



OFFICIAL NEWSLETTER OF THE PARK SLOPE FOOD COOP

Established
1973



LINEWATERS' GAZETTE



Volume EE, Number 13

July 1, 2010

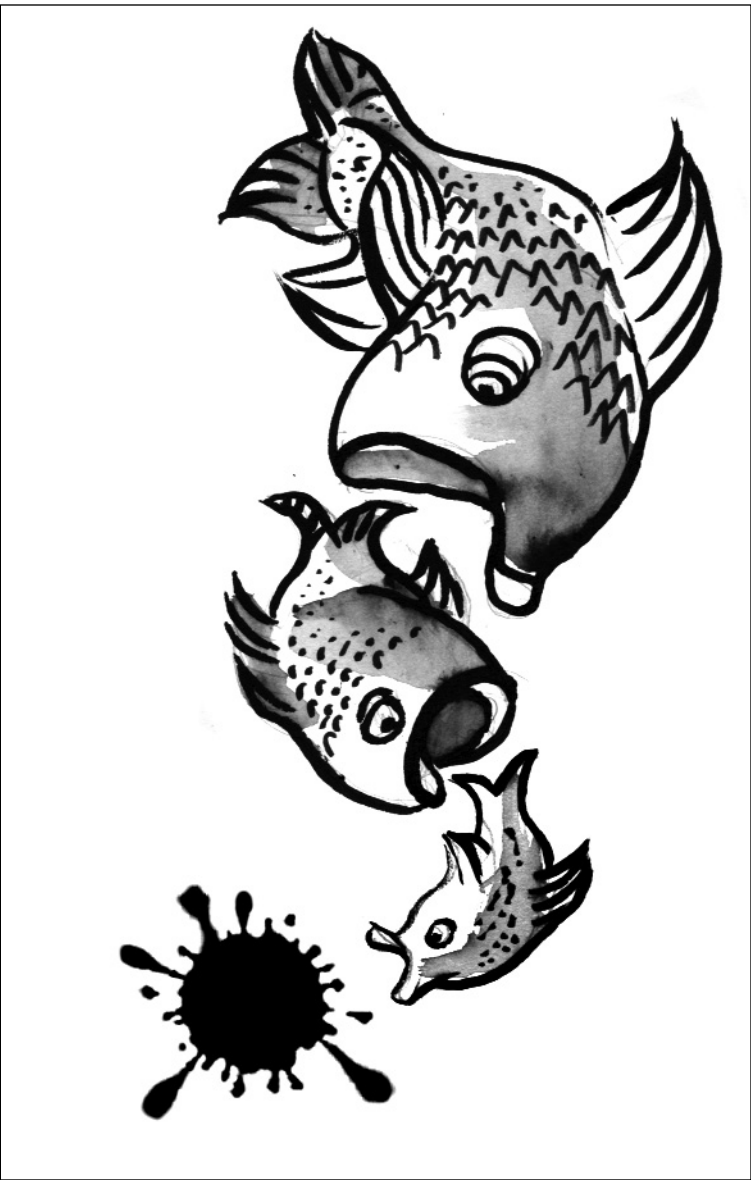


ILLUSTRATION BY ETHAN PETTIT

Seafood chain takes a dive.

Spill's Effects on Food Supply

By Ed Levy

The danger to the U.S. food supply posed by the Gulf oil spill is apparently far greater than previously estimated, according to government officials and independent scientists. The Environmental Defense Fund notes that "a huge fraction of the fish production in the region is at risk—a body

blow both to marine ecosystems and the multibillion-dollar coastal industries tied to commercial and sport fishing and recreation." Fish from the Gulf accounts for about 5% of the seafood consumed in the United States. The National Oceanic Atmospheric Administration estimates that Gulf Coast commercial fishermen,

whose livelihoods depend on healthy seas, harvested more than 1 billion pounds of fin-fish and shellfish in 2008. Lisa Suatoni of the Natural Resources Defense Council says chemicals being used to disperse the oil could have a lasting impact on the ocean's food chain, not only from animals that die, but from ones that live and become food for other creatures, passing the chemicals in the dispersants up the food chain. As a result, testing of seafood may be necessary for a very long time, according to Suatoni. According to Coop buyer Jackie Memenza, the Coop currently buys salmon, shrimp, tuna, halibut, trout, tilapia, catfish, cod, Chilean sea bass, mahi mahi and scallops from fisheries that are either "Eco-Best" or "Eco-OK" according to the Environmental Defense Fund, or are approved by the Marine Stewardship Council, the Monterey Bay Aquarium or other established groups that are concerned about sustainability. The fish come from a variety of places, including Chile, Mexico and Alaska. The farmed breaded trout, wild salmon and wild shrimp are most popular with Coop members. Memenza reported that shrimp prices have risen since the oil spill, but that supplies were already tight going into that event.

Disaster-Created Jobs

One ironic outgrowth of the Gulf disaster is the creation of new jobs—jobs for people with sensitive palates who can use them to test seafood for contamination. A program to train

CONTINUED ON PAGE 4

Consuming Organic and Minimally Treated Produce Found to Reduce Dietary Exposure to Pesticides

By Alison Rose Levy

About five years ago, the publisher of a buyer's guide to organic food promoted the book by saying that it would help readers "to learn that some organic products don't have clear advantages over conventional ones." When the organic movement has friends like these, who needs enemies? Fortunately, now that organic fresh produce sales account for close to 9% of retail sales, according to the Organic Center, in a 2004 study called *Minimizing Pesticide Dietary Exposure Through Consumption of Organic Food*, by Charles M. Benbrook, chief scientist, the Organic Center, scientific research has caught up. It seemed intuitively obvious to many people that foods with higher amounts of phytonutrients and antioxidants, and lower levels of synthetic pesticides, *must* have some real health benefits. The Organic Center, which generates and advances peer-

reviewed science on the health and environmental benefits of organic food, has confirmed that they do. The U.S. Department of Agriculture undertook testing for pesticide residues in conventional domestic fruits and vegetables, imported conventional fruits and vegetables, and organic fruits and vegetables. According to the Organic Center, their tests revealed that conventional fresh fruits and vegetables are typically three to four times more likely to contain pesticide residues than comparable organic products. Moreover, multiple pesticide residues (from several pesticides) are eight to eleven times more likely to be found in conventional than in organic produce. These residues can be three to ten times higher than those in organic foods, depending on the food. That means that consumption of organic produce can significantly reduce dietary

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Next General Meeting

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be on Tuesday, July 27, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl. The agenda will be available as a flyer in the entryway of the Coop on Wednesday, July 7. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

- | | |
|--------------------|---|
| Tue, Jul 13 | • Safe Food Committee Film Night 7:00 p.m.
<i>The Grapes of Wrath</i> |
| Thu, Jul 15 | • Blood Drive 3:00 - 8:00 p.m. |
| Fri, Jul 16 | • Blood Drive 11:00 a.m. - 6:00 p.m. |
| Sat, Jul 17 | • Blood Drive 11:00 a.m. - 6:00 p.m. |

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





Consuming

CONTINUED FROM PAGE 1

exposure to pesticides, which according to their report is a “risk factor that can contribute to a variety of diseases and health problems.”

