



OFFICIAL NEWSLETTER OF THE PARK SLOPE FOOD COOP

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1973



LINEWAITERS' GAZETTE



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Cultural Diversity Issues – At the Coop?

By Liz Welch

When my assignment came in, I was dumbfounded: are you interested in covering the first symposium of the Diversity & Equality Committee as they look at the Shirley Sherrod case in light of similar struggles experienced at the Coop?

Say what? When I joined the Coop in 2007, I sincerely thought I was becoming part of a borderline utopian community where race and class did not matter, and everyone chipped in and worked side by side.

I accepted the assignment out of sheer curiosity: racism at the Coop? How could it be? And yet, the flyer for the first symposium, which took place on Thursday September 23 at 7 p.m. in the meeting room adjacent to the Coop's office, stated that the discussion would focus on parallels between the inequities in the Shirley Sherrod case and those the committee and its members see played out in the aisles of the Coop on any given day.

I was greeted by George Perlov, one of the committee's co-chairs, and introduced to J. William Smith, a member and one of the

evening's keynote speakers along with Maitefa Angaza. Domenika Laster organized the event and was in charge of the media presentation, which included informative clips that highlighted the Sherrod case, described later in this article.

Perlov started the evening off by explaining that the committee was first formed in 2003 to address issues of diversity at the Coop, and specifically to deal with incidents of reported discrimination. Staff knew there were incidences of bias and fully supported the creation of a committee focused on diversity and equality. However, a survey done in 2008 of roughly 1,500 members found an unsettling split, called The Tale of Two Coops. Perlov reported that one of the key findings of the survey was that bias does

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ILLUSTRATION BY DIANE MILLER

Fall on Me

By Jill Dearman

If you think all the best produce is gone with the summer wind, think again. Although the juicy peaches and mouthwatering watermelons are by now mere sweet memories of a season gone by, fall is a season of delectable choices. Apples and pears and leafy greens were recently covered in depth in these pages. But now it's time to go back to our roots (to paraphrase RuPaul) and search for Great Pumpkins.

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PHOTO BY WILLIAM FARRINGTON

Maitefa Angaza, George Perlov, J. William Smith and Domenika Laster. The Committee is starting an event series to promote diversity, equality and education at the Coop.

Coop Event Highlights

- | | |
|--------------------|--|
| Thu, Oct 7 | •Food Class: Lucid Food: Cooking for an Eco-Conscious Life 7:30 p.m. |
| Tue, Oct 12 | •Safe Food Committee Film Night: Blue Gold: World Water Wars 7:00 p.m. |
| Fri, Oct 15 | •Wordsprouts: Reading for Teens & Young Adults 7:00 p.m. |
| Fri-Sat, Oct 22-23 | •Blood Drive 11:00 a.m.–6:00 p.m. |
| Sat-Sun, Oct 23-24 | •Food Drive 9:00 a.m.–7:00 p.m. |

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

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PHOTOS BY WILLIAM FARRINGTON

The Diversity and Equality Committee discussing "Diversity in the Coop: What can we learn from the Shirley Sherrod case?"

Cultural Diversity

CONTINUED FROM PAGE 1

indeed exist. One in four people witnessed a bias event and one in seven experienced bias themselves. Perhaps even more alarming, poor behavior—any form of discrimination, from verbal slurs to behavioral issues—was addressed in an arbitrary manner. In short, race and class did play a role in our hallowed aisles. Another fascinating split: while the majority of white members said they did not see discrimination

as a problem, the majority of members who are people of color did.

The Committee used these findings to formulate their goal of creating a cooperative climate. "A lot of times people blame how crowded the Coop is for people's bad behavior," Perlov explained that evening. "That is no excuse." And so the committee outlined another goal, which is simply to create awareness that bias does exist—through forums such as this one—and to begin organizing around these issues, with outreach and training

programs to prevent any kind of discriminatory behavior from marring the Coop's founding principle as it is outlined in the mission statement: "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. We seek to maximize participation at every level, from policy making to running the store."

Perlov then introduced Smith (here it feels appropriate to point out that



Allegra Fishel, a Coop member since 1989, shares her opinion at the committee meeting.

Perlov is white and Smith is black, though the thrust of this committee is that their race should not matter.) Smith very succinctly outlined the Shirley Sherrod case: Sherrod was the daughter of a Georgia farmer who, Smith claims, was killed by a member of the Ku Klux Klan in 1965 (**EDITORIAL NOTE: An article in the *Atlanta Journal Constitution* described the killer as a white neighbor who shot Sherrod's father over a cow dispute. The man, whether a Klansman or not, was never arrested or sentenced.) Sherrod was just 17 at the time, and that same year was one of the county's first African-American students to attend an integrated school. She later earned her BA in sociology, followed by an MA in community development, and became an active member of the civil rights movement. Not only

did she lose her father to racism, she witnessed a Ku Klux Klan cross burning in her family's front yard. She dedicated her life to fighting for black farmers, and when she became Georgia's State Director of Rural Development for the United States Department of Agriculture, Sherrod helped farmers of all races fight against foreclosure on their farms.

Staff knew there were incidences of bias and fully supported the creation of a committee focused on diversity and equality.

When the NAACP honored Sherrod in 1986 for her dedicated work on behalf of black farmers, she shared an incident about how a white farmer once came to her for help. Sherrod's 45-minute speech ended with her recollection about how she rose above prejudice to help this man and his family. But that incident did not interest the conservative blogger and Tea Party member Andre Breitbart, who excerpted a several-sentence segment—less than two minutes—in which Sherrod had stated: "[The farmer] had to come to me for help. What he didn't know while he was taking all that time trying to show me he was superior to me was I was trying to decide just how much help I was going to give him," she said. "I was struggling with the fact that so many black people have lost their farmland and here I was faced with having to help a white person save their land—so I didn't give him the full force of what I could do. I did enough."

Breitbart posted the excerpt on July 19th on Fox News, and wrote an accompanying story that described Sherrod as a racist. On July 20th, Shirley Sherrod was asked to resign.

During Smith's remarks at the committee meeting, he shared the clip that Breitbart posted, and ended with a quote by Toni Morrison. "Race exists, but it should not matter," to start a lively discussion among the half dozen or so attendees.

Among them was fellow committee member Antonio Mondesire, who has worked as a diversity consultant for years and was one of the early members of the Diversity and Equality Committee. He described the Sherrod incident as a "racial

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.

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

CAN I RETURN MY ITEM?

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Cheese* Seasonal Holiday Items
Books Special Orders
Calendars Refrigerated Supplements
Juicers & Oils
Sushi *A buyer is available during the week-days to discuss your concerns.

NEVER
RETURNABLE

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

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

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

RETURNABLE

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

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





Twenty-year Coop member Antonio Mondesire shares an opinion at the Diversity and Equality Committee meeting.

reflex” and disagreed with my own comments. (Full disclosure: I blurred the line between objective journalist and keenly interested Coop member as the discussion that ensued was both fascinating and, I think, essential.) When Smith asked how this could happen, how faulty journalism could lead to a knee-jerk reaction from the head of the USDA, I blamed insanity—and Fox News for supporting and promoting such hateful and dangerous insanity—but Mondesire said he believed that this event was strategic. And his point was valid: what is more terrifying than Briebart’s false accusation—that Sherrod is a racist—is the way in which our culture took to it like a flame to fuel, so much so that Sherrod lost her job before even getting a chance to defend herself.

Guilty Until Proven Innocent?

