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Volume EE, Number 5

March 11, 2010

GENERAL MEETING REPORT

February GM Approves Offering Online Access to Member Information

By Frank Haberle



The February 23rd General Meeting (GM) approved a proposal to provide password-protected information to those members who want it through the Coop website. Members also discussed the possibility of joining with other local groups to support reauthorizing the federal Child Nutrition Act. General Coordinator reports on finances, checkout assistance and produce, as well as an update from the Shop & Cycle Committee and an array of open forum issues, rounded out the evening's activities.

Accessing Member Information Online

The first agenda item, submitted by the General Coordinator and the Web Committee, was a proposal seeking permission to "allow the Coop to develop a new feature on www.foodcoop.com providing for the creation of individual, password-protected online accounts giving members access to their Coop information."

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CONTINUED ON PAGE 2

Make Your Own Seltzer!

By Ed Levy

Seltzer. The word is heavy with nostalgia. The heavy glass bottles, the old wooden cases, the inch of chocolate syrup waiting in the bottom of a glass for that controlled burst. Long ago, humans discovered that naturally carbonated spring water perked up the digestion. Now you can make fizz at home, using your own filtered water and your own flavoring. The seltzer maker being sold in aisle two has a lot of merit environmentally as well, since using it eliminates the transportation, storage and recycling of plastic bottles filled with liquid. These units, about the size of a blender, have already freed up space in the Coop basement by reducing our sales of bottled seltzer. More to the point, perhaps, with this device the cost of a homemade egg cream has become ridiculously low!

CONTINUED ON PAGE 3



ILLUSTRATION BY LYNN BERNSTEIN

Next General Meeting on March 23

The General Meeting of the Park Slope Food Coop is usually held on the last Tuesday of each month.* The next meeting will be on Tuesday, March 23, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

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

* The March meeting is a week early because of Passover.

IN THIS ISSUE

Board of Directors Candidates' Statements	5
Puzzle, Food Tours	6
The Coop Cooking Show	7
Coop Hours, Coffeehouse	8
Workslot Needs, Governance Information, Mission Statement	9
Coop Calendar of Events	10-11
Free School Food for All	12
Letters to the Editor	13
Community Calendar, Classified Ads	14

Coop Event Highlights

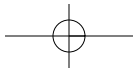
Sat, Mar 13 • Kids' Variety Show 7:00 p.m.

Fri, Mar 19 • The Good Coffeehouse 8:00 p.m.

Fri, Mar 26 • Blood Drive 12:00–8:00 p.m.

Sat, Mar 27 • Adult Clothing Exchange 2:00–5:00 p.m.

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



Online Access

CONTINUED FROM PAGE 1

“I feel that this is long overdue,” said Jess Robinson, General Coordinator and staff liaison to the Web Committee. Web Committee member Nat Meysenburg said that online access would be available on an opt-in basis. “For those who want it, they can quickly find out online when their next shift is, what their current status is. It will be a first stop before they have to call the office for help.” Jen Simmons, another Web Committee member, added that the system will be designed with member privacy in mind. “We will have member names, member number and what squad they are on. This will not include credit card numbers, dates of birth or other personal information.”

Coop members showed strong interest in creating online accounts.

Jess added that this new service, which could be up in the second half of 2010, will include a function where the website will send alerts to squad members who want reminders of when their shifts are coming up. It will also eventually include an improved shift-swap function. Coop members showed strong interest in creating online accounts. Questions included the following: “Would there be a significant cash outlay involved to develop the system?” (No.) “Can we sign up for and cancel shifts?” (Possibly, someday.) “Are there plans to integrate this feature with other calendars?” (Yes.) One member asked if there could be a link to determine how many shoppers are on the Coop floor at one time, to determine how crowded it was before venturing in to the Coop. This could be a possible future option, but is not being considered at this time. Members voted overwhelmingly to approve developing online accounts.

Supporting the Child Nutrition Act

The second agenda item was not a proposal, but instead elicited discussion about having “the PSFC

support community efforts to get Congress to pass a Child Nutrition Act that gives schools resources to serve REAL FOOD for lunch.” As explained by Safe Food Committee member Adam Rabiner, several local, neighborhood groups in the Brooklyn Food Coalition are working with an alliance of New York City organizations for reauthorization of the Child Nutrition Act. This would increase funding

like Agriculture Committee member Tom Milsap and Senator Charles Schumer to move on it. Adam asked members to sign the three letters on the way out of the meeting. Jan Poppendieck, a member of the Brooklyn Food Coalition, said that “supporting this bill would provide an exceptional opportunity for Coop members to inject our food values into the larger national

the Shop & Cycle Committee asked if there was any way to weave the nutrition issues in with better programs around physical exercise. Jan responded that there are proposals on the table right now, but none that would address the dearth of quality physical education programs. General Coordinator Joe Holtz advised that in any future proposal, presenters must link an effort to get the Coop to act as a signee on

looking for bike valet shift members as well as Shop & Cycle Committee members.

Finances and Growth

While a full financial report on the 2009 program year will not be available until the March meeting, General Coordinator Mike Eakin’s report reflected a strong year in net sales to a new record of \$39.4 million, bringing cumulative net sales since incorporation in 1977 to \$324 million. Membership has experienced a steady rise to well over 15,000 active members. Mike spoke to how growth was slowed slightly by the practice of requiring prospective members to sign up for orientation meetings. Joe Holtz added that overcrowding is a big issue for the Coop. The orientation policy is one way to slow it down; the Coop is also very actively helping to start six new Coops in Brooklyn.

New Help on the Shopping Squads

General Coordinator Ann Herpel reported on the new weekend policy of having each shopping squad dedicate two to five people as checkout helpers, assisting with unpacking, price checking, returning carts and returning items to expedite the checkout process. A quick analysis of the new policy, Ann reported, showed a significant speeding of the checkout system, contributing to shorter, faster lines. “If someone offers to help you, please accept it,” Ann said. “It helps all of us, including those members in line behind you.”

Produce Report

General Coordinator Allen Zimmerman stated that, while February is normally the hardest time of year to get excited about produce, there was actually a lot to report. “Last week we moved eight and one-half tons of local produce,” Allen reported; “five tons of which were apples.” Poetically and enthusiastically, Allen updated the attending members on a range of new offerings, including giant citrus fruits like Pommelo, Uglifruit and Oro Blanco. ■



for school food and nutrition programs. While the Brooklyn Food Coalition has been gathering individual signatures on three letters endorsing the reauthorization, Adam stressed that the endorsement of an organization

Supporting this bill would help shift the schools toward purchasing and serving healthier, sustainably raised food, and would have a significant impact on national health trends.

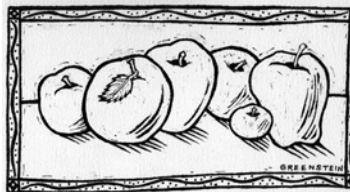
like the Coop, with its membership and profile, would get key legislators

policy arena.” As Jan pointed out, the nation’s public schools procure over 7 billion meals a year. Supporting this bill would help shift the schools toward purchasing and serving healthier, sustainably raised food, and would have a significant impact on national health trends and issues. A second but equally important reason to weigh in, Jan said, is that the school food system is an essential part of the safety net. An annual government survey maintains that the average of 11% to 12% of young people in the free lunch program jumped by 30% in 2009. The recession has had a huge impact on need. The greatest impact is on the youngest and most vulnerable children. “We want to have maximum impact on their health,” Jan said. In discussion, Steve Faust of

behalf of its membership to the Coop mission statement and Principles of Cooperation.

Making a Stand for Cycles: Bike Valet Parking

In other matters, Steve Faust reported on the Shop & Cycle Committee’s efforts to develop a safe and convenient system for members to bicycle to the Coop. A new system will offer a weekend bike valet service. “The bike valet system will operate like a coat-check,” Steve explained. “We’ll give members a ticket, and keep their bikes on racks for them.” The service answers two concerns—it provides for easier loading and unloading, and answers the overcrowded bike rack situation on weekends. Steve emphasized that, starting in April, there will be two weekend shifts and that the committee is



Seltzer

CONTINUED FROM PAGE 1

Made by SodaStream, the countertop unit comes with a reusable carbonator good for making 60 liters of bubbly water. (A 110-liter carbonator is also available.) When the gas runs out, just return the empty carbonator upstairs, get your \$5 deposit back and then purchase a new one downstairs. Each unit comes with two plastic bottles the manufacturer says are BPA-free. Members who prefer the more expensive glass unit can purchase it online or at Macy's and still get the carbonators from the Coop.

Ecofizz

Kevin O'Sullivan, the Coop's buyer for bottled water, says there is already evidence the units may have lightened the Coop's carbon footprint, as sales of bottled and mineral water are down from 2,500 per week a year ago to 1,600 per week, even though sales are up 10% for everything else. The Coop is selling 50 to 60 carbonators per week, Kevin said, enough CO₂ for 5,000 liters, at a cost per liter of about 19¢ or 20¢, compared to 60¢ a liter for bottled seltzer at the Coop, and up to \$1.20 elsewhere.

