting bedbugs for six months. It still upsets Jones that he did not warn her earlier. "Instead of spending \$2,000 to treat an infestation, I could have spent \$400 for a preventative spray that would have been injected into the wall that separates [our houses]," she explains. "That is one of the many reasons it is so incredibly important to let people know if this is happening to you."



To find out more about bedbug prevention, education and treatment, check out these websites:

- www.bedbugger.com
- www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/
- www.nyc.gov/html/doh/downloads/pdf/vector/vector-faq1.pdf

SAFE FOOD COMMITTEE REPORT

From Plow to Plate: Fresh

By Adam Rabiner, for the Safe Food Committee

 ince its debut in September, the From Plow Ito Plate film and discussion series has presented some serious and, at times, heartrending movies on the dire effects of our food system. These have included the exploitation of migrant labor, the poisoning of farm workers from industrial agriculture and the debates over the privatization of water systems and genetic modification. Like these earlier films, Fresh indicts the current system and its single-minded focus on productivity and efficiency despite the costs and consequences. And like the first four films of the series, Fresh is educational, the difference being that its focus is much broader and touches briefly upon many issues rather than exploring a single aspect of the system in depth. But Fresh really differs in one major respect from many of the doc-

umentaries in this genre in that it is much less an accusation than a celebration of the "farmers, thinkers, and business people across America who are reinventing our food system." And that is, well, refreshing.

The film pays tribute to eight individuals, including Michael Pollan. Pollan is a great writer, teacher, radio guest and general spokesperson for the food movement, and he certainly has his fans, myself included. He makes some terrific points, such as the fact that nature abhors monocultures of both plants and animals and makes every attempt to destroy them through pestilence or pests, thus necessitating the everincreasing reliance by commercial agriculture on fertilizers, herbicides, and pesticides. However, the real heroes of Fresh are the farmers who are featured: Joel

Salatin from Virginia and Will Allen, an urban farmer hailing from Milwaukee, Wisconsin. Both are philosophers, too, and like writer and farmer Wendell Berry, blend the practical with the spiritual. Salatin talks about bovine spongiform encephalopathy (mad cow disease); in the same breath, he marvels at the beauty of a country sunrise. We really learn the most from the farmers: the importance of worms and fish poop to the ecosystem; the merits of respecting the natural order of things, allowing animals to follow their herding instincts and to eat what they were meant to eat. And should you think that these natural farmers are pie-inthe-sky idealists, dreamers, and poets, you would be mistaken. They are successful businesspeople. Their methods have allowed them to save money by not having to

buy medicines, commercial fertilizer and seed, and still produce higher quality products that consumers demand. Perhaps the biggest myth exploded—and this was an eye opener for me—is that organic and sustainable agriculture is not productive enough to feed the world's growing population. It turns out that modern technology and traditional ways of doing things are as productive, if not more so, than industrial

what specific task he was referring to but the aim of the film director, Ana Sofia Joanes, is clear: You can make a difference. You can join these pioneers and add momentum to the growing alternative food movement. A good first step is to join the Fresh community at www.freshthemovie.com and the Brooklyn Food Coalition at www.brooklynfoodcoalition. org. And, of course, come out and see the movie on January 12 at the Coop. ■

methods. What is necessary, though, is to shift production systems and our diets away from commodity crops and meats to more fruits and vegetables.

Fresh ends on an exhilarating note. Will Allen—a big, brawny former basketball player who played in the European league—exhorts the visitors to his three-acre city farm: "You can do this. We're not leaving until you do this!" I'm not sure

Fresh, Tuesday, Jan. 12, 7:00 p.m. Park Slope Food Coop, 2nd Floor, 782 Union Street (between Sixth and Seventh Aves). Free. Snacks and beverages will be served.

8 📨 December 31, 2009

Park Slope Food Coop, Brooklyn, NY

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



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





Rufus Cappadocia is one of the leading voices on the five-string electric cello today. From the modalities of Middle Eastern, West African and pan-European folk forms to blues, rock and jazz along the way, adding elements of American roots, Mediterranean textures and Caribbean percussion for good measure, Cappadocia's effortless and natural embrace of all music is awe-inspiring.

Cynthia Hilts & Lyric Fury is a luxurious and cranky vehicle that indulges the voice of wild composer Cynthia Hilts. Four horns, cello, piano, bass, drums and occasional voice create perilous intimacy mixed with big fat juicy sound sprawl. What's it like? Organic lyricism, music that swings and splats like hell. Dense counterpoint and sparse meditation. Mingus and Debussy in a celestial train wreck. A tropical jazz paradise with occasional pockets of glacial translucence.



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



This Issue Prepared By:

Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (developme nt):	Anne Kostick Petra Lewis
Reporters:	Diane Aronson Eva Kaplan Liz Welch
rt Director (development):	Patrick Mackin
Illustrators:	Diane Miller Patrick Mackin
Photographers:	William Farrington Ingrid Cusson
Traffic Manager:	Barbara Knight
Text Converters:	Joanne Guralnick

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.