So how does this relate to the Coop? I was still flummoxed, and may have even posed the question myself but Maitefa Angaza, a Coop member since 1975 and another founding member of the committee, directed the conversation from there. “Can anyone think of an incident at the Coop that reminds them of the Sherrod case?” she asked. And then a woman raised her hand to share her own story (she asked not to be identified in the article). “It was Christmas time and I was exhausted,” she began her tale of what she could only understand as racial discrimination: she was shopping for food, and had a few gifts with her as well. Careful not to place the

heavy items on top of her gifts, she picked up a bottle of juice before it had been rung up—and then realizing her mistake, she told the cashier that she may have done so. Instead of simply swiping the jug and charging this member, the cashier began to scream, “She is trying to steal! She is trying to steal!” Once again, I took off my journalist hat and piped into the discussion. “[The cashier] sounds like she is crazy,” I said. Crazy is the only word I can think of to explain such outrageous and preposterous behavior. But Angaza shook her head and explained that these incidents were not extraordinary. “In our outreach to



Diversity and Equality Committee members (L-R) George Perlov, Dominika Laster, Maitefa Angaza, and J. William Smith.

assess if discrimination exists at the Coop, we have gathered many anecdotes,” she explained. She listed one that happens often: “If a person of color forgets his or her ID, the treatment is radically different than if a white person does,” she explained. Another incident happened in the express line: “Two white women were standing on line behind me. They were speaking very loudly to one another questioning whether or not I had too many items in my basket,” said a black woman who asked not to be identified in this story. “When I confronted them, they said, ‘You have too many items’, and

then before I could even prove that it was not the case, they reported me to the squad leader on duty.” What was more alarming is that the squad leader assumed she was guilty—until she proved that, in fact, she had 15 items in her basket. While the squad leader apologized, it does point to a bigger problem—one that was painfully experienced by a young black member. He was stocking shelves during his work shift when an elderly woman rammed him with her shopping cart. When he asked her why she did not simply ask him to move, she said, Angaza reported, “I do not speak to sub-humans.” He

reported the incident to the Disciplinary Committee, but this incident is a perfect example of why the Coop needs a Diversity and Equality Committee.

The Diversity and Equality Committee strives to make sure such incidents of overt racism cease. To learn more about the committee, please contact George Perlov at george@perlov.net or Louise Daniel at Daniel@adelphi.edu. The committee’s next symposium takes place at 7 p.m. on Thursday, October 28 and is called “What Are These Subtitles For?” It will be presented by Naeem Mohaiemen, a filmmaker and activist. The film *Muslims or Heretics* will be the center of discussion.■

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**

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.





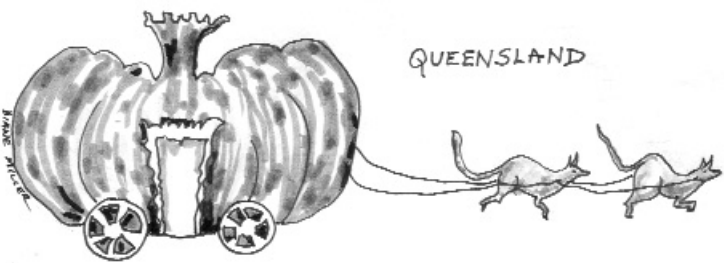
JACK-O-LANTERN



ROUGE VIF D'TEAMPES



PIE PUMPKINS



QUEENSLAND

ILLUSTRATIONS BY DIANE MILLER

Fall on Me

CONTINUED FROM PAGE 1

Welcome to the Jungle

“From 5:30 on it’s pretty non-stop,” says Allen Zimmerman, General Coordinator and Produce Buyer at the Coop. And as I followed the agile King of Produce through the aisles, basement and offices of the Coop, I quickly saw that his gig is pretty non-stop as well. It is in the early morning hours that the trucks pull up with fresh stock for the day.

I felt like we were in a scene from the latest *Ocean’s 11* movie as we slipped between high-piled cartons in the basement area which bore the cryptically coded name “The Green Cooler.”

“We’ve gotten more than...” Zimmerman looks around, “probably a thousand cases already.”

And the day was young; more was yet to come. There was still another truck outside waiting to be unloaded. That’s a lot of produce! Zimmerman explained that almost every case of vegetables in the Green Cooler was from local farmers.

The workers in the Green Cooler had their work cut out for them. Zimmerman explained that the room’s temperature is set for the mid-30s. The Yellow Cooler, by comparison, is like a sauna. It is set for the mid-40s.

*If you think
all the best produce
is gone with the summer wind,
think again.*

Picking up a head of garlic in his hand, as members continued to unpack the endless crates, Zimmerman (half) joked, “To the people in France their garlic is the best in the world, but I say THIS hard neck garlic from New York State is the best in the world.”

Zimmerman asked a member which he thought was better—the New York State garlic or the garlic from France. Playing as neutral as Switzerland, the member replied, “I don’t know.”

Zimmerman has been a Coop member since the mid-1970s and an employee here since 1988. As we walked and talked it was clear that helping Coop members with fruit- and veggie-related queries took precedence over all else.

He advised a good handful of produce lovers on ripeness, availability and taste differences, all within the space of a few feet.

Fall Produce Roundup

One caveat: which produce the Coop will carry and when it will be in stock cannot be absolutely guaranteed.

Beyond Butternut

In September, the first squash begin to arrive and by October the variety should be quite impressive. They include:

BUTTERNUT: The cozy favorite of cautious squash lovers, with a flavor similar to pumpkin.

SPAGHETTI: Before you cook it, its flesh is solid. After cooking, the flesh of the fruit falls away in ribbons that resemble spaghetti. Magical alchemy just in time for Halloween.

DELICATA: Also known as sweet potato squash.

KABOCHA: Zimmerman described this variety as being “pretty close to buttercup without the cup.” It’s also a favorite in macrobiotic cooking.

ACORN: Shaped like its name, its flesh is sweet, and in a cool dry place it keeps and keeps.

BLACK FUTSU: Zimmerman recommends that you give them a taste and not be put off by the non-traditional looks of the squash, which he describes succinctly as “ugly, bumpy, brain-like.”

Although Zimmerman is an advocate of members being bolder in their squash choices, and not just sticking with the most well-known—the butternut—he also said, “Flavors are in the mouth of the beholder.” Best therefore to try some new ones and let your palate be the judge.

For those with a craving for sweet squash, the butternut is a good start, but the kabocha, delicata and sweet dumpling are even sweeter. In fall we may carry anywhere from five to ten or 15 types of squash.

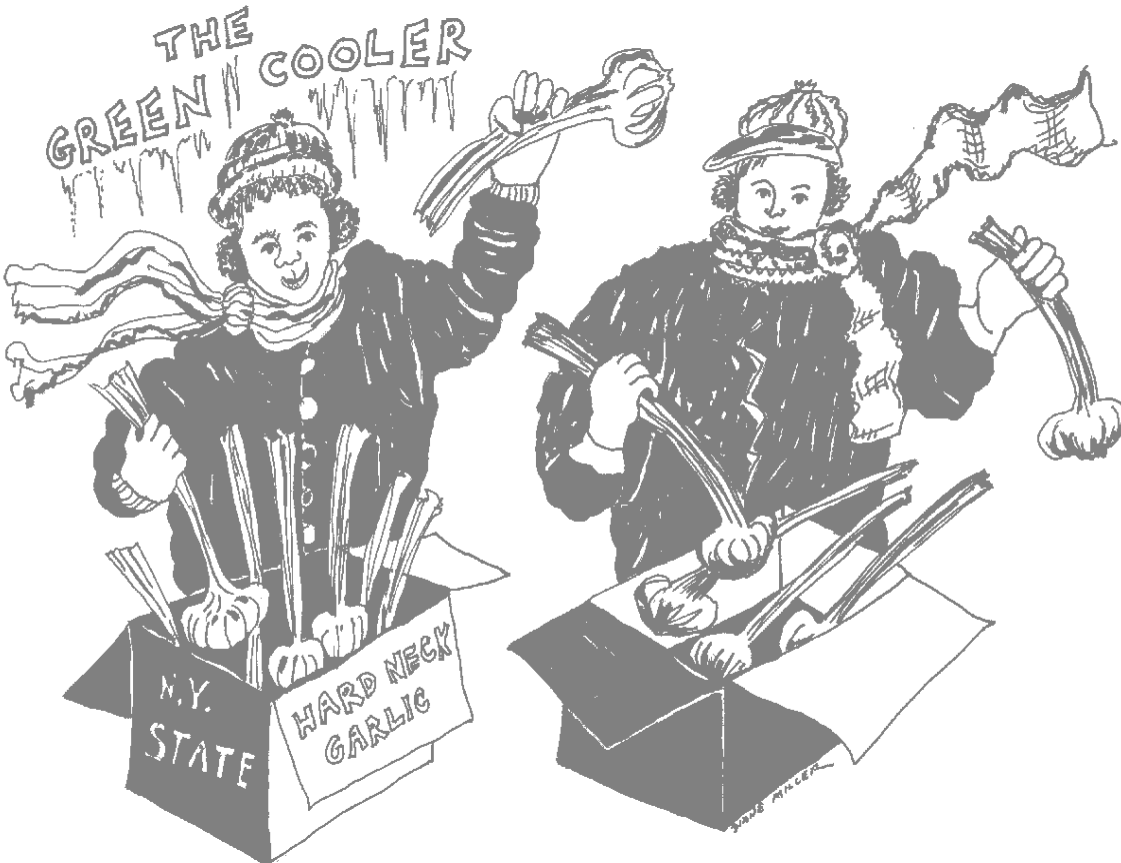
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Read the *Gazette* while you’re standing on line OR online at www.foodcoop.com