Despite these benefits, organic produce may contain some pesticide residues. In 2004 testing, the USDA’s Pesticide Data Program (PDP) found some pesticide residues in 16% of the organic produce tested, which still compared favorably to conventional fruits and vegetables, which contained residues 64% of the time.

...“scientists can rarely declare with certainty that pesticides are the sole cause of any particular disease. But the consensus among public health scientists is that pesticide exposure is one of several risk factors that, in combination with other variables, may trigger mild to serious developmental problems and illness in otherwise healthy people.”

What about minimally treated produce, like the fruits and vegetables at the Coop that are grown by Hepworth Farms? Farmer Amy Hepworth uses integrated pesticide management (IPM) techniques to monitor her fields. All her vegetables are certified organic. But growing fruit in the wet and humid climate of the Northeast is a bigger challenge. Her goals are to minimize insect damage, blemishes and pesticide use. Nevertheless, she does-

n’t aim for 100% pest eradication. Since she uses natural predators of harmful insects, and sacrifices some crop, she is able to lower her use of pesticides and eliminate the need for herbicides. She aims to achieve a delicate natural balance in her fields without the use of miticides, a form of pesticide that kills mites.

Produce that, like Hepworth’s, is characterized as “IPM-grown” or as “no detectable residues” (NDR) has fewer pesticide residues than conventional produce, but more than organic.

According to the Organic Center report, a peer-reviewed study comparing residues in conventional, IPM and NDR, and organic fresh foods found that 47% of IPM or NDR foods contained some residues, while 73% of conventional produce contained them. Only 23% of organic foods contained these residues.

Reducing pesticide exposure is most important for infants, children and women of childbearing age. Through the pesticide residues in the food they eat and the water they drink, children are exposed to an average of five different pesticides daily. Children eat more food per pound of body weight than adults do. As a result their dose levels are higher than those of adults eating the same food. Moreover, children have a lesser ability to quickly metabolize chemicals eaten in foods, so they retain those chemicals longer, which increases their health risk, according to “Developmental Neurotoxicity of Industrial Chemicals,” a December 2006 article pub-



ILLUSTRATION BY LYNN BERNSTEIN

lished in the *Lancet*.

A May 2010 study in the medical journal *Pediatrics* did find out that children with higher urinary levels of organophosphate pesticides had higher rates of attention deficit hyperactivity disorder (ADHD). Children with the highest levels of metabolites from pesticides had nearly twice the rate of ADHD compared with children who had nearly none. The medication Ritalin is typically prescribed; and according to the National Institute on Drug Abuse, there is a correlation between childhood medication for ADHD and teen and adult drug abuse. Writing in a June 21, 2010 article in the Huffington Post called “Are Organic Foods Healthier?” environmental health practitioner and naturopathic doctor Walter Crinnion, ND, comments, “Maybe ADHD is not a deficiency of Ritalin but an overload of commonly found food-borne pesticides!”

The elderly, immune-com-

promised people, farm workers and environmentally sensitive people are more at risk for pesticide-induced illness, says a special report published by the Organic Center. They acknowledge that “scientists can rarely declare with certainty that pesticides are the sole cause of any particular disease. But the consensus among public health scientists is that pesticide exposure is one of several risk factors that, in combination with other variables, may trigger mild to serious developmental problems and illness in otherwise healthy people.”

Using a measurement developed by the Environmental Protection Agency and combining it with the pesticide residue levels produces the dietary risk index (DRI) score, which reveals a food’s risk level, helping people to determine which foods they wish to purchase from organic rather than conventional growers. The higher the number the bigger the risk.

Conventional Fruits and Vegetables with the Highest Pesticide Dietary Risk Index Scores:

Domestically Grown Produce Fruits

Apples 30
Cherries 31
Cantaloupe 31
Strawberries 78
Pears 221
Peaches 266
Nectarines 281
Grapes 282

Vegetables

Carrots 30
Peas 48
Broccoli 62
Green beans 93
Tomatoes 142
Celery 170
Cucumbers 317
Lettuce 326
Sweet bell peppers 720

In addition, the DRI find-

ings reveal a substantive difference between the scores of domestically grown fruits and vegetables and *imported* produce. Imported conventional sweet bell peppers have a DRI score of 720, which is more than twice the domestic pepper score of 330. The imported cucumber score is more than three times higher than the DRI for domestic cucumbers.

According to the Organic Center report, hundreds of thousands of samples of food show consistently that several foods contain far fewer and generally less risky pesticide residues:

Citrus fruits
Bananas and pineapples
Onions
Beef, pork, lamb and poultry
Grains and grain-based products

Apart from lower levels of pesticides, organic foods have other benefits. Crinnion cites a study published in the September 2001 issue of *Mutation Research/Genetic Toxicology and Environmental Mutagenesis*, which studied the role of antioxidants on cancer cell growth, and compared the relative effects of conventional and organic produce, finding that “organic vegetables were much more active than their conventional counterparts in suppressing the toxicity” of an environmental toxin found in car exhaust and cigarette smoke. A 2006 study he cites published in the *Journal of Agricultural and Food Chemistry* found that “organic strawberries were able to block the rapid growth of colon and breast cancer cells...reducing cancer cell proliferation by an average of 53% [more] than the conventional strawberries.”

So old adages like “eat your vegetables,” or “an apple a day keeps the doctor away,” now make more sense—especially if they are minimally treated or organic. ■

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For answers, see page 4. Puzzle by Stuart Marquis.





A Case A Minute

Moving Mountains (of Produce) with General Coordinator Allen Zimmerman

By Frank Haberle

It was sleeting outside, but the February 2010 General Meeting was heating up. Issues included overcrowding in the Coop and the prospect of new technology that would allow members to check their work status online.