Kevin said that one thing

There is already evidence the units may have lightened the Coop's carbon footprint.

members like about the unit is the ability it gives them to regulate the amount of carbonation by pushing the button in more. And it eliminates a lot of waste—instead of tossing soda that's gone flat, you can simply infuse it with more gas.

Another advantage is that you can use your own point-of-use filtered water, add whatever flavoring you want and don't have to drink the extra sodium some bottlers add to their product in an attempt give it a tangier, more authentic flavor. As for health benefits, there are few formal studies, but everyone and her grandmother seems to feel that seltzer can relieve



ILLUSTRATION BY LYNN BERNSTEIN

upset stomach and constipation. Carbonization alkalizes water.

Taxonomy and History

The term *seltzer* is one of those genericized trademarks, like Q-tips or Band-Aid, and means, in German, "water from Selters," a Rhineland village where carbonated water has been bottled and shipped since the 18th century. In America, it is also known as soda water, bubbly water, sparkling water, club soda and during the Great Depression, when it was the cheapest thing you could buy at the soda fountain, "two-cents plain."

Europeans liked the waters that flowed naturally from springs for their reputed health benefits, and in the 1760s, Joseph Priestly, the British scientist and philosopher who would a few years later become famous for identifying oxygen, created a method for carbonating water. He described it in his treatise "Directions for Impregnating Water with Fixed Air" (1772):

"By this process may fixed air be given to wine, beer...and almost any liquor whatever, and when the beer is become flat it will be revived by this means.... In general the whole process does not take up more than a quarter of an hour, the agitation not more than five minutes, and in nearly the same time might a vessel of water containing two or three gallons, or indeed any quantity that a person could well shake, be impregnated with fixed air."

Even with time spent waiting to check out on a

weekend, Coop members can easily beat this record, and with far less bother. (Priestly's method required producing the CO₂ by dripping sulfuric acid onto chalk.)

Priestly eventually made it to Philadelphia, befriended Benjamin Franklin, and introduced his impregnated water to the New World, where it caught on. For European immigrants to America, it was a taste of the old country. Soon it was being sold door to door. According to legend, Jacob Rosenblum was the first seltzer deliveryman in New York, carting the bottles around the Lower East Side in a horse-drawn wagon. A few years ago, NPR interviewed Walter the Seltzer Man, Jacob's grandson, who is still in the business. Walter pointed out that the bottles he delivers, some more than 50 years old, are now worth more as collectibles than they are for seltzer, and he would probably be far better off going into antiques. "At this sad point in time," he said, "the bottle is worth more dead than alive." But Walter likes his job. "I have pleasure in my route," he said, "I really do. Honest, it's not just the money. I enjoy the route, I enjoy meeting people, I enjoy the camaraderie, I enjoy the socializing." And, he concluded, not to put too fine a point on it, "I like talking to people."

Mildred

But perhaps it is really Mildred, the elderly woman

on his Bronx route, once a customer of his father's, who keeps Walter the Seltzer Man going. In the interview, Mildred reminisced about the old days, and why seltzer meant a lot more than bubbles. "It was great," Mildred said. "Everybody had different men in their lives. You had the seltzer man; you had the milkman. These were

Start with milk, about two fingers' worth, add Fox's U-bet Chocolate (or Vanilla) syrup (also about two fingers) and mix them together. Spritz in the seltzer so the concoction comes nearly to the rim of the glass (the glass has to be a soda fountain glass that's narrow at the base and balloons out at the rim), stir vigorously with a long spoon

In America, it is also known as soda water, bubbly water, sparkling water, club soda and during the Great Depression, when it was the cheapest thing you could buy at the soda fountain, "two-cents plain."

the people in your life!" One Coop member recently affirmed Mildred's experience, though she used a more current idiom. Growing up on Long Island, she said, the seltzer deliveryman was for her "the archetype of the masculine."

Another member offered this recipe for an egg cream, the iconic drink invented in Brooklyn that contains neither eggs nor cream:

until the head—like a beer head—rises to just over the rim. If you've done it right, it will be mocha creamy and stiff enough to have a little flip of foam. Plunge a straw into it and slurp away.

If, on the other hand, you're hypoglycemic, lactose intolerant and allergic to chocolate, substitute agave nectar, hemp milk and vanilla flavoring. But it won't be the same. ■

RETURN POLICY



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

REQUIRED FOR ANY RETURN

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

CAN I EXCHANGE MY ITEM?

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

CAN I RETURN MY ITEM?

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

**NEVER
RETURNABLE**

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

**RETURNABLE
ONLY IF SPOILED
BEFORE
EXPIRATION DATE**
Packaging/label must be presented for refund.

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

RETURNABLE

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

GET WORK CREDIT WITH THE BUSHWICK FOOD COOP!

If you are skilled in

**ACCOUNTING
SPANISH TRANSLATION
WEB PROGRAMMING
OUTREACH
BUSINESS PLANNING**

and would like to help us in exchange for work credit for the Park Slope Food Coop, please send an e-mail to **caitlin.vox@gmail.com** with your contact information and area of interest.

We would be delighted to hear from you!



LEFFERTS FARM FOOD COOPERATIVE

We are a newly-formed group made up of residents from Flatbush, Prospect-Lefferts Gardens and Crown Heights, working to develop a new medium-sized food cooperative in the area.

WE NEED YOUR HELP!

There's no question Brooklyn needs more food cooperatives, but it's not simple. Food co-ops are businesses and development projects created for and by the community.

JOIN OUR PLANNING GROUP

In order to make this happen, we need YOU! Why? Because as a member, you have experience with food co-ops. And as a worker/community member, you have experience we need—from organizational development, branding/messaging, finance/accounting, fundraising, to real estate development and community outreach. Even people you know or the groups you belong to are a valuable asset to the process!

GET INVOLVED

PSFC members will receive FTOP credit in exchange for their participation. Join our MeetUp group at www.meetup.com/plgfoodcoop or contact leffertsfarm@gmail.com for more information.

JOIN US: www.meetup.com/plgfoodcoop



**CREATIVE? WRITER? TALKATIVE? LAWYER?
SOCIAL-BUTTERFLY? WEB-DEVELOPER?**

**HELP US GET STARTED
AND MAKE YOUR
OWN WORK SHIFT!**

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.

**MORE
INFO**

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

BAY RIDGE FOOD CO-OP

**We're one step closer to opening for business
NOW WE NEED YOU!**

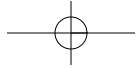
The Bay Ridge Food Co-op is moving ever nearer to opening its doors, providing a valuable new resource for communities across South Brooklyn and beyond.

Response to the launch of our membership equity drive has already been amazing, but we still need your help to ensure we achieve all our goals. If you live in or close to Bay Ridge, do consider joining our co-op now -- we have set a goal of 2500 members to open our doors, ensuring a desirable product selection and service level.

We're looking for people to help our growing membership with the many tasks that go into establishing a new co-op. Whatever your skills, talent or experience, your support will truly help make a difference. And please visit our site to subscribe to our email newsletter to keep up on our progress.

PSFC members receive FTOP credit for their work!

**www.foodcoopbayridge.com
hello@foodcoopbayridge.com
347-274-8172**



Candidates for Board of Directors of the Park Slope Food Coop, Inc.

Two three-year terms and one two-year term are open.

To vote you may use a proxy or be present at the Food Coop Annual Meeting on June 29, 2010.
Every member will receive a proxy package in the mail in late May.

You will have the opportunity to meet the candidates at the Annual Meeting.
Candidate Statements (unedited and presented in alphabetical order):



IMANI Q'RYN

I've lived in Fort Greene for over 20 years. I'm a classically trained singer and work as an independent real estate broker. This past year I also started a business marketing cutting-edge telecom products. I was elected to the Board of Directors of the Food Coop almost 5 years ago. Now, I respectfully seek your vote to allow me to continue in this position.

I joined the Coop in 1998 when I started eating organic food. I couldn't afford not to join! I love the Coop, its energy, the diversity of the membership, the ideals of cooperation and democracy and above all the beautiful food at unbelievable prices. The Coop is a reflection of what's possible in the world. It's a privilege to be a part of it.

I also serve as a member of the Chair Committee, which chairs the General Meeting on the last Tuesday of each month. For me one of the best parts of the General Meeting is the committee

reports that inform us about issues not only affecting the Coop but the environment, our health, local farmers and even other countries to name but a few of the topics that have been covered. It has hit home a number of times that what we do, what we eat, has an impact on the world. Each of us makes a difference.

I started going to the General Meetings about eight years ago. Initially, I went for workslot credit and was surprised to discover that the meeting was small compared to the vast size of our membership and that the diversity I saw while shopping at the Coop was not powerfully reflected in the meeting. I thought to myself, "Here is the decision-making body of the Coop and only a few members are making these decisions and even fewer people of color."

