

Established  
1973



# LINEWAITERS' GAZETTE



100%  
SOY BASED  
Ink System  
Contains no toxic solvents

Volume EE, Number 17

August 26, 2010

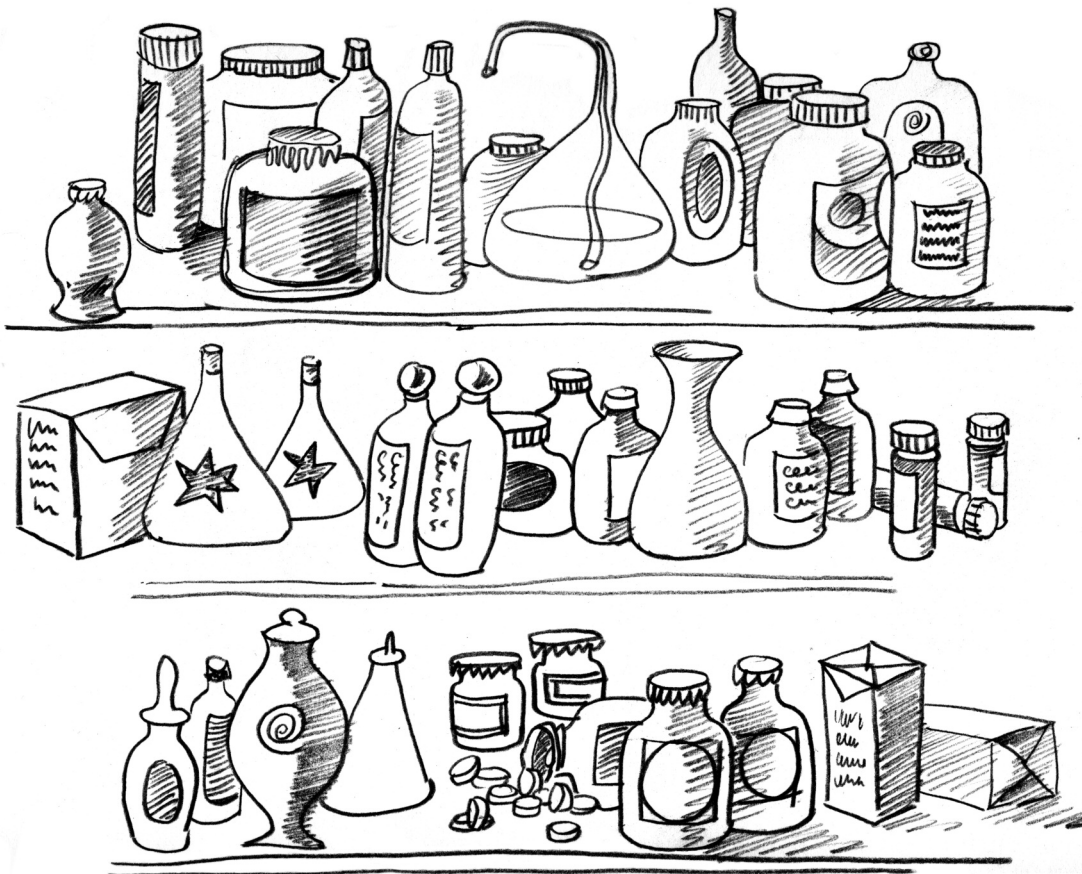


ILLUSTRATION BY ETHAN PETTIT

## Frustration to End in Supplement Aisle!

By Ed Levy

**"Y**ou get used to its being one way, and the next time it's completely different."

"I think there's a method, but I don't really understand it."

"It's very confusing."

"I think it's somewhere around here, but I'm not sure."

"I guess I'll have to get it at Whole Foods."

These are comments recently heard in the supple-

ment aisle, a treasure trove of vitamins, minerals, tinctures, essences, powders and pills, all at Coop prices. And that is precisely what has made not being able to find those curcumin capsules all the more frustrating—a potentially big savings has been lost. Other obstacles to shopping in this aisle that shoppers have grumbled about are:

- The sheer number of items.
- The complex organization of the aisle.

•Crowding because of shoppers lined up with their carts waiting to checkout or shopping for items across the aisle.

•Difficulty reading the labels of the smaller look-alike items on the lower shelves.

That is, until now.

A multi-stage effort has begun to transform the supplement aisle into an experience that doesn't require large dosages of ashwaganda

CONTINUED ON PAGE 2

## One Bag At A Time

Changing the World with ECOBAGS

By Frank Haberle

**T**raveling in Europe a few summers ago, Sharon Rowe, a New Yorker who founded the ECOBAGS brand company over 20 years ago, stopped in an outdoor café in Manarosa, Italy. A woman sat down next to her with a very nice, reusable string bag. Because she's into such things—having promoted the development of reusable shopping bags over the past two decades of her life—Sharon took notice immediately.

"Cool bag," Sharon said to the woman. "Where did you get it?"

"In America," she answered, "at a place called the Park Slope Food Coop."

For Sharon, meeting this woman carrying one of her bags—and later in her trip, when she met a woman stepping off the Mykonos Ferry in Greece with the ECOBAGS logo stamped on another reusable bag—was confirmation that her two-decade mission to promote widespread use of reusable bags was finally bearing fruit. Always in

front of the trend, the Coop has been selling ECOBAGS and other reusable bags for years. As the reuse and recycling movements have gained traction, ECOBAGS and similar products have gained widespread use.

*"The natural products industry is filled with the most progressive, thoughtful people. This is where the real change has been coming from all these years."*

—Sharon Rowe, founder of ECOBAGS

"The Coop has always been committed to getting people to use less plastic," says Janet Schumacher, General Coordinator. "We no longer have plastic bags available for shoppers. At orientation we give out reusable bags; we feel we can help new members become more conscious of reusing bags from the start." In addition to

CONTINUED ON PAGE 4

### Next General Meeting on August 31

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, August 31, 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.

\* Exceptions for November and December will be posted.

