



OFFICIAL NEWSLETTER OF THE PARK SLOPE FOOD COOP

Established
1973



LINEWAITERS'

GAZETTE



Volume EE, Number 18

September 9, 2010



PHOTOGRAPH BY LISA COHEN

Ron Zisa has worked as the Coop's bulk foods buyer for the past eight years and has been a Coop member for fourteen years. Zisa is a trained chef who graduated from the Culinary Institute of America, but got out of the restaurant business: "I woke up one day and realized I didn't want to be a masochist anymore!" He is fond of spontaneously giving out recipes to Coop members.

Pesky Pests or 'Extra Protein'?

By Hayley Gorenberg

Occasional food moths are "our tradeoff for having organic products," opines bulk foods receiving coordinator Ron Zisa. Zisa is the Coop's "first responder" to Indian meal moths, the grain-seeking insects that periodically show up at the Coop during warmer months. He festoons the basement, bulk aisle and other sensitive areas of the Coop with pheromone moth traps, and has developed extensive entomological expertise. The moths (or more likely their eggs or larvae) may arrive mixed into "pretty much any grain and any grain product," he said. Bulk bins of

organic grains are prime targets, but Zisa described moths occasionally fluttering out of packaged crackers as well. They are less likely to show up in beans, and don't usually pop out of baked bread because it's been heated—and because it moves off the shelves quickly. When we spoke in August, Zisa said the Coop did not at that moment seem to have any moths. But that could change any time. "Because

we're receiving items at least six days a week, we run the chance of bringing moths into the Coop. Warehouses deliver things to us, and we never know what's traveling with the products till they've arrived." The Coop has received two complaints this season of moths members found in food they brought home, he said. Zisa tries to help members when they contact him

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Shoplifter Arrested at the Coop

A member was arrested for shoplifting at the Coop on Friday, August 20, 2010.

Coop Event Highlights

- 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.
- Sat, Sep 18 • **Preserving the Harvest** 11:00 a.m.–1:00 p.m.
- Thu, Sep 23 • **Diversity Awareness Initiative Series** 7:00 p.m.
- Thu, Sep 30 • **Wordsprouts: An Evening with Gayle Forman** 7:00 p.m.
- Sun, Oct 3 • **Cooking in Harmony** 6:00 p.m. – 9:00 p.m.

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

Feast Your Eyes on Fall

By Nicole Feliciano

The end of summer got you down? Fret not, dear shoppers. Though local corn and heirloom tomatoes may start to disappear, September promises an amazing assortment of fruits and vegetables.

Great Expectations

The produce section will start to have hints of fall starting this week. Allen Zimmerman, general coordinator and produce buyer, looked into his crystal ball and said that members have lots to anticipate. According to Zimmerman, there's a plethora of new deliveries in September. Zimmerman says, "No one will experience the thrill of the summer as when peaches or cherries will appear." September is when the stone fruits disappear. Peaches, nectarines and plums will start to vanish. Early September is also the last week of cherries. Once we say goodbye to these warm-weather beauties, it's time to welcome the crisp fruits of fall.

Take Your Pick

September marks the return of the Coop's amazing apple assortment. If you've been dutifully buying apples through the summer you will soon taste a change. "Every apple we've eaten until mid-or early August has been stored from last fall," says Zimmerman. Here in the U.S., all apples were harvested in 2009. They last that long. Most of the apples we purchase (save those from the Southern Hemisphere) have been off the trees for ten to 11 months in storage. The first new crop of freshly picked apples will be the mild and sweet organic Gala apple. Next up? Juicy Ginger Gold apples and tart and crisp Tydeman (a cross between Worcester Pearmain and McIntosh). But due to weather patterns and storms, it's hard to predict the exact moment the apple crops will hit our loading docks.

That's just the beginning of

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Next General Meeting on September 28

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, September 28, 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.

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Pesky Pests or ‘Extra Protein’?

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PHOTOGRAPH BY LISA COHEN

The bulk bins are occasionally visited by the meal moth.

about moth problems, but he views the periodic fluttering as inevitable. “We never know. It can be calm for a year or two, and all of a sudden we’ll get something. It’s like the running of the locusts!”

Logically, minimally treated and organic grains may be particularly likely to harbor the insects. “When you grow organic you’re not allowed to use herbicides and pesticides on the plant; the plant then becomes susceptible to insects, and they lay their

eggs, and they cannot be detected till they hatch,” Zisa said. He pointed out that cool conditions cause moth eggs to enter a dormant cycle, and that warmer temperatures trigger hatch-outs. For these reasons, grains are generally stored in cool rooms. The Coop’s basement is maintained at cooler temperatures that tend to inhibit hatching. But when members bring the grains home and store them in warm, humid cupboards,

they create prime conditions for hatching moth eggs.

Getting Rid of ‘Em

Zisa recommends freezing grains and grain products for a couple of days after bringing them home from the Coop. Freezing kills moths, larvae and eggs.

And since grains that sit too long tend to provide a fine environment for hatching, “rotate, rotate, rotate,” urged Zisa. “Don’t let things sit too long!”

Airtight containers help contain larvae and moths, he said. “Once they start hatching, if you have one, you tend to have a nest. Then they get into everything because they’re looking for food.” He continued, “It’s good to keep your products in a container, because if they do hatch, at least you can get rid of them.” He recommended jars, plastic containers, “anything that is airtight.” (Thin plastic film is unlikely to do the trick.)

Entomology Experts

Various online university entomology departments provide additional insight into battling infestations of the voracious moths. They point out that consumers must examine all dried food, including dog food and bird seed, discarding all infested products, and they support Zisa’s point that foods stored for long periods of time are more likely to result in hatch-outs and infestations.