- #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.



Text Converters:Joanne Guralnick
Andrew RathbunProofreader:Susan BrodlieThumbnails:Mia TranPreproduction:Sura Wagman
Photoshop:Photoshop:Adam SegalArt Director (production):Lauren Dong
David Mandl
Matthew Landfield
Lee SchereEditor (production):Tioma Allison
Final Proofreader:Final Proofreader:Teresa Theophano
Index:

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Shopping Floor Set-up and Cleaning

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

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

Vitamin Assistant

Friday, afternoons

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. If you are interested in this workslot, please contact the Membership Office for more information.

Voucher Data Entry Thursday, 7:00 to 9:45 a.m.

The Coop needs detail-oriented members to enter data from voucher sheets into an Excel spreadsheet. Accuracy working with numbers

and facility with Excel required. The shift must begin by 7:00 a.m. but you can come as early as 6:00 a.m. You will need to work independently, be self-motivated and reliable. Please contact Renee St. Furcy at renee_stfurcy@psfc.coop or 718-622-0560 if you are interested.

Laundry and Toy Cleaning

Friday, Saturday or Sunday, 8:30 to 10:30 p.m. This workslot has two responsibilities. You will load laundry into dryer, fold it and redistribute it around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room. You will be working with a partner on these tasks. Please contact Annette or Jana in the Membership Office for further information.

CONTINUED ON PAGE 11

CÖPCALENDAR

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.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

lan 14 issue: 7:00 p.m., Mon, Jan 4 Jan 28 issue: 7:00 p.m., Mon, Jan 18 **CLASSIFIED ADS DEADLINE:** lan 14 issue: 7:00 p.m., Wed, Jan 6 7:00 p.m., Wed, Jan 20 Jan 28 issue:

General Meeting Info

TUE, JAN 26 GENERAL MEETING: 7:00 p.m.

TUE. FEB 2

AGENDA SUBMISSIONS: 8:00 p.m. Submissions will be considered for the Feb 23 General Meeting.

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).

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-forworkslot-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 covering absent members is too difficu

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 nontoxic, 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, earthfriendly 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.

ALL ΑΒΟυΤ ТНЕ 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, January 26, 7:00 p.m.

The General Meeting is held on the last Tuesday of each month.

Location

The Temple House of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Ellen Weinstat in the office.

Meeting Format

Warm Up (7:00 p.m.) • Meet the Coordinators

• 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.

• Enjoy some Coop snacks • Submit Open Forum items • Explore meeting literature

Open Forum (7:15 p.m.) Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

Reports (7:30 p.m.) • Financial Report • Coordinators' Report • Committee Reports

Agenda (8:00 p.m.)

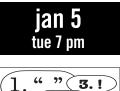
• The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.

Wrap Up (9:30-9:45) (unless there is a vote to extend the meeting) • Meeting evaluation • Board of Directors vote • Announcements, etc.

Park Slope Food Coop, Brooklyn, NY

park slope FOOD COOP

calendar of events



2.?)

Agenda Committee Meeting

The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item

Submission Form, both available from the Membership Office. The next General Meeting will be held on Tuesday, January 26, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.



Food Class: Healthy Dinners in a Hurry

Fast meals for the whole family. This class is for anyone who wants to get dinner on the table fast-and make sure it's healthy and delicious. Juliana Brafa will share some of Baldassano, Coordinator her favorite crowd-pleasing, simple dinners that can be

made in less than 30 minutes. Juliana is a certified holistic health counselor and natural-foods chef who works with men and women who want to have more energy, lose weight or just feel their best. She offers individual and group health coaching, leads workshops on nutrition and health, and teaches cooking classes. Menu includes tofu "egg" salad, Asian noodles with peanut sauce and maple tempeh and roasted veggies. Materials fee: \$4.

jan 9 & jan 17 sat 4-6 & sun 11-1 Coop Kids' Variety Show



Auditions for Coop members ages 4-18. You must audition to be in the show, which will be held Saturday, March 13, 7:00 p.m., at the Old First Church. A polished act is not required for the audition; we can help you polish it. Singers and other musicians, poets, jugglers, standup comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing

please). We look forward to hearing from you! To reserve an audition spot, contact Martha Siegel at 718-965-3916 or msiegel105@earthlink.net.



Safe Food Committee Film Night: Fresh



This film celebrates the farmers, thinkers and businesspeople across America who are reinventing our food system. Forging healthier, sustainable alternatives, they offer a practical vision of our food system and our planet's future. *Fresh* addresses an ethos that has been sweeping the nation and is a call to action America has been waiting for. Cosponsored by the Friday Night Film Series.