## Coop Event Highlights

**Thur, Sep 2 • Food Class: The Secret of the Sea Vegetable** 7:30 p.m.

**Sat, Sep 11 • Food Drive** 9:00 a.m.–7:00 p.m.

**Sun, Sep 12 • Food Drive** 9:00 a.m.–7:00 p.m.

**Thu, Sep 23 • Diversity Awareness Initiative Series** 7:00 p.m.

**Sun, Sep 25 • Kids' Stuff Swap** 10:30 a.m.–12:30 p.m.

**Sun, Sep 25 • Household Goods Swap** 2:00 p.m.–4:00 p.m.

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

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## Supplement Aisle

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or St. John's wort to get through.

The most noticeable improvement now in place is the addition of plastic dividers that keep the items on each shelf neatly in line from back to front. These separators, purchased from a Canadian company, are

called "light duty pusher systems" and involve a pair of adjustable white plastic rails and a spring that keeps pushing them forward as purchasers empty the front of the column. The cost is about fifty dollars per shelf. In general, explained Elinoar Astrinsky, General Coordinator, the pusher system is ideal for small items, so they can be seen easily.

In other parts of the store, however, it's easier to assess when to replenish an area if items are pushed back. This is also why, she explained, it is not usually helpful when shoppers move items from the rear to the front of shelves.

Formerly, the vitamin aisle made use of flimsy cardboard dividers to separate items. When these got bent or moved around, the logic of each shelf would become scrambled and shoppers confused.

Elinoar advised people who are stocking shelves that contain the new pusher system to be sure to manually push back the spring and load the items in front of it, not behind it, so that they will be gradually nudged toward the front of the shelf by the spring.

### Computerized Shelf Lookup Is Here

Even more helpful, perhaps, is the ability shoppers will now have to find the exact location of a supple-

ment by using the product lookup computer, located by the side of the ice cream freezer, opposite the shopping carts. This alteration to the data in the system involved considerable work.

First, staff members and workers took a free-standing computer and went through all vitamins and supplements to make sure their UPC's were in the database and that the items would scan. This ensured that all items in the aisle were current.

The next phase involved numbering all of the shelves in the supplement aisle. For example, the top shelf closest to the checkout area is designated A1, the second shelf A2, the front endcap FE, and the back endcap BE (the endcaps are those shelves facing the checkout and yogurt counters, respectively).

*A multi-stage effort has begun to transform the supplement aisle into an experience that doesn't require large dosages of ashwaganda or St. John's wort to get through.*

Next, thousands of products were "renamed" in the lookup computer, putting the name of the supplement ahead of the brand. For example, "B" (as in vitamin B) now comes before "Solgar." Shoppers look up other types of items by brand—for example, "Amy's frozen pizza," not "pizza," or "frozen pizza." But it's been found that with vitamins and supplements, the

## 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](http://www.meetup.com/plgfoodcoop) or contact [leffertsfarm@gmail.com](mailto:leffertsfarm@gmail.com) for more information.

JOIN US: [www.meetup.com/plgfoodcoop](http://www.meetup.com/plgfoodcoop)



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

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

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](http://www.GreeneHillFoodCoop.com)  
[info@greenehillfoodcoop.com](mailto:info@greenehillfoodcoop.com) | 718-208-4778

## RETURN POLICY

**park slope  
FOOD COOP**

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

### REQUIRED FOR ANY RETURN

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

### CAN I EXCHANGE MY ITEM?

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

### CAN I RETURN MY ITEM?

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

**NEVER  
RETURNABLE**

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

**RETURNABLE  
ONLY IF SPOILED  
BEFORE  
EXPIRATION DATE**  
Packaging/Label  
must be present  
for refund.

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

**RETURNABLE**

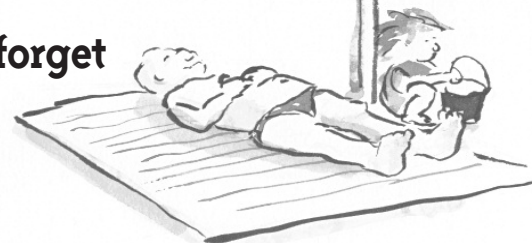
The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.

# 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](http://www.foodcoop.com)!

**Your co-workers will love you for it!**





ILLUSTRATION BY DEBORAH TINT

product name is usually more helpful to shoppers than the brand.

Finally, added to the computer keywords was the exact location of the item in the aisle. A search for vitamin C may produce **C 500 bioflav 250 tabs NOW FE 7**, which means that 500 mg. capsules of vitamin C manufactured by NOW, with 250 tablets to the bottle, can be found on the seventh shelf of the front endcap. **Nettles 435mg Natures Way E6** means that Natures Way-brand nettles can be found on shelf E6.

Items for children are marked with the code **K**, for "kids." This refers to the children's section in aisle 5A—the Health and Beauty Aisle (the other side of the supplement aisle.) This designation is used rather than 5A so that shoppers won't become confused between A5 (the fifth shelf down closest to the registers in the supplement aisle), and 5A, the entire row of shelves on the west side of aisle five.

The descriptor **R** indicates items like acidophilus and fish and flax oils that are refrigerat-

ed above the yogurt case.

This phase of the reorganization was 99 percent complete as of this writing.

Elinor noted that every single item in the supplement aisle will show up in the computer, but because of the lag between ordering an item and receiving it from the supplier, some items may not be immediately available for sale.

There is more to do, she said. The next phase—addressing the frustration that there are just too many items—will be to narrow the variety of product we sell for each supplement, a trend the Coop is following for the rest

of the store. The proliferation of brands is usually the result of special orders, which involve a lot of paperwork and are highly labor intensive for Coop staff. In addition, shoppers who make these requests sometimes fail to pick the items up. The goal is to stock bestselling supplements and vitamins only.

Elinor noted that maps and signs currently hanging in the supplement aisle will be adjusted to reflect changes in the location of items as well as the addition of new shelves in the acidophilus and omega oil section. More room has also been created in the aisle by replacing some product displays provided by manufacturers with the new push system.

### Going Forward

Suggestions from shoppers (who were as yet unaware of the new system) include making the signs and maps graphically more appealing, moving smaller items with hard-to-read labels from bottom to top shelves, removing those display hooks running along the top of the aisle from which small, non-supplement

sundry items are hung, moving the large protein powder containers to the right end cap so that another shelf can be added along the top, improving the visibility of shelf labels and—most utopian of all—having someone stationed in the aisle who is knowledgeable about supplements to help shoppers find what they are looking for.

