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Volume EE, Number 23

November 18, 2010

Night of the Cookers

Members taste food and wine at Coop's first-ever cooking contest.

By Thomas Matthews

As 6 o'clock approached on a cool October evening, dozens of people gathered on the steps of the Brooklyn Society for Ethical Culture, across from Prospect Park. "They're spilling onto the sidewalk! It's nearly 6! We have to open the doors," someone called from the doorway.

"Not yet! We need a couple more minutes!" came the response from the main room.

Inside the old mansion, a team of Coop cooks, FTOP volunteers and Fun-Raising Committee members were scrambling to put the last touches on "Cooking in Harmony," the Park Slope Food Coop's first-ever culinary cookoff, featuring member-prepared dishes.

Ice rattled into buckets. Sterno cans burst into flame.

Large aluminum pans filled with steaming food arrived from the basement kitchen. At one table, Eduardo Gonzalez was hanging a Peruvian flag. Across the room, Ed Erdos was displaying books and products from Hungary. A string quartet was warming up. Then, for a moment, everyone gathered together.

"There's a lot of hungry people out there," said a member of the steering committee that had been preparing for this moment since the event was conceived in March. [Disclosure: This reporter was a member of the committee.] "But remember, we're here to have fun. Talk with people, share your food, tell your stories. There's plenty for everyone. You've all worked hard, and it's going to be great. Okay? Ready? Jason, open the doors!"

The Bounty of the Coop

The event was designed to be a culinary showcase and a cooking competition. Nine Coop members prepared their own recipes and each dish was matched with a complementary beverage (wine, beer or non-alcoholic punch). The goal: to bring people together for an evening of good eating and companionship. The underlying mission was to showcase the bounty the Coop offers, and the diversity of cuisine it supports and inspires.

The dishes embodied influences from Peru, Hungary, Morocco, India, Korea and Jamaica. Three included meat, one fish and five were vegetarian (including a raw, vegan lasagna). All the ingredients (save for a few exotic spices) came from the Coop (and were donated for the event). [Recipes for all the dishes, along with the shopping lists used to create them, are available at psfcfun.wordpress.com.]

Megan Devir and her husband Yuichi Seki, members since 2004, prepared chorizo dogs with grilled kale caesar salad. They were paired with a pumpkin ale brewed in upstate New York. Megan said, "What made me decide to enter was the voice of Allen Zimmerman, ringing in

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Grace Cho's winning dish: Bibimbap Reinvented.

GENERAL MEETING REPORT

ARE COOP MEMBERS THE RETIRING TYPES?

By Gayle Forman

It was all about FTOP at the Park Slope Food Coop's October 26th General Meeting, with one proposal to abandon some scheduling rules and another to expand the Coop retirement age. The meeting, which was held in the Congregation Beth Elohim Social Hall in Park Slope, was chaired by Imani O'ryn with Samantha Natov acting as secretary and Ann Monroe sitting at the chair table.

FTOP stands for Future Time Off Program, the flexible work system in which members opt out of working on regular squads and instead work irregular schedules, often filling in on understaffed squads to bank work credits.

Retirement Policy

FTOP first came up in Tracy Fitz's proposal to expand the Coop's retirement policy. Currently, members can retire at

age 65 if they have 20 years of service. Fitz proposed allowing members to retire at 60 if they have 30 years of service.

As Fitz explained, "I've been a member since 1978. I'm a freelancer, currently on FTOP. It's difficult. I get kicked off FTOP. Being over 60, I'm getting tired. I think the Coop should give people who've been in the Coop longer the ability to retire."

There was mixed reaction to Fitz's proposals. A few members wondered about data. How would expanding the age guidelines affect the Coop, not just now but in the future when more of our boomers hit retirement age? Fitz did not have the data but General Coordinator Jess Robinson said only a relatively small number of people qualify for the current retirement benefit: 323 people.

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Next General Meeting on November 30

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, November 30, 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 December will be posted.

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Coop Event Highlights

Fri, Nov 19 • The Very Good Coffeehouse: Swing Street Orchestra 7:30 p.m.

Thu, Dec 2 • Food Class: Fermented Foods 7:30 p.m.

Fri, Dec 3 • Film: Reporter 7:30 p.m.

Sat, Dec 4 • Food Drive to Benefit CAMBA 11:00 a.m.–4:00 p.m.

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

Night of the Cookers

CONTINUED FROM PAGE 1

my ears, regaling us all at some General Meeting about how many hundreds (thousands? zillions?) of pounds of kale the Coop went through each week. This is what made it for us—that the ingredients in the dish were so representative of what's great about the Coop—the whole wheat buns, the chorizo sausage from a nearby farm, and yes, the kale! And the pumpkin ale was such a knock-out even on its own, so seasonal, and also the perfect match for our kale and chorizo dogs."

The Cooks and Their Dishes

The nine cooks took their first steps toward the event back in May and June, when they submitted their dishes to the steering committee for evaluation. None are professional chefs, but many had some formal training or experience.

Teri Gorbea, a member since 2002, is writing two cookbooks for people with food intolerances, and her recipe for figs and goat cheese was designed to be healing and healthy. Helen Castillo, a member since 2003, is a raw chef-instructor and founder of The Raw Palate®, a living foods lifestyle organization she established to educate others on the benefits of healing the body through better food and lifestyle choices.

But all expressed a deep love for cooking, and for feeding people. Eduardo Gonzalez, a member since 1995, is a human rights advocate at the International Center for Transitional Justice.

"I grew up in Peru," Eduardo said, "in a very conservative environment where it was not common for men to be interested in the kitchen. However, I was really curious about cooking and asked questions all the time. I remember, on one occasion, an aunt showing me a pot with some rotten food and telling me that I had ruined the food because I had some sort of 'evil eye' and that I should keep away from the kitchen."

"However, I eventually overcame resistance and with time, my grandmothers would become my allies and teachers. So, I love cooking. I cook for my daughter, for friends, for myself. It is an emotional link to my country and to my family growing up. When I saw the call for partic-



PHOTO BY DALIENNE MAJORS

Waiting for the results of the culinary cookoff.

ipants, I didn't think twice."

That initial impulse led to a serious commitment. Once accepted as finalists, the cooks faced a long road of planning and preparation before reaching the point of serving their food at the event.