Rufus Cappadocia and ian 15

Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.) • \$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.

jan 24 sun 3 pm



Citing the high level of confusion about GMOs in the general population, high-school teacher David Robinson, a member of the Safe Food Labeling Committee organizing this panel discussion, stresses the importance of educating people about the facts of GMOs. This forum will give anyone who eats the opportunity to hear some of the foremost

Public Panel Discussion of

GMOs in our Food Crops

experts on the topic and ask them questions. The panel includes Dr. Michael Hanson of the Consumers' Union and Eden Foods founder and CEO, Michael Potter. The event will address the safety of GMOs; consumers' right to know if their foods contain GMOs; and why there are no laws requiring the identification of GMOs on food product labels. For more information, contact Greg Todd 718-496-5139 or visit ecokvetch.blogspot.com. Meeting location: United Methodist Church located on the corner of 6th Avenue and 8th Street in Park Slope.



PSFC JAN General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the Linewaiters' Gazette. The Agenda Committee minutes and the status of pending agenda items are available in the Coop

office and at all General Meetings. Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.



Agenda Committee Meeting



The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an

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The Very Good Coffeehouse **Coop Concert Series**



The Very Good Coffeehouse is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture. Performers to be announced. To book a Coffeehouse event, contact Bev Grant, 718-788-3741. Concert takes place



Cynthia Hilts & Lyric Fury



Rufus Cappadocia is one of the leading voices on the five-string electric cello today. From the modalities of Middle Eastern, West African and pan-European folk forms to blues, rock and jazz along the way, adding elements of American roots,

Mediterranean textures and Caribbean percussion for good measure, Cappadocia's effortless and natural embrace of all music is awe-inspiring. Cynthia Hilts & Lyric Fury is a luxurious and cranky vehicle that indulges the voice of wild composer Cynthia Hilts. Four horns, cello, piano, bass, drums and occasional voice create perilous intimacy mixed with big fat juicy sound sprawl. What's it like? Organic lyricism, music that swings and splats like hell. Dense counterpoint and sparse meditation. Mingus and Debussey in a celestial train wreck. A tropical jazz paradise with occasional pockets of glacial translucence.

at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd Street) • \$10 • doors open at 7:45.



PSFC FEB General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the Linewaiters' Gazette. The Agenda Committee minutes and the status of pending agenda items are available in the Coop

office and at all General Meetings. *Meeting location: Congregation Beth Elohim Social* Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.





Agenda Committee Meeting

3.!) 2.?

The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an

Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. The next General Meeting will be held on Tuesday, March 23, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue



Acupuncture and the Treatment Of Digestive Disorders

Acupuncture is an effective way to keep the body healthy, happy and clean, especially when used in conjunction with smart food choices. Join us to find out how to improve your happiness by improving your digestive tract! Coop member Kimberly Russell, MS, CNC, RYT-500, holds a Masters in Health and Healing as a Certified Nutritional Counselor. Natasha Kubis, L.Ac., Dipl. Ac. (NCCAOM) is a licensed acupuncturist in the state of New York.



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.



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

mar 13 Enhancing Fertility Naturally: A Chinese Medicine Approach

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

mar 13 sat 7 pm

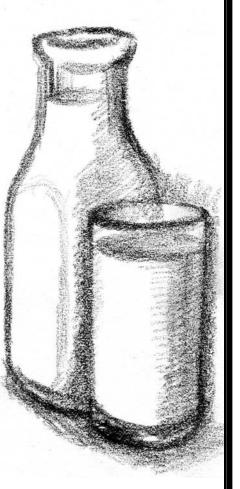
Our Fourth Biennial Coop Kids' Variety Show



Coop finalists, ages 4-18, from the previously held January auditions, will appear in the show at the Old First Church, Carroll St. and Seventh Ave. Admission is \$5; refreshments for sale. Nonmembers are welcome

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

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



Interested in Engaging Coop Work?

Disciplinary Committee Seeks NEW Members

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

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

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

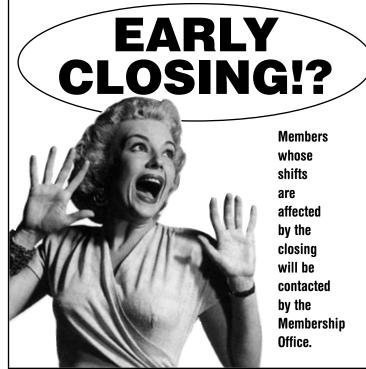
Some of our work includes:

• Investigating allegations of misbehavior by members, such as failing to report for or to complete shifts, bringing in non-members to shop, shopping while suspended, stealing, using racist, sexist, homophobic or nasty and staff etc st other Coop n

The Coop will be closing early for shopping at 5:00 pm on Sunday, January 31, so that we can conduct our annual Coop-wide inventory.

Some shifts will be affected, others will not.

Please help inform the membership about this early closing by telling your Coop housemates and friends.