A goal of the reorganization of the aisle was not just to create a better shopping experience but to also improve the experience for those who take inventory on Sunday nights.

One enthusiastic shopper looking for anti-inflammatories and anti-oxidants, when told of the new lookup system, said it was "a dream come true!" ■

## BAY RIDGE FOOD CO-OP

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

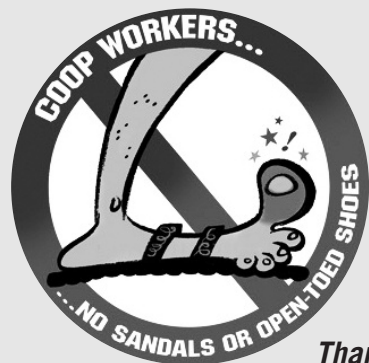
The Bay Ridge Food Co-op is moving ever nearer to opening its doors, providing a valuable new resource for communities across South Brooklyn and beyond.

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**



**Please protect your feet and toes while working your shift at the Coop by not wearing sandals or other open-toed footwear.**

*Thanks for your cooperation,  
The Park Slope Food Coop*



## NEED FTOP?

**The Brooklyn Food Coalition is looking for workers!**  
**Opportunities for parents of kids in public schools,**  
**as well as tabling at street fairs and the new**  
**Farmer's Market in Bed-Stuy.**

**Contact Laura Dawson (ljndawson@gmail.com)**  
**for more details.**

DO YOU LIKE **DESIGNING FLYERS**? HOW ARE YOU AT **MARKETING**? DO YOU LIKE **SOCIAL NETWORKING**?  
ARE YOU A **WEB DEVELOPER**? CAN YOU WRITE **PHP**?  
DO YOU KNOW HOW TO USE **WORDPRESS**? DO YOU LIKE **TABLING** AT EVENTS? DO YOU LIKE **RESEARCHING FOOD**? DO YOU NEED **FTOP CREDIT**? DO YOU LIKE **COMMUNITY**, EATING **GOOD FOOD**, AND **FUN**? COME HANG OUT WITH THE **BUSHWICK FOOD COOP** AND GET **WORK CREDIT!**

A BUYING CLUB AND CSA ARE SATIATING US WHILE WE WORK TOWARDS MAKING THE DREAM OF HAVING OUR OWN STOREFRONT A REALITY. WE ARE REALLY INVESTED IN OUR COLLECTIVE GOAL OF BRINGING AFFORDABLE, LOCAL AND ORGANIC FOOD TO THE NEIGHBORHOOD OF BUSHWICK. IF YOU WOULD LIKE TO HELP, PLEASE EMAIL US AT **WORKSHIFT@BUSHWICKFOODCOOP.ORG**.





## Ecobags

CONTINUED FROM PAGE 1

ECOBAGS, the Coop carries reusable bag products from ChicoBags, Envirosax and Enviro-Tote.

*"[for] most of the Park Slope Food Coop people I've met, really making an engaged purchase or taking an engaged action—it's all part of really doing something and leading the conversation."*  
—Sharon Rowe, founder of ECOBAGS

In many ways, ECOBAGS is a Coop success story; a homegrown business that found a niche on our shelves many years ago, has grown with the Coop, and has now taken flight as a movement to stop the use of disposable bags. By the longstanding success and popularity of reusable bags at the Coop, and the commitment of our membership to ban plastic bags, it is clear that Coop members have made a very conscious effort to use reusable bags and products to transport their food, with clear benefits to the environment.

### Building A Business that Helps the Planet

Today a thriving business



**Sharon Rowe started ECOBAGS over 20 years ago.**

with products on the shelves of Whole Foods and coops across the country, the ECOBAGS company got off to a slow start, as a door-to-door entrepreneurial project over 20 years ago. The idea came to Sharon, then an Upper West Sider, in 1989. A successful actress and sales representative working at home while expecting her first baby, she found herself aggravated by the amount of disposable materials in her life. "All the plastic bags and trash piling up really annoyed me, and I decided I wanted to stop contributing to the trash. So this really started as a personal pursuit that turned into a business." Unable to find reusable shopping bags—and taking notice of the practical string bags that friends brought back from Europe—Sharon began by contacting consulates to inquire about



**Reusable bags can be used for produce as well as bulk. Andrew Kloppe fills up on peas in the produce section.**

manufacturers. "The German consulate responded the fastest, but with a product that was the least aesthetic," she remembers. "The French never responded. The Italian consulate responded a year later, with a product that was the most beautiful, but far too expensive." Finally finding what she was looking for from a European distributor, Sharon and her husband started selling up and down Broadway, trying to find stores that would carry the reusable string bags. But it was an idea still before its time, and business was slow.

Sharon found her niche at conferences and expositions that grew out of Earth Day, 1990, when she began connecting with Natural Food networks and coop umbrella organizations: United Natural Foods Distributors, Stowe Mills, Coop America and others. "It was at this time that I realized that I might have a business on my hands," Sharon remembers, "and I wouldn't have to work for someone else anymore. But



**"The Coop has always been committed to getting people to use less plastic," says Janet Schumacher, General Coordinator.**

all of this networking and business building had to be done pre-internet, and pre-Al Gore. It was a challenge to get started because the concept of 'reusable bags' simply hadn't been born yet. It took about 15 years to really get the concept off the ground, even in the natural products industry where we seemed a natural fit."

It was in the early 90's that Sharon remembers first meeting Coop staffer Janet

Schumacher. "We were able to persevere when we partnered with the likes of the Park Slope Food Coop, Davis Food Coop and Wild Oats. These were the early adopters of concepts that everyone now sees as 'normal'—reusable bags, less waste, clean local food — these concepts took a long time to bring forward." Sharon credits Janet with playing a key role in helping her develop and build her

## VALET BIKE PARKING IS ON HERE 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.



**PSFC  
Shop & Cycle  
Committee**

## The Environmental Committee is Looking for New Members.

The Environmental Committee works on a broad range of issues related to food, energy and the environment, with an emphasis on issues that impact the Coop.

We particularly need people who are good at putting ideas into action. We will accept people with a broad range of experience, but leadership and/or organizational abilities will be put to good use.