I wondered, "What can I do to encourage greater diversity and participation in the meeting?" I live by the words of Gandhi who said, "Be the change you seek to see in the world." I decided to join the Chair Committee soon after my first meeting. I have been committed to making all people feel welcomed at the meeting, being fair and open to all sides of an issue and to being clear on the policies and how the meeting is run. I am encouraged that in the last year or so our General Meeting attendance has more

than doubled due to a change in the workslot credit policy.

Since being on the Chair Committee involves being at the General Meeting, which is also the Board Meeting, there is no conflict in my holding both of these positions. When I found out that there was a precedent of a board member also being on the Chair Committee I decided to stay with the Chair Committee. The Chair Committee is in need of new members and my leaving could put a strain on the other members. If you have interest in being on the Chair Committee, please let us know.

In closing, I have intimate experience with Coop policies and procedures and the workings of the Board of Directors. I think our cooperative process works and as a board member I respect the members' deliberations and will strive to ensure that the General Meeting remains the highest decision-making body in the Coop. I will also continue to encourage diversity in the General Meeting as well as all aspects of the Coop.

I welcome members to contact me by email at imani.sings@gmail.com. My candidacy has been endorsed by the General Coordinators of the Coop and I welcome that support. Please vote for me. Thank you for your consideration. ■

ELIZABETH TOBIER



Greetings...I am interested in being reelected to our Coop's Board of Directors, where I have served for almost 7 years.

After joining the Coop in 1990, I enjoyed many hours of fun working on Shopping, Receiving, Maintenance, Office and Inventory squads. It took me almost 10 years to check out the General Meeting, but I have only missed a couple

of GMs in the past 10 years. Since June 2002, as the elected Coop Secretary (my current workslot), I have been recording the meeting minutes.

The main reason I am interested in continuing on the Board is that I agree with the Coop's method of governance, which is to hold open meetings—and only open meetings. We do not allow executive sessions where non-Board members are not permitted to attend. I agree that our Coop runs best when the Board listens to and concurs with the decisions of the members as expressed by the General Meeting vote results.

Sometimes the General Meetings can be frustrating or contentious, but just as often I am amazed by members'

suggestions, ideas, questions and observations. In many ways, meetings have improved over the last 10 years, probably due to the excellent work of the Chair Committee, the Agenda Committee, the GM squad workers, the General Coordinators and an increase in attendance by Coop members.

I make my living as a bookkeeper and my current employers are Math for America, Perelandra Natural Foods Center and Marc Bodine Constructions.

The Coop's General Coordinators have endorsed my candidacy. Feel free to contact me at elizabethtobier@gmail.com with any questions about the Board or the General Meeting. ■



JOHN URDA

The key issue for a board candidate is his or her view of the board's role. I believe that the main function of the board is simple: allow the general membership to remain the Coop's primary decisionmaker. The Coop has always been run by the members, not the board of directors—and our board should not be a pulpit for the directors to impose their views on the general membership. As a

board member, I will respect the will of the membership by voting to approve their decisions, so long as they are legal and will not threaten the Coop's business—and for the past nine years as a board member, that is exactly what I have done.

That being said, the board should also serve as a resource for the membership. Board members attend the monthly general meetings and should therefore have a wide knowledge of Coop issues. Board members are in a position not only to defend the Coop's way of doing business and the principles expressed in the mission statement, but also to speak to the issues that arise with an informed, sensitive voice.

The Coop has seen some serious changes recently, with

membership now over 15,000. We are always looking for better ways of accommodating so many shoppers. Although our growth has begun to plateau and our mortgage is now paid off, the challenges of being a larger business are not going away—and one of the biggest challenges we face is making sure that through it all, the Coop remains the Coop.

Our Coop is the best store in the world, and it got that way because regular members run the show. It should stay that way. I am running for re-election with the General Coordinators' endorsement, and I'd appreciate yours as well. ■



RALPH YOZZO

I have been a member of the Park Slope Food Coop for more than five years and I remember joining only because my friend joined and almost never shopping, but I've

slowly realized that the Coop is the future of society. And now, I shop almost every day. Joe Holtz described the story of a new member joining but realizing only later how valuable cooperation is and I thought, he's right. We need more cooperatives as an alternative to the "competition and profit above all" model. The board of the Coop is mostly a ceremonial position but it

requires people that believe in town hall meetings and direct democracy and referendums. All of which, I love about the Coop. Although the board may be ceremonial, it does require dedication and reliability and I am ready to dedicate myself to the task. If you have any questions, send them to me at info@brooklyncoop.org. ■

The Role of the Board

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."

The Board of Directors, which is required to act legally and responsibly, conducts a vote at the end of every General Meeting on whether to accept the advice of the members as expressed in their vote(s) during the GM.

The Election Process

Each year the Coop must, by law, hold an Annual Meeting. This is the only meeting where proxies can be used. Those members who

cannot attend the Annual Meeting may be represented, if they wish, by a proxy.

If you submit a proxy but come to the Annual Meeting in person, your proxy will be returned to you when you register.

Members who have a current membership as of Saturday, June 19, 2010, are eligible to vote in the election of Directors at the Annual Meeting either in person or by proxy.

Proxy packets are mailed to members in mid-May. If you do not receive a packet, please call the Membership Office or pick one up at the entrance door of the Coop. ■





Workers Needed for Bike Valet Service!



After a trial run of Bike Valet Service at the Coop last year, the Shop 'n' Cycle Committee is planning for the 2010 Bike Valet Service season and needs workers for regular squads on Sunday afternoons/evenings. The 2010 Bike Valet Service season will run on **SUNDAYS**, beginning April 4 through November 21.



Bike Valet Service works like a coat check: Coop members arriving by bicycle leave their bikes with a Bike Valet worker and receive a numbered ticket, which they will use to identify and retrieve their bike when done shopping. The service helps to provide secure, plentiful bicycle (and stroller!) parking during peak shopping times.



We are looking for **regular squad members** to join these shifts, and are also looking for one Squad Leader per shift. Workslot times will be: Sundays 3:00 p.m.–5:45 p.m. and 5:30 p.m.–8:15 p.m. There will be a range of shared responsibilities for the shift, including setup and take-down of the check-in station & bike racks. Shifts will be rain or shine and there will be 2 trainings offered in late March for potential members.



If you are interested in becoming a regular squad member of the Bike Valet Service, please contact Membership Coordinator Charlene Swift (email is preferable) at charlene_swift@psfc.coop and please indicate if you are interested in being a Squad Leader.



PSFC
Shop & Cycle
Committee

What Is That? How Do I Use It?

Food Tours in the Coop

The genius of the frigid weather is that it drives people together — we head indoors and congregate

Now that the holiday is over we can rest in each other's company we can be alert to each other's needs Everyone can be a guest — every seat a place of distinction

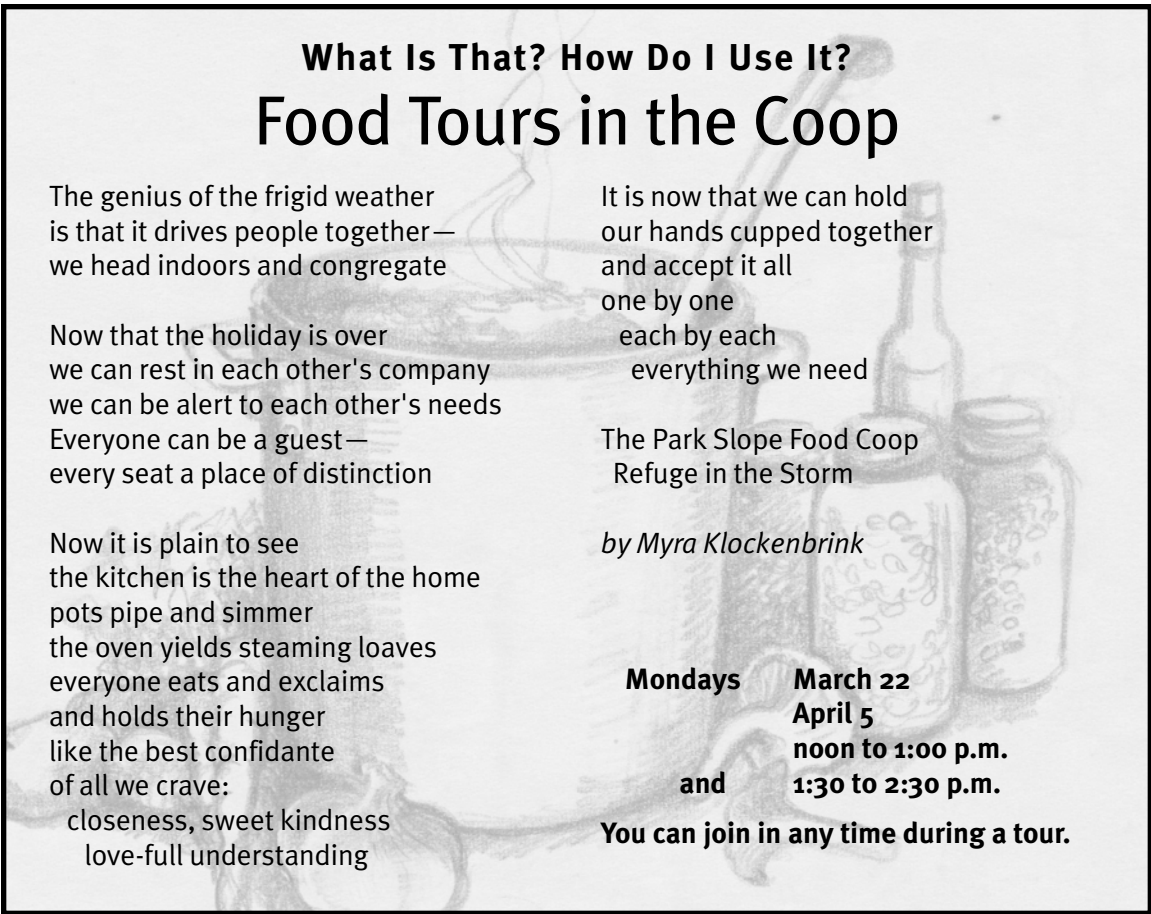
It is now that we can hold our hands cupped together and accept it all one by one each by each everything we need