Nests feature small white worms within fine threads of webbing. For serious infestations, pheromone sticky traps may be useful for pinpointing the place of the infestation, but not curing it. The natural chemicals attract and trap only male moths. Some sites

warn that a few traps are helpful, but that too many can be counterproductive: they attract the male moths by scent, and an apartment “flooded” with pheromones will confuse the moths, rather than attract them to key trap locations.

In addition to freezing, warming infested food in an oven or microwave can kill insect eggs and larvae, but temperatures must reach 125 to 130 degrees Fahrenheit, maintained for three hours.

And especially because the moths occur in food, application of poisonous insecticides could be partic-



PHOTOGRAPH BY DAVID PELLETIER

Indian meal moth.

ularly dangerous.

Finally, Zisa offered a healthy dose of perspective, claiming that moths are better than ingesting chemicals. “They’re not going to kill you,” he joked. “They’re only going to give you extra protein.” ■

LEFFERTS FARM FOOD COOPERATIVE

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

WE NEED YOUR HELP!

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

JOIN OUR PLANNING GROUP

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

GET INVOLVED

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

JOIN US: www.meetup.com/plgfoodcoop

RETURN POLICY



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

REQUIRED FOR ANY RETURN

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

CAN I EXCHANGE MY ITEM?

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

CAN I RETURN MY ITEM?

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

NEVER
RETURNABLE

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

RETURNABLE
ONLY IF SPOILED
BEFORE
EXPIRATION DATE
Packaging/label
must be present
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.



Sunday, October 3
6:00 – 9:00 p.m.
Brooklyn Society for Ethical Culture
53 Prospect Park West, at 2nd St.

If you love to eat and drink, please join us at the Park Slope Food Coop’s first culinary cook-off.

Get your tickets now! Space is limited.
Tickets for this event are available in the Membership Office.
Tickets are available in three categories:
Children (12 and under): \$5
Adults: \$15
Adults (with wine/beer pairings): \$20

Cash only. Advance ticketing required.
No tickets will be available at the event.
For more details about this event, visit www.foodcoop.com.





Feast Your Eyes

CONTINUED FROM PAGE 1
the apple festival. Throughout the month of September, members will find tangy Granny Smiths, McIntosh, Cortland, Honeycrisp and Fuji varieties.

Pear Delights

Apples aren't the only fruit to get excited about; September will bring the first pears of the year. It's time to welcome back Bartlett pears and more. Zimmerman is particularly keen on a rare pear that will grace our shelves soon—the Harrow Delight. These pears will soon descend from upstate New York. The crop is so precious that the Coop will be buying the yield from only a single tree. "It is a jewel," says Zimmerman, explaining that heirloom pears such as this variety are not very commercially viable because they come from trees that do not produce large quantities of fruit.

In addition to the scarce



PHOTOGRAPH BY KEVIN RYAN

John Tucker's Rose Water restaurant features seasonal and local produce. Below, he shares two recipes for fall fruits.

Harrow, the selection will include other local pears such as the Seckel. Savvy shoppers should also keep an eye out for the arrival of the Subarashii Kudamono Asian pear. This beauty is grown in

Pennsylvania and has a smooth, round shape and a light russet color. It's semi-sweet with a subtle flavor—a fall treat to be sure.

Zimmerman calls the Subarashii Kudamono "an under-

appreciated pear." Unlike other varieties, this pear is harvested ripe and ready to eat. Zimmerman advises eating it crisp, like an apple. Another tip: Don't leave it unrefrigerated.

Envious Greens

If fruits aren't your thing, there are plenty of green treasures to be found this September in the vegetable aisle. "Unless the world has gone to hell, when we get a break in this drought and heat we'll see a renaissance of the greens," says Zimmerman. Members might not realize how lucky we've been all summer. According to the buyer's reports we've been lucky to get fresh local lettuce varieties. Only two farms (out of 50 normal suppliers) have been successful at growing lettuces.

Cool nights mean we'll start to see deeper green options—the return of more local broccoli, broccoli rabe, fresh bunched spinach, tat-soi, baby bok choy, mizuna

and mustard greens.

Need a wallop of flavor for your cooking? A strong supply of local hard-neck garlic from upstate New York will be arriving soon. And finally, there'll be some freshness from the forest floor—there will be a large variety of mushrooms, in particular the return of the popular oyster mushroom.

Recipes of the Season

Perplexed about what to do with these seasonal delights? We reached out to member and restaurateur John Tucker for ideas. Tucker is the owner of Rose Water restaurant. Rose Water has made a name among Brooklyn foodies for featuring seasonal and local produce. John worked with his chef, Bret Macris, to share two inspiring creations that make the most of fall's bounty. ■



Pear Mostarda

Pear Mostarda is a wonderful condiment, and the number of uses is limited only by your imagination! At Rose Water they use it on grilled pork loin and with artisanal cheeses. It's also great with chicken and duck and gives a sweet and savory kick to anything from grilled cheese to that squash soup you're going to make this fall. Feel free to substitute apples or to mix apples and pears.

Ingredients

- 3 cups bosc pears, diced
- 3 cups simple syrup (equal parts water and sugar)
- 1 Tbsp whole mustard seed
- 1 dried chili pod
- 1 Tbsp kosher salt

Directions:

Put the simple syrup, mustard seed and chili pod in a pot over medium heat. Reduce the liquid by half. The simple syrup should be thick, but be careful not to caramelize the sugar. Add the diced pears and let them simmer for about 10 minutes or until they turn opaque—you don't want them to turn to mush.