To be considered for a spot on the committee you must have been a Coop member for at least 6 months and have a good attendance record. Work for the environment while fulfilling your Coop workslot!

For more information contact the Environmental Committee at [ecokvetch@yahoo.com](mailto:ecokvetch@yahoo.com).





Some items from the ECOBAG product line

business. "Janet's been fantastic, and she's always been an amazing supporter of ECOBAGS products and company. The natural products industry is filled with the most progressive, thoughtful people. This is where the real change has been coming from all these years."

### Responsibility to Workers and the Community

Today Sharon runs ECOBAGS from an office in Ossining, just up the Hudson River. The company has eight staff and contracts production of many of its products through small independent

companies in the United States, India and China. Relationships with each of these companies begin with fair wage and labor certification. In many cases, Sharon maintains close friendships with these producers, and travels the world to keep close contact with her producers.

ECOBAGS also maintains a strong commitment to local causes. "We have always supported nonprofits. We have also made it part of our mission to partner with them, when possible, to grow the conversations and commit-

ment around creating a cleaner environment—whether that means social, or environmental. We all basically want the same thing—a just, clean world with opportunities for everyone. No one I know likes to have a plastic bag wrap around their legs in the ocean!"

### Increased Awareness, and Increased Demand

While Sharon sees increased demand for sustainable goods in light of recent economic and environmental concerns, she also points out that "there are unusual price demands now, and not everyone is looking at the complete supply chain. For some people, the trend leads, so the label—and whether goods are fairly, durably, or sustainably made—doesn't matter, just the look. For others, like most of the Park Slope Food Coop people I've met, really making an engaged purchase or taking an engaged action—it's all part of really doing something and leading the conversation."

This last point, for Sharon, is the key to what Coop members can do. "Bring your own bags everywhere, not just to the Coop; use them for everything! Shopping, produce, lunch. Talk about what you're doing and why. Don't use single use packaging or bags

whenever possible. Challenge yourself to shop without any throwaways or additional packaging. Talk about it. Blog about it!"

ECOBAGS products, and dozens of other reusable food bags, can be easily located on

the Coop shelves, primarily near the produce and bulk bins and near the checkout area. To learn more about ECOBAGS mission and products, visit [www.ecobags.com](http://www.ecobags.com). ■

ECOBAGS is a registered trademark of Eco-Bags Products

## 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**

**Follow  
the  
Food  
Coop  
on**

**twitter**



**@foodcoop**

## The Diversity and Equality Committee's Diversity Awareness Initiative

is starting an event series to promote diversity awareness and education at the Coop. The series will include film screenings, moderated discussions, presentations and workshops. Events will address issues related to race, gender, sexual orientation, disability, age, culture, ethnicity and socio-economics.

**We are soliciting event ideas and potential speakers. Please send event proposals to:**  
**[psfc.diversity@gmail.com](mailto:psfc.diversity@gmail.com)**

**PSFC members who present as part of the event series are eligible to receive workslot credit.**

## EXPERIENCED REPORTERS Please Apply



### Workslot Description

We have four distinct *Linewaiters' Gazette* teams—each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team's editor every eight weeks.

### For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please contact Karen Mancuso in the Membership Office or email her at [karen\\_mancuso@psfc.coop](mailto:karen_mancuso@psfc.coop).

### To Apply

Please send a letter of application and two writing samples at least 800 words long (one sample must be a reported interview) to [karen\\_mancuso@psfc.coop](mailto:karen_mancuso@psfc.coop). Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.

### Seeking to Diversify the Gazette Staff

The *Gazette* is looking for qualified reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the *Gazette* and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

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](mailto: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.

Puzzle Corner

Stepping Out

ON IN SH WE  
SONIC INANE SHEAR THREW  
ME AN TO  
MISLEED GNARLY ORNATE  
PA DO IF  
PELICAN MELODIC FRAILTY

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

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

OR Add a D to get...  
ROD Add an A to get...  
ROAD Add an N to get...  
RADON Add an I to get...  
ORDAIN Add an S to get...  
INROADS Add a U to get...  
DINOSAUR

In each case the starting word and the final word are given. Puzzles with more steps are more difficult. Alternative answers may be possible in some cases.

See page 10 for puzzle answer.

Monthly on the...

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

Second Saturday  
SEPTEMBER 11  
10:00 A.M.–2:00 P.M.

Third Thursday  
SEPTEMBER 16  
7:00 P.M.–9:00 P.M.

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

PLASTICS

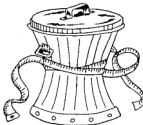
What plastics do we accept?  
Until further notice:

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

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

PLASTIC MUST BE COMPLETELY CLEAN & DRY

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



This Issue Prepared By:

Coordinating Editors: Stephanie Golden  
Erik Lewis

Editors (development): Erik Lewis  
Joan Minieri

Reporters: Ed Levy  
Frank Haberle

Art Director (development): Eva Schicker

Illustrators: Lynn Bernstein  
Ethan Pettit  
Deborah Tint

Photographers: Rod Morrison

Traffic Manager: Nancy Rosenberg

Thumbnails: Mia Tran

Preproduction: Helena Boskovic

Photoshop: Terrance Carney

Art Director (production): Dilhan Kushan

Puzzle Master: Stuart Marquis

Desktop Publishing: Kevin Cashman  
Oliver Yourke

Post-production: Mary Ellen Muzio

Editor (production): Tioma Allison

Index: Len Neufeld



**Store Equipment Cleaning****Monday 6:00 a.m. to 8:00 a.m.**

The Coop is looking for members to clean the checkout area of the store. It 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.

**Bathroom Cleaning****Tuesday 12 p.m. to 2:00 p.m.**

Work with a partner to deep clean the Coop's bathrooms. Tasks include scrubbing floor

tiles, cleaning toilets, mopping floors and stocking the bathrooms. You will work with only natural cleaning products. This job is perfect for members who like to clean and are conscientious about doing a thorough job. If interested, contact the Membership Office.