Stepping to the microphone in this climate, Allen Zimmerman, General Coordinator and Coop veteran, began the produce report with a warning. “This is the time of year,” he opened, “when giving a produce report is difficult.” Yet, in the next 15 minutes he delivered a lyrical, inspired report that hushed the room, encompassing the state of the green beans; the volume of produce leaving the store that month; the high percentage of that produce that is locally grown and ready for consumption, even in winter; and what an exciting time of year it is for citrus fruits like the pomello, the oro blanco and the uglifruit.

“I want to know why there are seedless grapes,” a member asked, somewhat skeptically. “What happened to the seeds?”

“I’m happy to report that we can thank the Persians,” Allen responded without skipping a beat, with a cheerful story of how seedless grapes were developed 6,000 years ago.

Even in the dead of winter, all was well and good in the produce aisles. But what Allen barely suggested in his calming presentation was the remarkable planning and care that go into this effort year-round.

Tons of organic and some conventional produce move through the Coop every day. By six in the morning on most weekdays, trucks from a range of providers line up in front of the Coop and unload crate after crate of produce. First-shift receiving squads guide each crate along a highway of rolling conveyor belts to select spots in a series of refrigerated basement spaces with varied temperatures. The Coop stores this farm-fresh produce with utmost care until its time comes to rise to the shopping floor and into the shopping carts and homes of Coop members.

“Our membership eats produce at a rate of one crate per minute,” Allen says. “To keep up, we need to bring up sixty cases of produce an hour, for

the hundred hours we are open each week.” Allen considers Coop members to be “a foodie population”—knowledgeable consumers who understand organics and the value of growing locally, and who have many concerns about the safety, freshness and nutritional value of their food. As the coordinator who leads the mass migration of produce through the Coop, Allen must understand every facet of the seasonal produce on our shelves.

A Body of Knowledge Based on Hands-On Experience

One of the early members of the Coop, Allen dreamed of working here. “I wanted to work in a cooperative environment,” Allen remembers. “But I could not afford it; the salaries were too low. For many years, the Coop was subsidized by the willingness of the three original coordinators [Joe Holtz, Mike Eakin and Linda Wheeler] to work incredibly long hours for low wages.” Allen’s chance finally came in 1988, when the Coop started expanding. As a general coordinator, he held many roles, including substituting as produce buyer when Joe took a well-deserved leave. Expanding from this role to unpacking boxes while setting up the Coop each evening for the morning shoppers, Allen learned everything he knows about produce from hands-on experience.

As the seedless grapes story demonstrates, he is also an avid researcher and an endless source of information. “A lot of our members are concerned about the safety of our food and want to know if something horrific has been done to it; for example, has it been irradiated or genetically modified,” Allen says. An earlier inquiry from a concerned member led him to research the issue, resulting in the background story of the Persians. “They didn’t have electron microscopes back then,” he says. “They just figured out how to make grapes with smaller and smaller seeds through grafting, until the seeds were eliminated.” A recent weeklong trip to California offered Allen another opportunity to experience how produce is grown and collected prior to shipment. “I toured grape, peach and nec-

tarine growers. I learned how broccoli rabe is harvested. I picked strawberries, which I’ve never done before. I was surprised at how much I learned on the trip.”

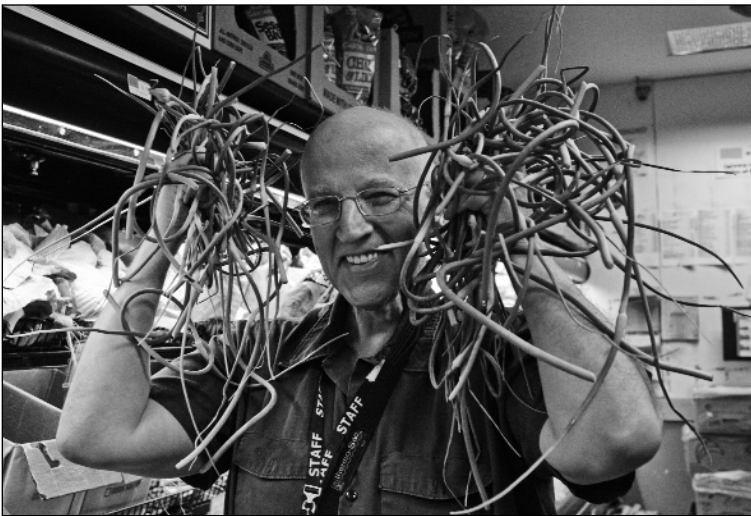
Allen is a Brooklyn native, whose enthusiasm for food may have started in his teen years, when he worked at Coney Island making candy apples and other confections. Even then, his ambition to learn more was boundless: “I was a candy cook with the sugar-syrup candies. But I always wished I could learn how to make chocolate.”

Ensuring Quality in a Changing World

Recently, the Coop expanded and reorganized the basement cooler system. The range of temperatures and conditions required by each product varies almost as widely as the products themselves, especially when storing organic produce. “A box of limes should not be stored below fifty degrees,” Allen says, pulling examples from memory. “Basil stored below the mid-forties will turn black; it must be kept in the warmest part of the refrigerator. Green beans need to be warmer. Some greens need to be kept wet; most greens should be stored between thirty-three and thirty-six degrees.” The California trip also illustrated for Allen the delicate job of transporting peaches that are ripe and unbruised when they hit the shelves. “The struggle for California suppliers is how to let them ripen and stay undamaged during a weeklong truck ride.”

Safely within the Coop’s walls, storage and care pose difficulties year-round. “Expanding the cooler area felt like a luxury...for about an hour,” Allen jokes, walking through the tightly stacked pallets of produce lining the cooler’s walls. “During the local harvest season, it’s always a challenge. At its peak from August through October, I’m sure we’ll exceed capacity and have produce stacked and waiting to get into coolers.”

A persistent problem that Allen sees is the need to better train squad members to handle produce. “An Introduction to Working in the Produce Aisle,” a one-page green document between the carrots and the receiving doors, explains procedures and practices. In Allen’s view, this document is too often overlooked. “It’s a really simple message,” Allen says. “If everyone follows, and if everything is done with greater accuracy and care, it will have



Allen shows off his garlic scape hair transplant.



Allen demonstrates how to choose a watermelon.

an amazing impact. It would prevent the loss and maintain the organic integrity of thousands of pounds of produce.”