The Park Slope Food Coop
Refuge in the Storm

by Myra Klockenbrink

Mondays **March 22**
 April 5
 noon to 1:00 p.m.
and **1:30 to 2:30 p.m.**

You can join in any time during a tour.



Puzzle Corner

Deductions

Each of the puzzles here begins with an 8-letter starting word. On each subsequent line you are to remove one letter from the previous word and scramble the letters to form a new word. Continue until you reach the final 2-letter word.

For example, if the starting word is DINOSAUR and the ending word is OR, the deductions would be:

DINOSAUR
INROADS
ORDAIN
RADON
ROAD
ROD
OR

Remove the U to get...
Remove the S to get...
Remove the I to get...
Remove the N to get...
Remove the A to get...
Remove the D to get...

In each case the starting word and the final word are given, and in the first three puzzles the fourth word is filled as an additional hint. Alternative answers are possible.

T R O P I C A L

A C T O R

A T

C O M E D I A N

M I N C E

M E

L O P S I D E D

S P I E L

I S

N A V I G A T E

A N


A R T E R I A L

I T

S C R A T C H Y

A S

For answers, see page 15. This issue's puzzle author: *Stuart Marquis*



COOP COOKING SHOW NEEDS PEOPLE AND RECIPES

Are you a Coop member who loves to cook or do you know another member who does?

We want to make you a star (and you'll get shift credit too)!

The Coop video squad is seeking people with great recipes to be featured on cooking show. Check out our shows on <http://exposureroom.com/members/psfcvideosquad>. Contact psfcvideo@gmail.com for more info.

The Coop Cooking Show: Julia and Julie and Julia

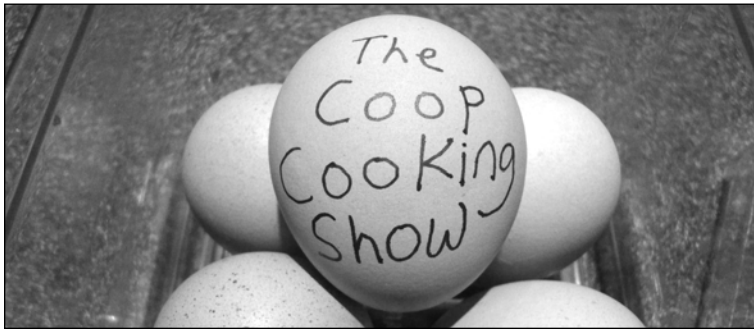
By Alison Rose Levy

As *Julie & Julia* heads to the Oscars, the Park Slope Food Coop Video Squad heads into production for the next program in its new cooking show series—to be shot in chef Julia Knyphausen’s expansive Park Slope kitchen with its exposed brick wall and its black enamel stove and stainless steel refrigerator. Knyphausen, a recent graduate of the Natural Gourmet Institute, will not be preparing duck à l’orange. Instead, sea vegetables will be on the menu.

The Video Squad produces three to four shows, each with multiple programs, per year. These programs as well as other offerings can be seen on the Coop website at www.foodcoop.com, which links to Blip.tv. They are also available via the Brooklyn Cable Access Television Network, also known as BCAT, at www.bricartsmedia.org/community-media/bcat-tv-network, which is shown on Time-Warner Cable and other outlets. Viewers range from Coop members to other Brooklyn viewers. Video Squad leader David Simpson is currently looking into widening the show’s

cooking show, is shot from only a single location, the production requires a host (which for the cooking show will typically be a chef) a producer to interview the host/chef, and skilled crew members who can light, mike and record the program, and edit it later. Although neither Simpson nor one of the producers, Wendy Blake, could estimate the time devoted to completing one program, the behind-the-scenes process of each program is lengthy, especially since all participants are volunteers who must squeeze time out of busy schedules. After an initial planning

programs are produced in the kitchens of the featured chefs. In keeping with the Brooklyn apartment setting, the vision of the Coop’s food show differs from the prevalent style of show as spectacle, showcasing dramatic dishes and complex techniques. Instead, the Coop show will aim to meet an audience need for instructions in cooking dishes that are low-key and accessible—and that include Coop food ingredients. “Our show will win audiences over with charm,” says Simpson, “while serving a useful goal. The programs will teach you something you didn’t know how to do—how to eat a wide variety of healthier foods. We want to make healthy and unusual dishes accessible and to guide people in using the kinds of ingredients available at the Coop.” So far they’ve shot four programs. In each, the host commentary varies, depending on who’s conducting the interviewing and who’s hosting the program. For example, in a recent show that featured Mexican dishes, the chef commented on the foods’ nutritional value, special techniques of food preparation, as well as the history of food in Mexico and dishes from central Mexico.



one year ago. After studying film and video, working on some productions and earning her living as a business reporter, Blake was delighted to get into the nitty-gritty of production, although she also does other necessary squad tasks, such as administrative work, which includes some coordination of the shows’ programming on BCAT. The program that Blake currently has in production, featuring sea vegetables, will briefly highlight their health properties and the history of their use, along with featuring recipes and food

points out, “It’s cozy to go into people’s home kitchens.” Another upside? “We get to eat what they make!” says Blake. After the sea vegetables broadcast, what lies ahead? The squad has discussed doing a program on the preparation of whole grains, as well as another one on eating locally and what that entails. Looking ahead, Blake would love to cover some local Brooklyn food establishments. “There are some great artisanal food startups in tiny corners throughout the borough,” says Blake, citing one place that



The Video Squad’s David Simpson, with Chef Nisa Lee on her cable TV cooking show.

distribution into Manhattan via Manhattan Cable. With a background in video production, squad leader Simpson joined the squad approximately nine years ago. Simpson, who runs his own company, reports that most of the 20 active squad members are FTOP but the group membership fluctuates. According to Simpson, squad members had discussed developing a new cooking show for approximately one year. Although “it’s taken a while to get momentum,” Simpson says, because few squad members have the free time necessary to pull together the resources required to mount and edit a program, together their goal is to produce 12 to 20 shows in the new cooking series, which has yet to be named. Even a show that, like the

meeting, the chef/host does research to devise what (s)he will condense into the three-minute “spiel” that occurs near the beginning of the program. With good planning, production itself can take anywhere from six to eight hours per show, with editing taking anywhere from eight to 12 hours of time on a final cut, with edit equipment supplied by David Simpson’s company. In the current plan, the participating hosts will vary; for the four cooking programs to be produced this year there will be three hosts. Unlike the typical cooking shows seen on television which are produced with bigger budgets, the Coop lacks a kitchen studio location for its production. Many of the

The Coop show will aim to meet an audience need for instructions in cooking dishes that are low-key and accessible—and that include Coop food ingredients.

One broadcast will feature Thai food prepared by an upscale caterer of international cuisine who has cooked for prominent celebrities. Wendy Blake, who has been on the squad for approximately nine months, is currently producing another upcoming program on dishes prepared with sea vegetables. A former Coop member, Blake rejoined

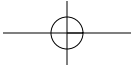


David Simpson and his clapperboard bananas. Action!

preparation techniques developed by the trained chef who will serve as host. This show exemplifies the squad’s aim to help Coop members become familiar with less common ingredients obtainable at the Coop. Hijiki, nori and arame will be featured. Will nori rolls be on the menu? Probably not. Blake reports that the chef has something a bit more unusual in mind: (possibly) sole wrapped in nori and hijiki crostini. Stay tuned. Among the production challenges is the lack of a kitchen set with stationed cameras and lights embedded in the ceiling and walls. Shooting in the tight quarters of someone’s home kitchen requires flexibility and creative problem-solving. On the other hand, Blake

“makes great mozzarella.” Brooklyn is also home to five-star pizza. Blake can foresee heading out to the Midwood section, where behind an unassuming storefront, local culinary artists cut fresh basil for what is reputedly the city’s best pizza. Simpson would like to see a program in which a chef prepares dishes from different cuisines, such as Indian, Italian and Brazilian, that use the same ingredients. He can also foresee programs on Italian, French, Ayurvedic, live—and yes, even kabbalist food. If Coop members have their own ideas or requests or questions, please contact the Video Squad via email at videosquad@gmail.com. And you can regularly check the Coop website for programs in the cooking show series. ■

PHOTOGRAPHS BY ROD MORRISON



COOP HOURS

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

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

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

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

Telephone:
718-622-0560

Web address:
www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

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

Committee Reports: Maximum 1,000 words.