**Vitamins****Friday 9:30 a.m. to 12:00 p.m. and 2:30 p.m. to 5:15 p.m.**

You will be working with the receiving coordinator to check in vitamin orders, organize vitamin area in the basement and on

the shopping floor. You will label products and shelves, and perform other related tasks. If interested, contact the Membership Office. 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](mailto:cynthia_pennycooke@psfc.coop) or through the Membership Office at 718-622-0560.

**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](http://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](http://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](http://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, AUG 31**

GENERAL MEETING: 7:00 p.m.

**TUE, SEP 7**

AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the Sep 28 General Meeting.

**Gazette Deadlines****LETTERS & VOLUNTARY ARTICLES:**

Sep 9 issue: 7:00 p.m., Mon, Aug 30  
Sep 23 issue: 7:00 p.m., Mon, Sep 13

**CLASSIFIED ADS DEADLINE:**

Sep 9 issue: 7:00 p.m., Wed, Sep 1  
Sep 23 issue: 7:00 p.m., Wed, Sep 15

**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, August 31, 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.

**Attend a GM and Receive Work Credit**

--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

aug 29  
sun 12 pm

## Babywearing 101

This is a hands-on workshop for participants to learn about the five basic types of carriers (wraps, ring slings, pouches, mei tais and soft-structured carriers), focusing on safe and comfortable carrying for newborns through toddlers. Carriers will be demonstrated, and parents are encouraged to bring the carriers they already have to get help with fit and positioning. Coop member **Lisa Brundage** is a Brooklyn co-leader of Slings in the City and has been trained in babywearing techniques by Die Trageschule of Dresden, Germany. **Amy Takemoto** is a babywearing mom of two children and has been a Brooklyn co-leader of Slings in the City.

aug 31  
tue 7 pm

## PSFC AUG 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:** Creation of Audit Committee (45 minutes)

**Discussion:** "To form an audit committee that will report and recommend to the Board and the General Meeting."

**Explanation:** "The proposal is to form an audit committee that will interface between the GM, Board and the independent auditor. The committee is proposed in order to facilitate proper and transparent governance structure. The committee will also recommend the selection of the outside auditor and selection of appropriate accounting and internal control matters."  
—submitted by Yigal Rechtman

**Item #2:** Presentation and discussion of draft proposal about Barneys Co-op (45 minutes)

**Discussion:** "Discuss draft proposal on Barneys "Co-op" and general topic what to do about the usurpation of the word "coop." —submitted by General Coordinators

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.

sep 2  
thu 7:30 pm

## Food Class: The Secret of The Sea Vegetable



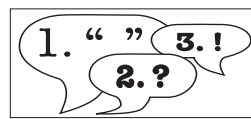
Vegan, gluten-free and sugar-free dishes. What are sea vegetables? What do they look like? Learn the nutritional benefits of eating sea vegetables, how to prepare them safely and how to cook sea vegetables once and eat them twice. **Hideyo Yamada** is a trained

sushi chef from Japan, who specializes in allergy-free pastries. Her unique health counseling, along with customized recipes and cooking classes, enable her clients to prepare delicious healthy meals, adding more balance and energy into their lives. She is a certified Holistic Health counselor and graduate of the Institute of Integrative Nutrition, working as a private chef. *Menu includes kombu stock, basic miso soup with tofu, wakame garlic sauté, quinoa hijiki salad, dulce dip and chocolate-banana mousse with agar.*

**Materials fee: \$4. Event coordinated by Susan Baldassano.**

sep 7  
tue 8 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, September 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

sep 10  
fri 7 pm

## Plunder: The Crime of Our Time

See the film that treats the financial crisis as a crime story, not a business problem. It ties the collapse of the housing market to a corrupt collaboration between real estate, finance and insurance. It also features home-owners and community activists fighting back with protests at banks and the homes of CEOs. **JK Canepa** is a Coop member and co-founder of the New York Climate Action Group. Author **Danny Schechter** is an Emmy-award-winning network veteran who has specialized in issues of media deception and economic exploitation.

sep 11  
sat 12 pm

## Candida Albicans Again?

Yeast is a complex condition that needs to be attacked from different angles. It is the cause of many ailments. Find out how you can combat it once and for all. Why does it come back? What is the hidden cause that was never imagined before? Do only a few people know about the cause? Stop this beast that takes years away from your life. Instead, live a happy, joyful life in vibrant health. What is it that you'll live with if you don't do anything or enough about it? Let me share with you my story, and make sure that you don't have to go through the same. Presented by Coop member **Marija Santo**, CNHP and Geotran Practitioner.

sep 11  
sat 3 pm

## Green Your Garden

You are invited to learn what plants are best in your garden. We will discuss light conditions for annuals, perennials, vegetables, shrubs and trees, plant combinations that work well for both shady and full sun gardens and how to safely divide and propagate plants to maximize your garden. We will also talk about organic pest control, native plants and medicinal gardening. Come learn how to attract more birds and butterflies as well as compost all your table scraps to feed your garden. There will also be a time for specific questions about your garden, so please bring any images or leaf samples to discuss. Coop member **Christian Toscano** is a local gardener who is currently training to be an herbalist.

sep 11-12  
sat-sun 9 am-7 pm

## Food Drive to Benefit CHIPS Soup Kitchen

CHIPS Soup Kitchen, located at 4th Avenue and Sackett Street, is the recipient of much of our edible but unsaleable perishable food. They also need donations of nonperishable foods. Food collected will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal. Consider contributing non-perishable foods and commercially packaged foods; canned fish; canned fruits and vegetables; pasta sauce; pasta; pre-packaged rice; pre-packaged beans; canned beans; canned soups; Parmalat milk; dry milk; peanut butter; cooking oil; or boxed raisins. Give donations to the collection table outside the Coop.

sep 12  
sun 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.

sep 17  
fri 7:30 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 and Nalandabodhi New York.

*For more information on these and other events, visit the Coop's website: [foodcoop.com](http://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.



# aug 29–oct 24 2010

**sep 19**  
sun 12 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 718-832-6110. Presented by licensed acupuncturist and Coop member **Annie Reibel-Coyne**.