Grace M. Cho, a member since 2004, served a version of Korean bibimbap. "I developed this recipe specifically for the event," she said. "I grew up eating my mother's Western-inflected Korean cooking, so in that sense, it was inspired by my background as a Korean American of mixed race. I first thought of bibimbap because you can use a lot of different vegetables, and it seemed like a perfect way to showcase the Coop's produce. I did four test runs of the dish with different groups of tasters. Some of my tasters had eaten bibim-

bap a thousand times. Others were unfamiliar with Korean cuisine. I also asked kids to try it. By the end, I knew I had something that pleased a wide variety of palates and still embodied the spirit of bibimbap."

Grace estimated that she spent 40 hours preparing the dish. Other cooks' estimates ranged from a low of six hours to a high of 48 (all received four FTOP shift cred-



PHOTO BY CLARICE KERULIFF

Music by the Coop's string quartet.

its for their participation).

And some continued working even during the event. Yuichi set up a grill in the back garden to cook the chorizo for his dish, so that it would be fresh and hot. "I love to grill," he said. "But I think I've had enough for a while."

Eating, Drinking, Talking, Voting

The Coop coordinators decided to limit ticket sales to 130. The price for adults with alcohol was \$20; adults without alcohol, \$15; children, \$5. The tickets sold out two weeks before the date. Most of the attendees were Coop members, but a number of non-members also attended. Adding in the cooks and the volunteers, about 175 people attended.

The event's initial half-hour was chaotic, as the crowd surged into the building even as the cooks were putting the finishing touches on their dishes. But when

the initial rush was over and it became clear that there would be plenty of food and drink for all, people relaxed and the mood became festive and mellow. The Coop String Quartet added lovely grace notes, and a tented seating area outdoors allowed people to

relax and compare notes.

At one table, five people had accumulated about 30 small plates of food, glasses in front of everyone. Sara, who joined in 2009, had come with friends from her shopping squad. "We've tried pretty much everything," she said. "We love the pairings. That pumpkin ale is terrific. We also really appreciate the seasonal aspect of the event."

Vita, an FTOP member since 2005, was in charge of a station that presented a selection of Coop cheeses paired with a keg of Red Hook Winery Merlot 2008, made from fruit grown by Jamesport Vineyards on Long Island's North Fork, donated by Angel's Share, a Brooklyn-based company. "Everyone is having fun," he said, "and they are so knowledgeable about the wine. There's lots of talking and learning."

Two other wines were donated by Bruce Schneider, a winemaker, importer and Coop member. "I present my wines at a lot of events around the country but as a Coop member it was extra special to do one in my own backyard," he said. "I have always known that we have exceptional ingredients but I was never aware that we had so many talented chefs. The dishes the wines were paired with brought out the best in the wines and I think the wines also brought out the best in the dishes."

RETURN POLICY

park slope
FOOD COOP

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

REQUIRED FOR ANY RETURN

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

CAN I EXCHANGE MY ITEM?

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

CAN I RETURN MY ITEM?

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

NEVER
RETURNABLE

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

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

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

RETURNABLE

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

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

THE MENU

Marietta Abrams Brill

Moroccan Tilapia

Helen Castillo

Raw Lasagna

Grace M. Cho

Bibimbap Reinvented

Megan Devir and Yuichi Seko

Chorizo Dogs with Kale

Ed Erdos

Chicken Paprikash a la Ed Erdos

Eduardo Gonzalez-Cueva

Peruvian Stew & Tacu-Tacu

Teri Gorbea

Stuffed Figs with Honey Goat Cheese

Meera Gowda

Bangalore Beets

Lisa Grauer

Roasted Root Vegetables with Goat Cheese

By that point there were still nearly a hundred people remaining, including many friends and family members of the cooks. Speeches were made, thanks and acknowledgments were offered and there was a great deal of applause.

John Tucker, owner of Rose Water restaurant and a member of the steering committee, told the crowd that "Jason, in particular, needs to be singled out for his tireless work. He brought everything together with an incredible effort. Thanks, too, to all nine cooks for the enthusiasm, thoughtfulness and the tremendous work that you put into the event. You all did a fantastic job!"

Katy Sparks, another member of the steering committee, added her perspective. "As a professional chef, I have participated in quite a few cookoffs and tastings. This one was special indeed. Not only was the caliber of the food and beverages at the highest level, but so was the spirit of community. Hats off to all who made this such a rare and welcome demonstration of the collaborative nature of celebrating abundance!"

Then it was time to reveal the results of the voting. Some people thought that all the cooks had won, and no winner should be announced. But the prize was an extra five FTOP shift



Meera Gowda's Bangalore Beets.

PHOTO BY DALIENNE MAJORS



Lisa Grauer's dish, Roasted Root Vegetables with Goat Cheese.

PHOTO BY DALIENNE MAJORS

Katja, a non-member and friend of Grace Cho, came from Williamsburg. "It's beautiful to have an event like this," she said. "It's easy to see that everyone involved went the extra mile to do their best. And what a wonderfully diverse community. It speaks to what is so positive about the Coop."

There was a recurring complaint, or, perhaps, request: Where was dessert? "The only thing that did surprise me was that there was only one dessert, which was my Stuffed Figs," said Teri. "Some of the guests did comment on this. Perhaps this is why we ran out of figs about 45 minutes before the event ended!"

As the evening wound down, the ballot box filled. Each attendee was invited to

vote for his or her favorite dish (without considering the beverage, or the pairing). Jason Weiner, the coordinator who was the principal liaison between the event and the Coop, counted the ballots. When they were totaled, everyone was called into the main room to hear the results.



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

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AND MAKE YOUR
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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.



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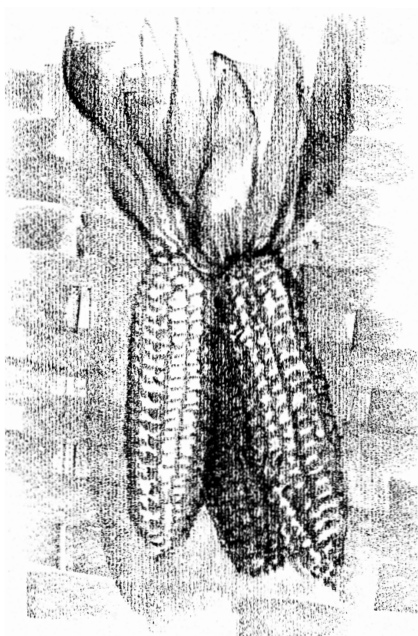
The Bay Ridge Food Co-op is moving ever nearer to opening its doors, providing a valuable new resource for communities across South Brooklyn and beyond.