Do the Mashed Potato

In October and throughout the fall the Coop carries a wide variety of potatoes including

FINGERLINGS, which start late in the summer. Within the fingerling variety:

RUSSIAN BANANA: A versatile late season fingerling.

FRENCH FINGERLING: Gourmet quality, yet it is said that this fingerling arrived in our country in a horse's feed bag.

AUSTRIAN FINGERLING: Fabulous for roasting.

Zimmerman says the fingerlings are nice and moist and lend themselves to presentation.

Grapes, Biodynamic and Beyond

Fall is also fabulous for grape lovers. Biodynamic grapes are an exciting type of organic grape that Zimmerman described as possessing an almost metaphysical quality (check 'em out in this dimension or the 4th or 5th). In researching the secret to these grapes, I came across a thrilling fact. One of my favorite philosopher/metaphysicists, Rudolf Steiner (1861-1925), was the original force behind biodynamic agriculture, which evolved from his "Agriculture Course," given during the year before his death. The organic movement can be traced back to Steiner. The methods and principles of biodynamics are based on Steiner's spiritual/practical philosophy called "anthroposophy." Anthroposophy deals with the ecological, energetic and spiritual nature of plants. Try some of these grapes for a taste of eternity!

Fall, of course, is also Concord grape season. These grapes have seeds and a notably sweet flavor. The Coop should be carrying them through October.

Pumpkins

This month the Coop should once again resemble a pumpkin patch that would make the Peanuts crowd proud. Our pumpkins are 100% organic and locally grown. Most, in fact, are from Hepworth Farms in Milton, New York. Interested locavores should know that Milton is within their hundred-mile radius—it's approximately 82 miles north of us.

Our stock includes:

JACK O'LANTERNS: You can eat them, but they do differ from traditional pie pumpkins or cooking pumpkins. They have thinner walls than the average pumpkin, which makes them easier to carve but not as productive for cooking.

PIE PUMPKINS: The Coop's stock is grown in New York State as well as Lancaster, Pennsylvania.

BLUE and GREEN PUMPKINS: For those who want to support pumpkins that come in other colors besides orange. Queensland is one of the blue varieties.

ROUGE VIF D'ETAMPES: They're very pretty pumpkins that Zimmerman describes as "like the kind of pumpkin Cinderella got into at the end."

CHEESE PUMPKINS: They can be yellow or green or tan and resemble a bundle of cheese, the kind you might find in an old-fashioned French market.

Squash Stew Recipe

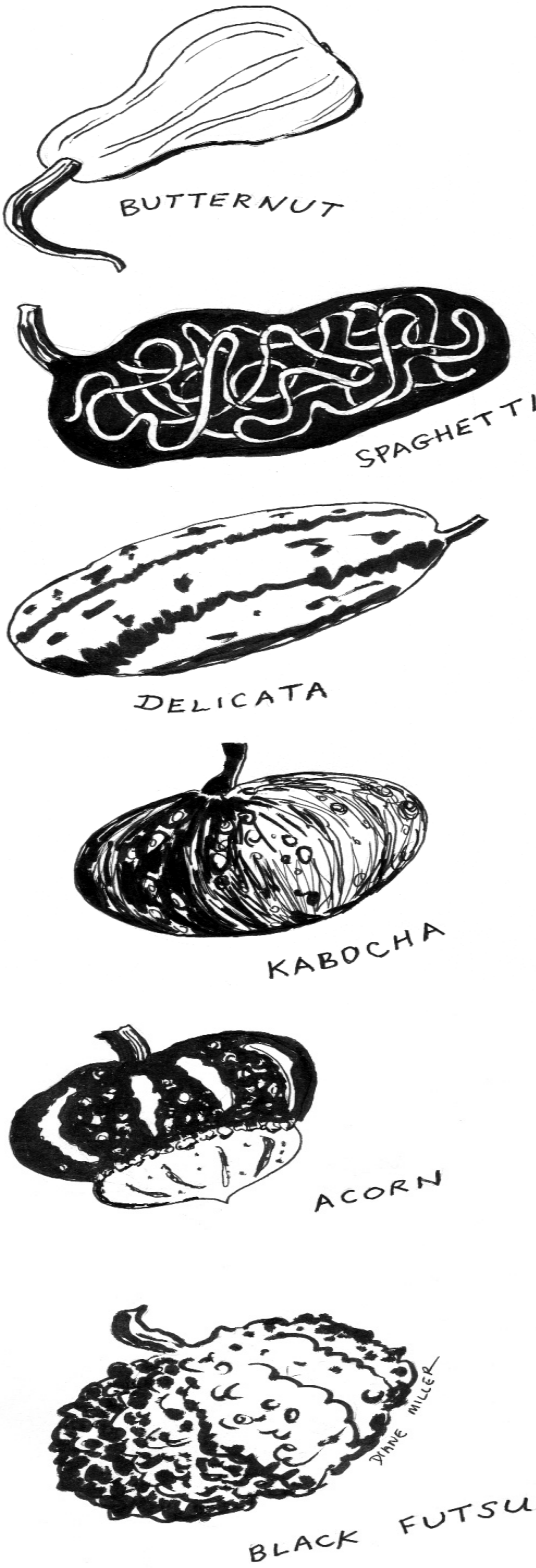
Recipe provided by Allen Zimmerman, who declined to include proportions—so experiment based on the number of folks at your table and the size of their appetites

Use a calabasa squash, or actually, any squash other than spaghetti. Take a deep pot and put in olive oil and curry powder. Stir till toasted. Add lots of diced onions. When the onions turn amber add in diced squash and broth (an inch or two). Cook around a half hour or so—till squash is tender.

Roots Run Deep

Finally, the first parsley roots should be available, along with parsnips, rutabagas and celeriac. Beets are also in full swing. In addition, Jerusalem artichokes should be visiting us in Brooklyn. They are also known as sun-chokes, and are basically the tuber of a sunflower. Zimmerman described their taste as similar to the flavor of sunflower seeds. He recommended using them as a substitute for water chestnuts. He also suggested making them into dips and mashes, and grating them as well.

Happy fall! ■



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!