**sep 23**  
thu 7 pm

## Diversity Awareness Initiative Series: The Shirley Sherrod Case

Issues in the Sherrod case, which played out on the national arena, also take place on the local stage of the PSFC. The PSFC is a microcosm in which racial double standards are subtly played out. If we are in a “post-racial” era, why is this still happening? This moderated discussion will explore what we can learn from the Shirley Sherrod case to constructively address issues of diversity at the Coop. The Diversity and Equality Committee (DEC) is moderating this event series to promote diversity awareness and education at the Coop. The series will include film screenings, moderated discussions, presentations and workshops. Events will address issues related to race, gender, sexual orientation, disability, age, culture, ethnicity and socio-economics.

**Send event proposals to: [psfc.diversity@gmail.com](mailto:psfc.diversity@gmail.com). PSFC members who present as part of the event series are eligible to receive work credit.**

**sep 24**  
fri 7:30 pm

## Natural Perfume

This sensory presentation will examine the artisanal art of natural perfumery. Natural perfumery is a process that uses only essential oils and precious absolutes that are extracted from plants. Come spend an evening re-educating your nose and discovering the art of natural fragrance. Presented by Coop member **Julianne Zaleta**, Licensed Massage Therapist, Certified Aromatherapist, herbalist and natural perfumer.

**sep 25**  
sat 10:30 – 12:30

## Kids' Stuff Swap

Bring gently used toys, childrens books and kid-related accessories to the Coop to swap with others. All donations must be dropped off by 12pm. All items must be clean and in good condition with no broken parts or missing pieces. Do not bring clothes or non-kid-related adult items.

**sep 25**  
sat 2 – 4 pm

## Household Goods Swap

Who needs Bed, Bath and Beyond when you can fix up your home for free by swapping household goods with other Coop members? All items must be clean, in good condition and dropped off by 3:30pm. Bring linens, kitchenware, small electronics, small lamps; small appliances, small rugs and assorted functional items such as jewelry boxes, vases, picture frames, etc. Inappropriate donations will not be accepted, such as broken/nonworking items; damaged, shabby, stained or rusty items; items with missing pieces; large electronics such as computers, televisions, stereos, etc.; furniture; pillows and other items that can't be washed; or “knick-knacks” (items with no function).

**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 30**  
thu 7 pm

## Wordsprouts: An Evening with Author Gayle Forman



**Gayle Forman**, bestselling author and Coop member, will read from her latest young adult novel, *If I Stay*, and lead a YA writing workshop. In its starred review of *If I Stay*, Booklist wrote, “Both brutal and beautiful, this thought-provoking story will stay with readers long after the last page is turned.” Gayle Forman's previous books were the travel memoir *You Can't Get There From Here: A Year on the Fringes of a Shrinking World* and the YA novel *Sisters in Sanity*.

**To book a Wordsprouts, contact P.J. Corso, [paola\\_corso@hotmail.com](mailto:paola_corso@hotmail.com).**

**oct 1**  
fri 7 pm

## Film Night



Film title to be announced.

**To book a Film Night, contact Faye Lederman, [squeezestone@hotmail.com](mailto:squeezestone@hotmail.com).**

**oct 3**  
sun 6 pm

## Cooking in Harmony

Join us for an evening of tasty food with intriguing beverage pairings at The Brooklyn Society for Ethical Culture. Advance ticketing for admission to this event will be available in September. More details to follow at [www.foodcoop.com](http://www.foodcoop.com) and <http://psfcfun.wordpress.com>. **Event takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.).**

**oct 5**  
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, October 26, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

## still to come

**oct 7** Food Class: Autumn Harvest

**oct 10** Evolutionary Astrology

**oct 12** Safe Food Committee Film Night

**oct 15** Wordsprouts: Torrey Maldonado

**oct 15** The Very Good Coffeehouse: Coop Concert Series

**oct 16** A Workshop for Mental Health Practitioners

**oct 21-23** Blood Drive

**oct 23-24** Food Drive to Benefit CHIPS Soup Kitchen

LETTERS TO THE EDITOR



IS ISRAEL SINGLED OUT?

TO THE EDITOR:

Referencing 7/29/10: Consider an article by a Gush Shalom spokesperson, Adam Keller: "Is Israel Singled Out—And Why?"

Yes, it is but it is not unfair and biased.

In the 1917 Balfour Declaration, His Majesty's Government declared that it would "view with favor the establishment in Palestine of a national home for the Jewish people" but "it being clearly understood that nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities in Palestine."

In 1947, United Nations explicitly authorized fulfillment of the Zionist dream by creation of a Jewish State in Palestine but with an Arab state at its side. Fair treatment of Palestinians, respect for their rights as the clear condition for the recognition of its own national aspirations.

In 1948, in the aftermath of the Holocaust, young Israel was internationally applauded: a plucky David defeating a vicious Goliath. It is hardly remembered that at this time Zionism and young Israel had been a progressive cause, supported worldwide by much the same kind of people

who would nowadays support the Palestinians, for much the same reason—sympathy for the underdog.

In 1949 Israel was accepted as a member of the UN without being asked to give up the territory not assigned to it in the partition plan. Palestinian refugees were regarded mainly as a humanitarian problem to be given a humanitarian solution. This was generally accepted on the international area (and is in fact still so accepted).

It was only after 1967 that Israel started to be seen as a Goliath rather than a David. It is now 2010—113 years after the First Zionist Congress, 93 years after the Balfour Declaration, 63 years after the UN Partition Resolution, 43 years after the beginning of the occupation of the West Bank and Gaza Strip. It would be very difficult for even the most brilliant lawyer to seriously assert that the leaders of Zionism and of the state of Israel had kept their part of the deal made with the International Community. By every possible standard, the civil and religious rights of the non-Jewish communities which existed in Palestine in 1917 have been grossly prejudiced, over and over again. The Jewish State in Palestine was created in 1948 and greatly overstepped the boundaries set for it by the United Nations, while the

Arab State in Palestine is yet to come.

Israeli Democracy: Arabs Need Not Apply

Non-Jewish Israelis (Christian and Muslim) face discrimination in many aspects of life: immigration, land ownership, education, employment (documented in studies, courts, official documents).

In 2010, Israel's parliament (Knesset): drafts for 21 pieces of legislation are aimed at depriving Arab citizens of their citizenship rights and legitimacy (up from 11 in 2008).

Recently polled: 62% of Israeli Arabs fear "transfer," forced migration. Increasingly non-violent Arab leaders (including Knesset members) are singled out for extreme reprisals by Israeli government.