Getting to Know Your Produce

“I’m a big fan of obscure produce,” Allen says. “I find that we rarely have to advertise uses for it. The produce we purchase and put on the aisle moves very quickly; we occasionally put little signs up telling people what the product’s uses are, or how to pre-

pare it.” Still, Allen happily fields dozens of inquiries from members every week on the origins of our produce and the best ways to prepare it. And to learn more about how the system moves and preserves our produce, he welcomes members to sign on, even as a one-time makeup, for an early morning receiving shift. “This is when the trucks come in, and it truly is the best time to gain an appreciation for the range and volume of produce we have here.” ■

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/>





Spill’s Effects

CONTINUED FROM PAGE 1

people in “organoleptic testing” (training to detect when the taste and smell of fish is off) is currently underway in Pascagoula, Mississippi.

Once trained, if all goes as planned, the individuals will be able to assist in issuing advisories, opening and closing harvest areas, monitoring points along the food chain, such as harvest vessels, docks, packers, processors, wholesalers and retailers, and in determining compliance and enforcement situations.

Massachusetts Open for Business

Although the spill is expected to affect fisheries in other parts of the country, so far the impact has been uneven. In Massachusetts, for example, it has mostly been business as usual. One Cape Cod native said, “We won’t feel it. The only long-term outcome is that there’ll never be any drilling up here on Georges Bank.”

Others say New England will feel it, pointing out that the warm waters of the Gulf are the spawning grounds for many fish, like the bluefin tuna, that later migrate to cooler waters off New England. It is yet to be determined whether the spill will kill the bluefin tuna hatchlings.

As a result of four decades of overfishing, the bluefin tuna is on the endangered species list, and is most endangered in the western North Atlantic, where it is down to 3% of its 1960 abundance—a decline of 97%.

Despite that, many fishermen feel overregulated. One was quoted in the press as saying, “If the oil companies had the kind of government oversight that the fishing industry has to deal with, there would never have been a spill.”

Effect on Oysters

Some fishermen also speculate that a shortage of seafood from the Gulf might

increase demand for their own catch to be shipped to populations in the southern United States. However, typical New England fish like haddock, pollock and cod are not especially popular in the South. There is one exception: oysters. Most oysters eaten in the U.S. come from the Gulf.

Because oysters don’t move and because they absorb the pollution that is around them, they will be the first harbingers of disaster in Gulf region. The spill is expected to have a devastating effect on Louisiana oystermen.

“...chemicals being used to disperse the oil could have a lasting impact on the ocean’s food chain...testing of seafood may be necessary for a very long time...” Lisa Suatoni, Natural Resources Defense Council

A New England fishing industry spokesperson said they would probably see a little jump in price as a result of orders from down South for cold-water oysters. Cold-water varieties of oysters are more expensive than those caught in the Gulf.

At Grand Central Terminal’s Oyster Bar, prices of non-Gulf oysters had risen about 10 cents on a \$1.85 oyster, as of the third week of June.

At the New Fulton Fish Market in the Bronx, the largest wholesale fish market in the world, JMS Seafood reports that it is down from 500 boxes a week of Gulf oysters to none, and has switched to obtaining them from Canada, Maine and Virginia—and still cannot fill all of its orders. In Tennessee, the price of oysters has risen 40 to 50%. Shrimp, too, has jumped in price, with inventories already low at the start of a Gulf Coast shrimping season that may be largely over for the year.

Some fishing industry observers say most wholesale

suppliers are currently more worried about the precipitous decline of South American salmon due to the devastating earthquake that occurred in Chile in February, and to an infectious salmon disease.

Fish Farms on Hold

The environmental disaster from the Deepwater Horizon oil spill may slow down or block the development of open-ocean aquaculture, also referred to as underwater fish farming, in the Gulf region. Republican Senator David Vitter, Louisiana, has introduced legislation to delay the start of this practice in the Gulf.

Underwater fish farms use massive cages submerged in open water to raise and harvest fish. A plan to allow this practice was given a green light by local regulators and is now pending final approval by the National Oceanic and Atmospheric Administration. Vitter’s bill would require a three-year study before permits could be issued.

Many environmental groups have criticized the introduction of open-water aquaculture in the Gulf, saying it would pose risks to native species, especially once these species begin their recovery from the spill.

Beef Prices May Rise

While it’s likely that the Gulf losses will affect seafood, they may also affect prices and demand for red meat. A consumer response to more costly shrimp for special meals and premium dinners could be to turn to beef.

However, David Maloni, market analyst for the American Restaurant Association, says there are some mitigating factors. “Roughly ninety percent of the shrimp consumed in the U.S. is imported, and a large portion of the remaining ten percent comes from other areas of the Gulf of Mexico that have yet to be affected by the spill,” Maloni says. “Additionally, a rising dollar is bullish for shrimp imports. So I don’t see a lot of substitution from other meats, especially given the existing elevated price levels and economic uncertainties.”

Slate reports that collateral damage from the spill could occur to other crops, like corn and soybean, if oil clogs the canal that links the Mississippi River. If that happens, Gulf ships that pass through this canal would have to be cleaned before entering clean waters, which could cause significant delays. ■

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.

SUMMERTIME

...and the living is easy.
But don’t forget your coop shift!



If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at www.foodcoop.com!

Your co-workers will love you for it!

— b e a c h e d —

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





SAFE FOOD COMMITTEE

From Plow to Plate: The Grapes of Wrath

By Adam Rabiner

Movies become classics for a reason: great acting, terrific cinematography and/or editing, epic production or a story that stands the test of time. John Ford's 1940 production of John Steinbeck's 1939 novel *The Grapes of Wrath* contains wonderful performances and is beautifully filmed but it's the story's continued relevance that makes it timeless and worth watching today. In fact, *The Grapes of Wrath* is especially poignant today as we live through the Great Recession and reflect

on the Great Depression depicted in the film.

The Grapes of Wrath is an unusual pick for a From Plow to Plate film series that up until now has presented documentaries. But the film is a quasi-documentary and the truths it depicts about economics, agriculture, humanity and America make it an inspired choice for From Plow to Plate. John Steinbeck completed the novel after writing a series of newspaper articles chronicling the great migration to California of Oklahoma farmers driven from the Dust-

bowl by changing economic and agricultural conditions that spelled the end of sharecropping and drove people from the land they had farmed for generations.

The film series has dealt extensively with the modern industrialized agricultural system and this film takes place at the dawn of this era. Caterpillar tractors are harbingers of destruction: both literally and figuratively. One tractor can do the work of fifteen families; farmers are becoming obsolete. In one scene, this powerful machine, advancing

inexorably like a Tiananmen Square tank, knocks down a ramshackle house, but what it's really destroying is a farm community's long-standing way of life.