Once the pears are soft and the liquid thick,

pour out the mostarda into a shallow pan and let cool. Once cool, it should be thick and spreadable. Yields about 1 pint.

Apple Cobbler

Ingredients

- 6 (or so) apples peeled, cored and sliced 1/2 inch thick. Hold apples in cold water with citric or lemon juice to prevent oxidation.

Cobbler topping...

- 2 1/2 cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder
- 1/3 cup butter (cold and small dice)
- 1 1/2 cup heavy cream

Directions:

Mix flour, salt and baking powder together. Add diced butter and break up with fingers until you get a mealy texture. Add cream slowly and mix with hands until mixed well, will have the consistency of biscuit batter. Refrigerate for at least 2 hours.

Cobble Goo

- 1 1/4 cup sugar
- 1/4 cup cornstarch
- 1 tsp cinnamon
- 3/4 tsp nutmeg
- 4 3/4 cup water

Directions:

With a whisk mix sugar, cornstarch, cinnamon and nutmeg in a pot. Slowly add water over medium-high heat and whisk vigorously until smooth. Continue to whisk, making sure not to scorch the pan. Bring to a boil and lower the heat. Keep stirring until the goo thickens like syrup. Remove from heat and hold or use right away. Toss in all or desired amount (you will probably have some left over) with apples in a seasoned pan and bake 10 minutes in a 350 degree oven. Remove topping from refrigerator; crumble and place pieces on top of the prebaked cobbler. Bake an additional 15 minutes or until topping is nicely toasted brown.

Cobbler topping can be refrigerated up to a week or frozen in a tightly sealed container. The Cobbler Goo can be refrigerated up to 7 days.

With these recipes and Coop produce, this can be a fall to create culinary memories. Happy feasting.

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.





Fracked in Park Slope

Upstate Natural Gas Drilling and New York’s Water Supply Pose the Ultimate Question: Is Our Water Safe? For Now?

By Allison Pennell

“It doesn’t matter if you’re a Brooklynite or from the Finger Lakes, we all like our water non-flammable—and we’ve all seen what the promises of safety amounted to in the Gulf.”

—Dan Cantor, longtime Coop member and Executive Director of the Working Families Party
“It’s surprising how many Coop members haven’t heard about fracking and don’t understand what a threat it poses to New Yorkers.”

—Cynthia Blayer, PSFC Environmental Committee
In fact, there really is a calamity rolling through our upstate hills (or the ones we mooch off of) and toward an eco-friendly water bottle near you.

Because last time I checked, tap water was, indeed, not supposed to be flammable.

So, I don’t know about you, but it gives me serious pause to learn that, with Governor Paterson’s initial blessing, natural gas mining companies are scooping up leases all over the state (almost 50,000) in order to mine for natural gas using the scary sounding “Halliburton technique” (aka fracking).

Fracking entails pouring gazillions of gallons of chemically treated water (exempted from 2005 Clean Water Act disclosure rules, thank you very much) deep underground, in order to break into a shale-protected motherlode of natural gas deposits (think lots of non-green greenback for somebody other than you or me).

When scientists got a hold of a few samples and tested

the proprietary top-secret recipe used to dislodge the shale, according to the PSFC Environmental Committee’s Cynthia Blayer, they found mystery ingredients including known carcinogens and radioactive substances radon, methane and uranium, for starters.

Yeah, I don’t think all the Pur/Brita filters in Brooklyn are going to filter that out.

Incidentally, these mines have been failing and leaching into water tables across the country. One of the 1,800 new wells in neighboring Pennsylvania blew out in June, raging out of control and spewing gas and polluted water for sixteen hours. Two welders were killed this summer in another Pennsylvania natural gas explosion.

Summer 2010 Upstate

I pass the sign along a Sullivan County road near Yasgur’s Farm, sandwiched between perpetual yard sales and upcoming pancake breakfasts.

“Frack Not” is scratched out on a piece of white-washed plywood.

More poetic somehow than the profane outcry of city natives and bloggers who, like me, can find no end to potential headlines. And city folk are fighting this natural gas move. At the Coop general meeting in May, members voted to support the drilling ban.

As a part-timer in this as-yet-unblemished neck of the woods, I’ve been blogging and petitioning and generally shouting from the wilderness to get the word out. Despite the noble efforts of the

Coop’s ecokvetchers, a relatively small number of New Yorkers seem to know or care about fracking. Even the lot of you crunchy Sigg water bottle-toting locavores!

Wake Up and Smell the Methane

It takes a lot to rouse the well-fed, hung-over crowd at the Lake Huntington Summer Community annual Labor Day Meeting, let alone get us off our cooperative chaise lounges and up in arms. But last summer, the complacency of narcotic committee reports was well and truly fracked by a presentation about this real, big and scary catastrophe unfolding around our communal country estate.

At that meeting, I felt like I had unwittingly landed in *Erin Brockovich* or *Silkwood* (or insert your own scary big “corporation poisons locals” movie here) as two credible dudes from Damascus Citizens for Something-or-Other politely told me that not only is my summer redoubt near the Delaware at risk of becoming an environmental wasteland, but the state’s watersheds and farming lands are also at risk of contamination if the plan to mine throughout the Marcellus Shale goes forward.

Jeez. No sooner had we gotten over the hump of the last boneheaded idea (putting a giant electrical corridor down the hitherto untouched Delaware River all the way to the city) than we had a new one.