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

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

PSFC members receive FTOP credit for their work!

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



GENERAL MEETING

CONTINUED FROM PAGE 1

ple, with 100 of them already on leave for various issues. The Coop doesn't keep records on how old members are, so it's not known exactly how many more could retire under the proposed change, Robinson noted.

How would expanding the age guidelines affect the Coop, not just now but in the future when more of our boomers hit retirement age?

Other members, like Jason Das, took issue with bringing a proposal to the floor that they believed addressed a personal problem and not what they considered a Coop-wide issue. "It's not well thought out in terms of numbers and in terms of the Coop as a whole," he said.

Who Wants To Retire?

But perhaps the most vocal opponents, not just to expanding the retirement age but to having any retirement policy at all, were some long-standing General Coordinators. Mike Eakin said he "didn't believe in retirement. I'm 77. I'm a little retired. I don't work on Wednesdays. Americans need to get used to the idea that we won't retire."

This sentiment actually elicited some boos in the hall.

General Coordinator Joe Holtz's appeal was more philosophical: "We built the Coop on the idea of member work. Our Coop requires work. This proposal makes me sad. We're going to reward you by letting you not work. The reward isn't not working. The reward is membership." Holtz and others pointed out the institutional knowledge we would be losing by letting the longstanding members—many of whom have sterling attendance records—retire.

The Measure Passes

But other members disagreed, including Susan Metz, a 31-year member who is now retired. "I'm 67," she said. "I do not feel my experience is wasted. I still reprimand people for eating on the floor. I write to the *Gazette*. I come to meetings. Do not think we will go flaccid. This is a fair thing. You'll enjoy it," she said, addressing Fitz and other potential retirees in the room.

In the end, the measure narrowly passed.

FTOP Scheduling

FTOP came up again in another proposal, this one submitted by Jeanne Solomon, who suggested that

FTOP workers be able to make up shifts without being scheduled to do so in advance. Solomon explained—echoing Fitz's earlier complaints—that FTOP shifts had become difficult to schedule for people who worked business hours. "It's impossible to schedule shifts, except at 6 a.m.," she said. As a result, people were kicked off FTOP. Given that there was a need for makeup shifts, why not allow FTOP workers to do makeups?

The answer from coordinators was swift. Amending the FTOP program so that workers could just drop in for any shift, said Jess Robinson, would essentially "circumvent the entire program." Robinson explained that FTOP was created to allow members with irregular schedules to work at the Coop, but "the Coop directs their labor where needed. The whole point is that people schedule through the office in advance." Robinson said the staff figures out which shifts should be made available for FTOP, but simply allowing FTOP workers to do makeups whenever they want would undercut the system as workers could just show up for makeups when they weren't needed. And understaffed shifts could be even more anemically staffed. (As an example of this problem, she described the "makeup clump" on a Monday holiday, when everyone shows up for a makeup and a shift is completely over-



Clockwise from upper left: Jeanne Solomon, Imani O'ryn, Ann Herpel, Erach Screwvala, Jessica Robinson, Joe Holtz.

PHOTOS BY ANN ROSEN

subscribed—a squad leader's nightmare.)

Moreover, Robinson pointed out that there were several FTOP openings: 25 shifts for the week of the meeting, 68

for the following week.

There was little support for this proposal. General Coordinator Ann Herpel was "really against it. One of our jobs as coordinators is staffing, to

What Is That? How Do I Use It? Food Tours in the Coop

What you are
is a spike of energy driven into the earth
Everything you think, say and do sparks
energy affecting all that lives around you

It is there for you
waiting, hand out-stretched
Reach out
Take it

With right thinking, right saying
and right doing
you facilitate the same in others
This goodness collects
and never dissipates
It is available to anyone at any time

The Park Slope Food Coop
Lending a Hand

by Myra Klockenbrink

Wrong thinking, saying and doing
works similarly
but I say: Focus on the Good
In every situation the good is present
waiting for you to acknowledge it
so it can come to you

Once goodness is activated
evil is rendered powerless

Be alert
to goodness

Mondays

and

**December 6 and
December 13
noon to 1:00 p.m.
1:30 to 2:30 p.m.**

You can join in any time during a tour.

The Brooklyn Food Coalition invites you to the

Black Farmers and Urban Gardeners Conference

NOVEMBER 19–21, 2010

Brooklyn College, Student Center

1 Campus Road between East 27th Street & Amersfort Place, Brooklyn, NY

Join growers, activists, students and leaders from across the nation to help build networks, cultivate ideas and convene in our communities.

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- **Farmer-to-Farmer:** Strengthening networks.
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- **Building Self-Reliant Communities:** Exploring food system models.
- **Seed to Table:** Bridging the rural-urban divide.



WILL ALLEN, Growing Power Founder & CEO and MacArthur Fellow, is the keynote speaker at the November 20th plenary session. Learn about registration fees, workshop and more online.

www.blackfarmersconf.org

Directions: 2 train to Flatbush/Brooklyn College or B41, B44, B6 or B11 to Nostrand and Flatbush. Walk west on Hiller Place, turn right on Campus Road.

FREE childcare and affordable food available onsite!

Black Farmers and Urban Gardeners Conference is seeking Brooklyn hosts for out-of-towners coming to the conference—most of them farmers! If you have a separate room for guests, please e-mail nancyromer@gmail.com with your e-mail, phone, home address and description of the space available. Hosts needed from Friday, Nov. 19–Sunday, Nov. 21.



Samantha Natov of the Chair Committee presides, as members Susan Metz and Jason Das debate the retirement issue.



PHOTOS BY ANN ROSEN

make sure that when you as a shopper come in, there's lettuce, there's bread out. We couldn't do that if this passed."

Tim Platt, who works FTOP for his and his wife's work-slots said: "Personally, I'd benefit from this. I still think this is a bad idea. It [FTOP] is inconvenient. It's irritating at times. It's important."

In the end, Solomon withdrew the proposal before submitting it to a vote, saying she would rethink and possibly bring a different proposal or discussion item back to a future GM.