- Participating in disciplinary hearings
- Mediating disputes between Coop members
- Engaging in problem-solving and policy issues related to the DC's work

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

Requirements for Candidates:

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

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

Interested? Please call Jeff: 718-636-3880

Foer's New Book Makes Us Look at **Painful Truths: One Person's** Reaction to *Eating Animals*

By Jared Horowitz

he first time I heard mention of Jonathan Safran Foer's new book, Eating Animals, I figured it was just another book condemning the fairly well-known practices of agribusiness. Haven't Michael Pollan and Eric Schlosser alone said everything we need to hear about the evils of the food industry? But when my girlfriend asked if I wanted to go listen to Foer speak at a church around the corner from us, I agreed to join her. What can I say, I'm a sucker for book readings, plus I love a good argument, and based on the review, it sounded like this vegetarian extremist was going to indoctrinate everyone with the same crazy fear tactics I've heard all my life.

I should probably point out at this point that I am a vegetarian myself. For over twenty years, I've limited the space on my plate to vegetables, and yes, dairy and eggs. In my experience, I have found that most people, upon hearing the word vegetarian slip from my lips, assumed I was judging them-or at least, that's what I assumed based on the defensive and/or brutally sarcastic manner which subsequently pervaded their tone. I have therefore always been reluctant to disclose my dietary restrictions, and am, in fact, judgmental of militant vegetarians who selfrighteously chastise omnivores. I therefore expected to dismiss Foer's lecture as just that; extremist, holier-than-thou vegan propaganda. I was, however, very wrong.

Eating Animals is based on the principles of forgetting and remembering (or perhaps in many cases, becoming aware.) I am as guilty as anyone of ignoring the practices of agribusiness. It is too difficult to look, so we look away. But as this book shows, we can no longer afford to ignore what is going on in "factory farms." Foer examines the human psyche, asking questions and posing hypothetical analogies to get readers to rethink old habits and look at what they are eating with new eyes.

this expression, "factory farming," to describe how 99% of our meat, dairy and eggs is produced, should set off warning bells. But what is really frightening are the details of factory farming, details that are at best painful to read and at worst dangerous to swallow. Factory farms have taken over food production. They have manipulated our language to hide and obscure our understanding of what we are putting into our bodies. And as we have become more aware of their practices, they have co-opted words like free-range, cage-free, and organic, which have become adulterated versions of their former selves.

Why should you expose yourself to this book, replete with the images of torture that we all have been complicit in avoiding? Aside from the health issues connected with factory-farmed meat, it has become clear that this system is destroying our environment. Factory farming is the number one cause of

So why should you care?

Member Contribution

global warming. The level of carbon emissions produced by agribusiness is 40% greater than all transportation combined (automobiles, airplanes, railroads, etc.). As Michael Pollan himself recently stated, "A vegan in a Hummer has a lighter carbon footprint than a beef eater in a Prius." We are destroying our air and water supplies, and for what? Discussing the conditions in which the meat we put on our dinner plate is raised and slaughtered is more than a little offputting-often times it's considered rude. But if we don't want to hear about it, if the very mention of these nauseating images is so repugnant, why would we eat this stuff? Why would we give it to our kids? Perhaps because it's cheap. While everything we buy tends to inflate over time, the price of meat has not increased in decades. But as Foer reveals, we are indeed paying for it. The costs of factory farming are seen in doctor's bills. Factory

farms have become a breeding ground for diseases such as H1N1, which has been traced by scientists to a fac-

> tory farm in North Carolina. And as outbreaks of this kind become more and more common, one

has to wonder; is eating meat really worth it?

In the end, it comes back to forgetting and remembering. It's a choice we make every day. Read this book. It will help you decide for yourself where and how you want nourish your body, and whether you want to remember or forget. ■



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 hello@foodcoopbayridge.com 347-274-8172





The fact that we must use

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

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

Be a part of forming a new food co-op in the Fort Greene Clinton Hill area. PSFC members will receive FTOP credit in exchange for their help. To receive credit, you should be a PSFC member for at least one year and have an excellent attendance record.



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



T-SHIRT SENDS WRONG MESSAGE ABOUT THE COOP

TO THE EDITOR,

Many photographs from the time of the Great Depression show people holding hand-lettered signs that read "Will Work for Food." Today, I'm told by a friend who recently traveled outside the cocoon of Park Slope, people are once more holding up such signs.

The phrase "Will Work for Food" has always spoken to me of the great dignity of the person holding the sign: "I have no money, but I do have my self-respect." To use this phrase on a T-shirt that parodies the Food Coop's member-labor structure strikes me as belittling those in need, and I regret that we will be selling these shirts. In cooperation,

Kathy Hieatt

THIS IS TRULY NUTS

DEAR EDITOR,

Regarding Donna Minkowitz's letter in the December 3 issue.

Donna is correct: "fruits" is a derogatory slur for homosexual men

(I prefer the more accurate term, homosexual, over gay) and LGBTQ persons.

In addition "nuts" is a derogatory term used to describe the insane and mentally unhealthy. I'm disappointed that the editors did not catch this in the original printing and, unfortunately, neither did Donna Minkowitz in her response letter.

This is shameful.

However, I don't want to point fingers without also offering solutions. Please consider the elimination of all humor from the *Linewaiters' Gazette* as it is simply too risky.

If we can't laugh at ourselves, who can we laugh at? Clearly the answer is, no one.