Mary P. Buchwald  
Brooklyn For Peace

MANTRA OF MISERY

There they go again,  
Emma & Jose,  
Loudly adoleseing  
Day after surly day.  
What'll we parents do  
During these painful days?  
Keep repeating this:  
It's just the teen-rage phase.

Leon Freilich

OLYMPIA FOOD COOP  
BOYCOTT

TO THE EDITOR:

This is in response to a letter in the 8/15/10 of the Gazette by Mary P Buchwald: As in most letters by the anti-Zionists this one regarding the Olympia Food Coop boycott of Israeli goods is flawed. Check out: [divestthis.com/2010/07/olympia-snowed-Washington-co-op-boycott...](http://divestthis.com/2010/07/olympia-snowed-Washington-co-op-boycott...)

It basically refutes everything that makes it appear the vast majority of Olympia Food Coop members support the boycott. It is highly critical of The Olympia Board of Directors, BID and all the organizations that support a boycott of the State of Israel. There is a lot of misinformation about the facts of the boycott so see for yourself what the facts are.

Sheldon Jacobson



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](mailto: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.



Help New Members Feel Like Royalty!



The **Orientation Committee** has no openings at the moment, but we need members who are trained and ready to step in when a vacancy occurs.

We are looking for energetic people with a teaching or training background who can work Sunday afternoons, Monday or Wednesday

evenings, or Wednesday mornings. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency coverage. Only Coop members with at least two years of membership will be considered.

Workslot credit will be given for training sessions. An annual meeting of the Orientation Committee is part of the work requirement.

We are especially interested in members who speak fluent Spanish or Russian. For more information, contact the Membership Office or write to [karen\\_mancuso@psfc.coop](mailto:karen_mancuso@psfc.coop).

Puzzle Answers

ON CON ICON SONIC	IN INN NINE INANE	SH SHE HERS SHEAR	WE WET WHET THREW
ME ELM MILE SMILE MISLED	AN ANY YARN ANGRY GNARLY	TO ROT TORN TENOR ORNATE	
PA PAN PLAN PLAIN ALPINE PELICAN	DO OLD IDOL OLDIE DOCILE MELODIC	IF FIR FAIR FAIRY RATIFY FRAILTY	



## CLASSIFIEDS

## BED &amp; 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

STRESS REDUCTION AND MEDITATION CLASS. Overwhelmed by the economy, your life, your kids? Learn simple calming techniques, meditation from Mina, author of *Serenity To Go*. Wed. 8:15-9:00 PM at Spoke the Hub recreation center, 748 Union St. Call Mina at 917-881-9855 or go to [serenityto-go.com](http://serenityto-go.com). Private lessons available.

GENTLE YOGA. Think you're too "out of shape," too large, too "something" to do yoga? Recovering from an injury? Returning to yoga after a long break? Try Mina's gentle workout, stretch, tone muscles, relax. Wed 7:30-8:15 p.m. at Spoke the Hub, 748 Union St. Call Mina at 917-881-9855, [minaham@aol.com](mailto:minaham@aol.com). Private lessons available

COLLAGE/MIXED MEDIA WORKSHOP at the YMCA/Armory 361 15th St. An exploration of collage and its many materials, techniques and possibilities for personal expression. Thursdays 7-10 p.m. Sept. 16-Oct. 28. Y members \$188; non-Y members \$223. For details, call YMCA/Armory at 212-912-2591.

## COMMERCIAL SPACE

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, Please call 718-339-5066. Reasonable Rates

PROFESSIONAL OFFICES AVAILABLE for Health Providers: Medical, Doctor, Dentist, Psychotherapist, Podiatrist, Hypnotherapist, Shiatsu, Nutritionist, Reiki, Yoga, etc. Be part of the Soho Professional Health Center, a beautiful downtown facility promoting inter-office referrals. Non-medical offices also available. Reasonable rates. Please call: 212-505-5055

## HOUSING AVAILABLE

HOUSE FOR SALE: Mohegan Colony progressive community in Westchester, 2,500 SF on 0.9 acre. Legal two family. Lake rights to

Mohegan Lake. Great space for the price. Lakeland school district. Call Bob at 917-755-4686.

## PETS

DOG BOARDING in my home. 40 yrs. experience w/ all breeds. One dog at a time will be pampered and never alone. Very competitive rates! Let me keep your pup happy while you're at work or out of town. Call Jane at 347-860-2142 or e-mail [petnanny01@yahoo.com](mailto:petnanny01@yahoo.com). Your dog will thank you!

## SERVICES

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](http://www.tguccionelaw.com).

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](mailto:Parvati4@aol.com). Free initial phone consultation.

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.

HAIRCUTS HAIRCUTS HAIRCUTS in the convenience of your home or mine. Also color highlights or lowlights. Adults \$35.00 Kids \$15.00 Call Leonora 718-857-2215.

THERESE BIMKA LLSW LICENSED PSYCHOTHERAPIST Exp. w/ Children, Adolescents + Adults, compassionate, interactive + experienced integrative approach using strong clinical skills + diverse modalities such as Jungian Samoplay Therapy, Expressive Arts,

Guided Visualization + Relaxation Techniques. Park Slope 718-622-5220. [www.ThereseBimka.com](http://www.ThereseBimka.com).

LIFE COACH. Planning a career change? Creative projects stalled? Want a more fulfilling life? Experienced coach, former CEO of non-profits, published book author. Call Mina 917-881-9855

## 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. [holisticeyecare.com](http://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.

COMPULSIVE EATING and eating disorders support group starting in the fall. Experienced therapist, convenient location, reasonable fee. The group will run for 8 weeks and will focus on emotional issues and practical solutions. Call Geri Ness, LCSW at 718-789-6739 for more info.

## 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](http://www.reynoldshills.org/bungalowshop) or 973-951-8378.

## 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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WELCOME!

A warm welcome to these new Coop members who have joined us in the last 2 weeks. We're glad you've decided to be a part of our community.