Agenda Committee Elections

FTOP was not the only game in town. The Agenda Committee, which decides on the agenda for the GMs, held its election. Four two-year posts were open and each of the candidates—incumbents Glenn Brill and Erach Screwvala and newcomers Robin Campbell and David Pagan—were elected. GM attendees also got an interesting (and relevant) lesson about how the Agenda Committee operates. Brill explained that it was formed to facilitate the general meetings, "so that the GMs wouldn't be consumed about what to talk about." It is a neutral committee, not deciding on the merits of a proposal's worthiness, Screwvala explained. "Our job is not to weed out the good from the bad." The only time the committee will make a judgment call is if members deem a proposal to have a substantial impact on the Coop; then it is more likely to be put forward as a discussion item first before it becomes a pro-

posal to be voted on.

Ann Herpel used her Coordinator's Report to discuss the many ways that the Coop is helping other fledgling food coops in the city and also commented on the state of some of those coops. Both she and Joe Holtz offer advice about operations, inventory, membership, legal issues and more. They do targeted mailings to PSFC members in a new coop's area. They have facilitated the start of the Food Coop Alliance, where members of the local coops meet at the PSFC once a month as a sort of support group. PSFC members can also satisfy their work credit by volunteering at another coop. Herpel noted that the Bushwick and Grass Roots food coops have started buying clubs and the Bay Ridge Food Coop had a CSA over the summer.

Mike Eakin's financial report showed the usual solid numbers. Sales are up 6 percent over a year ago, even though membership is up less than 1 percent.

Nancy Romer gave a pitch for the Brooklyn Food Coalition, which is an interesting hybrid, blending community group and PSFC squad. She described the coalition as an organization committed to "grassroots action around food and justice," with a loose alliance of nine neighborhood-based groups. The Brooklyn Food Coalition PSFC squad has 30 members and is doing a lot of work in schools, lobbying for healthier, locally sourced school lunches. Romer put out a call for PSFC members wanting to bring the PSFC values out into the community and particularly into underserved schools to think about joining the squad or getting involved with the coalition.

Open Forum yielded a handful of questions pertaining to walkers—in a nutshell, they are not required to babysit dogs, carts or children—to bulk item baggies (if you want items bagged in

larger bags, you can always page for food processing to pack you up an extra-large bag of dried mangoes or whatnot), and whether or not the Coop might stock larger biodegradable garbage bags (probably not).

In the end, in spite of quite a packed agenda, the meeting ended on time. And dozens of Park Slope Food Coop members benefited from the bewildering, oft-frustrating FTOP system by receiving a work credit for attending the meeting. ■

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NO RESERVING OF BIRDS.
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Bell & Evans (New Jersey):
8 to 22 lbs., \$2.44 lb. **THURS 11/18**

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10 to 22 lbs., \$2.79 lb. **FRI 11/19**

Stonewood Farm Pasture-raised (Vermont):
12 to 20 lbs., \$3.32 lb. **MON 11/22**

McDonald Farm Heritage Breed (American Bronze)
(New York) 12-26 lbs., \$4.32 lb. **MON 11/22**

Eberly Certified Organic (Pennsylvania):
8 to 24 lbs., \$4.31 lb. **FRI 11/19**

FROZEN Wise Kosher Certified Organic (Pennsylvania):
10-24 lbs., \$4.92 lb. **TUES 11/16**

All the above are delivered FRESH, except for Wise Kosher. All are free-range, locally raised, hormone & antibiotic free.

* a service policy whereby the requests of customers or clients are attended to in the order that they arrived, without other biases or preferences.

Puzzle Corner

Stepping Out

Each of the puzzles here begins with a two-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
ROD
ROAD
RADON
ORDAIN
INROADS
DINOSAUR

Add a D to get...
Add an A to get...
Add an N to get...
Add an I to get...
Add an S to get...
Add a U to get...

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.

A T
L A T C H

I T
F I G H T

R E
F L A R E

G O
G L O S S

S O
L O O S E N

P A
C A M P E R

U S
S E C U R E

M E
M A C H I N E

I S
W H I S K E R

W E
S T E W A R D

Puzzle author: Stuart Marquis. For answers, see page 15.

GOOD EATING

Let Your Consciousness Be Your Guide

By Donna Cameron

Ever wonder why nothing tastes as good as Nona's tomato sauce or Bubba's chicken soup? Well, it's not just the wholesome ingredients. It's the loving, caring energy that goes into the shopping, the preparation and the serving. But those who subscribe to the philosophy of "conscious eating" go a step further. They believe we get good old-fashioned energy just by choosing to eat organic or minimally treated produce. Followers also claim that awareness of food production and espousal of conscious choices in a diet promote a positive disposition and heighten expectations of longevity.

"For all of my 20s, I suffered digestive problems, hypothyroidism, chronic fatigue, depression, amenorrhea, low metabolism, sore throats," says Coop member Aimee Follette. "As a student of medicine, I always had the intuition that food played a much more important role in our lives than what is taught and always studied nutrition on my own time." Her studies led her to Gabriel Cousens' book *Conscious Eating*.

Follette, a former Bikram yoga studio manager, is the creator of Sun in Bloom, Park Slope's new "Conscious Eating" styled restaurant on Bergen Street. Her kitchen offers a menu of organic, vegan and living food creations, a "journey toward self-consciousness and social well-being."

No Single Diet Plan

"Conscious Eating" advocates believe there is no single correct diet plan for all. Each person is unique by genetics and, by situation, different each day. Strict practitioners insist that vegetarianism, including a sincere intention to strive toward a greener diet, is essential to good health. They say only the individual can truly know the best diet plan for what they call the individual body-soul complex. Some Coop shoppers find this philosophy intriguing, but a little scary.

"If only you can choose, where do you start? How do you know you are getting enough protein? worried FTOP worker Marina K., when interviewed at the poultry case.

The author of *Conscious Eating* maintains that we consume more protein than we actually need. Cousens, whose book has become the testament for *Conscious Eating* followers internationally, holds that human beings were meant to be vegetarian, and that all nutritional needs can be met by a vegetarian diet. In his book, which was first published in the 1990s, Cousens expresses his outlook on diet fervently, inspired by the motifs and ideas of global religions.

"Nutrition in the context of the Tree of Life is eating when one is already glowing with life and joy, rather than attempting to gain joy through food. Individualizing one's diet ... is eating to further enhance communion with the Divine," writes Cousens.