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347-274-8172

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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

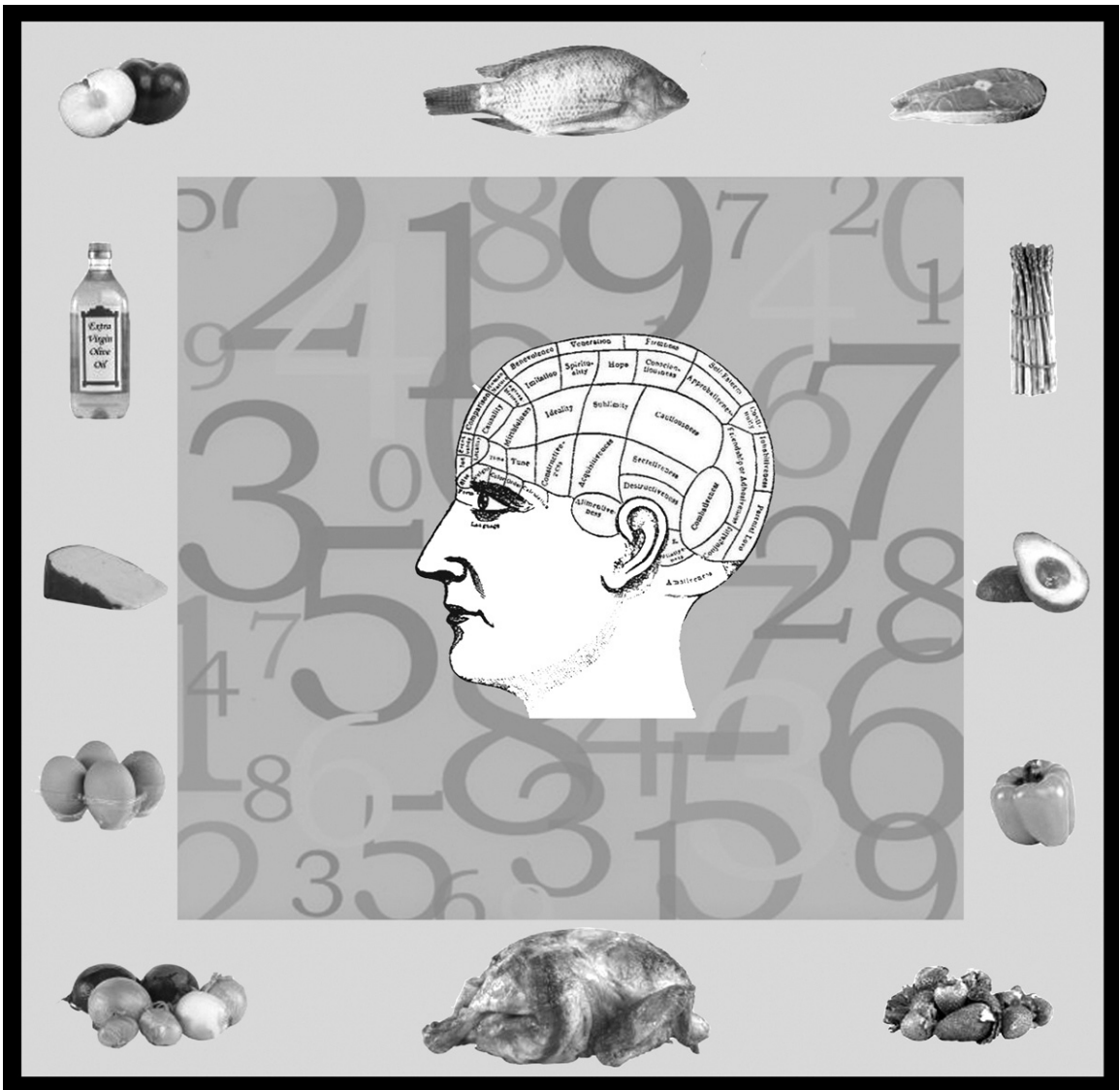




NuVal: Does This Nutritional Scoring System Offer a Good Value?

By Diane Aronson

ILLUSTRATION BY PATRICK MACKIN



As a Coop shopper, you are probably familiar with reading food nutritional labels—looking at fat, sodium, and fiber percentages, and puzzling over just what part of the food nutritional pyramid a choice occupies in terms of a healthy option. What if your label-reading experience was transformed into a quick scan of shelf labels that ranked foods on a nutritional scale of one to 100, the higher numbers representing better nutritional picks?

If you’ve shopped at a big-box store like Price Chopper, you might have already seen shelves tagged with the NuVal Nutritional Scoring System.

Developed by “an independent panel of nutrition and medical experts,” according to its home Web page, NuVal offers shoppers a one-score-fits-all approach to consumer nutritional information.

NuVal is not the first food-ranking plan. As part of its proprietary weight-management program, Weight-Watchers has had a dietary points system in place for years. Another food-ranking system, Smart Choices,

which was underwritten by several food companies, was halted in 2009—not long after it was introduced—because of criticism about some of the foods the program included. Sugar-packed Froot Loops and empty-calorie Fudgsicles were two puzzling and certainly less-than-smart choices.

A Formula to Calculate Nutritional Values

What is the nutritional math behind a food’s NuVal ranking? As the company’s Web site describes it, the score is the result of an “algorithm for measuring the nutritional quality of the foods and beverages based on the influence they have on overall dietary goals.”

Drawing from the Institute of Medicine’s Dietary Reference Intakes and the Department of Health and Human Services’ Dietary Guidelines for Americans, the algorithm that drives NuVal rankings, the Overall Nutritional Quality Index (ONQI) algorithm, analyzes a food to see whether it contains more than 30 nutrients, and if so, how much of a given nutrient. According to NuVal, the algorithm looks for “vitamins,

minerals, fiber, and antioxidants; sugar, salt, trans fat, saturated fat, and cholesterol...[and] incorporates measures for the quality of protein, fat, and carbohydrates, as well as calories and omega-3 fats.”

Nutritional information is scanned from a food’s nutrient fact panel and ingredients list and then the ONQI algorithm calculates the food’s score. Foods richer in healthy components, such as vitamins, minerals, omega fatty acids, or fiber will rank higher than foods with higher counts of bad fats, salt, or sugar.

Crunching the NuVal Numbers

So, under the NuVal system, how do some brands familiar to those who shop at Coop stack up? NuVal scores vary widely among several DeBoles pasta varieties, all made with Jerusalem artichoke flour. The spaghetti style, with 3% of recommended daily fiber in a 2-ounce serving, receives 24 points. The tomato & basil angel hair pasta, with nutritional values that closely match spaghetti style—except for 8% fiber per serv-

ing and 4% vitamin A and 2% vitamin C—is awarded 57 points. The organic whole wheat spaghetti style ranks a whopping 87 NuVal points per 2-ounce serving—with 19% of the daily recommendation for fiber, 10% for iron, and 2% for calcium, but with no vitamin A or C.

NuVal, however, firmly discounts organic ingredients as a factor in its current scoring formula. The NuVal Web site claims, “As yet, there is no widely validated evidence that organic foods have a higher nutritional value or greater nutrient density than food not grown organically.”

What if...shelf labels...ranked foods on a nutritional scale of one to 100, the higher numbers representing better nutritional picks?

If you were following the NuVal system to compare Kashi cereals, you would see that Kashi Heart to Heart Warm Cinnamon receives a score of 38, while GoLean Crisp Toasted Berry Crumble earns the less desirable 28. A quick glance at the nutritional label for each explains some of the ranking. Berry Crumble, at 180 calories per serving, weighs in considerably higher than Warm Cinnamon’s 120 calories for the same ¾-cup-size serving.

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The two differ slightly in fat and sodium recommended daily percentages, but amounts in both categories are still in the low single-digit percentages for each cereal. However, Warm Cinnamon has significantly higher daily percentages in minerals like iron and vitamins such as B₆ and B₁₂. Interestingly enough, the lower-ranked Toasted Berry Crumble has 30% of daily-recommended fiber, compared to Warm Cinnamon’s 19% fiber.

If a cereal has been fortified, it can certainly impact the NuVal score. By way of cereal comparison, General Mills’ Reese’s Puffs, a popular children’s cereal and one not found at the Coop, receives a 26, a mere two points less than Kashi’s Berry Crumble NuVal score of 28, even though Reese’s Puffs contains only 5% of the daily recommended amount of fiber, compared to Berry Crumble’s 30%. Berry Crumble contains slightly less sugar, 10 grams, than Reese’s 12. Fortified amounts of vitamins A and C and iron (10% each for A and C and 25% for iron) help increase Reese’s NuVal score.