The displaced "Oakies" are victims of amorphous forces they don't fully understand and it is not clear who is to blame. The banks own the land and take possession of it but the local banker is simply taking orders from some unknown entity in "the East." It's similar to today; where pinpointing exactly who is responsible for financial and environmental melt-downs is difficult. On their westward journey to "the promised land," members of the Joad clan also fall victim to hunger,

cold and death, with an occasional act of kindness, but more often they experience the pervasive hostility, wariness and prejudice frequently reserved today for refugees and illegal immigrants. "They aren't human," whispers a white-suited gas station attendant as the family departs into the desert in their rundown jalopy.

The Grapes of Wrath grapples with epic and eternal struggles. As Ma Joad says at the close of the film, "We're the people, we'll go on forever."

The *Grapes of Wrath*, Tuesday, July 13, 7:00 p.m., Park Slope Food Coop, 2nd floor, 782 Union Street (between Sixth and Seventh Aves). Free. Snacks and beverages will be served. ■

Football and Farming Bringing People Together in Daru, Sierra Leone

By Kristina Skovby

While I'm trying to write this, a football constantly gets in the way, so now I'm just gonna play it—it is the World Cup, after all.

As the ball rolls across the screen, the devoted players and enthusiastic audiences suddenly throw me thousands of miles off the American shore. On an impulse I pick up the TV, on which one team right now is scoring to loud roaring. With my newfound superpowers and enormous calf muscles, I kick the TV all the way across the Atlantic Ocean. There it descends from the skies, as if it were a gift from the Almighty, to some very special suckers for soccer—a young football team from the village of Daru, Tunkia Chiefdom, in Sierra Leone, Africa. Every afternoon when the sun is setting, their very own game begins. They play in plastic sandals, barefoot, with one shoe, with shoes too big, with two different shoes. Name any kind of combination, they make it happen. In their village there is no electricity and no generator, so what would a TV.... Knowing what immense joy the gift of a football alone

gave, I see the TV! Right under the mango tree, blasting out colors, comments, cheers and disappointments, game upon game from South Africa, surrounded by emotionally charged Daruans. When it comes to football, every sucker for soccer is quite the same! But Daruans, of course, care for more than football—they especially care for their village. It consists of 250 warm and loving inhabitants, part of a self-sustaining farming community. And as on a football team, each has his function, each player his part for the benefit of the whole. My boyfriend Karim and I were fortunate to stay in Daru earlier this year. We were, so to speak, extra pairs of hands and worked on the community crops. It's hard work done without the use of machines or animals, but with hand tools such as shovel, hoe, axe and machete—and that's all you have to turn rough bush into a field you plant. Their physicality outpaces by far any diehard gym extremist, as this is something they do from childhood until old age. They don't use any pesticides, and their fertil-

Member Contribution

izer is their own green garbage. Fortunately, part of their land is nutrient-rich swampland.

What you eat in Daru has just been harvested a few hours earlier, and that is as far as their crops travel. They do wish to profit from their land, and they are working toward this goal, but not on just any premises. When we were there, they turned down an offer to lease out land to a rubber company, which made me realize even more how responsible and proud of their thriving community they are.

We went to Daru through WWOOF Sierra Leone, a sister member organization to International WWOOF—World Wide Opportunities on Organic Farms—connecting farms and volunteers around the globe. WWOOF Sierra Leone is affiliated with IACD—International Association for Community Development—Sierra Leone Group. They are working in partnership with local community-based organizations and local village committees such as Daru. IACD Sierra Leone Group does not initiate projects but lets villages and local communities organize and seek the assistance themselves, as they know best what development benefits their locality.

Being in charge of their own development promotes self-reliance, participation and self-help. Through IACD, Sierra Leone Group community groups—particularly women



Men at work in the field.



Children fetching firewood.

and youth—are helped to mobilize their own resources and knowledge, to form coalitions with other groups for sharing experience and know-how, and to use any help available to them. In this way they are also in a better position to influence development planning and to put their creativity at the disposal of national

development efforts.

Needless to say, wwoofing was an experience of a lifetime, and our introduction to IACD Sierra Leone Group a positive eye opener. No matter if your strength is kicking a ball or using a hoe, they welcome you with their generous smiles and hospitality. So don't hesitate: venture out there. ■

PHOTOS COURTESY OF KRISTINA SKOVBY

Follow the Food Coop on

twitter



@foodcoop





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.

What Is That? How Do I Use It?

Food Tours in the Coop

okay
let's get down to the business
of peace
everybody wants peace
we protest for it
we pray for it
we despair its absence

when you get what you thought
you didn't want
take your breath
let it fill your toes
then let it leave
wish it well
peace will rise
its bright light
and shine on you
and travel on
with its ripple of goodness
you will see
that peace was there
all along

but how to generate it
how to peel away
all that hides it from view

practice breathing

everyone knows this, you say
it is cliché

and yet
the power of peace
is not
complicated

try it:
before you say the usual thing
when you step out into the fresh morning
with the start of a loud sound
before you answer
before you have another
before you make the call
when you pet the dog

Monday, July 26

noon to 1:00 p.m.

and 1:30 to 2:30 p.m.

You can join in any time during a tour.

Park Slope Food Coop
Partnering with peace

by Myra Klockenbrink

Monthly on the...

Second Saturday
JULY 10
10:00 A.M.–2:00 P.M.

Third Thursday
JULY 15
7:00 P.M.–9:00 P.M.

Last Sunday
JULY 25
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.

This Issue Prepared By:	
Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (development):	Erik Lewis Joan Minieri
Reporters:	Frank Haberle Alison Levy Ed Levy Adam Rabiner Kristina Skovby
Art Director (development):	Eva Schicker
Illustrators:	Lynn Bernstein Ethan Pettit
Photographers:	Rod Morrison
Traffic Manager:	Barbara Knight
Text Converters:	Peter Benton Diana Quick
Proofreader:	Margaret Benton
Thumbnails:	Barbara Jungworth
Preproduction:	Helena Boskovic
Photoshop:	Terrance Carney
Art Director (production):	Dilhan Kushan
Desktop Publishing:	Kevin Cashman Gabrielle Napolitano-Swift
Editor (production):	Tioma Allison
Final Proofreader:	Nancy Rosenberg
Index:	Len Neufeld

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



WORKSLOT NEEDS

Store Equipment Cleaning
Mondays 6:00 to 8:00 a.m.