PSFC shopper Julie S., wheeling a small shopping cart alongside her baby in the produce aisle recently, expressed concern about the effects of a meatless diet on growing children. "I understand the greener concept, but I was not raised vegetarian myself, nor was my partner," she said.

For her part, Follette asserts that the nourishment of one person can cause a ripple effect throughout the entire community. She speaks passionately about "our need to self-educate about daily nourishment," and describes her restaurant as a "holistic eco-eatery" that adheres to sustainable solutions for diverse consumer preferences. The menu lists meatless items such as a burger, a burrito, and a reuben.

"Eating should be a pleasurable experience and considering most of our guests are non-vegan, this is a testament to that fact that vegan food can be tasty," Follette says.

Proper food consumption is key to a balanced, harmonious life. "What we eat," writes Cousens, "is both the cause and effect of our awareness. It reflects the totality of our ongoing harmony with ourselves, the world, the universal laws, and all of creation."

"Nutrition is personal," said PSFC member Jack N., "and

awareness is big." With his young son in the driver seat of his grocery cart, he mused, "Yes, listen to your body for the best daily food choices. But can infants and young children do this? Maybe."

Individual nutrition needs vary unpredictably. As General Coordinator/Produce Buyer Allen Zimmerman noted, there are daily professional and personal challenges to what he calls "Conscious Buying."

"More important, I think, to conscious eating is an awareness of the sustainability of your food product," he said. "The trend I see here at the PSFC is toward sustainable and local food products. Many of the foods that 'Conscious Eating' doctrinaires advocate are not local and are not sustainable. Conscious Buying, therefore, is tricky."

Bananas, he pointed out, are farmed in Third World countries on large plantations under "some terrible working conditions." And the Thai coconuts that come saran-wrapped with a straw ready for sipping are "cut open 12,000 miles away" and treated with chemicals, including formaldehyde, which the workers on the coconut farms are exposed to. The workers' wages also are very low. But the coconuts are popular with some raw food practitioners, Zimmerman explained.

"I don't approve of these

Work the system.

The Coop needs your labor between now and Thanksgiving.

Now is the time to knock out those make-ups or get ahead on FTOP.

FTOP workers must sign up for shifts through the Membership Office.

park slope
FOOD COOP



ILLUSTRATION BY PAUL BUCKLEY

conditions, but I try my best to do my job right and to buy for all of the membership's diet choices, not just my own," he said.

Different Diets for Different People

In his groundbreaking 1956 work, *Biochemical Individuality*, pioneering nutrition scientist Roger Williams reported that, when it comes to diet, the average man "does not exist." Different people respond differently to the same diet factors. Each person has unique nutritional needs, with a need for different amounts of vitamins, minerals, carbs, proteins, sugars and fats present in raw and/or processed foods. Statistics now show that fad diets boasting scores of glowing testimonials work only for

a small fraction of that particular diet's subscribers, and not for much larger percentile of practitioners of that same diet.

Cousens names 10 "constitutional types" of human physiologies, combinations of three distinct "doshas," or energies that function in different patterns. There is Vata, kinetic energy; Kapha, or stored potential energy; and Pitta, the energy which balances the other two, essentially opposite, energies in the body. He says Pitta is balanced by the body's metabolic, glandular and endocrine functions and directs food nutrients for cellular performance, catalyzing mind function, and the processing of data.

At Follette's Sun in Bloom the menu offers food made on the premises from raw ingredi-

ents. Follette is a big advocate of living food, which is different from raw food. Living food has been sprouted, and she says that means the life force energy is brought back into the food. Still, she chooses ingredients to make her menu accessible to a majority. For example, she says since 75% of the world's population is lactose intolerant, she feels that offering dairy products would only support 25% of the community. She also excludes meat, her decision fed by the belief that hormones, toxins and energy in meat lead to high blood pressure, heart disease, and cancer.

"It is my dream that more people truly understand that food is medicine and we do not have a life sentence for cancer or heart disease. We

have a choice," she said.

Conscious eaters also believe that agriculturally speaking, the conscious eating food chain originates on the farm. Energies projected by the farmer, the farm's labor philosophy and packaging principles dictate the energy potential of the farm product. According to Zimmerman, PSFC's beloved organic farmer, Amy Hepworth of Hepworth Farms in Milton, NY, creates a positive, living energy in her farm's production on all levels.

"First time I was on her farm, she showed me how some small creature had eaten some of her vegetable greens," he said. "Rather than kill the animal, she chose not to kill it, but to tolerate it. She doesn't use sulphur, which is permissible to use under organic regulations, to kill apple scab because it also kills earthworms. She doesn't want killing to happen on her

farm and takes great measures to prevent this. Amy cares deeply about the affordability of her produce and will sometimes lower prices for us, saying, "this one is for the members". She will say this several times a season. She brings value to the PSFC membership. We are privileged to be important to her."

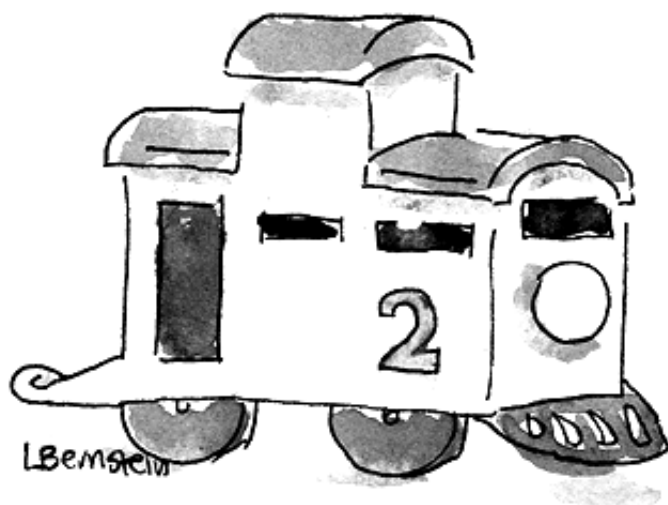
If you are not a vegetarian or vegan, if the term "raw food makes you think of downing live goldfish in a college society initiation, yet you are attracted to the Conscious Eating philosophy, never fear. There is strong support for your personal decision process, no judgments.

"There are some choices in my own diet which I feel that I need, that I like, and that might be perceived by others to be not the healthier or green choices. I would not give up those items," Zimmerman said. ■

Do You Have Any Gently Used Toys?