Sincerely, Steve Lambert

OLDFANGLED NEW YEAR'S

Preening for the night That ends two-oh-oh nine Hoping for a light That'll break through clouds and shine. Single life is fun, Something I believe, Yet what's good for only one

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. 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. Won't do on New Year's Eve.

Oh, single belles, single belles, No need to deceive, Oh, what times a belle can have But what counts is New Year's Eve. Single belles, single belles, No need to deceive, Oh, what times a belle can have But what counts is New Year's Eve.

I'm hoping for a date That night of special nights Ushering in the year With a cascade of delights. A man who's rich and bright, Who shares my every yen, And if my dream is Mr. Right Hello, two-oh-oh-ten!

Oh, single belles, single belles, No need to deceive, Oh, what times a belle can have But what counts is New Year's Eve. Single belles, single belles, Never gonna grieve, Oh, what times a belle can have But what counts is New Year's Eve yeah . . .

Single belles, single belles, No need to deceive, Oh, what times a belle can have But what counts is New Year's Eve. Single belles, single belles, This I do believe, Oh, what times a belle can have

But what counts is New Year's Eve! Leon Freilich

TIPS FOR REUSING COOP PLASTIC BAGS

TO THE EDITOR:

I read the "Plastic Elephant in the Bulk Aisle" with great interest. I think however, that it could have gone further. Although the ultimate goal is to do away with plastic bags altogether, we have them in our homes now, and if they can be reused, this is better than just discarding them.

The most useful bags are the ones

that grapes come in. The holes in them make them perfect for refrigerator storage of greens, as the produce can "breathe" but is covered enough not to get dried out, and the loose leaves that would otherwise rot at the bottom of your fridge stay fresh in the bag. At first, the lettuce, to use an example, may be too large to fit in, so I just put in the cut end, and after you have made a salad, it will fit neatly. In addition, they are very useful when shopping to hold together produce of one kind-three or four apples, tomatoes, mushrooms, etc. This way you don't discover at the end of your checkout a lone Brussels sprout that got away, hidden in the corner of your shopping cart.

To avoid confusing the checker, I blacken out the grape PLU number. The smaller bags—ones you buy dried fruit in-are great to reuse for string beans, shallots etc. It is easy to wash the bag out first. They are a wonderful way to pack school lunchesbuying virgin plastic sandwich bags and at the same time throwing away reusable ones doesn't make sense. Dog-owners have an obvious use for the appropriate size bag. (I used newspaper with my dog, the editorial page if I didn't agree with the editorial, and no plastic at all.) The larger bags that were used for oatmeal or flour could be used for a large bunch of chard etc. I would not reuse a flour or oatmeal bag again for flour or oatmeal. Large bags are useful at home as garbage bags-if too small for kitchen garbage, then in the bathroom. While it doesn't save plastic, I try to remember to take twister ties from home. Coffee bags are apparently expensive, and I use mine over and over. They are sturdy and will last if you handle them carefully.

Until the day comes when we can do without plastic altogether, let's lessen its impact by not using new plastic bags, reusing what we have and discarding them only at the very end of their useful life.

> Sincerely, Carol Morey

CONTINUED FROM PAGE 9

⁰ Bathroom Cleaning

Tuesday, Wednesday or Thursday, 12 to 2:00 p.m.

Work with a partner to deep aloop the Coop's bethrooms. To

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



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

Office Set-up Monday, Tuesday or Thursday 6:00 to 8:30 a.m.

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

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

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14 🖚 December 31, 2009

Park Slope Food Coop, Brooklyn, NY

COMMUNITY CALENDAR

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

SAT, JAN 2

Peoples' Voice Cafe: Kim & Reggie Harris; Jon Frommer. 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.

TUE, JAN 5

The Brooklyn Women's Chorus is having open rehearsals to invite new members during the month of January. No auditions. Try it for free with no committment. Tuesday evenings at 7:30 at the Brooklyn Society for Ethical Culture. Prospect Park West at 2nd St. For more information, visit www. brooklyn womenschorus.com/ or call Bev Grant at 718-788-3741.

WED, JAN 6

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

THU, JAN 7

Building Owners Solar Workshop: Info on costs, financing, deadlines. Bring one year's utility usage/costs, and roof size. \$15. Reservations: 347-254-0019. 531A 6th Ave. (btwn 13th & 14th), 2nd Fl. 6:30-7:45 p.m.

SAT, JAN 9

Peoples' Voice Cafe: David Massengill/TBA. Greg Greenway, John Flynn, Buskin & Batteau, Deni Bonet, Shannon Lambert-Ryan, Gillen & Turk, Marc Eliot. 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 invite new members during the month of January. No auditions. Try it for free with no committment. Tuesday evenings at 7:30 at the Brooklyn Society for Ethical Culture. Prospect Park West at 2nd St. For more information, visit www.brooklynwomenschorus.com/ or call Bev Grant at 718-788-3741.