The Coop is looking for members to clean the checkout area of the store. This workslot entails cleaning the scales at each checkout and vacuuming around the base of the checkout station as well as sweeping and occasionally mopping. You will work under the supervision of a staff person.

Receiving Vitamins
Fridays 9:30 to 12:15 p.m.; 12:00 to 2:45 p.m.; 2:30 to 5:15 p.m.

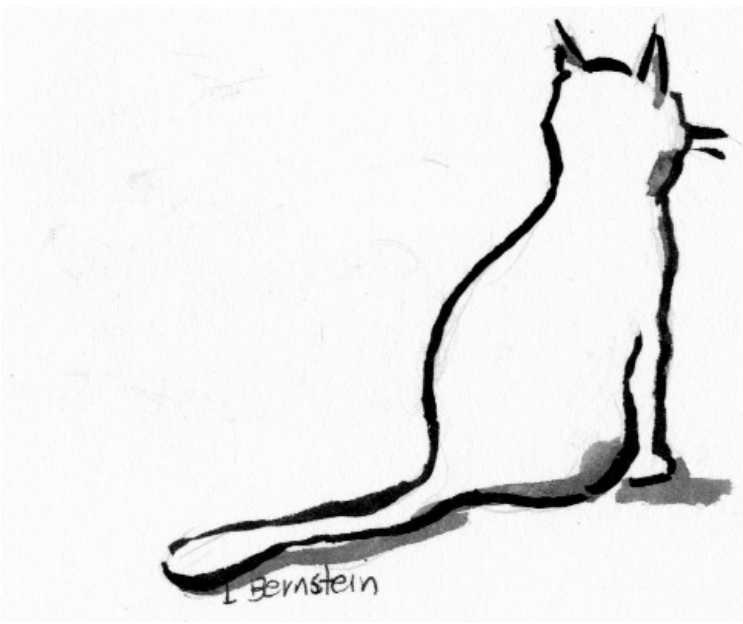
On these special receiving shifts, you will be working with the receiving coordinator to check in vitamin orders, organize vita-

min areas in the basement and on the shopping floor, label products and shelves, and other related tasks.

Office Data Entry

Wednesdays 4:00 to 6:45 p.m.

Are you a stickler for details and accurate on the computer, and do you like working independently? If so, then Office Data Entry will be your perfect shift. You will receive training, and Coop staff will always be available to answer questions. Please speak to Ginger Hargett or Camille Scuria in the Membership Office if you would like more information. Workslot requires a six-month commitment.



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,
July 27, 7:00 p.m.

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

Location

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

How to Place an Item
on the Agenda

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

Meeting Format

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

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

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

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

Agenda (8:00 p.m.)

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

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

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, JUL 5

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

TUE, JUL 27

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jul 15 issue: 7:00 p.m., Mon, Jul 5
Jul 29 issue: 7:00 p.m., Mon, Jul 19

CLASSIFIED ADS DEADLINE:

Jul 15 issue: 7:00 p.m., Wed, Jul 7
Jul 29 issue: 7:00 p.m., Wed, Jul 21

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.



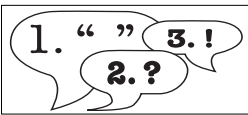


park slope
FOOD COOP

calendar of events

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

jul 9
fri 7 pm

Acupuncture for Knee Pain

Acupuncture relieves knee pain and inflammation without drugs. More than 20 million Americans suffer from osteoarthritis of the knee. Learn massage, exercise and diet therapy to prevent deterioration of your joints. Workshop is limited to 20. Please reserve by calling 718-622-0122. Presented by licensed acupuncturist and Coop member **Annie Reibel-Coyne**. ***Event subject to change, due to ongoing construction and renovations on the second floor of the Park Slope Food Coop.***

jul 13
tue 7 pm

Safe Food Committee Film Night: The Grapes of Wrath



The Grapes of Wrath is the classic adaptation of John Steinbeck's 1940 Pulitzer Prize-winning novel. The plight of the Joad family is universalized as a microcosm of the thousands of tenant farmers who suffered from oppression imposed by the banks and big mechanized farm interests. The dispossessed migrant family's departure from their windy and dusty land and their slow disintegration provides insight into the thousands of families who were evicted and uprooted from their "Dust Bowl" farmland and forced to search westward in inhospitable California for jobs and survival.

jul 15-17
thu 3-8 pm
fri 11 am-6 pm
sat 11 am-6 pm

Blood Drive

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.

jul 24
sat 10 am-2 pm

Adult Clothing Exchange



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.

jul 25
sun 12 pm

What Is A Doula?

If you're pregnant, chances are you've heard of doulas...but you may not be sure what the fuss is all about. Doulas are childbirth professionals trained to support women during the emotional ups and downs of this important period. This workshop will discuss the differences between labor and postpartum doulas, answer common questions about the doula's role and provide tips on finding a doula. Presented by Coop members **Lily Dalke**, CD (DONA), and **Julia Willis**, a DONA-trained doula.

jul 27
tue 7 pm

PSFC JULY 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.***

jul 27
tue 7:30 pm

Weigh Less, Live More

Explore the most effective way to lose weight and keep it off without any restrictive diets or calorie-counting. We will speak about the overall health benefits associated with a plant-based diet. Easy and delicious recipes will be distributed. Coop member **Jordan Melissa Sachs** is a holistic health coach and certified yoga teacher who received her training through the Institute for Integrative Nutrition.

jul 31
sat 10:30-12:30

Children's Clothing Swap

Bring your child's outgrown clothes to the Coop to trade with other members. Please bring only items that are in good condition. Collect clothes for your own children, only. At 12:15, any remaining clothes will then be available to anyone. Attention moms-to-be: Come to the swap to find newborn clothes! Do not bring clothing to the Coop before the hours of the exchange. Drop off clothes by 12:00.

jul 31
sat 2-4 pm

Book, CD, DVD and Video Swap for Adults and Children



Do you and your kids love to read, listen to music, watch movies? Bring your old books, CDs, DVDs and videos to the Coop to swap with others! All donations must be dropped off by 3:30 p.m. Please follow these guidelines when choosing what to bring: Books must be in good condition. We cannot accept magazines, journals, textbooks, computer books or outdated guide books. ***If you have these unacceptable items, you must throw them away in your recycling bin.*** CDs, DVDs and videos must be commercially produced. We cannot accept home recordings.