Ilona Abitbol	Amanda Capalbo	Julia Gelatt	Russell Kellogg	Ann Moller	Kelley Sander	Yuriko Tasaka
Bill Ades	Elena Carrio	Leigh Gill	Jeejung Kim	Emily Moore	Emily Sanderson	Shane Tattan
Michael Alamo	Natacha Cesar	Jacob Goldstein	Michelle Kniffin	Aaron Morell	Jacquelyn Scaduto	Eric Toole
Vanessa Alamo	Kate Conmy	Vanessa Green	Maia Kolchin-Miller	Mohsen Namazi	Hilary Schenker	Paul Toussaint
Ashley Allcot	Josephine Cordova	Alana Hassan	George Kraynak	Elizabeth Nguyen	Vanessa Schnaidt	Orie (Yukimi) Urami
Leo Allen	Daniel D'Avila	Carla Hassan	Linda Le	Gregory Nolen	Christine M. Schuch	Daniel Vaca
Syeeda Alston	Silvia D'Avila	Howard Hassan	Gavin Lee	Kells Nollenberger	Jean Scofield	Julia Vaca
Alexandra Alter	Damian DaCosta	Melanie Hauenstein	Melissa Leman	Allisun O'Connell	Shannon Selden	Vincent Vendemini
Miriam Atkin	Annie Dau	Abigail Havener	Sonja Lessley	Jaime O'Neill-McGovern	Amy Selzer	John Vertuno
Alison Attanasio	Maggie Davis	Abby Haywood	James Liebman	Ami Pak	Ivan Selzer	Preston Vineyard
Cristiana Baik	Eva Dayton	Jessica Hillard	Tiffany Lopez	Chaya Pellin	Daniel Shure	Melissa Wainberg
Erik Barmack	Gentry Dayton	Frannie Hoff	Stanley Lumax	Sreshta Premnath	Cyntia Silveira	Coire Walker
Mara Belzer	Christopher Dingman	Vreni Hommes	Reynold Lupo	Mateo Prendergast	Meg Sinclair	Jonathan Weinblatt
Larisa Berezovskaya	Rachel Dobkin	Timothy Hospodar	Atira Main	Amets Primorje	Maura Alexandra	Susan Weller
Asmeret Berhe-Lumax	Jessica Doh	Janice Huang	Claire Manibog	Elizabeth Quincy	Sinnenberg	Jennifer Whitney
Rhett Bice	Ester Edlavitch	Alicia Hudson	Rosalia Manzella	Melissa Renwick	Deborah Smith	Mary Jane Williams
Emily Bielagus	Allyson Ehrlich	James Iovino	Chris Mathers	Adam Ring	Joshua Spence	Debbie Williamson
Daniel Biron	Morgan Evans	Tess James	Tetsuo Matsumoto	Jonathan Risk	Elissa J. Spencer	Daniel Winikur
Ramona Bradley	Sherina Feliciano-	Anthony Johnson	Alexander Maxwell	Melissa Robles	Kate Spota	Ray (Rachel) Wofsy
Tyisa Brathwaite	Santos	Ayana Johnson	Laura McNeil	Jonathan Rochlin	Frank Stockton	Alexander Woolverton
Christopher Brazea	Catherine Frakes	Bridget Johnson	Katie Mears	Lisa Rochlin	Fortuna Sung	Ingrid Wright
Justin Brown	Patrick Garlinger	Vanessa Juarez	Alexei Miagkov	Jordan Rome	Nanae Takata	Britt Zimmerman
Natalie Bumpas	Jashnani Gaurav	Shontel Jung	Kimberly Mintzer	Carolyn Roose	Masayo Takehara	Joshua Zimmerman
Erika Cann	Nadeen Gayle	Judy Kamilar	Lucila Moctezuma	Olivia Roszkowski	Caitlin Talbot	

THANK YOU!

Thank you to the following members for referring friends who joined the Coop in the last 2 weeks.

Tunde Ra Aleem	Shelly Cohen	Caroline Gambell	Junko Iwasaki	Adam Marcus	Park Slope Parents	Jolie Signorile
Liz Alter	Jonathan Comish	Matthew J. Garrison	Ann James	Joshua Marland	Julia Parshall	Thomas Stephanos
Ioanny Andritsos	Thomas Crane	Marc Gian	Louise Jensen	Rowena Marvin	Natasha Paul	Michele Thomas
Eric Appleton	Crystal	Irena Ginsburg	Walis Johnson	John Matson	Pieranna Pieroni	Bhav Tibrewal
Julie Barber	Brooke Davis	Michele Giordano	Paul Kahlon	Hadassah Max	Megan Piontkowski	Seraphina Tisch
Matthew Barber	Loren Daye	Asya M. Gorokhovskiy	Heather Keller	Cynthia McKnight	Barbara Post	Stephanie Trager
Fela Barclift	Brian Dentz	Jean-Francois Hamant	Olivia Klose	Anna Moench	Harish Raghavan	Eleanor Wallace
Libby Batten	Thomas Dooley	Masako Harada	Terri Kohler	Jennifer Morgan	Matt Reder	Laura Walters
Ben Berlin	Benjamin Eagle	Miho Hatori	Daniel Kurfirst	Daniel Mintz	Wes Reid	Annie Wong
Andrea Brathwaite	Hugo Espinel	Janine Herman	Little Wing Lee	Matt Mitler	Tina Richerson	Alexandra Zobel
Liz Budnitz	Robert Evans	Andrew Hess	Uni Sung Lee	The New York Times	Lisa Rochlin	
Amanda Capalbo	Jakob Feltham	Phil Hoff	Jany Leveille	Sally Newman	Tzivya Chaya Rosenthal	
Bradford Cern	Peg Fox	Jeffrey Hogrefe	Jessica Ling	Stephen Nguyen	Jesse Rowe	
Ella Rose Chary	Christine Francis	Sarah Hymanson	Fayre & Prem Makeig	Sophie Oberfield	Shira Sameroff	
Jane Clapp	Paul Galli	Vinicius Ito	Shivani Manghnani	Millard "Mitty" Owens	Benjamin Seibel	

Labor Day Hours  
Monday, Sept 6th  
Shopping: 8:00 am-10:00 pm  
Membership Office:  
8:00 am-8:30 pm  
FTOP shifts are available for  
the holiday weekend.  
Please call the  
Membership Office to sign up.

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