THU, JAN 14

Building Owners' Solar Workshop: Info on costs, financing, deadlines. Bring one year's utility usage/costs, and roof size. \$15. Reservations: 347-254-0019. 531A 6th Ave. (btwn 13th & 14th), 2nd Fl. 6:30-7:45 p.m.

SAT, JAN 16

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

SUN, JAN 17

E-Waste Recycling Event: Bring your old laptop, printer, fax machine, cell phone and more to Prospect Park West and Third Street between 10 a.m. and 4 p.m. For a complete list of acceptable materials and more information, visit www.lesecolo-

Building Owners Solar Work-14th), 2nd Fl. 3:00-4:15 p.m.

TUE, JAN 19

Building Owners Solar Workshop: Info on costs, financing, deadlines. Bring one year's utility usage/costs, and roof size. Includes slideshow. \$15. Reservations: 347-254-0019. At the Old Stone House, 5th Ave. & 3rd St. 7:00-9:00 p.m.

The Brooklyn Women's Chorus is having open rehearsals to invite new members during the month of January. No auditions. Try it for free with no committment. Tuesday evenings at 7:30 at the Brooklyn Society for Ethical Culture. Prospect Park West at 2nd St. For more information, visit www.brooklynwomenschorus.com/ or call Bev Grant at 718-788-3741.

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

SUN, JAN 24

Panel Discussion of Genetically Modified Organisms (GMOs) in our food crops: Are GMOs safe? Do consumers have the right to know about GMOs in their food? Why are there no labeling laws? Panelists will include Michael Potter, CEO of Eden Foods, and Dr. Michael Hanson of the Consumers Union. Park Slope Methodist Church (corner of 6th Ave. & 8th St.), 3 p.m.

TUE, JAN 26

The Brooklyn Women's Chorus is having open rehearsals to invite new members during the month of January. No auditions. Try it for free with no committment. Tuesday evenings at 7:30 at the Brooklyn Society for Ethical Culture. Prospect Park West at 2nd St. For more information, visit www.brooklynwomenschorus.com/ or call Bev Grant at 718-788-3741.

FRI, JAN 29

Opening Doors/Welcoming Change: People's Music Network Winter Gathering. New York City. January 29-31. For more information, visit http://pmnnyc. home.att.net/

Opening Doors/Welcoming Change: People's Music Network Winter Gathering Concert featuring Emma's Revolution, Lavender Light Gospel Choir and others. 7:30 p.m. New York Society for Ethical Culture, 2 W 64th St. at Central Park West. One ticket is included with every paid registration for the full PMN Winter Gathering. Additional tickets are \$15 each in advance/\$20 at the door.

02

CLASSIFIEDS

BED & BREAKFAST

SOUTH SLOPE GREEN-2-room suite w/private bath for families of l-5. Internet, TV, mini-fridge & microwave. Full organic breakfast. Long & short stays. Easy access to transportation & parking. Reasonable rates, 10% discount to Coop members. www.southslopegreen. com. Linda Wheeler 347-721-6575 or southslopegreen@gmail.com.

The House on Third St. B+B-beautiful parlor floor thru apt. Queen bed, private bath, kitchen, deck, wi-fi, sleeps 4 or 5 in privacy and comfort. Located in the heart of the Slope. Call or visit us on the web. Jane White at 718-788-7171, houseon3st.com. Let us be your Brooklyn Hosts.

CLASSES/GROUPS

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

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

SPANISH TUTOR AVAILABLE -NYS licensed teacher with 5 years teaching experience available to tutor after school and weekends. Reasonable rates. Coop member. Deborah Kinirons, 516-670-7356

MERCHANDISE-NONCOMMERCIAL

Genuine 3/4 Spanish shearing coat extremely warm size XL black with hood. Best offer. 718-756-3279, 347-276-3300. No Sat. calls

SERVICES

TOP HAT MOVERS, INC., 145 Park Place, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-965-0214. D.O.T. #T-12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White. 212-577-9710.

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

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

COMPUTER HELP --- Call NY GEEK GIRLS. Setup & file transfer; hardware & software issues; viruses & pop-ups; networking; printer/file sharing; training; backups. Home or business. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-time Coop member. 347-351-3031 or info@nygeekgirls.com.

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

HAIR CUTS hair cuts HAIR CUTS: Color, Highlights, Lowlights in the convenience of your home or mine. Adults \$35, kids \$15. Call Leonora 718-857-2215.

ELECTRICIAN: Art Cabrera 718-965-0327. 37 years in the industry. Small jobs to whole houses. Expert in old wiring, troubleshooting, LV, 110 + 220. Also can act as consultant or G. C. Original Coop founder. BIB. Much thanks to the hundreds of satisfied customers; apologies to the few I've disappointed. PEACE BE WITH YOU.

NEED A PAPER "THERAPIST?" Feel burdened by your stuff? Can you find what you need when you need it? Would you like more space and ease in your home office or life? Call a professional organizer: Parvati at 718-833-6720, Parvarti4@ aol.com Free initial phone consultation.