State of the State

While I may tease you a bit for lack of action, New Yorker’s grassroots efforts to ban fracking are growing and have been joined by many NYC public officials including City Council Speaker Christine Quinn, Mayor Bloomberg and Manhattan Borough President Scott Stringer.

The NYC Department of Environmental Protection has come out against fracking, saying it “poses unacceptable risks” to the city’s water supply.

Would-be Governor Cuomo Part II has been increasingly dogged on the campaign trail for his position on natural gas drilling in the state and finally went on the record in Ithaca saying New York’s watersheds



PHOTOGRAPHS BY INGRID CUSSON

Catskills citizens express their views graphically.

are sacrosanct. Trying to appease concerns, a few energy companies including Chesapeake have also professed that they were willing to forego mining operations in the NYC watershed.

While these seem like big promises, they’re actually not, according to Coop member Alice Alcalá, who has led the charge against fracking for the PSFC and has been tabling to spread the word for the last year.

As Alcalá sums it up, “A ban on mining in the city’s watershed would be helpful except for the fact that ground water runs in unpredictable ways and this would not actually protect anybody’s drinking water. And, in addition, no legally binding offers have been made, and Cuomo has been unwilling to sign on to a permanent ban on fracking thus far, despite increasing pressures from grassroots activists.”

In fact, as Alcalá points out, the major lease holder, Chesapeake Energy Corporation, has sold off many of its planned wells to Norway, which doesn’t allow drilling in its country but is apparently raring to go in New York. Many of the leases throughout the state are now held by foreign-owned energy companies from China, India, Japan and Norway, so claims that mining the Marcellus Shale will alleviate our dependence on foreign oil are not backed up by the facts.

Alcalá says that awareness is slowly growing, but New Yorkers are still largely uninformed about what natural gas drilling would mean for our drinking water, air quality and soil.

Alcalá laughs at her own opener: “Are you aware of the threat to New York State drinking water? A lot of peo-

ple really don’t know anything about fracking and that question sounds a little bizarre, I have to admit. I’d probably keep walking if somebody greeted me with such an apocalyptic sentence. But the irony is that the threat really IS basic to our survival. I mean, fracking is a huge

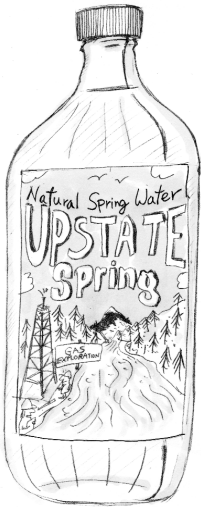


ILLUSTRATION BY ROD MORRISON

There is a calamity rolling through our upstate hills and toward a water bottle near you.

threat to water, soil and air. I mean, what else is there? I heard former state water commissioner Appleton mention that methane gas could escape into the water tunnels that bring water into the city and actually blow them up.”

It’s beginning to feel a little bit Armageddon around here. According to Alcalá, Halliburton is now looking into privatizing water across the globe. So, there are companies that would pollute the water supply and then say they could clean it up and sell it back to us? Private companies would be in a position to pick and choose who gets clean, potable water? Lovely.

A grassroots activist with homes both upstate and in the city, Coop member Carl Arnold has clocked hundreds



City Council Head Christine Quinn holds her nose over the fracking issue at a recent meeting.

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





of hours over the last two years meeting with locals in upstate counties and moderating educational meetings on fracking and screenings of the documentary *Gasland*, as well as tabling at county fairs for the Chenango/Delaware/Otsego Gas Drilling Opposition Group.

“It’s impossible to estimate what percentage of the local population is against natural gas drilling because people are intimidated about speaking out and leery about getting politically involved. But from where I’m sitting, I’ve seen a slow but very steady opposition growing all across the southern half of New York state, and it’s continuing to expand all the time.”

This, Arnold says, despite great temptation for residents of counties that have been economically depressed for decades and people who are barely getting by. “Many locals have been living on the edge for years, so it’s tempting to say ‘I’ll take the money and run.’ If somebody’s offering you free money, who wouldn’t contemplate it?”

Recently, the New York City Council held a standing-room-only town hall on natural gas drilling. On his blog, Brooklyn member Brad Lander encour-



Dan Cantor, longtime Coop member, leads the fight for safe drinking water.

aged New Yorkers to submit comments to the EPA by emailing hydraulic.fracturing@epa.gov.

Dan Cantor, longtime Coop member and Executive Director of the Working Families Party, has also been leading the fight. This summer, the progressive party delivered over 20,000 signatures to Albany in support of a bill that would put a temporary moratorium on hydro-fracking across New York until the EPA finishes a study about the drilling method’s safety. The bill passed the State Senate in early August, but it needs to be approved in the Assembly before becoming law.

The EPA cancelled a sched-

uled public hearing in Syracuse this month due to crowding and security concerns. And now it looks like it’s been rescheduled for Monday, September 13 and Wednesday, September 15, in Binghamton.

As Cantor says, “The drilling industry has been genuinely surprised at the amount of grassroots energy that hydro-fracking has generated. We’ve made a good first step. Now, we’ve got to keep the pressure on.”

Here’s your chance, cooperators: up with clean water.

Honey-Do List

Get informed at the Food Coop’s Ecokvetch.blogspot.com/search/label/watershed and Riverkeeper’s great resource, dontfrackwithny.com.

Go to the EPA hearing, whenever and wherever it is. Send comments to the EPA at hydraulic.fracturing@epa.gov.

Sign a petition to get gubernatorial candidate Andrew Cuomo to support a permanent ban at <http://dontfrackwithny.com/take-action/>.