But what a NuVal score won’t tell you is that along with fortified vitamins, Reese’s Puffs also contains Red 40, a food coloring that has been banned as a food additive in Britain, and may contribute to ADHD in children—the very target market for this





cereal. However, this additive—and food additives as a category—are absent from NuVal’s posted list of ingredients that would reduce a food’s score. E-mailed questions to NuVal about the ONQI algorithm and food additives, including food dyes, went unanswered.

The absence of food additives and organic ingredients in NuVal’s scoring algorithm is troubling for anybody really trying to get a handle on what’s in a packaged food. An educated food consumer would be wise to read the food label. If you are fairly confident that you are going to receive your vitamins from another source, then picking a breakfast cereal with more fiber and an acceptable amount of sugar might be the better choice for you. If you want to make sure your family eats foods that include organic ingredients and don’t include potentially problematic food additives across the board, then reading the label is extremely important. When I spoke to Coop General Coordinator Joe Holtz, a food industry veteran, he summed up NuVal’s scoring limitations quite succinctly, observing, “These systems don’t take into account the very sensibilities that people who are conscious about their eating value.”

Nutritional Pay to Play

Another drawback to the NuVal system is that it doesn’t come for free. Unlike the nutritional data that appears on many prepared-food packages and is available without an additional charge, a food retailer has to pay to display NuVal information, and the food consumer following NuVal for nutritional guidance is compelled to shop only at grocers who have bought into the NuVal system.

The NuVal Web site describes the business arrangement with grocers in these terms: “NuVal™ licenses its proprietary food scoring system...to food retailers across the country.” I spoke to NuVal communications manager Robert Keane and asked him how the licensing fee was set. He informed me that the licensing agreement was considered a private transaction and that as such NuVal was not obligated to disclose the fee or details about how a fee was set. A follow-up e-mail to Nu-Val about the licensing costs did not yield a reply. ■

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 farmer's school?

We get such pleasure from our negativity
It is an inexhaustible and every-ready companion
Its 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

Monday October 18
and noon to 1:00 p.m.
1:30 to 2:30 p.m.
You can join in any time during a tour.

Puzzle Corner
Gazette Sudoku

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

Puzzle author: James Vasile. For answers, see page 14.

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

Attention
Park Slope Food Coop
You won't believe what this credit union has to offer!

Representatives from People’s Alliance Federal Credit Union will be at the Park Slope Food Coop to present information and to sign up members in the second-floor meeting room.

Tuesday,
October 19
2:00 – 5:00 p.m.

Tuesday,
October 26
6:00 – 8:00 p.m.

Wednesday,
October 20
2:00 – 4:00 p.m.

Saturday,
October 30
2:00 – 6:00 p.m.





COOP HOURS

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

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

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

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

Telephone:
718-622-0560

Web address:
www.foodcoop.com

LINEWAITERS'
GAZETTE

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

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

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

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

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

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

Committee Reports: Maximum 1,000 words.

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

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

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

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

Printed by: New Media Printing, Bethpage, NY.

Friday
Oct. 15
8:00 p.m.



very

The Good Coffeehouse

COOP CONCERT SERIES

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



Pat Hull is a songwriter from Connecticut. He moved to Chico, CA, two years ago to see relatives, teach and go to school. It was there he released three albums and toured extensively with a band of friends. Upon graduation, he decided to move back to the east and experience New York. He writes and performs here and is planning on releasing his fourth album this July entitled *Fable Names*.



Elijah Tucker "With passion born of tribulation, 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.

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

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

Booking: Bev Grant, 718-788-3741

Monthly on the...

Second Saturday
OCTOBER 9
10:00 A.M.–2:00 P.M.

Third Thursday
OCTOBER 21
7:00 P.M.–9:00 P.M.

Last Sunday
OCTOBER 31
10:00 A.M.–2:00 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.

RECYCLING



This Issue Prepared By:

Coordinating Editors: Stephanie Golden
Erik Lewis

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Petra Lewis

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Dana Rouse
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Puzzle Master: James Vasile

Final Proofreader: Teresa Theophano

Index: Len Neufeld

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



WORKSLOT NEEDS

Laundry and Toy Cleaning

8:30 p.m. to 10:30 p.m.

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

Store Equipment Cleaning

Mondays 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 clean-

ing 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

Thursdays 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.



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, OCT 26

GENERAL MEETING: 7:00 p.m.

TUE, NOV 2

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

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Oct 21 issue: 7:00 p.m., Mon, Oct 11
Nov 4 issue: 7:00 p.m., Mon, Oct 25

CLASSIFIED ADS DEADLINE:

Oct 21 issue: 7:00 p.m., Wed, Oct 13
Nov 4 issue: 7:00 p.m., Wed, Oct 27

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, October 26, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

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

oct 12
tue 7 pm

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



In every corner of the globe, we are polluting, diverting, pump- ing and wasting our limited supply of fresh water. 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. Investors target desalination and export schemes. Corrupt governments use water for economic and political gain. Military control of water creates new geo-political maps and power structures, setting the stage for water wars. This film follows people fighting for their basic right to water, from court cases to revolutions to constitutional conven- tions to local protests.

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 15
fri 8 pm

Pat Hull, 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 com- prised 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 partner- ship 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.

oct 16
sat 2 pm

Sustainable Townhouse
Primer

This presentation is intended to provide homeowners with a basic understanding of their homes, what their assets and liabilities are, and how to retrofit. Topics include the importance of the building envelope, solar orientation, air infiltration, heating and cooling options, electrical efficiency, sunlighting and passive heating/cooling. Architect and Coop member **Ryan Enschede** leads an architecture practice pursuing sustainable building solutions adapted to NYC's climate and built conditions.

oct 17
sun 12 pm

Stars in Your Pocket:
Evolutionary Astrology

This class is an introduction to evolutionary astrology. Our soul comes into this life with an underlying, evolving purpose. This purpose is the underlying cause for all that occurs in life: vocation, relationships, spirituality, health. With this deeper perspective, we can bring fresh insight into our lives that helps us move forward. We will discuss the basic archetypes of the signs, houses and planets, through the 12 signs of the zodiac. Coop member **Clara Nura Sala** has been practicing and teaching astrology for 10 years. She is a graduate of the Jeffrey Wolf Green School of Evolutionary Astrology and coun- sels clients across the U.S. and around the world.

oct 22-23
fri-sat 11 am–6 pm

Blood Drive

Fact: Less than 3% of the population donates blood, and 90% will use blood some time in their life. Presented in cooperation with New York Methodist Hospital. For fur- ther information about blood donation, call 718-780-3644.

oct 23-24
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. This food will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal. Consider contributing nonperish- able foods and commercially packaged foods; canned fish; canned fruits and veg- etables; 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.

oct 24
sun 12 pm

Dream Workshop

Would you like to have more tools to think about your dreams? This workshop will pro- vide you with ideas to understand dreams and their guiding intention in a deeper way. Drawing from the analytical psychology of C.G. Jung, we will look at dreams both cho- sen by the presenter as well as dreams of participants, if wished. Coop member **Frauke Glaubitz**, MD, ADTR, is a Jungian analyst in private practice in Manhattan and Brooklyn. She also works with dreams in "Authentic Movement" using nonverbal, cre- ative ways to connect to the unconscious partner within.

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.





oct 12–nov 13 2010

oct 26
tue 7 pm

PSFC OCT 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: Agenda Committee Election (20 minutes)

Election: “Four two-year terms are open on the committee. Two current Agenda Committee members whose terms have expired are seeking re-election. The committee will present additional candidates to fill openings on the committee.”

—submitted by the Agenda Committee

Item #2: To be announced.

Item #3: FTOP members and make-up shift slots (35 minutes)

Proposal: “Permitting FTOP workers to be able to do make-up shifts when space permits.”

—submitted by Jeanne Solomon

Explanation: “In light of FTOP shifts being booked weeks in advance on an average day prohibiting easy scheduling of FTOP shifts, FTOP workers should be able to do make-up shifts so they don’t get hopelessly behind.”