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

Submissions on Paper: Typed or very legibly handwritten and placed in the wallpocket labeled "Editor" on the second floor at the base of the ramp.

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

Classified & Display Ads: Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

Printed by: New Media Printing, Bethpage, NY.

Friday
Mar 19
8:00 p.m.



very

The Good Coffeehouse

COOP CONCERT SERIES

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



Kathleen Payne's

voice has been described as "fiery" and "ethereal." The Brooklyn-born singer performs in a variety of genres, including R&B, pop, jazz, country, gospel and cabaret. She also leads Vox Amica, an a cappella quintet. Kathleen was the featured soloist at the 2009 "Absolute Gospel" music festival in Lyon, France, performing with a 100-voice mass choir and the Lyon Symphony Orchestra. Joining her is Cynthia Hilts, a gifted jazz pianist, composer and singer.



Cara Schwarz

combines the beauty of American Sign Language with her own interpretations of classic and current folk, show and pop tunes. She encourages sing alongs and will teach you some sign language too as she weaves the story of her life and times into poetry and music. Special guests will be on hand to lend their voices. Barry Kornhauser accompanies on guitar and cello.

53 Prospect Park West [at 2nd Street] • \$10 • 8:00 p.m. [doors open at 7:45]

Performers are Park Slope Food Coop members and receive Coop workslot credit.

Booking: Bev Grant, 718-788-3741

Monthly on the...
Second Saturday
MARCH 13
10:00 A.M.–2:00 P.M.
Third Thursday
MARCH 18
7:00 P.M.–9:00 P.M.
Last Sunday
MARCH 28
10:00 A.M.–2:00 P.M.
On the sidewalk in front of the receiving area at the Coop.

RECYCLING

PLASTICS

What plastics do we accept?
Until further notice:

- #1 and #6 type non-bottle shaped containers, transparent only, labels ok
- Plastic film and bubble wrap, transparent only, no colored or opaque, no labels
- #5 plastic cups, tubs, and specifically marked caps and lids, very clean and dry (discard any with paper labels, or cut off)

NOTE: We are no longer accepting #2 or #4 type plastics.

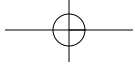
PLASTIC MUST BE COMPLETELY CLEAN & DRY

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



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



Shop & Cycle Committee

Sundays, 3:00 to 5:45 p.m. or 5:30 to 8:15 p.m., April 4 through November 21

The Shop & Cycle Committee is looking for members to work on this seasonal workslot. The committee operates like a coat check for bicycles where members will “check in” their bikes while they work or shop. Tasks on this committee include setting up and breaking down the tent and bike racks, signing in members who use the service and keeping a watchful eye over the bikes. Members must be willing to work outside in all types of weather (there is a tent to stand under). The committee has an urgent need for Squad Leaders to supervise the work of the squad, take attendance and train

workers. If you think you would like to be a Squad Leader, please contact Charlene Swift at charlene_swift@psfc.coop.

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.

Voucher Data Entry

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

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

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the four weekly New Member Orientations. To pre-register, visit www.foodcoop.com or contact the Membership Office. Visit in person or call 718-622-0560 during office hours.

Have questions about Orientation? Please visit www.foodcoop.com and look at the “Join the Coop” page for answers to frequently asked questions.

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

FRIDAYS 2:30 p.m. with a replay at 10:30 p.m. Channels: 56 (TimeWarner), 69 (CableVision).

General Meeting Info

TUE, MAR 23

GENERAL MEETING: 7:00 p.m.

TUE, APR 6

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

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Mar 25 issue: 7:00 p.m., Mon, Mar 15
Apr 8 issue 7:00 p.m., Mon, Apr 1

CLASSIFIED ADS DEADLINE:

Mar 25 issue: 7:00 p.m., Wed, Mar 17
Apr 8 issue 7:00 p.m., Wed, Apr 3

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop’s decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop’s bylaws are available at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, March 23, 7:00 p.m.

The General Meeting is usually held on the last Tuesday of each month. The March meeting will be held one week early due to Passover.

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.) • Meet the Coordinators • Enjoy some Coop snacks • Submit Open Forum items • Explore meeting literature

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

Reports (7:30 p.m.)

• Financial Report • Coordinators’ Report • Committee Reports

Agenda (8:00 p.m.) The agenda is posted in the Calendar of Events in every issue of the *Gazette*.

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby. The sign-ups sheet is available all month long, except for the day of the meeting when you have until 5 p.m. to sign up. On the day of the meeting, the sign-up sheet is kept in the Membership Office.

Some restrictions to this program do apply. Please see below for details.

• Two GM attendance credits per year:

Each member may take advantage of the GM-for-workslot-credit program two times per calendar year.

• Certain Squads not eligible:

Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)

• Attend the entire GM:

In order to earn workslot credit you must be present for the *entire* meeting.

• Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

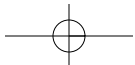
2. Please also sign in the attendance book that is passed around during the meeting.

• Being Absent from the GM:

It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

Park Slope Food Coop Mission Statement

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





park slope
FOOD COOP

calendar of events

mar 12
fri 7:00 pm

Meet Your Mind

A class in basic meditation. The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. This is a basic meditation class for beginners and 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.

mar 13
sat 12 pm

Nutrition Response Testing

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

mar 13
sat 3 pm

The Energetics of Fertility and Sexuality

Enhancing fertility naturally: what our grandmothers never told us, reading our body's signals. Obstacles to fertility: patterns of imbalance. Improving the odds: tilling the soil, preparing the body for the rigors of pregnancy. Nutrition and lifestyle choices for your body type. The physiology of pleasure: sexuality and health. **Lara Rosenthal** is a licensed acupuncturist and board-certified Chinese herbologist specializing in Women's Health and Fertility.

mar 13
sat 6 pm

Beyond *Collapse*

The Copenhagen Conference has passed for now, but Jared Diamond's book *Collapse* endures as a thought-provoking survey, ranging from Easter Island to the Greenland Vikings to Haiti, Rwanda and China. Another story not in Diamond's book is that of the Danish citizen initiative that created the modern wind industry. Coop member **Mark Rego-Monteiro** has presented at Social Justice Conferences and founded WakeUPDemocracy.org.

mar 13
sat 7 pm

Our Fourth Biennial Coop Kids' Variety Show



Finalists, ages 5-16, include Akari Hunte; Clementine Vonnegut; Margareta Stern; Jordan Nass-DeMause; Cloe Dean; Lara Saddique; Eric Stern; Kiyomi Johnson; Aliyah Verdiner; Ruby Kahn; Kaylen Hunte; Zoe Gorenberg Screwvala and Aidan Gorenberg Screwvala; Cyan Hunte; Jonah Murphy. INTERMISSION. Amelia Mosher-Smith and Lilly Ray Darling Anderson; Sasha Lazarev; Ikhari Hinds; Dominic Wynter; Iolanthe Brooks; Maya Greenberg; Marina Zero Espinet; Genie and Aliyah Verdiner; Jair Froome; Xena Brooks; "The Four Violins"—Genie, Aliyah, Cyan and Kaylen and Akari—will play an arrangement of the Pachelbel Canon; and "The Lucky 13 Jugglers from MS 51" will perform. **Event takes place at the Old First Church, Carroll St. and Seventh Ave., on the First Floor. Admission is \$5; refreshments for sale. Nonmembers are welcome.**

mar 19
fri 7:30 pm

The Second Gun: Who Really Killed Robert Kennedy?