The Coop Childcare Toy Collection is looking rather sparse these days. Our wish list: trains and tracks, large cardboard blocks, food and dishes for the play kitchen, matchbox cars. The toys must be suitable for toddlers. Nothing with batteries, please.

If you have toys to donate, email annette_laskaris@psfc.coop. Please do not leave toys in the Childcare room.



Follow the Food Coop on

twitter



@foodcoop

Food Drive to benefit CAMBA's Annual Holiday Food Drive

Saturday, December 4
11:00 a.m. – 4:00 p.m.



Members of the Park Slope Food Coop are encouraged to donate food to CAMBA's Beyond Hunger Emergency Food Pantry. CAMBA is a non-profit agency that has been providing services that connect people with opportunities to enhance their quality of life, since 1977. CAMBA serves more than 35,000 individuals and families, including 8,000 youth, each year, from more than 50 locations in New York City, mainly in Brooklyn, including more than 15 school-based programs.

Do Contribute

Non-Perishable Foods and Commercially Packaged Foods

Canned Fish
Canned Fruits & Vegetables
Pasta Sauce
Pasta
Pre-packaged Rice
Pre-packages Beans
Canned Beans
Canned Soups
Parmalat Milk
Dry Milk
Peanut Butter
Boxed Raisins

Don't Contribute

Perishables
Items from bulk bins & silos
Items packaged in the Coop

Refrigerated foods
Frozen foods
Tea
Sweets
Juice (bottles or juice packs)
Baby Food
Crackers



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

LETTERS TO THE EDITOR

REGARDING THE
THREE-EYED MAN

TO THE EDITOR:

Intelligent people might disagree about “genetically modified foods,” but the banner with the three-eyed, cartoon man above the Coop entrance is idiotic. Do those members responsible for it oppose, for example, providing rice that has been genetically modified to include much-needed iron and vitamin A to malnourished children in underdeveloped countries?

Sincerely,
Mark Dow

OPEN THE BOYCOTT
DEBATE

TO THE EDITOR:

We need to engage in the debate over whether to join the international campaign for Boycott Divestment and Sanctions against Israel (BDS). Joe's comment in the last Coordinator's Corner supposes and thus ensures that we will. Let's prepare ourselves for the controversy. Although I am not satisfied with the level of participation nor with the mechanisms that facilitate and/or limit that participa-

tion, I am confident that we can model mature debate as we model cooperation in our work in squads. Rather than being anxious about the upcoming deliberation, I am looking forward to it.

As a conscious community we have the privilege, right, responsibility and obligation to use the power and the influence we have earned. Our power is as a collective of consumers. Our influence is a result of the unique institution that we built together, and in our numbers.

I am uncomfortable with Joe's suggestion in that *Gazette* Coordinator's Corner article that we change GM voting procedure to require a 2/3 supermajority to join a boycott, clearly made in anticipation of this debate. He is anxious about divisiveness.

Open and productive debate requires a level of maturity. We have to each look into ourselves and understand that out of respect for our common commitment to the Coop that we are not going to hurt each other to win this point, not physically, nor each other's feelings by using humiliation or ridicule. We will argue our perspectives militantly, using information that can be corroborated and logic that can be followed. Then, we will vote.

Asking us to decide to change to a super-majority in the context of this upcoming controversy is too obviously a procedural way of short-circuiting consideration of the content of the debate over BDS. It can be seen as a maneuver to saying No to joining the campaign by demobilizing members. I think that would be a bad mistake. Nonetheless, discussing the requirement for a super-majority vote in some cases is an interesting suggestion that I want to consider and think through on its merits.

Each of the two issues has significant implications, and each deserves to be discussed, debated and voted on based on the points raised by members over a reasonable amount of time.

The Agenda Committee has a challenge. I hope and expect that the Agenda Committee will put each motion before us at one or another upcoming General Meetings as a 'Discussion Item' to be debated so that we can hear the arguments on all sides. Presenting controversial issues first as a 'Discussion Item' is the instruction that has come to them from previous GM's, and the precedent has served pretty well. When we are ready, wording each item as a 'Resolution for a Vote' will take some serious thought. What an opportunity we have!

In solidarity and with respect,
Susan Metz

BOYCOTT SONNY AND
JOE'S

DEAR COOP MEMBERS,

I have noticed that Sonny and Joe's is gracing our fine Coop shelves. Sonny and Joe's is one of the brands from East Williamsburg-based Flaum Appetizing Corporation. About 3 years ago, 17 workers who were not being paid overtime wages tried to form a union with the IWW NYC General Membership Branch. In response, Flaum owner Moshe Grudhut illegally fired these hard working men and women some of whom had worked there for 13 years. Since then the National Labor Relations Board has ruled that Mr. Grudhut needs to reinstate the workers and give them back pay. Instead of following the court order Mr. Grudhut continues to evade the law, using the workers' legal status as an excuse.

Earlier this year the workers approached the Focus on the Food Chain campaign for help in receiving a settlement for unpaid overtime from Flaum. The workers, with Focus on the Food Chain, are now leading a pressure campaign against Flaum Appetizing and Mr. Grudhut by asking consumers to avoid purchasing Flaum products and those that they distribute. Additionally, the workers are seeking support from grocery stores to commit to dropping Flaum until a settlement is reached.

This month at the General Meeting you will be able to weigh in on whether the Coop should support the workers and discontinue sales of Sonny and Joe's and avoid purchasing other Flaum Appetizing products. I encourage Coop members to also avoid Flaum products at other stores until Moshe Grudhut complies with the law. In addition to Sonny and Joe's, Flaum Appetizing produces products under its own name and distributes Bodek and Tnuva in the NYC area. The workers appreciate your support. Thank you for reading.

Sincerely,
Joseph Sanchez



RE: BARNEYS CO-OP

DEAR LINEWAITERS'
GAZETTE:

Is the Coop seriously considering taking legal action against Barneys? They have been using the term "Co-Op" for many years in their ancillary stores across the country. Does the Coop have that much money to throw around to engage in a legal tussle that we will lose?

Wouldn't it be much better to use that money toward helping the needy in our community and upholding the higher principles that our Coop stands for?

I agree wholeheartedly with a letter from J.A. Tamarkin published by you: that if the name is in violation of NY business law, it is a matter for public officials to address.