The State Assembly will be voting when they return to session. Drop your Assembly Member a line at <http://assembly.state.ny.us/mem/>. ■

First Annual Brooklyn Community Foundation Do Gooder Awards

By Philip Li, Ben Esner and Toya Williford

Do-gooder – (n.) someone devoted to the promotion of human welfare and to social reforms; humanitarian, improver, benefactor, helper—a person who helps people or institutions. Dictionary.com.

Know Any?

Look around you, and you’re likely to spot one. It could be Prescott stocking vegetables in the produce aisle, Harry doing checkout, or Chrissy working in childcare. He or she may be our shift-mate at the Food Coop doing his or her part to build this community, but beyond the walls of 782 Union Street, these people carry another title: Brooklyn Do Gooders.

They’re people making a difference and strengthening our borough day in and day out.

To celebrate its first anniversary, the Brooklyn Community Foundation, a public charity dedicated to helping strengthen local communities through grantmaking and to encourage local giving and community service, is looking to all of us to recognize and reward our borough’s often unsung heroes, the people who work tirelessly on behalf of others or causes to build our neighborhoods.

From now through September 30, you are invited to nominate individuals who you think embody the highest value of community service for a “Brooklyn Do Gooder Award” online at www.DoGoodRightHere.org. They could be the small business people who give back to the community, the neighbors who collect clothing

for the needy, the co-workers who donate their skills, the teachers who put in extra hours to help students, the nonprofit case workers who assist others, and the community organizers who unite others for a cause.

Member Contribution

The public is then invited to vote for their favorite Do Gooders from October 1-15, after which a judging panel of diverse and distinguished community leaders will choose five winners, one in each of the Foundation’s fields of interest: Arts for All, Caring Neighbors, Community Development, Education and Youth Achievement, and Green Communities. Each “Brooklyn Do Gooder” will be honored at a community celebration at the Brooklyn Botanic Garden on Wednesday, November 3, and will receive \$5,000 to re-invest in a nonprofit organization working in Brooklyn.

The Brooklyn Do Gooders exemplify the Foundation’s mission and motto to Do Good Right Here.

To nominate, vote, and celebrate, visit www.DoGoodRightHere.org. To learn more about the foundation go to www.BrooklynCommunityFoundation.org. ■

Ben Esner, Philip Li, and Toya Williford are staff members of the Brooklyn Community Foundation and Food Coop members for 20, 17 and 4 years, respectively.

Puzzle Corner

Gazette Sudoku by James Vasile

2						8		
4		1		7				
				8				9
								4
		5			1		2	7
	3						8	
		4	1	5	9			
8				2			7	3
	1						9	

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.



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.



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





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

What Is That? How Do I Use It?

Food Tours in the Coop

The heat has brought out the best of the tomatoes—
but has murdered the lettuces
It can take years to grow a good tomato
but lettuce will bolt in a day

When the tomatoes are good enough to eat
right out of the hand, likely we'll eat it,
enjoy it and sigh...
But when the lettuces are bitter
we can gripe indefinitely:
Where's the lettuce?!
It's all so bitter!
Can't they grow a decent lettuce?!
Isn't lettuce lesson #1 in farmers' school?

We get such pleasure from our negativity
It is an inexhaustible and every-ready companion
It's dominion can be so powerful
that the lonely tomato in the bowl
rots from neglect

We are a funny animal
attached as we are to complaint
But if negativity is your master
and who can say never
Recall the succulent tomato
how she gives herself over
to our supreme pleasure

How she loves us and waits
for us to take her goodness
and make it our own

The Park Slope Food Coop
Where you'll find lettuce and tomatoes
by Myra Klockenbrink

Mondays

September 20 and
September 27
noon to 1:00 p.m.
1:30 to 2:30 p.m.

and

You can join in any time during a tour.

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").

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.

PSFC Shop & Cycle Committee

Monthly on the...

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

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

Last Sunday
September 26
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:

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



WORKSLOT NEEDS

General Meeting Set-Up and Breakdown

Tuesday of the General Meeting

Workslot meets the last Tuesday of each month for the General Meeting and consists of two parts—set-up and breakdown. The squad meets at the Coop at 6:00 p.m. to pick up supplies for the GM and takes supplies to the Garfield Temple at Garfield and 8th Avenue. The squad sets up chairs and arranges the supplies at the GM. At 9:30 p.m. the squad returns to the GM and collects all materials and bring them back to the Coop. Workslot requires good attendance because you will be working with a small team. Living in close proximity to the Coop and the

Garfield Temple at Garfield and 8th Avenue is a plus. If you are interested please contact Adriana at adriana_becerra@psfc.coop or 718-622-0560 for more information.

Office Data Entry

Tuesday, 4:30 to 7:15 p.m.

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

Shopping Floor Set-up and Cleaning

Monday thru Friday, 6:00 to 8:00 a.m.

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

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, SEP 28

GENERAL MEETING: 7:00 p.m.

TUE, OCT 5

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Oct 26 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Sep 23 issue: 7:00 p.m., Mon, Sep 13
Oct 7 issue: 7:00 p.m., Mon, Sep 27

CLASSIFIED ADS DEADLINE:

Sep 23 issue: 7:00 p.m., Wed, Sep 15
Oct 7 issue: 7:00 p.m., Wed, Sep 29

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, September 28, 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 p.m.) (unless there is a vote to extend the meeting) • Meeting evaluation • Board of Directors vote • Announcements, etc.