Reporter Theodore Charach, who was in the Ambassador Hotel the night of the assassination, interviews eyewitnesses and key figures of the RFK case shortly after the assassination, in this 1973 investigative documentary. This groundbreaking film is an excellent introduction to the controversies surrounding this terrible event that struck down the 1968 presidential hopeful. **Rob Falotico** is a six-year member of the Coop and a researcher of the assassinations of the 1960s and other deep American political events.

mar 19
fri 8 pm

Kathleen Payne and Cara Schwarz



Kathleen Payne, a native Brooklynite, sings in a wide range of genres, including pop, R&B, classical, musical theater, Latin, gospel and country. **Cara Schwarz** combines the beauty of American Sign Language with her own interpretations of classic and current folk, show and pop tunes. She encourages singalongs and will teach you some sign language too as she weaves the story of her life and times into poetry and music. Special guests will be on hand to lend their voices. **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.**



mar 20
sat 10:30 am

Release Stress and Discover Your Strength and Power

Learn exercises and meditations to use throughout the day so that you can release stress and tap into your natural enthusiasm and joy for life. Coop member **Cara Franchi**, LCSW, CASAC, is a licensed therapist, addictions counselor and Adjunct Professor at the NYU Graduate School of Social Work. She will teach easy-to-learn meditations and exercises; show you ways to relax in the midst of stressful situations; help you to access your strength and power when you need it most; and discuss the profound benefits of a daily practice.

mar 20
sat 2 pm

Esperanto: A Cooperative Tool Toward World Friendship

Esperanto is a fascinating language, useful in meeting people in China, France, Cuba, Japan, Israel and most countries. Being hosted, via Pasporta Servo, it is free in a thousand locales. Designed to be easy, Esperanto is often mastered online for free. Activists world-wide link friendship and peace. Come to an introductory lesson, including songs. Coop member **Neil** is a retired teacher, and a UN volunteer. He has traveled to 32 countries using Esperanto. Hear some experiences and share your stories from a linguistic viewpoint.

mar 21
sun 12 pm

Six Healing Sounds of Qi Gung

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

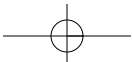
mar 23
tue 7 pm

Handling Your Child's Anger, Frustration or Fears

Many children don't know what to do with the anger, frustration or fear that can build up in their daily routines, so they show it to their parents! Hear some ways to help your child with these important issues. Coop member **Sharon C. Peters**, M.A., is the founder and director of Parents Helping Parents, in Park Slope, and has worked with hundreds of individual families for more than 15 years.

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

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



mar 12–apr 27 2010

mar 23
tue 7 pm

PSFC MARCH General Meeting



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

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

Item #1: Annual Disciplinary Committee Election (20 minutes)

Election: Two current committee members will stand for re-election, and the committee will present additional candidates for the committee to fill openings.

—submitted by the Disciplinary Committee

Item #2: Presentation by Candidates for the Board of Directors (40 minutes)

Discussion: “Presentation by candidates for the Board of Directors followed by questions for the candidates.”

—mandated by General Meeting

Item #3: PSFC joining the NYC Alliance for CNR (30 minutes)

Proposal: “PSFC joins the NYC Alliance for Child Nutrition Reauthorization (CNR), promoting ending childhood hunger, nutritious foods, reducing obesity and regional farms, jobs and environmental protection.”

—submitted by Adam Rabiner

mar 27
sat 2 – 5 pm

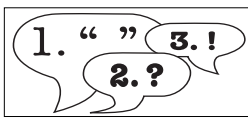
Adult Clothing Exchange



The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear with other Coop members. Bring items that you think others might enjoy—and a snack to share. Do not leave clothing in the Coop before the hours of the exchange; bring up to 15 items only; bring gently used, clean clothing that you are proud to be able to exchange with a new owner. Unchosen items will be donated to a local shelter.

apr 6
tue 7 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read “How to Develop an Agenda Item for the General Meeting” and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, April 27, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

apr 16
fri 8 pm

Jezra Kaye and Jerome Harris



Join singer **Jezra Kaye** and her trio for a night of sultry standards and swinging blues. She weaves her sultry, swinging magic on a mix of jazz standards, blues and sophisticated pop. Also, guitarist **Jerome Harris** follows his pan-stylistic musical interests along their diverse paths.

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.

apr 27
tue 7 pm

PSFC APRIL 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.*

mar 26
fri 12 – 8 pm

Blood Drive



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

mar 27
sat 11 am

Dynamic Posture

Feldenkrais Method Awareness Through Movement® is a group class that combines verbal instruction and gentle, purposeful movement to clarify the relationship between parts of the body and the whole. Students learn efficient use of the skeleton and how to reduce unnecessary tension and muscular effort. In this workshop we will explore gentle sitting and standing exercises that will help you find more mobility and length in your spine. Coop member **Rebecca Davis** is a Guild Certified Feldenkrais Practitioner.

Hearing Officer Committee Seeks New Members

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

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

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

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

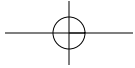
Those interested, please telephone Marian Hertz of the Hearing Officer Committee at 212-440-2743 or email at Marian.Hertz@cna.com.

Follow the Food Coop on

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@goodfoodcheap



SAFE FOOD COMMITTEE REPORT

Free School Food for All

By Tom Angotti, for the Safe Food Committee

Janet Poppendieck, *Free For All: Fixing School Food in America*. Berkeley: University of California Press, 2010.

If your kids go to a New York City school, you have probably been caught up in the school food bureaucracy. Whether your kids get free or reduced-price breakfasts and lunches depends on your household income. Schools and parents spend a lot of time and use a lot of paper so that the federal government will reimburse the school districts for the meals they serve. Imagine, though, that schools focused these resources on providing healthy meals for all, regardless of income. School food could be free, as it is in many developed countries, no kids would be stigmatized and the extra resources could help make the meals nutritious.

This is the basic idea behind Janet Poppendieck's new book, *Free For All: Fixing School Food in America*. The author (Jan to us), a Coop member who works on the Safe Food committee, figures that now is the time for a fundamental overhaul of school food. The federal Child Nutrition Act is set to be reauthorized, while at the same time there is growing awareness of the severity of the epidemics of childhood obesity and diabetes. The current system is broken, says Jan, and it's time for a major fix.

Jan's book shows how federal nutrition standards for school meals often have the contradictory effect of promoting unhealthy foods. Subsidized meals have to meet federal nutrition standards and schools meet these requirements by relying on highly processed industrial food. The prepared foods from industrial food providers are often unappetizing and as an alternative many schools offer rows of vending machines with colorfully packaged junk food. According to the author, kids who eat the "free" food are stigmatized and may still be driven to the vending machines or fast food outlets to meet their escalating cravings for more empty calories, sugar and salt.

Free For All has everything that food activists need to know about school food. It's thoroughly researched and comprehensive. Jan looked at all the data but she also went out to visit schools around the country, talked to the people who prepare the food, administrators, parents and children. She tells stories of school districts that have turned away from the federal

nutrition formulas that don't work and rejected fast food. But she reminds us that these are exceptions that will only expand in number when we're able to remove the huge obstacles imposed by the U.S. Department of Agriculture, which has generally been more committed to the health of the food industry than the health of our children.

This is Jan's third book on food. *Sweet Charity? Emergency Food and the End of Entitlement* and *Breadlines Knee-Deep in Wheat: Food Assistance in the Great Depression* are both critical in-depth looks at the ways that food policies designed to address problems of nutrition and hunger can make things worse. A professor of sociology at Hunter College, Jan's work has looked at food in a much deeper way than we are accustomed, and takes us beyond simple solutions towards a deeper understanding and, ultimately, deeper changes in the way people and societies sustain their lives with food.

Other Book Notes

Sasha Abramsky, *Breadline USA: The Hidden Scandal of American Hunger and How to Fix It*. Sausalito, CA: Polipoint Press, 2009.

Journalist Sasha Abramsky has collected in this book a series of stories about some of the 35 million Americans who go hungry every day. And one of the unique stories is his own. Following the method that Barbara Ehrenreich used in her award-winning book *Nickel and Dimed*, where she purposely tried to survive work at minimum-wage jobs, Abramsky intentionally sought to live on the limited diet available to low-wage or no-wage workers. He

gives us the inside story on food banks, food stamps and, echoing Ehrenreich, the food-insecure employees at places like Wal-Mart.

Woven between the stories is a sharp critique of food and social policies in the United States, particularly since the massive changes over recent decades that eroded wages and the nation's social safety net. The author states that "A combination of global economic changes and domestic U.S. policies put in place from the 1980s through 2008 have come together to wreak havoc on the standard of living of ordinary Americans." Abramsky, who has written for *The Nation*, *The Village Voice* and *Rolling Stone*, ends his dark narrative with a note of hope following the election of Barack Obama.

Frances Moore Lappé, *Getting a Grip: Clarity, Creativity and Courage in a World Gone Mad*. Cambridge, MA: Small Planet Media, 2007.

The author of the classic *Diet for a Small Planet*, founder of the Institute for Food and Development Policy (Food First) and well-known leader in the movement for healthy food, now gives us a book about self-empowerment and democracy, replete with practical tools to organize a better future beyond better food. ■



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 with experience in **investigation, writing, and conflict-resolution**. **Mental health professionals** encouraged to apply. Use of a **computer and email is ESSENTIAL**. Join us to make the Coop the best place it can be for everyone.

- Some of our work includes:**
- Investigating allegations of misbehavior by members. (i.e. failing to report for or to complete shifts, bringing in non-members to shop, shopping while suspended, stealing, using racist, sexist, homophobic or nasty language against other Coop members and staff)
 - Engaging in problem-solving and policy issues related to the DC's work
 - Participation in disciplinary hearings
 - Daily email contact with DC members to discuss issues

- Requirements:**
- Must be a member for **at least a year**
 - Have **good attendance** record
 - Attend an evening meeting approx. once every six weeks

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.

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

got drupal?