I have been a member for many years and love and support all of the improvements and directions the Coop has taken. But I believe that engaging in frivolous lawsuits is counterintuitive to the ideology of the Park Slope Food Coop.

Thank you for your consideration,
C. Pujols

WHAT'S IN AN EMAN?

Food Coop parents on the lookout
For distinction, throw the book out!
Need an original name for ybab?
Visit the nomenclature lab:
Topsy-turvy names are its job,
Branding your new Irig or yob.
Leading the list is a feminine gem
Fit for a beauty: Assilem;
Maybe she's a playful treasure
Meriting Rehtaeh or Esor.
On the other hand, if you've got
A dal, he'll scoot and skip as Mot,
Though by going and calling him Mada,
Possibly he'll be much gladda.
Macho might matter and if so,
Launch the kid as I. G. Joe.
Might such dubbing be pollyanna?
Play it safe—choose Otto or Anna.

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.



LETTERS TO THE EDITOR

TWICE IS TOO MUCH!!!!**HELLO,**

I just came home from the Food Coop. I have purchased 'Mixed Baby Greens from Earthbound Farm'. For the second time in a few weeks I had to throw out the salad. Products like this at the Food Coop MUST mark the date of expiration. This time I will demand a refund.

Rino Varrasso

EARLY BIRD**MEMBERS,**

Does the early bird have to hawk all the worms? In this case workers who stack the bread at the early shift. Do they have to take all the day old croissants and raisin walnut rolls for themselves, like one person this morning, 10 per bag and unwilling to share two pieces? Nothing left for shoppers, when fresh ones have not arrived yet! Cooperation!!!! Not en vogue any more in the Coop?

Ingrid Cusson

LUSCIOUS LYCHEES VS ISRAELI BOYCOTT**TO THE EDITOR,**

Being a "responsible" consumer in the "age of boycott Israeli products" can make buying "luscious lychees" a political act. (Jewish Week, 11/13/10, "Battered By Boycotts.")

Letters critical of the Olympia Food Coop did not address the Board's position:

"The Israeli product boycott is part of a nonviolent international grassroots campaign of boycott, divestment, and sanctions (BDS) to compel Israel to follow international law and respect Palestinian human rights."

The following points were part of an oral presentation to the UN General Assembly, 10/20/10, by Richard Falk, UN Special Rapporteur on the situation of human rights in the Palestinian Territories occupied by Israel after the 1967 war (ElectronicIntifada.net, 11/5/10).

"With the blockade of Gaza, there has been a tendency to overlook Israeli encroachments on the rights of the Palestinian people living in the West Bank and East Jerusalem. The cumulative effects of the settlements,

the security wall, extensive settler only road network has been to convert the occupation into creeping annexation.

"In a different manner, but with comparable results, the extension of Jewish presence in East Jerusalem by way of unlawful settlements, house demolitions, revocations of Palestinian residence rights, makes it increasingly difficult to envision a Palestinian capital in East Jerusalem.

"Security Council Resolution 242 calls for Israel to withdraw from territories occupied during 1967 war ... with the widely-held assumption that Palestinian rights of self-determination would be satisfied by the establishment of an independent and sovereign Palestinian state on presently occupied territories.

"The Israeli occupation has many features of settler colonialism and, thereby, runs directly contrary to the rights of all peoples to live free of alien rule, a position affirmed in Article 1 of both UN human rights covenants and an elemental feature of international customary law.

"Gaza remains disturbing from the perspective of human rights and international law. British Prime Minister, 7/27/10, said: "Gaza cannot and

must not be allowed to remain a prison camp." Entry of basic necessities to Gaza remains 1/3 the level in 2007 before blockade. Israeli Policy prohibits exports which destroyed more than 90 percent of Gaza entrepreneurial activity.

"The blockade is a form of collective punishment prohibited by Article 33 of the Fourth Geneva Convention. It has been declared unlawful by the Human Rights Council panel: suffering inflicted on the civilian population of Gaza was disproportionate to any Israeli security justification.

"Neither the governments of the world nor the United Nations are prepared or able to uphold Palestinian rights. The boycott, divestment and sanctions (BDS) campaign, a grassroots movement, seeks to fill the void by applying pressure on Israel to uphold its obligations under international law with respect to the Palestinian people."

As Ethan Bronner stated (NYT, 10/29/10): "International impatience toward Israeli treatment of Palestinians has been growing," and that includes in the United States of Brooklyn.

*Mary P. Buchwald
Brooklyn For Peace*



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
Dec. 17

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

David Roche is a singer/songwriter from a family of famous singer/songwriters. (The Roches are his sisters) He's been writing songs from an early age. "It's hard to get out of the way of the music in my family. I've written songs and performed with my wife, my daughter, my sisters, my in-laws, the list goes on and on. It's a nice situation if not a little strange." Roche's most recent album of original material is *Harp Trouble In Heaven*, available as a free download at davidroche.net. Coop member **David Kumin** will play bass and Michael Graves cajone.



Louis Rosen is a multi-award-winning songwriter, guitarist and pianist, best known for his recent recordings and performances with the jazz/pop vocalist and Broadway musical actress, Capathia Jenkins. Louis goes solo this time to preview selections from his latest song cycle, the folk-based *Time Was*. Accomplished Broadway actress and fellow Coop member **Charlotte Maier** (vocals) has promised to sit in. "Brilliant" (*New York magazine*). "Music that stirs the soul" (*The Huffington Post*).

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...

Third Thursday
NOVEMBER 18
7:00 P.M.–9:00 P.M.

Last Sunday
NOVEMBER 28
10:00 A.M.–2:00 P.M.

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

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

PLASTICS

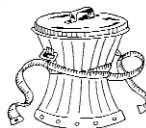
What plastics do we accept?
Until further notice:

- #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.



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WORKSLOT NEEDS

Bathroom Cleaning

Tuesdays, 12 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.

Store Equipment Cleaning

Mondays, Thursdays

6:00 to 8:00 a.m.

The Coop is looking for members to clean the checkout area of the store. It entails cleaning the scales at each checkout and vacuuming

around the base of the checkout station as well as sweeping and occasionally mopping. You will work under the supervision of a staff person.

Office Set-up

Mondays, Tuesdays, Thursdays,

6:00 to 8:30 a.m.