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby. 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

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.

sep 18

sat 11 am – 1 pm

Preserving the Harvest

In partnership with the Northeast Organic Farming Association of New York, Inc. (NOFA-NY). Keep your food costs down and lower your carbon footprint. Planning ahead and preserving the abundance of local produce during the harvest season can add variety and nutrition to winter meals throughout the cold months ahead. Learn how to safely and easily can, pickle, dehydrate and lacto-ferment food, and start stocking up your pantry. Coop member **Leda Meredith** is the author of *The Locavore's Handbook: The Busy Person's Guide to Eating Local on a Budget*. Her previous book, *Botany, Ballet, & Dinner from Scratch: A Memoir with Recipes*, chronicled her 250-mile diet eating almost exclusively foods grown and raised within 250 miles of New York City.
Call 585-271-1979 or e-mail matt@nofany.org for more information or to pre-register for this event. \$5 for NOFA-NY members, \$10 for nonmembers.

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. 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 28

tue 7 pm

PSFC SEPT 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: August 2010 GM Decision is Void (45 minutes)
Discussion: “Discussion to clarify that the General Meeting decision made on August 31, 2010, regarding a legal action involving the store called Barneys Co-op is void.”
Explanation: “The agenda item taken up by the August 2010 GM regarding a legal action involving the store called Barneys Co-op had been scheduled as a discussion item only. The General Meeting may not vote on any agenda item that has not been announced as a proposal to the membership in advance of the meeting.”
—submitted by Elizabeth Tobier

Item #2: To be determined.
See the next issue of the *Linewaiters' Gazette* for final agenda.

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 10–oct 16 2010

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 young-adult 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.

oct 12
tue 7 pm

Safe Food Committee Film Night: Blue Gold: World Water Wars



The over-development of agriculture, housing and industry increase the demands for water well beyond the finite supply, resulting in desertification. Corporations force countries to privatize their water. Military control of water creates new geopolitical maps and power structures. We follow people fighting for their basic right to water, from court cases to revolutions to constitutional conventions to local protests.

oct 1
fri 7 pm

Film Night



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

oct 15
fri 7 pm

Wordsprouts: Reading for Teens and Young Adults



Torrey Maldonado was born and raised in the Red Hook projects of Brooklyn. After graduating from Vassar College with a BA in Sociology, Maldonado earned a Master’s Degree in Educational Administration at Baruch College. He has taught in a Brooklyn public school for nearly 10 years. His first novel, *Secret Saturdays*, which was published in April 2010, is inspired by his life and his students’ struggles with bullying, tough choices, friendships and wanting to fit in while wanting to be themselves.
To book a Wordsprouts, contact P.J. Corso, paola_corso@hotmail.com.

oct 3
sun 6 pm

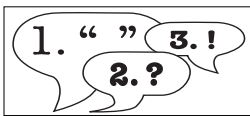
Cooking in Harmony



An evening of tasty food and intriguing beverage pairings courtesy of nine Coop-member chefs, selected from among many applicants by a panel of food and beverage professionals. All ingredients (with a very few exceptions) used in preparation of the dishes are available at the Food Coop. Beverage pairings will include wine, beer and non-alcoholic drinks. The event program will include recipes, beverage pairing information and bios of the chefs and members of the event steering committee. Each attendee will be invited to vote for their favorite dish. The winner will receive a prize of five workslot credits.
Event takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.).

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

oct 7
thu 7:30 pm

Food Class: Lucid Food: Cooking For an Eco-Conscious Life



Louisa Shafia returns for a second time to demonstrate and discuss produce for an autumn menu. She is the IACP Award-nominated author of *Lucid Food: Cooking for an Eco-Conscious Life* (Ten Speed Press, 2010), a collection of more than 80 original recipes (available for purchase) that has been featured in *The Washington Post*, *Saveur*, *The Philadelphia Inquirer* and *The Tasting Table*. She was one of the principal chefs behind the menus of top NYC restaurants Pure Food & Wine and Gobo. *Menu includes creamy red kuri squash soup; kale salad with avocado, almonds and toasted nori; grilled maitake mushrooms (hen of the woods) (or other mushrooms available at Coop).*
Materials fee: \$4. Event coordinated by Susan Baldassano.

oct 15
fri 8 pm

Pat Hall, Elijah Tucker and Camp, Noriega and Dunn



Pat Hull is a songwriter from Connecticut. He moved to Chico, CA, two years ago, released three albums there and toured extensively with a band of friends. Today, he writes and performs in New York and is planning on releasing his fourth album entitled *Fable Names*. “With passion born of tribulation, **Elijah Tucker** reaches into uncharted corners of his heart and comes out grinning. With the sweet rawness of early Springsteen and Van Morrison, the twists of Todd Rundgren and David Byrne and the soul-striving of Stevie Wonder and Joni Mitchell, he makes sounds to swim in.” **Camp, Noriega and Dunn** is an acoustic



power trio of seasoned New York musicians comprised of Joshua Camp (One Ring Zero, Chicha Libre), Oscar Noriega (Lee Konitz) and Trevor Dunn (Mr. Bungle, John Zorn). Their talents bring an eclectic, original mix of solid songwriting and fierce instrumental lyricism: classic Americana with forays into European folk music.
Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.) • \$10 • doors open at 7:45. The Very Good Coffeehouse is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture. To book a Coffeehouse event, contact Bev Grant, 718-788-3741.

oct 16
sat 11 am

A Workshop for Mental Health Practitioners

Learn how to use art with your therapy clients. Experience how art can work for you in a supportive environment and you will begin to understand how to use it in your practice. When words are not enough, connect mind and body through art. Coop member **Sarah Zahnstecher** is a New York State–Licensed Creative Arts Therapist who works in private practice and has more than 20 years of experience.