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.

oct 28
thu 7 pm

Diversity Awareness Initiative Series: ‘Who Are Those Subtitles For?’

“We all speak Bengali, so who are those subtitles for?” A Dhaka audience member’s irate question at a screening of the film *Muslims or Heretics* provides the context for thinking through the problems of projects with conflicting audiences. Coop member **Naeem Mohaiemen** will show excerpts from his film and talk about context. Mohaiemen’s projects will show next at Frieze Art Fair 2010 and Sharjah Biennial 2011. 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.**

oct 29
fri 7 pm

The World According To Monsanto



As part of Non-GMO Month, the GMO Shelf Labeling Committee is screening *The World According to Monsanto*. This film is an in-depth documentary that looks at the domination of the agricultural industry by one of the world’s most insidious and powerful companies. The Non-GMO Project is a creation of the health food industry and funded by a consortium of producers, retailers and distributors. For the first time ever, this independent group is actually testing foods to determine if GMOs are present. Foods that pass the test are permitted to place the Non-GMO Project logo on their label. The Non-GMO label will assure that the product has been tested in the laboratory and found to be free of GMOs.

oct 30
sat 11 am

Eldercare from A to Z

Each panel member of this discussion is professionally committed to making life easier for New York City seniors and their families and caregivers. Panel member and eldercare attorney **Kathleen Higgins** Esq. is an expert on wills, trusts, supplemental needs trusts, health care proxies, living wills and powers of attorney. **Katie Hustead**, principal, Paper Moon Moves LLC, will address advance planning for a possible move into senior housing, assisted living or a relative’s home; the downsizing and organizing challenges seniors face; and how to prepare for a senior move. **Skip Dailey** is a licensed funeral director and advance-planning coordinator for Dignity Memorial funeral providers. He assists families, elder-care attorneys, health care experts and facilities with final expenses associated with trusts, estate and Medicaid planning.

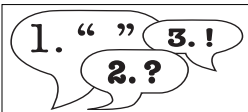
oct 31
sun 12 pm

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. Presented by Coop member **Marija Santo**, CNHP and Geotran Practitioner.

nov 2
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, November 30, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

nov 4
thu 7:30 pm

Food Class: The Flavors of Mexico



Tricia Brown is a chef, culinary instructor and a food and wine blogger. She teaches Mexican and New Mexican cuisine at numerous schools. She also leads culinary tours to Santa Fe New Mexico. She is a graduate of the Natural Gourmet

Institute for Health and Culinary Arts and the International Wine Institute’s Advanced program. She documents her adventures in eating and drinking on her blog, www.gourmetrix.com. *Menu includes spice-marinated vegetarian mushroom tacos; quick and delicious black beans; and herb-infused quinoa. Materials fee: \$4.*

nov 5
fri 7:30 pm

Film Night: A Ring of Their Own



A Ring of Their Own captures the drama of Ann-Marie Saccurato and Angel Bovee, female competitors in one of the most aggressive and male-identified sports on the planet — boxing. Two remarkable women push themselves to their absolute physical limits, then make a radically different choice than many professional gay athletes by living out and proud, becoming true pio-

neers in the ring. Director **Michael Penland** has produced documentaries independently, for public television and for network news divisions and cable outlets.

To book a Film Night, contact Faye Lederman, squeezestone@hotmail.com.

still to come

nov 6

The Day Before the NYC Marathon

nov 6

Forgiveness

nov 7

Simple Solutions for Organizing Your Life

nov 9

Safe Food Committee Film Night

nov 12

Defending and Enhancing Social Security

nov 13

Autumn Recipe Swap & Brunch





SAFE FOOD COMMITTEE REPORT

Film Review: *Blue Gold: World Water Wars*

By Adam Rabiner

Blue Gold: World Water Wars opens dramatically by recounting the true story of Pablo Valencia, a Mexican gold prospector who, in 1905, set out across the Sonoran desert for Arizona. Failing to bring a sufficient supply of water, he spent a full week searching for an oasis, with nothing to drink. Rescued at the point of certain death, the effects of his extreme dehydration were recorded for posterity: saliva becomes thick; a lump forms in the throat which swells so large that breathing becomes difficult, creating a drowning sensation;



tongue swells so large it juts out of mouth; skin shrinks and pulls back tight on the face; hallucinations occur; eyelids crack; eyes remain in a wink-less stare and weep tears of blood; skin turns a purplish grey, the consistency of leather, and is scratched but does not bleed; lips disappear and the nose withers to half its length. The narrator intones, “This film is not about saving the environment, but about saving ourselves.”

“This film is not about saving the environment, but about saving ourselves.”

While the documentary *Thirst*, which was featured last October in the Safe Food Committee’s “Plow to Plate” series, focused attention primarily on the economics and politics of the water wars, next month’s *Blue Gold* takes a broader, more comprehensive approach. The documentary is based on the book *Blue Gold: The Fight to Stop the Corporate Theft of the World’s Water* and

is divided into several chapters: *The Crisis*; *Politics*; *Water Wars*; and *The Way Forward*. While *Thirst* focused on several narratives and characters and followed a chronology, *Blue Gold* is composed entirely of talking heads with a voice-over narration by Malcolm McDowell. *Blue Gold*’s approach is both a strength and shortcoming. On the plus side you learn about many things: water’s role in the history of great civilizations; the various activities that are causing the world to run out of fresh water (97% of the world’s total water supply is salt water; only 3% is fresh—and much of that is polluted); and water’s commoditization and commercialization. On the minus side, watching this movie is a bit like attending a graduate school lecture for two hours. A lot is said and your head starts to ache while you try to take it all in.

While the film professes that it is not about the environment, it shows how the depletion of natural ground water, or aquifers, can lead to desertification and other

extreme weather conditions. It explains that river flows are the lifeblood of an ecosystem; massive dams are like plaque that messes with the circulation. Yet *Blue Gold* asks what all of this means for humanity, especially the world’s poor, who are most cruelly affected by water’s increasing cost and scarcity. On the bright side, the final chapter offers solutions ranging from small things we can do to conserve water to larger scale, sustainable projects such as hydroponics and micro-turbines.

Blue Gold is an important movie because it brings to light an emerging issue of great consequence, one that does not get as much atten-

tion as global warming, but is just as dangerous. Climate change is beginning to scare people; what is happening to the global supply of fresh water should also raise alarms. McDowell is right—this is about life and death. If you don’t think so, just ask Pablo Valencia.

The Safe Food Committee’s monthly educational film series, “From Plow to Plate,” takes place on the second Tuesday of each month. Expert speakers are invited to lead discussions following the showing. Light refreshments are served.

Blue Gold: World Water Wars, Tuesday, Oct. 12, 7:00 p.m. at the Park Slope Food Coop. Free. ■



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

Learn How to Bring Healthier Meals To Our Area Schools: Take Part in the “School Food Rocks” Conference on October 23

Hosted by Councilmembers Brad Lander and Sara Gonzalez, the Brooklyn Food Coalition* and the Department of Education’s SchoolFood division, this conference will bring together parents, educators, students and food activists to learn about how we can work together to achieve healthier and more sustainable school food throughout our neighborhood schools.

The conference will help schools get started or take the next steps in improving their food programs, and strengthen the network of parents and school leaders working on food issues. Whether your school already has an active sustainable food program, or is just getting started, this conference will be a chance for you to share best practices and collect new information.

Where: M.S. 51-William Alexander Middle School, 350 Fifth Ave., Brooklyn, NY 11215
When: Saturday, October 23, 10am – 2pm
To register go to www.bradlander.com/schoolfood or call 718-499-1090

* The Park Slope Food Coop is a member of the Brooklyn Food Coalition.

Follow the Food Coop on



@foodcoop





Park Slope Food Coop, Brooklyn, NY

October 7, 2010 13

L E T T E R S T O T H E E D I T O R



FOIE GRAS—
KNOW THE FACTS

TO THE EDITOR:

I am surprised and disappointed that in a recent *Linewaiters' Gazette* feature highlighting foie gras ["A Gascon in Park Slope," September 23, 2010], the article referred to the product as "controversial" but failed to mention the reasons for the controversy.