SERVICES-HEALTH

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

gycenter.org.

shop: Info on costs, financing, deadlines. Bring one year's utility usage/costs, and roof size. \$15. Reservations: 347-254-0019. 531A 6th Ave. (btwn 13th &

you can t/no one turned away

MON, JAN 11

Building Owners' Solar Workshop: Info on costs, financing, deadlines. Bring one year's utility usage/costs, and roof size. \$15. Reservations: 347-254-0019. 531A 6th Ave. (btwn 13th & 14th), 2nd Fl. 6:30-7:45 p.m.

TUE, JAN 12

The Brooklyn Women's Chorus is having open rehearsals to

SAT, JAN 23

Peoples' Voice Cafe: Rachel



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

ATTORNEY-Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation. Member of NYSTLA and ATLA. No recovery, no fee. Free consult.

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

CLASSIFIEDS (CONTINUED)

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

HOLIDAY BLUES? Ready for a change? Clarify your goals, confront challenges from a fresh perspective, learn to avoid self-sabotage, develop an action plan. Start this process with a free, 30-min sample session. No obligation. Experienced, certified Life Coach, Mina Hamilton 917-881-9855.

HOLISTIC MEDICINE IN PARK SLOPE. Regina Belkin, Internal Medicine MD will work with your many issues - diabetes, allergies, weight and nutrition, using the latest developments in medicine and psychology. Also specializes in traditional and alternative pain management. Office tel. 718-701-4707

HOLISTIC HEALTH COUNSELING-Get more out of life be learning to get more out of your food! Tired of diets & confusing theories about

QUICKBOOKS Help Needed

Seeking a member proficient in Quickbooks to get Park Slope Food Coop workslot credit by doing work for the South Bronx Food Cooperative. If you are interested in learning more about this workslot opportunity, please contact Zena Nelson at the South Bronx Food Cooperative at sbfc.inc@gmail.com. nutrition & health? Let's talk about what works for you & create your action plan for success in 2010! Free 1 hour consultation! Patti McCabe CHHC, 732-581-6471, www.pattimccabe.com

VACATIONS

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

GREAT FAMILY GETAWAY. Lovely 3-bedroom, 2-bathroom ski house near Mt. Snow (Chimney Hill). Xcountry, outdoor skating and lots more. Sorry - No smokers or pets. Call for details and rates: Susan or Rubin 718-851-4766.

The **Coop Concert Committee** produces and coordinates the monthly Coffeehouse concerts given in conjunction with the Booklyn Society for Ethical Culture. The committee needs someone with professional experience doing public relations and events promotion to send out press releases, find and use free listings, social networking/internet, etc, (there is NO budget available for this). Must be self-starting and



Puzzle Answer



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).

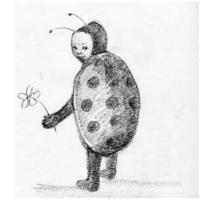
Submission forms are available in a wallpocket near the elevator.



Get Your Home Cleaned... With a Clean Conscience The We Can Do It! Women's Cooperative has eco-cleaned the homes of dozens of happy Food Coop members. Our business is women-owned and operated and members earn 100% of the fee paid. CALL TODAY! - 718-633-4823 www.wecandoit.coop







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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.

FREE JEWELRY CLASS Two hour Jewelry-Making class Sunday, January 3, 2 pm

The world of gemstones and precious metals taught in local studio by professional artisanal jeweler, (former teacher at SVA.)

Please call or email to make a reservation

718-789-5168 bezelset@mindspring.com

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

16 🔊 December 31, 2009

Park Slope Food Coop, Brooklyn, NY

WELCOME!

A warm welcome to these new Coop members who have joined us in the last four weeks. We're glad you've decided to be a part of our community.

Heather Adams Sky Adams Elizabeth Agge William Ardito Kathleen Bailev Matthew Ball Max Barkhausen Joshua Bauchner Johanna Bauman Carlos Bayerri-Albesa Dylan Bean Andrey Belenky Irena Belenky Vlem Benes Neil Berger Erica Berman Brittney Borjeson Lisa Bradley Joshua Camp Christina Casa Usiak Nicholas Cassarino Kristi Cassaro Alexis Cavaretta Mimi Chew Iames Christensen Nancy Christon

Cosette Clarkson Christina Finan Sara Clinehens Courtney Finerty Michael Connley Michael Fischer Roy Coopervasser Emily Freund Alexander Fridell Karin Craig Molly Crichton Sarah Friend Iennifer Cronin Angela Gaimari Genaro Cruz Holly Gallo Edward Dankest John Gergely Carli Dapper **Eleanor Gilles** Benjamin de Grasse Lisa Giordano Marie Delaney Eva Glaser Kavita Desai Iulie Glemaud Marianne Dikeman John Gowell Kate Dillon Rosanna Gowell Alison Diviney Beniamin Greene Chris Dolin Pilar Guzman Mary Catherine Donnelly Hillary Hampton Jessica Hargis Thomas Dooley Corrie Driebusch Sabina Hemminger Danielle Dulken Noemy Hernandez Serena Edwards Sarah Holmes Yolanda Edwards Matthew Hrankek Monroe Ellenbogen Paul Hyman Abdelli Fairouz Samira Id Lachguer Maja Janko Carolina Ferreyra