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.





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**.

Puzzle Answers								
2	9	7	5	1	3	8	4	6
4	8	1	9	7	6	5	3	2
5	6	3	4	8	2	7	1	9
1	2	8	3	9	7	6	5	4
9	4	5	8	6	1	3	2	7
7	3	6	2	4	5	9	8	1
3	7	4	1	5	9	2	6	8
8	5	9	6	2	4	1	7	3
6	1	2	7	3	8	4	9	5

Can you help us just this once?

Start up food coop needs Spanish translators for our pamphlets, flyers and a Membership Agreement

We would like to share our info with respect to those who don't speak English.

PSFC members get FTOP credit in exchange for their help. You just need to be a PSFC member for a year or more, with good attendance.

Janice9910@yahoo.com or David at 347-274-8172 at Bay Ridge Food Coop www.foodcoopbayridge.com

ENVIRONMENTAL COMMITTEE REPORT

Join a Credit Union

Better for the Environment, Better for Your Pocketbook

By Judy Thurmond

After discovering that my big bank uses my money to fund mountaintop removal coal mining, I learned that moving to a credit union would be a big improvement. Upon looking for a credit union, I found that I did not need to reinvent the wheel. One positive response to recent economic woes in the US has been a massive movement of money away from big banks and into credit unions. This movement in turn resulted in much online information that can help others change their banking.

Reasons to Switch

1. Environment. The Federal Credit Union Act of 1934 created the credit union system in the US and limited the types of investments credit unions are allowed to make. These include loans to members, and other safe, conservative, primarily government-backed investments. This means your money will not be destroying wilderness. (View the Act at www.ncua.gov, site of the federal agency that charters and supervises federal credit unions. The list of allowed investments is in section 1757, 107, #7 of the Act.)

Credit unions are set up, under the same Act, as non-profit co-operative organizations whose purpose is to serve the financial needs of their member-owners. Coops, as democratically governed organizations usually rooted in a particular community, are also more likely to make decisions that foster that local community and support their environment. Big corporate banks, on the other hand, may have a branch in your community, but their expertise and their loyalty lie elsewhere.

The two big banks I deal with are not unique, but typical. Many large banks finance destructive projects. For example, Canadian tar sands oil extraction is financed by HSBC, ING, TD Bank, Wells Fargo, and other sources. This huge project destroys boreal forest, producing scarring of the earth visible from space. Mountaintop removal coal mining in Appalachia is financed by Bank of America, Citi, Goldman Sachs, Wells Fargo, and others. Visit BankTrack (www.banktrack.org) for

more on big banks' effects on people and the earth.

2. Your money.

Credit unions use money mainly to offer their member-owners higher interest rates on savings and charge lower rates on loans, on average, than banks. Choose a good credit union, and you'll benefit both yourself and the earth.

Research

Two well-known sources have called for abandoning the big banks. Each has a group of inter-linked articles online offering both inspiration and how-to's. Green America's "Break Up With Your Bank" and Huffington Post's "Move Your Money" campaigns were motivated by widespread anger at the big banks' big bailouts, well informed by careful research, and further supported by stories from individuals who changed their own banking. For those considering a move to a credit union, looking at both series would be helpful. Visit www.greenamericatoday.org and www.huffingtonpost.com to learn more.

Credit unions had an exclusionist reputation in the past, as most were dedicated to serving only the employees of a single company or members of a particular trade. However, over the last ten years many credit unions have broadened their scope of membership. Today they welcome new members. It is possible to find one you are eligible to join.

Find a Credit Union

A quick search for a credit union turns up a number of possibilities in the NYC area.

Members of the Park Slope Food Coop (PSFC) may join the People's Alliance Federal Credit Union (PAFCU). PAFCU is located at 67 Hanson Place, within walking distance of PSFC. PSFC members voted at the July General Meeting to approve PSFC's joining PAFCU. Once PSFC has joined this credit union, all PSFC members and employees are also eligible to join PAFCU. Sometime in September, the Coop will hold sessions in the second floor meeting room at which interested members can join PAFCU. Watch for further news on this.

The Municipal Credit

Union, with branches in all five boroughs, serves not only city employees but also health care professionals (private or public) working in NYS and several other unexpected categories of people.

The Lower East Side Federal Credit Union serves people with various ties to Manhattan's Lower East Side, but also anyone living within the five boroughs with a household income of less than \$38,000.

If you do not find a convenient credit union you are eligible for, look at Montauk Federal Credit Union on 26th Street in Manhattan. It is an "open charter" credit union. All are eligible to join, regardless of job affiliation, neighborhood, etc. One can bank here from a distance, by direct deposit, online banking, and ATM.

This is merely a sample of metro area credit unions. For additional options, try the Credit Union National Association's "7 Ways to Find a Credit Union" (www.creditunion.coop/how_to_join.html) You may also call their New York hotline (800-342-9835 x8108) to speak with someone who will help you find a credit union. Or visit the National Credit Union Administration [www.ncua.gov].

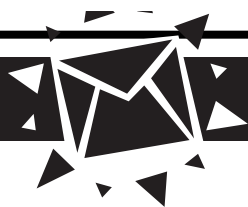
Consider Your Needs

Think about banking services you use and check your prospective credit union for those features. Look at insurance, ATMs, and interest rates. Accounts at most credit unions are insured by NCUSIF up to \$250,000. A majority of credit unions offer ATM cards and many participate in networks allowing free use of many machines. Interest rates at a particular credit union may or may not beat the big banks. If you don't find a single credit union that offers all you need, consider what some others have done—keep a small amount in a bank (e.g., for immediate cash access) and put most of your money in a credit union.