Foie gras is made by shoving pipes down the throats of ducks to force-feed them great quantities of food until a diseased state is induced and their livers expand to ten or more times their natural size. The force-feeding can cause bruises, lacerations, sores, and results in extreme suffering for the birds.

The PSFC is in good company for its opposition to foie gras—a product of extreme cruelty that is opposed by every major animal welfare organization including The Humane Society of the United States and the American Society for the Prevention of Cruelty to Animals.

After a comprehensive independent study, the Pew Commission on Industrial Farm Animal Production, a project of The Pew Charitable Trusts and the Johns Hopkins Bloomberg School of Public Health, came to the conclusion that the cruel practice of force-feeding birds to make foie gras should be ended to reduce "risks to public health and improve animal well-being."

Just a few months ago, in May 2010, a federal court ordered Ariane Daguin's foie gras supplier, Hudson Valley Foie Gras, to pay \$50,000 for serious violations of the federal Clean Water Act.

Hudson Valley Foie Gras discharged pollutants from the waste of its slaughter and processing operations into the Middle Mongaup River, which flows to the Mongaup River and then to the Delaware River.

According to the Delaware Riverkeeper Network, Hudson Valley Foie Gras "caused approximately 850 violations of the Clean Water Act, the New York Environmental Conservation Law, and associated state and federal regulations." The disturbing violations included "approximately 646 involving chlorine and almost 200 involving temperature, approximately 12 involving phosphorus, 6 involving fecal coliform, 4 involving nitrogen (ammonia), and 1 involving settleable solids."

While Daguin is "upset" that the PSFC doesn't carry her foie gras, maybe the PSFC membership should be upset that we allow a supplier with such low regard and standards for animal welfare and the environment to be a major PSFC supplier.

Deborah Diamant

KIDVERSE:
IS THIS YOUR TEACHER?

*The most abominable creature
Must be the woman who's a screecher.
My ears would love to banish her.
It'd make the world much quieter.
The screecher can't imagine what
The devil of an effect she's got.
As far as she knows, the sounds she makes
Are tastier than banana cakes,
More treasured than the platinum
That makes a miser worry some,
More tuneful than a rock-&-roll song,
Though actually resembling a gong.
Each word that drops from the mouth of the
screecher
Reminds me of a monster feature,
A movie with a heroine
Who's out of touch and quite all-in;
She likes to think of herself as a funster,
When others view her as a munster.
Not a cheese and not a treat,
Nothing anyone would eat.
And yet she certainly means no harm.
She can't help sounding like an alarm.
Poor woman! Let's give her an award:
A piece of chalk to scrape on the board.
Still...this teacher's sorta mellow
Compared to the men who kinda bellow.*

Leon Freilich

MORE FACTS ON
FOIE GRAS

DEAR FELLOW COOP
MEMBERS:

In his 9/23/10 piece on Ariane Daguin's first visit to our Coop, Thomas Matthews describes some of history that has led to the Coop's current meat-buying policies. Daguin is the owner of D'Artagnan, which describes itself on its website as "the leading purveyor of foie gras, pates, sausages, smoked delicacies, organic game and poultry in the nation." Apparently, the Coop is D'Artagnan's best retail client in Brooklyn.

The article mentions that foie gras is a "controversial product" and that we banned its sale several years ago. In fact, the March 2003 General Meeting enacted a ban of ANY products containing foie gras. While it is true that the worldwide campaign against this meat product has been a topic of serious discussion in mainstream media circles, many may still be unfamiliar with the extreme violence leveled at and endured by the ducks who are born into the foie gras industry.

The Internet has made it possible to view undercover footage of foie gras production facilities to see and hear about the living hell the birds are forced to experience. Farm Sanctuary has posted one particular investigation on the industry at www.youtube.com/watch?v=8IWN8UGDyC0. Another video by gourmetcruelty.com can be viewed at www.youtube.com/watch?v=XBBFtDEs-n8. And the actor Roger Moore narrated the video available at www.youtube.com/watch?v=1ty12yCVXqQ.

Although these short videos are

incredibly sickening and sad, I hope the many Coop members who care about animals and decency will take it upon themselves to become familiar with the reasons we banned foie gras in 2003.

In cooperation,
Elizabeth Tobier

ONE CITIZEN'S VOICE

COOP MEMBERS:

You've seen me before. Maybe you've passed me on the street. I'm your neighbor, I'm overweight and I wear overalls. My hair is grey and my wife and I go to "Tea Parties." We have stood together in the rain and in the snow, and sometimes in the sunshine, with a lot of your other neighbors. We're there for a reason. We want to show that we are very disturbed at the direction and the intentions expressed by this administration and the Democratic Congress.

My fellow citizens, my wife and I have been called some pretty bad names lately.

But I'm not upset with that. I have been called names all my life. I have been paying taxes since 1955 and still working and paying taxes today. The first time I voted for John Kennedy and I haven't missed a vote yet.

When people call me names it reflects poorly of them. I am an American. And when you cut me I bleed red, white, and blue. My favorite song is the Marine Corps Hymn. And when it is played my family and I stand at attention.

As an American I have a right to voice my opinion. It is guaranteed as a birthright and enunciated in the Constitution of the United States and the Bill of Rights. I would deny no American Citizen these rights. Towards this end, it is my privilege to be able to stand with my fellow citizens in the rain and in the sunshine and express my views peacefully and with Honor.

Robert L. Graziano

FOR PRODUCT RANGE,
NOTHING SLIPS BY
THE COOP

TO THE EDITOR:

I'm always hugely impressed and surprised by the sheer variety of products that the Coop carries. Two weeks ago I was having some vocal problems so a friendly singing teacher advised me to buy some slippery elm lozenges. None of the large pharmacies had them so I went to several local pharmacies and, not only did they not carry the product, none of them even knew what it was. Their standard reply was, "I think I've heard of them" but don't know where you would find them!" I did locate some online, but thought I'd check out my trusty Coop first and—sure enough—there they were, buried in the vitamin

section across from the yogurt cabinet: Thayer slippery elm lozenges.

Thank you, thank you, thank you!
Jim Harter

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.

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





“Here’s what happens to the *Linewaiters’ Gazette* once we’re done reading it.” — submitted by Matt Law



Puzzle Answer

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

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.



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YOGA FOR BEGINNERS on Friday mornings. Beautiful, pristine studio one block from the Coop. Small classes, personal attention and a 10% discount on class cards

for PSFC members! For details on this and other classes, visit jenniferbrilliant.com.

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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.

COMMUNITY CALENDAR

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

SAT, OCT 9

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

FRI, OCT 22

Safe Homes Project’s 17th Annual Domestic Violence remembrance vigil to commemorate Brooklynites whose lives were lost to domestic violence from October 2009 to October 2010. 6:30 p.m. in front of PS 321, 7th Ave. & 1st St. in Park Slope. Info: 718-499-2151 or www.safehomesproject.org.

SAT, OCT 23

Tony Bird house concert in Brooklyn. 8:00 p.m. Call 917-592-7148 for reservations, location. Suggested contribution \$20. www.mangotime.net.

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

NYC VegFest will celebrate its 2nd year w/an outdoor festival in Union Square Park from 10 a.m. to 5 p.m. Admission is FREE! Join us for an exciting day of educational exhibits & events in Union Square Park. The event will include healthy living, eco-friendly exhibitors, nationally known & local speakers, delicious veg food, live music & entertainment.

SUN, OCT 24

The Brooklyn Humanist Community presents Vicki McFadyen, Chairperson, Military Families Speak Out Metro: “The Collateral Pain of Military Families.” 1 p.m. at the Brooklyn Public Library, Kings Highway Branch. 2115 Ocean Avenue, downstairs meeting room.