aug 3
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, August 31, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.***

aug 6
fri 7 pm

Film Night



Film title to be announced.
To book a Film Night, contact Faye Lederman, squeezestone@hotmail.com.





jul 6–oct 5 2010

aug 10
tue 7 pm

Safe Food Committee Film Night

Film title to be announced.



sep 14
tue 7 pm

Safe Food Committee Film Night

Film title to be announced.



aug 21
sat 2–5 pm

Adult Clothing Exchange

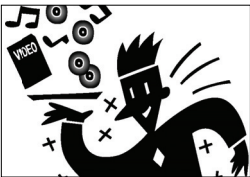
This is your opportunity to trade gently used and beautiful clothes that you no longer wear with other Coop members. Bring items that you think others might enjoy—and a snack to share. Do not leave clothing in the Coop before the hours of the exchange; bring up to 15 items only; bring gently used, clean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



sep 25
sat 10 am – 1:30 pm

Book, CD, DVD and Video Swap for Adults and Children

Do you and your kids love to read, listen to music, watch movies? Bring your old books, CDs, DVDs and videos to the Coop to swap with others! All donations must be dropped off by 3:30 p.m. Please follow these guidelines when choosing what to bring: Books must be in good condition. We cannot accept magazines, journals, textbooks, computer books or outdated guide books. *If you have these unacceptable items, you must throw them away in your recycling bin.* CDs, DVDs and videos must be commercially produced. We cannot accept home recordings.



aug 31
tue 7 pm

PSFC AUG 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.**



sep 28
tue 7 pm

PSFC SEPT 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.**



sep 2
thu 7:30 pm

Food Class

Topic to be announced.
Materials fee: \$4.



sep 3
fri 7 pm

Film Night

Film title to be announced.
To book a Film Night, contact Faye Lederman, squeezeestone@hotmail.com.



oct 1
fri 7 pm

Film Night

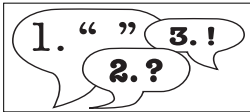
Film title to be announced.
To book a Film Night, contact Faye Lederman, squeezeestone@hotmail.com.



sep 7
tue 7 pm

Agenda Committee Meeting

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oct 5
tue 7 pm

Agenda Committee Meeting

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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.





CLASSIFIEDS

BED & BREAKFAST

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

CLASSES/GROUPS

SAT CLASS taught by college professor and test prep expert who taught for a major test company and improved their strategies. Maximum 6 students in a class. Real SATs as practice tests. Park Slope location. Enroll now. Space is limited. www.beritanderson.com. 917-797-9872. 363 6th Avenue. fireflies are crepuscular.

BANG THE KEYS summer writing seminars with Penguin Author, Coach/Editor Jill Dearman. BANG UP your structure skills. Tues. July 13/ 6:30 to 9:30pm \$95. BANG ON through to the end of the year. Finish your draft! Sat. July 17/ 10am to 4pm \$185. 10% PSFC Discount. Contact: JillDearman@gmail.com or 212-841-0177. www.bangthekeys.com.

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. TERRIFIC 450 sq. ft. furnished holistic office PT/FT. Great Bklyn location. Charming reception room, large lecture or group session room (e.g. Shiatsu, Yoga, Chiropractor, M.D., Nutritionist, etc.) Massage table and recliner in the next room for Acupuncture, Reiki, Reflexology, Psychotherapy, Hypnotherapy, etc. For viewing premises, call 718-339-5066.

MERCHANDISE NONCOMMERCIAL

FOR SALE: * Corrected phone number: 917-826-1862. Rolling Bar, deco style, wood, Hickory & White, 43 X 20; 4 Chairs, leather/chrome, lite gray, 21 X 21; Bureau, graceful white washed look, formica, 49 X 19; Desk/Vanity w/chair, blk hi gloss, 47 X 16; File Cabinet, gray strong melamine; Frederick's Q Star AC, old, workhorse; swivel TV shelf.

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.

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

ATTORNEY—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.

DO YOU or a senior you love need to downsize & move? Or just get organized? We are a senior move manager here to help: create a floor plan of your new home, sell & donate possessions, pack & unpack and manage the move. Insured. 917-374-1525. Email: Katie@papermoonmoves.com or visit papermoonmoves.com.

MADISON AVENUE HAIRSTYLIST 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.

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, com-

puter discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com.

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

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.

SERVICES WANTED

P/T ADMINISTRATOR for firm to keep our projects on track and on budget. Must have: excellent math and calculation skills; edit & proofreading prowess; Excel, Word and Project experience; great organizational skills; 4+ years experience as an administrator. Please email us with your resume at info@sylviaharris.com.

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. \$42k-112k, cash sales. Annual maintenance approx. \$4k. Sorry, no dogs. www.reynoldshills.org/bungalowshop or 973-951-8378.


VACATION-PENNA. country house rental: 4 BR, 2 bath, private pond and stream, large lawns, full kitchen and screened porch. 3 hours from NYC. Available various weeks in July, August or Sept. \$600/wk. Great for families and kids. Call 718-622-8175.

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.

Prompt & Courteous
Licensed & Insured
Free Estimates




MEMBER
METROPOLITAN
NEW YORK



D.O.T. #T-12302

Top Hat Movers, Inc.
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Residential & Commercial
Packing & Supplies
Local & Long Distance



Hands On Health

Massage, Personal Training, Yoga, Pilates




Jennie KixMiller LMT, ACE Certified • 917.836.6034

Piano Lessons With Howard Lew

"Experience, Understanding & Longstanding Reputation in the Park Slope Community"

Center Slope location
718-499-8495



30-45-60 minute private lessons (ask about tandem lessons!)
e-mail: Lewsavitch@verizon.net

PERMACULTURE DESIGN CERTIFICATE

Permaculture is more than just good gardening. It's an approach to analyses, action and social structures that results in better relationships, more functional systems and a clearer understanding of solutions based planning.



12 Sessions: July 17 & 18, July 31 & August 1, September 25 & 26, October 2 & 3, October 16, October 23 and November 7

Claudia Joseph, lead teacher with special guest teachers

At the Old Stone House in Park Slope (718) 768-3195 for info
Or visit: www.permaculture-exchange.org for more details.



summerware
CERAMICS IN BROOKLYN AT THE [OA] CAN FACTORY

A one day sale of contemporary ceramics in Brooklyn by potters from the Metro NY area

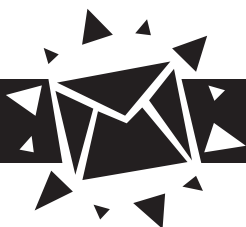
11 July, SUNDAY 11-5 pm

• Pottery demonstrations, refreshments and lounge area •
The (Makers)Market 232 Third Street at Third Ave
<http://thecanfactorymarket.org>

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





Park Slope Food Coop, Brooklyn, NY

July 1, 2010 11

LETTERS TO THE EDITOR

BRING BACK THE SNACKS!