Make the Change

Do a good deed for both the environment and yourself. Find a credit union that will work for you, take your money there, and get it out of the big banks. ■
*Links to web sites mentioned in this article can be found in the related blog at www.ecokvetch.blogspot.com.





LETTERS TO THE EDITOR

REVENGE OF THE SMALL PEOPLE

TO THE EDITOR:

BP Chairman Carl-Henric Svanberg reassured the people of the Gulf Coast whose lives his company ruined of management's good intentions, saying, "We care about the small people." That gem followed an earlier comment of CEO Tony Hayward. The soulful multimillionaire, whose leadership helped destroy those lives, lamented, "I want my life back." Sure Tony, we understand! But can't you just keep your company's damn money out of politics?

Not likely. Illinois Senator Dick Durbin said of Congress that corporations "own the place." Politicians including the president depend on corporate contributions to gain and remain in office and to get lucrative corporate consulting jobs and speaking engagements that make them wealthy after leaving office.

The Democrats have long coveted corporate money as aggressively as the Republicans, and have invariably delivered for business and the military. Under Democratic administrations and with Democratic congressional support, the free trade agreements that enriched corporations and devastated working people were instituted, laws regulating Wall Street relaxed and repealed with now familiar results, and the infamous Telecommunications Act of 1996 passed, enabling print and broadcast media to consolidate into conglomerates, buying or driving out of business smaller independents and sabotaging the country's cherished free press. Now only corporate funded or super-rich candidates can afford political ads or get adequate airtime on corporate media.

Is the controlling influence of corporate money so complete, then, that citizens are irrelevant? Can't we "vote the bums out"? Theoretically, yes, but there's a catch (Catch-22)—the two-party system. Knowing both corrupted parties are committed to implementing corporate agendas, but believing most people will vote Democratic or Republican, how does one vote Green, Socialist, Libertarian, Constitutionalist, Independent...? One votes "realistically" and, in effect, participates in a mass self-fulfilling prophesy. The two parties are the good cop—bad cop of American Politics—whoever you confess to (or vote for) you're screwed, corporate agendas served, and the environment, the economy, and the "small people's" lives, Svanberg's words notwithstanding, trashed.

Meanwhile, the largest corporations have amassed multiple felony convictions and long rap sheets involving environmental devastation, misery, and death. Executives are

seldom prosecuted; rather, companies pay small fines or settlements. The Gulf catastrophe and the complete prostration of the government-regulating agency, the Minerals Management Service, amply illustrates the horror of American politics. One justly concludes that the corporate lobbying and campaign finance systems are legalized bribery insuring corporate agendas, no matter the environmental, economic, or social costs.

Believing change can come from Democrats or Republicans is probably illusory. Electing third party candidates might be the closest we come to revolutionary change in today's United States. But could they win? Who knows, but it's a mistake believing one knows what's possible in politics. In addition, a large-scale defection of voters to alternatives would likely cause enlightened politicians from both parties—not the current crop of poseurs and corporate fronts—to come out of the woodwork, work for the needs of people rather than corporations—and just maybe break the grip of corporate money on politics.

David Barouh

GOODS FROM ISRAEL

TO THE EDITOR:

Mary Buchwald's supportive letter about the Olympia Food Co-op's boycott of Israeli goods raises, perhaps unintentionally, some provocative questions for us. She writes: "(W)hen a co-op becomes political and ideological, it cannot serve the entire community; some members will leave."

I agree. Some members will leave, but anger and bitterness will remain. Nobody's position will change. The divisions will be permanent. Neighbors will remember. And the Coop will have achieved its own foreign policy.

The fault lines of this issue run very, very deeply here. I believe it would be destructive to us to emulate Olympia's unfortunate precedent.

Jules Trachten

MY FIRST JOB

I was 14, and high snow
Had fallen in a cascade
When a Park Slope neighbor called
And pleaded for my aid.
"I'll pay you handsomely,"
Mrs. Jones impressively said,
So using my parents' shovel
I eagerly went ahead.
I dug and dug and dug
Till aching bent my bones.
And my handsome reward? A framed
Picture of Mr. Jones.
I've kept it all these years,
A reminder how work began,
And it sits in a place of honor
At the bottom of a garbage can.

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.



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

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





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

ART PORTFOLIO CONSULTANT/ TUTOR available for H.S. or College entry: 30 years experience teaching in public school. Also available for general art lessons.Homeschoolers welcome. At my South Slope home or will travel to yours. Individual or small groups. www.risajohnson.com. 718-369-0647.

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 p.m. at Spoke the Hub recreation center, 748 Union St. Call Mina at 917-881-9855 or go to 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. 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.

COME DANCE WITH US. Brooklyn Heights International Folk Dancers meet Monday nights at the Plymouth Church, 75 Hicks St. between Orange & Cranberry. Opening night party with live music by Kabile Bulgarian Band on September 13, 6:45 to 9:30 p.m. Refreshments included. \$15. 718-522-5349 or SarinaM@msn.com.

COMMERCIAL SPACE

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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.

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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. Your dog will thank you!

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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.

NEED A PAPER "THERAPIST?" Feel burdened by your stuff? Can you find what you need when you need it? Would you like more space and ease in your home, office or life? Call a professional organizer: Parvati at 718-833-6720, Parvati4@aol.com. Free initial phone consultation.

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.

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SERVICES-HEALTH

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

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.

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Fabienne 646-479-5747.

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.

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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— David, age 15 on his school trip to Tanzania

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