WED, OCT 27

Brooklyn Free School, K-8th Grade Open House. 5:30 - 6:30 p.m.: Tours. 6:30 - 7:30 p.m.: Q & A with school director and staff. Learn more about this groundbreaking educational option. Visit www.brooklynfreeschool.org or call 718-499-2707, 372 Clinton Ave., Brooklyn,.

SAT, OCT 30

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

SAT, NOV 6

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

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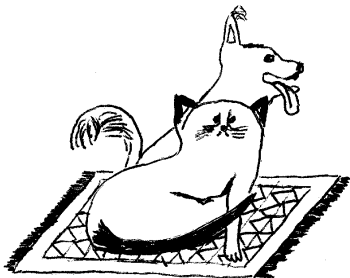




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ATTORNEY—Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation. Member of NYSTLA and ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White. 212-577-9710.

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



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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.

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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/bungalow-shop or 973-951-8378.



WEEKEND/SUMMER CATSKILLS MTN RETREAT two hours from Brooklyn! Buy (69k) or rent Apr-Oct (6k) double unit in premier cooperative bungalow colony. Fully equipped/furnished. Sleeps 5-10. Playground, pool & community garden on 8 acres. Nr hiking, biking, fishing, horseback riding and more! Contact sgcorners35@gmail.com.

MODERN, SPACIOUS, SECLUDED 4 SEASON COUNTRY HOUSE for rent. 10% off for Coop members. Columbia Cty nr Berkshires and all that culture and good food. But our house is on a quiet rural rd. 16 private acres, 1 1/2 acre private pond. Hse sleeps 11, wood stove, W/D, wifi, linens. See pix www.vrbo.com 263517. Or call D 917-922-7845.

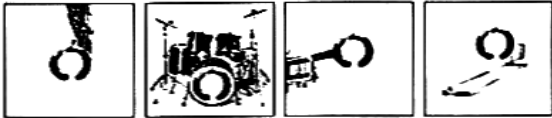


To Submit Classified or Display Ads:

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.

Jazz Mindfulness Program



Jazz and meditation instruction together - Young People and Adults Classes begin Oct 4th!

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www.brooklynzen.org/jmp/aboutjmp

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ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.



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





WELCOME!

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

Naomi Adland Serol Agazat Yasemin Agazat Negar Ahkami Rebecca Aleman Yaseen Allah Malinda Allen Mary Balfe Kathryn Ballantine Jake Bandman Kathryn Barnard Piero Basso Rhoda Belleza Vanessa Belli Daniel Berger Michael Bodel Chiara Bottici Amanda Bruns Samuel Burness Mara Burns Peg Byron Bond Caldaro Seth Carlson Aoka Carr Michael Caruso Benoit Challand Julia Chapman	Paolo Cocco Christian Collins Benoit Corda Thomas Cox Casey Daly Emily Damron Timothy Daoust Anna Dark Barbara DeBonis Lloyd DeBonis Katherine Dexter Jospeh Dobkin Jason Dolatshahi Sarah DuBrow Gillian Dunning Natalie Fein Lauren Feldman Lisa Flythe Amara Foster Leah Friedman Robert Glass Emma Gordon Emily Greble Shaun Gunning Marie E Gutman Anna Hahn Julia Harter	Brian Hastert Emily Henehan Chloe Hensold Francesca Hessler Denise Hinds Melissa Hinton Michelle Hirschfeld Allison Hoffman Tim Hopper Kristy Hurt Zlatimira Iossifova- Wiltshire Robin Jaleel Andrea Jameson Christopher Jee Jess Jiang Stephanie Johnes Nico Juarez Stephanie Kansky Jesse Karp Yvonne Kawamura Francene Keery Dasha Kondratiev Lionel Koretsky Susan Kovar William Krogh Joseph LaGrasta	Smaro LaGrasta Jacqueline Langholtz Barbara Lau Shechin Lau Helen Geyun Lee Anna Lock Michael Loew Greg Lotus Rachel Lotus Vivian Chenxue Lu Michele Lundy-Jackson Joyce Macek McKenzie Mahoney Claudia Mantilla Sarah Martien Paige Martin David Marx Emma Matthieson Aaron James McMickle Bill McNulty Joy Mele Peter Mellgard Shari Melman Rico Mendez Carina Molnar Robbins Montas Julia Morrill	Elizabeth Mouna Paul Nehring Nina Nelken Meghan O'Neill Yuko Okabe Baila Olidort David Olidort Arna Ottarsdottir Cameron Page Amy Palazzola Carol Park Giselle Peters Martha Poole Quinlan Pozner Michael Remyn Christie-Ann Reynolds Liam Robinson Jennifer Rogers Jermaine Rogers Hilda Romeo Alexa Rosenbloom Erica Rosenblum Andrew Rosner Johanne Rosner Petr Roytman Laura Ruocco Joe Russo	Alexis Sablone Pia Saunders David Schiavone Adam Schleser Diana Scholl Adam Schreiber Maggie Schreiner Kyla Schuller Bradford Scobie Elizabeth Shapiro Andrea Sheehan Juliette Shulman Bertram Sikowitz Florence Sikowitz L. Chase Smith Liana Smith-Murphy Joanne Snrech Nigel Spong Peter Stark Adam Steinbauer Marcus Sultan Orly Sulton Eli Sundelson Jesse Sweet Tara Tabassi Joanie Terrizzi Damian Thibeault	Ines Thiebaut Gudmundur Thoroddsen Kathryn (Katie) Traynor Galen Treuer Kimiko Tsukada Chase Tyler Meera Vaidyanathan Derek Van Scoten Griselda Vega Karen Viola Jessica Weakley Keri Weaver Danielle Weiner Hannah West Sarah White Mathew Wiesner Andrea Wiideman-Basso Brooke Wilcox Abby Wilkes Matthew Wiltshire Caitlin Woolsey Meiyan Yap Habib Yazdi Maggie E Yolen
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THANK YOU!

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

Michael Adams Michael Agger Chris Allick Joan Baker Dominique Bravo Kristen Bartley Karen Brandt Susan Burton Heather Campbell Brad Choyt Siobhan Cooke Jocelyn Cooper	Christina DaCosta Maia Dart Egit Esin Beth Godley Lily Goetz Hannah Goldfield Becky Greene Dana Johnson Harper Keenan Phillip Kemelor Rosemary King Shahdiya Kureshi	Ellen Krug Patrick Kwan Jill Maxwell Hamrah Patrick Healy Lorraine Hess Amy Hundley Daniel Kim Oliver Lief Gillian Lipton Jennifer MacFarlane Jared Make Shivani Manghnani	Joshua Marland Briana Martino Megan McGrath Denis Meadows Ileana Mendez-Penate Donna Metcalf Bahar Mirhosseini Amanda Mitchell Jacob Mitchell Madlyn Moskowitz Saara Nafici Mwata Nubian	Sally Ord Joan Pangilinan-Taylor Lesley Patrick Jill Plevan Anastasia Rastrygina Laura Reneke Rima Rey Manfred Reiff Jamie Rubin James Rusk Sondra Santoni Megan Saynisch	Jason Schreiber Marco Scoffier Sarah Shannon Hani Shawwa Scott Shushan Ariella Slovin Nikola Smith Jessica Spain Jesse Sweet Stephen Switzer Daniel and Marianne Talbot	Mieko Takahashi Eric Thornton Mathias Tjonn Ross Tuttle Amaku Ukpong Miriam Weiskind Janessa Wilson Pirco Wolfframm Judith Vick Elizabeth Victorine
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Join Us as We Celebrate the First Anniversary
of Our Membership Drive

A Conversation with the Founders of the
Flatbush & Park Slope Food Co-operatives

Barry Smith & Joe Holtz

Wednesday, October 13 • 6:30 pm

Christ Church Auditorium

73rd St. & Ridge Blvd.

RSVP to: 347-274-8172 or
hello@foodcoopbayridge.com

Complimentary Food and Drink
provided by local restaurants

www.foodcoopbayridge.com

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FOOD CO-OP

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