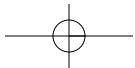
Need hours? Willing to work under deadlines?

drupal@foodcoopbayridge.com

347-274-8172



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



**KIDVERSE: BAGEL, BAGEL**

Bagel, bagel, little roll,
Where'd you get that funny hole?
Smeared with cream cheese pile so high
That it reaches to the sky!
Bagel, bagel, little roll,
Where'd you get that funny hole?
Would some butter do as well?
Fewer calories, docs yell,
Substitute some margarine
To avoid a double chin?
Bagel, bagel, little roll,
Where'd you get that funny hole?
Who has got possession of
Middle pieces that I love?
Do they serve as sparrows' lure
Or just fall upon the floor?
Bagel, bagel, little roll,
Where'd you get that funny hole?
Can I make some into a necklace
Or is that considered reckless?
Squeeze one with my mighty fist
So it fits my skinny wrist?
Bagel, bagel, little roll,
Where'd you get that funny hole?
Children tell me, is it true,
Bagels help when someone's blue,
And on Saint Patrick's Day,
They're all green from kelly spray?
Bagel, bagel, little roll,
Where'd you get that funny hole?
What I'd really like to see
Is a bagel made for me—
Tasting sweet as sweet can be
Dough that's sparkling with candee.
Bagel, bagel, little roll,
Where'd you get that funny hole?
Once a Lower East Side treat
Now you're something that all eat,
Bagel, bagel, near and far,

Global crossover star.
Bagel, bagel, near and far,
Global crossover star.

Leon Freilich

**JOIN BROOKLYN FOR
PEACE IN SUPPORTING
THE RIGHT TO READ
CAMPAIGN OF THE FREE
GAZA MOVEMENT!**

TO THE EDITOR:

Did you know that books are among the items not allowed in to Gaza by the current Israeli blockade?

According to UNRWA (United Nations Relief and Works Agency for Palestine Refugees in the Near East), Israel's blockade also prevents ink, paper, crayons and other learning materials from entering Gaza. This is not only a charitable endeavor, but also an act of solidarity and resistance to Israel's chokehold on Gaza, as well as their attempt to deny Palestinians an education.

The Free Gaza Movement is preparing for its third flotilla (upcoming this spring) of boats to break the siege of Gaza.

Along with concrete for reconstruction will be books for students of all ages to replace those that were destroyed by Israel during the Dec. 2008 Jan. 2009 invasion of Gaza (Operation Cast Lead).

Universities in Gaza have compiled lists of what they need. In partnership with Al-Aqsa University, an account has been set up at Amazon.com for people to order books.

Here's how YOU can participate:
***Contribute one or more books to the shipment. Use the link at www.freegaza.org to view the account at Amazon.com which has been established with a list of the books requested. You can select one or more books which will then be delivered directly to the collection point in Rockville, Maryland.

***If you are part of an academic institution and are willing to share your e-library with the students of Gaza, please email friends@freegaza.org. This email address is being protected from spambots. You need JavaScript enabled to view it.

***Donate funds through PayPal or by sending a check to be used to underwrite the shipping costs. (Donations are tax-deductible.)

***You can send new or used books directly, but please only those that are on the Amazon list.

You can also request your college or university to donate used or new textbooks.

Send books to: United States Free Gaza US Collection Site, PO Box 5772, Rockville, MD 20855.

To allow adequate time for the books to be shipped to the departure point of the flotilla, please take action so books arrive by March 15.

Questions?? Email Dina Kennedy: dkennedy@freegaza.org or Darlene Wallach Darlene@freegaza.org.

*Thank you,
Mary Buchwald*

LETTERS POLICY

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.

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

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

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

Respect

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



Television Show Host Wanted!

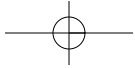
Seeking personable, outgoing foodies to host Coop cooking show for TV and get shift credit! Contact David at psfcvideo@gmail.com for more information.

The Environmental Committee has a blog!

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

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

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



COMMUNITY CALENDAR

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

SAT, MAR 13

PEOPLE’S VOICE CAFE: Mercedes Sosa Tribute: Rebecca Salazar & Barry Kornhauser*; Jean Rohe*. 8-10:30 p.m., Community Church of New York, 40 E. 35th St. (between Madison & Park). Info: 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can’t/no one turned away.

FREE MOVIE SCREENING with Director: Documentary film “Almost Home” (aired on PBS) addresses real stories of aging care and care giving. Frightening, tender, funny, surprising and honest. Hosted by Park Slope United Methodist Church (at 6th Ave & 8th St.). 7:00–10:00 p.m.

THU, MAR 18

FREE HOMEBUYING SEMINAR: Learn about the process step by step. Affordable mortgages, closing cost assistance and much more. 6:00-8:00 p.m. National

Grid, One Metrotech Center (entrance on Jay St.), Room 2-06. To reserve space, call: 718-469-4679. Sponsored by Neighborhood Housing Services of East Flatbush and Bedford Stuyvesant, not-for-profit housing organizations. www.nhsnyc.org.

SAT, MAR 20

PEOPLE’S VOICE CAFE: Matt Jones—50 Years of Songwriting; Donal Leace. 8-10:30 p.m., Community Church of New York, 40 E. 35th St. (between Madison & Park). Info: 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can’t/no one turned away.

NEIGHBORHOOD ENERGY FORUM: Join Sustainable Flatbush for an informative practical session to learn about funding for energy efficiency improvements for single and multi-family residential buildings. FREE. 9:30 a.m.-2:00 p.m. Brooklyn College Student Center, Gold Room, Campus Rd. & E. 27th

St. Info: www.sustainableflatbush.org or 718-208-0575.

SAT, MAR 27

REAL MILK: WHAT’S THE REAL DEAL? An evening lecture with Sally Fallon Morell. President of Weston A. Price Foundation speaks about the movement for real milk. 7:00-9:00 p.m. Subud Chelsea Center, 230 W 29th St. btw 7th & 8th aves. \$15-20. Purchase tickets at www.brownpapertickets.com/event/97887.

PEOPLE’S VOICE CAFE: Brooklyn Women’s Chorus. 8:00-10:30 p.m., Community Church of New York, 40 E. 35th St. (between Madison & Park). Info: 212-787-3903 or peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 member/ more if you choose, less if you can’t/no one turned away.

SUN, MAR 28

BROOKLYN PUBLIC LIBRARY CHAMBER PLAYERS: Free Concert in the Dweck Center at the

Central Library at Grand Army Plaza. Featuring the Claremont Trio: Emily Bruskin, violin; Julia Bruskin, violoncello; Donna Kwong, piano. 4 p.m. www.brooklynpubliclibrary.org.

TUE, APR 6

FINANCIAL FITNESS COURSE: Learn how to manage your finances, maintain good credit and make the most of your budget in this five-week course. Classes begin April 6 from 6:00 to 8:00 p.m. Registration is now open. Neighborhood Housing Services of East Flatbush, 2806 Church Ave. (btwn Nostrand & Rogers aves). To register call, 718-469-4679. NHS is a not-for-profit housing organization. www.nhsfoeastflatbush.org.

WED, APR 7

FOLK OPEN SING: Come sing with us the first Wednesday of every month. 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.

FRI, APR 9

GOOD COFFEEHOUSE: Bev Grant* and the Dissident Daughters / Annie Dinerman–Singer/ songwriters. Brooklyn Ethical Culture Society. \$10/kids \$6. 8:00 p.m. 53 Prospect Park West. www.gchmusic.org.

SAT, APR 10

PEOPLE’S VOICE CAFE: Ray Korona Band. 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.

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CLASSES/GROUPS

A NEW DANCE studio managed by two Coop members is now open. We offer Salsa, Modern, Ballet, Hip-Hop, Pilate, Yoga, Cardio Salsa, Tae Kwondo & Kickboxing programs for all age groups. La Casa De Salsa Dance Studio is located at 8617 5th Ave. in Bay Ridge. 718-440-5014. We look forward to seeing you. Discounts for Coop members.

CLASSES/GROUPS

YOGI’S MANIFESTO: Locally sourced and responsibly cultivated, small classes and personal attention, a beautiful, clean studio two blocks from coop. Props and mats provided. Yoga classes taught by coop members Susan Kraft and Annie Wong. For schedule and more information www.JenniferBrilliant.com or 718-499-7282.

COMMERCIAL SPACE

PROFESSIONAL OFFICES available for health-related practices

including but not limited to medical doctors, chiropractors, psychotherapists, podiatrists, reflexologists, massage therapists, etc. Be part of a holistic facility in SOHO or in a great Brooklyn location. Non-medical offices available in Brooklyn. For information, please call 212-505-5055.

PETS

MY FRIEND has four adult, neutered male cats which need short-term foster homes while she moves. Two cats need to be together (a father and son), two cats can be solo. They are all friendly and sweet. She is open to adoption if you fall in love! Call Cindy at 718-218-9424 or 347-907-9240.

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.

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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.

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, Parvati4@aol.com. Free initial phone consultation.