Elizabeth Jenkins Heather Jones Lilach Karta Sonia Katval Michael Kavalus Kerry Kehoe Alex Kelly Stacie Keslinger Monica Khemsurov Leora Kimmel Martin Kleinman Emily Joan Klemp Suzanna Konecky Maya Kopilevitch Alexey Kuptsov Elena Kuptsova Bobby Kuriakose Jessy Kuriakose Zev Laine Richard Lee Eric Leen Erin Lennox Autumn Leonard Este Lewis Iohn Lindaman Kate Linhardt

Ryan Link Michael Lipp Marina Livis Gretchen Ludwig Yasmin Madadi Isabel Mangru Dawn Manzo Luis Manzo Damian McCann Ashley McGovern Katherine McIver Rachael McLaren Tim Metzger Fiona Mills Jason Mills Chris Mitchell Russell Morris Tania Mota Vani Nataraian Haleh Nazeri-Morris Alain Ollier Mira Oreck Malcolm C. Pack Kathryn Panoe Ian Papillion Elena Parker

Joy Partridge Elizabeth Payne Dacia Pierson Talia Platz Jacqueline Polikoff Samantha Prag less Prewitt Iliana Rabun-Wood Ed Ravin Pangi Raysor Jennifer Redfearn Heath Reynolds Justin Ruben Galina Rybatsky John Sabini Elena Santana Molly Schranz Cherryann Sealey Tasiva Sealev Elizabeth Shanklin Josh Shenk Daniel Shortell Rozita Shortell Sheerah Singer **Rachel Somerstein** Hyacinth Spence

Ruby Stardrum Ronni Stolzenberg Judy Susman Elya Tagar Christine Tan Jack Tchen Aviva Tevah Juliet Tondowski Amanda Trautmann Peter Trautmann Jonathan Treneff Jeffrey Tsai Martin Usiak Jennifer Wexler Pamela Woods Debbie Zamd Derek Zeitel Mingzhang Zeng Cecile Zwiebach

THANK YOU!

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

Lisa Amadeo Jody August Jaclyn Barcewski Lindsey Blatt Robin Burdulis Risa C. Ashley Carker Andrea Chu Benjamin Conniff Courtney & Luc Thomas Crane Mary Dain Nicholas Doray Lily Dougherty-Johnson Kate Elliot Anne Friedman Amy Fritch Sealy Gilles Adam Goldstein Ari Handel Katherine Haver Amy Jo Goddard Debbie Kemp Jason Kim Jenny Knight Pat Konecky Chana Lew Shana Luther

Karen Mancuso Carolyn Meiselbach A.J. Menin Gregg Mitchell Andrea Morrell Christina Moses Austin O'Driscoll Larry Parrington Dacia Pierson Elizabeth Pileckas Cathlene Pineda Kishori Rajan Rockia Robertson David Rubin Mariana Ruiz Dale Soules Chae Sweet Jeff Tang David Teague Pamela Tuffley Julia Vallera Joseph Webb Tanya Weisman Garth Wolkoff Zaria Joel Zimmer

Coop Job Opening: Receiving/Stocking Coordinator Late Afternoon, Evening & Weekend

Description:

The Coop is hiring a Receiving/Stocking Coordinator to work late afternoon, evening and weekends. The evening and weekend Receiving/Stocking Coordinators have a lot of responsibility overseeing the smooth functioning of the store and supporting the squads. They work with the Receiving squads, keeping the store well-stocked and orderly and maintaining the quality of the produce. At the end of the evening, they set up the receiving areas to prepare for the following day's early morning deliveries.

We are looking for a candidate who wants a permanent afternoon/evening/weekend schedule. The ideal candidate will have been working on a Receiving workslot for the Coop. Because fewer paid staff work evenings and weekends, it is essential that the candidate be a reliable and responsible self-starter who enjoys working with our diverse member-workers. You must be an excellent team player, as you will be sharing the work with one to several other Receiving Coordinators. You must have excellent communication and organizational skills, patience and the ability to prioritize the work and remain calm under pressure. This is a high energy job for a fit candidate, and you must be able to lift and to work on your feet for hours. The job will include work in the walk-in coolers and freezer.

Hours: 35-40 hours per week, schedule—to be determined—will be afternoon, evening and weekend work.

Wages: \$23.39/hour

Benefits: —Health and Personal time

---Vacation-three weeks/year increasing in the 4th, 7th & 10th years

—health insurance —pension plan

Application & Hiring Process:



Please provide a cover letter with your résumé as soon as you can. Mail your letter and résumé or drop it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. Please do not call the office.

If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Must be a current member of the Park Slope Food Coop for at least the past 6 months. Applicants must have worked a minimum of three shifts in Receiving within the past year.

We are seeking an applicant pool that reflects the diversity of the Coop's membership.