DEAR EDITOR:

As any observant member who has visited or worked in the vicinity of the office knows, one of the great, unexpected joys of fulfilling one's bi-fortnightly service unto the Coop was a simple snack table. A snack table which is no longer.

Some may argue the snack table still exists. But what is a snack table if it only serves hot beverages like coffee and tea or the occasional half gallon of lemonade? Any reasonable person would refer to such a thing as a beverage table.

In the past, a member whose energy waned could indulge in a fraction of a bagel with peanut butter or perhaps some cut-up apples, mini carrots, a bit of cheese. And in exchange one would make a donation. It was a beautiful thing.

And now it's gone. Why? H1N1 scare tactics? A Health Department inspection? Rumors abound!

We won't begin to address the "H1N1" conspiracy propagated by the hand sanitizer industry. You can read about that in a home-typed and photocopied tract which will be made available on the second floor during our workshift.

The real shame here is the lack of Coop ingenuity! Even with the heavy boot of the Health Department on our neck, we can still find solutions to re-energize the workers! How? Individually wrapped snacks!

Some may try to argue that such a solution is not environmentally responsible. Individual wrappings create more waste. But we must ask ourselves, as a community, what is more important to us? Right now there is a need going unmet. A need for snacks.

Sharing food is the essence of cooperation and, after all, isn't that what the Coop is all about? Says it right in the name, folks. Right in the name.

Snacks. Wrapped individually. Brings us, individually, together.

Sincerely,
Steve Lambert and Kate Scelsa

EATING, BOTTLENECKING ETIQUETTE

DEAR EDITOR:

Thanks for the helpful reminders in the June 3 *Gazette* regarding how to be considerate of other members while you are shopping or working.

A big etiquette DON'T that was left out is eating while working. I don't mind people sipping beverages, but please don't eat a sandwich, chips, nuts, whatever, while doing checkout, cashier, entrance desk, etc., or any job where you come into contact with other members. If you absolutely need to eat something, try eating before or after your shift, or if you just can't wait, how about taking a five-minute break?

I also wish members could stand in line and turn the corner by the book shelves without blocking the aisle. That area is possibly the worst bottleneck in the Coop, especially when the yogurt is being stocked. Could we possibly invent a "Don't block the box" area so that shoppers could get through easier?

Best,
Maggie Stenz

FOOD POLITICS

TO THE EDITOR:

Regarding the book review of *Food Politics*, Robert Paarlbert is advisor to Monsanto's CEO. He wants to get

GMOs into Africa. I think his book may not be as objective as all that. In fact, read Anna Lappe's rebuttal of his article "Attention Whole Food Shoppers" in *Foreign Policy* online.

In cooperation,
Julie Forgione

COFFEE TABLE BLUES

There is no coffee table book I do not lust to own, And so I've bought a score or two (None of which I'll loan).

They're piled up high on my coffee table, All oversize and pricey: American lit and motion pictures,

Both classical and spicy;

Gigantic tomes on modern art And music of the Baroque, Large volumes on the history Of fire, ash and smoke;

Robotic space flight, astronomy, Cryptography and boxing, The lure of tough-love parenting, Bageling and loxing.

What next? Since adding to my pile, An hour or so's elapsed! I know—another coffee table To replace what's just collapsed.

Leon Freilich

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.

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.

WED, JUL 7

FOLK OPEN SING: Come sing with us on the first Wednesday of every month. Bring voice, instruments, friends. Children welcome. Cohosted by the Folk Society of NY, the Ethical Culture Society & the Good Coffeehouse. At the Ethical Culture Society, 53 Prospect Park West. 7:30–10:00 p.m. 718-636-6341.

SAT, JUL 10

EATING FOR FERTILITY, PREGNANCY & NURSING: Come learn about traditional real foods and why they are of vital importance to support fertility, a healthy preg-

nancy & a well-nourished baby. TRS Professional Suites, 44 E. 32nd St., 11th Floor, Manhattan, 2:00-4:30 p.m. \$25. RSVP to angela@wisewayscookingsschool.com.

SAT, JUL 17

TIMELESS PRINCIPLES OF INFANT & CHILD NUTRITION: Come learn what your baby really needs to be healthy, what foods are easily digested & what she needs for proper growth, steady development & a strong immune system. TRS Professional Suites, 44 E. 32nd St., 11th Floor, Manhattan, 2:00-4:30 p.m. \$25. RSVP to hannah@wisewayscookingsschool.com.

VALET BIKE PARKING IS HERE ON SUNDAYS!

Every Sunday through November 21, from 3:30 p.m. – 8:00 p.m., Coop members can leave their bikes with our valet parking service, which is like a coat check for bikes. Working members will check in and watch your bike for you.

Just drop off your bike, do your shopping or your shift, and hop back on. No locks, no worries, no theft. Service operates rain or shine. Look for us in front of the yellow wall. (Note: no bike check-in after 7:30 p.m.)

Valet bicycle parking at the Coop is brought to you by the PSFC Shop & Cycle Committee.





**Sunday, July 4th
shopping hours:
6 a.m. – 7:30 p.m.**

**Regular hours on
Monday, July 5**

If you would like to do an FTOP shift or a makeup
over the holiday weekend,
please contact the Membership Office.

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.

Joseph Arnold III	David Firestone	Ivan Jacobson	Alana Miranda-Sond-heim	Colette Rose	Amanda Stephenson	Beverly Woytowich
Nina Barraclough	Ilana Firestone	Julian Johnsson	David Pagan	David Saltzman	Ethan Sterling	
Gabrielle Delaney	John Hauger	Lisa Long	Christopher Richman	Joseph Schufle	Katherine Tenneson	
Drena Fagen	Richard Hayes			Dawn Schwartz	Tenzin Tsethar	

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

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

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

The AC meets the first Tuesday of every month at 8PM at the Coop. Committee members are also required to attend five (5) GMs per year.

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

Qualifications include a cooperative spirit, experience working in a committee environment, and an ongoing interest in the business of the Coop. Interested members, please contact Glenn Brill at glennbrill@earthlink.net