GET YOUR FINANCES IN ORDER. I help Consultants, Freelancers and Individuals set up, improve and maintain their financial systems; create budgets; and project cash flow. For a Free Consultation Contact Good Man Bookkeeping and Planning. 718-636-0043; a.goodman@earthlink.net.

SERVICES-HEALTH

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. holisticyecare.com

LICENSED MASSAGE THERAPIST. I focus on your need/pain for one-half hour and charge less to help you with more. Call 718-788-1864. Harriet Miller, Center Slope.

HOLISTIC DENTISTRY in Brooklyn & Manhattan (SOHO). Dr. Stephen R. Goldberg provides comprehensive family dental care using non-mercury fillings, crowns, dentures, thorough cleanings, non-surgical gum treatments with minimal X-rays. For a free initial exam in a

nutrition-oriented practice and for insurance information, please call 212-505-5055.



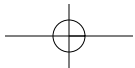
VACATIONS

HUDSON VALLEY VACATION COTTAGES. One- to three-bedroom cottages for sale in family-friendly, historic three-season community in Westchester County, NY. Pool, tennis, hiking, social activities. \$80k–112k, cash sales. Annual maintenance approx. \$4k. Sorry, no dogs. rhcottages39@verizon.net or 973-951-8378.

BERKSHIRES 4-BEDROOM HOUSE on beautiful clean lake. Sleeps 7-9. Large living area and screened-in porch. Well-equipped kitchen. Lakefront deck and dock. Canoe, rowboat, kayak. \$975/week. Call Marc 917-848-3469.

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

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



To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, display ads at \$30. (Classified 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).

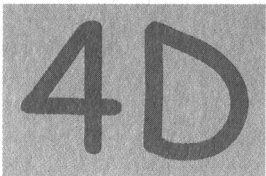
Submission forms are available in a wallpocket near the elevator in the entrance lobby.

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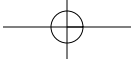
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ILLUSTRATION BY ETHAN PETTIT



WELCOME!						
A warm welcome to these new Coop members who have joined us in the last two weeks. We're glad you've decided to be a part of our community.						
Wisal Abdulfattah	Jonah Davis	Anna Grevenitis	Eliot Krinsky	Andre Nikolaev	Aaron Rudelson	Matthew Tribe
Kaho Abe	Julie Sarah Derba	Micaela Grimm	Cecilia Kushner	Heidi Nilsen	Lorelei Russ	Mesruh Turkecul
Mariana Acevedo	Peter Derba	Jessica Grippio	Gerard Laffan	Aidan O'Donnell	Farahly Saint- Louis	Matt Valades
Meki Adefris	Marilia Destot	Alexander Grossman	Anthony Landau	Laura O'Loughlin	Adam Salvitti-Gucwa	Damien Vandercruysen
Nandita Ahmed	Laura DiSiena	Brian Hamman	Shirley Lee Lemus	Soraya Odishoo	Nicole Salvitti-Gucwa	Philip Verges
Julia Alikina	Ginger Dolden	Joshua Hanson	Christina LiPera	Julia Oppe	Lucy Marcela Sandoval	Stefanie Vesely
Nicole Allen	Samantha Douglas	Naomi Harris	Rachel Litchman	Matthios Oppe	Justin Scarborough	Elizabeth Victorine
Kristin Allen-Zito	Allison Durner	Natalie Havlin	Rebecca Livesay	Inna Ostrovskaya	Michael Schapira	Joseph Victorine
Jessica Bailey	Colin Elzie	Mishel Herrera	Tyler Lohman	Jackie Ott	Laura Scheiber	Geoff Vidal
Belinda Ballard	Andrew Epstein	Karen Hibbert	Ellie Lotan	Haithem Oueslati	Adam Scher	Sarah Waltzer
Ryan Banich	Melanie Epstein	Lizz Hill	Chloe Manchester	Ricardo Parker	Victoria Schlimer	Chin-chi Wang
Charlotte Barnett	Christopher Fatherly	Alexandra Hoge	Claudia Maniscalchi	Cooper Penn	Jason Schmidt	Erin Warren
Jennifer Barone	Ally Fedorov	Aedan-Eric Horton	Lorelei Mann	Bianca Perri	Leah Schnurr	Jana K. Weaver
Marina Berger	Andrey Fedorov	Brande	Sarah Manning	Tatiana Von Donner	Benjamin Schrank	Eric Welles Nystrom
Olga Bezsmertny	Rachel Fish	Maggie Horton-Brande	Maxim Marienko	Peters	Sarra Schwartz	Michele Wellington
Megan Bisbee-Durlam	Saje Fish	Yael Hubinger	Daniela Marin	David Phillip-Peters	Waddell Scott	Michael Whetten
Mikel Bisbee-Durlam	Emily Fleisher	Jael Humphrey-Skomer	Mark Mathewson	Jean Pockws	Rebecca Selvenis	Craig Wilson
Dina Bleecker	Elizabeth Fox	Chelsea Hunt	Julian Merrick	Linda Pollack	Aalap Shah	Gabriele Wilson
Tacuma Bradley	Emmanuel Galvan	Cory Jacobs	Dmytro Minayev	Patrick Porter	Justin Siken	Jeremy Wilson
Rachel Browne	Bradley Gardener	Beatrice Johnson	Otilia Mirambeaux	Luis Felipe Posada	Megan Skanse	Rachel Wilson
Caitlin Buckley	Audra George	Janiela Johnson	Rebecca Misner	Winston Powell	Michel Slubicki	Abigail Wolfson
Katherine Callaghan	Ivaylo Getov	Kristin Jones	Shereen Mohiuddin	Victoria Rainert	Amelia Steely	Amy Yu
Laura Carvajal	Wolfgang Gil	Alex Jung	Michael Morales	Matthew Rascoff	Samuel Stein	Po-Hong Yu
Barnett Cohen	Katie Gill	Michaela Kabat	Pedro Morales	Emma Reilly	Rune Steiro	Liliya Yurynets
Daniel A Cohen	Meyer Ginsberg	Mark Kanter	Camila Moreiras	Mary Robb	Keegan Stephan	Stan Yurynets
Jarred Colli	Eitan Gissin	Mimi Kim	Karim Mouzannar	Lori Robertson	Mariana Swick	Nina Ziefvert
Evan Corn	Rachel Gissin	Airi Kiryu	Maryanne Nagy	Jeanine Robinson	Cindy Thomesen	
Kristina Corvin	Rosie Glicklich	Yelena Kiyko	Darren Neighbors	Kevin Rooney	Jon Thompson	
Sam Coupe	Chavi Gold	Christine Krabs	Christine Neulieb	Bryan Rosenberg	Michael Thompson	
Megan Crowe-Rothstein	Richard Goodstein	Stephanie Krause	Aron Neuman	Dorothy Rosensweig	Aleksandr Travinsky	
Jennifer Daniel	Mira Grechu	Amy Krawczyk	Nhu-Y Ngo	Robbie Ross	Julie Tribe	

THANK YOU!						
Thank you to the following members for referring friends who joined the Coop in the last two weeks.						
Leslie Adato	Justin Bogardus	Emily Douglas	Layne Harris	Nidhi Jalan	Brett Moen	Jeffrey Shumaker
Nandita Ahmed	Tori Breitkopf	Laurel Dugan	Tiffany Harris	Joe Jansen	Elizabeth Moy	Rowan Sill
Rukayat Aliyu	Johanna Bronk	Yolanda Edwards	Alexandra Hawke	Brian Jones	Olga	Stephen Simons
Jesse Alter	Angela Brown	Kim Monique Eldridge	John Hawke	Octave Kaleem	Melinda Paquin	Josh Skaller
Kate Ascetta	Victoria Bulgakova	Page Foster	Amy Herda	Amy Kao	Rupert Poole	Kelly Skaller
Joe Austin	Andrew Camp	Rashida George	Reiho Ho	David Kelley	Isaiah Powell	Elara Tanguy
Scott B.	Veronica Carnero	John Gergely	Jolie Holland	Avi Klein	Seth Prins	Rodan Tekle
Leonard Baldassano	Maire Casey	Dania Gold Namdar	Alex Holt	Carisima Koenig	Desmond Rawls	Luis Tentindo
Basquali Basquali	Risa Chubinsky	Claire Grandison	Sarah Holton	Noga Kreiman-Miller	Sarah Rohm	Eric White
Stephane Bee	Bryan Collinsworth	Salvatore Grasso	Kelly Howard	Jzhontavia Lane	Joshua Rosenblum	Greg Wise
Assaf Ben-Atar	Adrienne Davis	Benjamin Greenberg	Owen Howard	Maya Lomask	Erica Rotman	Tyler Wood
Roy Ben-Itzhak	Anna Deknatel	Julia H.	Krismin Inocentes	Elizabeth London	Beth Schwartzapfel	Alyssa Zeller
Dimitri Bezsmertny	Marie Delaney	Marianne H.	Ioanis	Geraldine McCleave	Tousette Sefman	