Need an early riser with lots of energy to do a variety of physical tasks including setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? Please speak to Adriana or Cynthia in the Membership Office for more information.



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, NOV 30

GENERAL MEETING: 7:00 p.m.

TUE, DEC 2

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Dec 28 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Dec 2 issue: 7:00 p.m., Mon, Nov 22

Dec 16 issue: 7:00 p.m., Mon, Dec 6

CLASSIFIED ADS DEADLINE:

Dec 2 issue: 7:00 p.m., Mon, Nov 22*

Dec 16 issue: 7:00 p.m., Wed, Dec 8

* Notice deadline is two days earlier than usual due to Thanksgiving holiday

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, November 30, 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

nov 19
fri 7 pm

Harmonize Your Body, Mind And Spirit with Jin Shin Jyutsu

Jin Shin Jyutsu® is an ancient Japanese practice that balances the body's energy by simply using hands/fingers to eliminate stress, create emotional equilibrium, relieve pain and alleviate acute or chronic conditions. In this workshop, you will learn to boost your immune system, help with fatigue, relieve aching backs, alleviate stomach issues and address attitudes like worry, anxiety, anger, sadness — and more. Coop member **Phil Vergés** is a certified Jin Shin Jyutsu® practitioner, self-help teacher and licensed massage therapist.

nov 19
fri 8 pm

Swing Street Orchestra



Come join **Barry Bryson**, bandleader and trumpeter of the Swing Street Orchestra, and fabulous Coop jazz musicians for a night of big-band swing-dance music. Performers include **Cynthia Hilts**—piano, **Lee Hudson**—bass, **Rob Garcia**—drums, **David Phelps**—guitar, **Stephan Bauer**—vibraphone, **Lisa Parrott**—alto saxophone/clarinet, **Jenny Hill**—tenor saxophone/clarinet, **Marje Wagner**—vocals, and a surprise guest on trombone. **Liz Peterson** will give a brief swing lesson in the beginning and continue coaching people throughout. **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.**



Explanation: Flaum Appetizing has violated minimum wage and overtime laws. The NLRB has ruled that 17 workers who were illegally fired need to be reinstated but the owner, Moshe Grunhut, continues to defy the court order. The workers are asking stores to remove Flaum, Sonny & Joe's, Tnuva and Bodek products until a settlement is reached.

Item #4: Annual Sick Days (25 minutes)

Discussion: "Every Coop member should receive one 'sick day' per year when s/he can miss a work shift and not have to make it up." —submitted by Laurie Woods

Explanation: The Food Coop has many more members now than it has meaningful work to assign to them. It is burdensome to have to make-up every absence. We all have life issues—family obligations, illnesses, etc. Therefore each Coop member should get one excused absence per 12 months.

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.

dec 2
thu 7:30 pm

Food Class: Fermented Foods



Hideji Asanuma will discuss the secrets of Japanese longevity and how fermented foods such as miso, soy sauce, vinegar, amasake and mirin can be beneficial to a healthy diet. Hideji has more than 20 years of professional experience working as a chef in top-star restaurants in Japan, France and New York. His culinary interest has evolved to focus on healthy, heart-warming and authentic comfort food. He is a graduate of the Institute of Integrative Nutrition and is a certified health counselor. He currently works as a private chef specializing in Japanese cuisine. *Menu includes marinated gobo with tahini; spring roll with amazake dipping sauce; and soba salad with soy and mirin. Materials fee: \$4.*

nov 28
sun 12 pm

Acupuncture for Anxiety and Depression

Learn how acupuncture can help keep holiday blues away, reduce anxiety and help you sleep. A guided Qi Gong meditation will follow. Presented by licensed acupuncturist and Coop member **Annie Reibel-Coyne**.

nov 30
tue 7 pm

PSFC NOV 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: Disciplinary Committee Election (20 minutes)

Election: The Disciplinary Committee will present two candidates for election to fill existing openings. —submitted by the Disciplinary Committee

Item #2: Annual Coop Boycott Renewal (20 minutes)

Proposal: "The Coop will continue boycotting Coca-Cola products." —mandated by the General Meeting

Explanation: The boycott of Coca-Cola products is the only boycott the Coop is observing at this time. On an annual basis, the General Meeting must vote to continue any Coop boycotts.

Item #3: Boycotting Flaum Appetizing Products (25 minutes)

Proposal: "For the Coop to avoid selling Flaum Appetizing products and the products they distribute until a settlement is reached with their workers." —submitted by Joseph Sanchez

dec 3
fri 7:30 pm

Film Night: Reporter



Reporter, a 2009 Sundance Film Festival selection executive-produced by Ben Affleck, is a feature documentary about Nicholas Kristof, the two-time Pulitzer Prize winning columnist for *The New York Times*, who almost single-handedly put the crisis in Darfur on the world map. Now he wants to do the same for Congo, a humanitarian disaster zone where 5.4 million have died in the last decade as a result of the unceasing warfare over territory, resources and tribal hatred. He journeys through ravaged villages and displacement camps, and makes a harrowing visit to Congo's reigning rebel warlord, General Nkunda, at his jungle hideout. Filmmaker and Coop member **Eric Daniel Metzgar** is an award-winning documentarian.

dec 4
sat 11 am – 4 pm

Food Drive to Benefit CAMBA's Annual Holiday Collection

Members of the Park Slope Food Coop are encouraged to donate food to CAMBA's Beyond Hunger Emergency Food Pantry. CAMBA is a nonprofit agency that has been providing services that connect people with opportunities to enhance their quality of life, since 1977. CAMBA serves more than 35,000 individuals and families, including 8,000 youth, each year, from more than 50 locations in New York City, mainly in Brooklyn, including more than 15 school-based programs. 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.

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.

nov 19 2010—jan 15 2011

dec 4
sat 12 pm

Effective Tools for Rapid Personal Transformation

Want to move on — away from old emotional baggage to new, joyous ways of living? If you are open to transforming your old patterns, stress, hopelessness, anxiety, fear and more, it can be done. And it's easy and fun! The body is like a magnet, and when these experiences are in cellular memory, the body attracts the same experiences. Doctors and other professionals have used these techniques for daily stresses, eating disorders, robbery, rape and emotions such as anger, anxiety, fear and others. These remembrances can destroy the quality of life if not cleared. This unique, life changing technology will be demonstrated. **Susan March** and **Marija Santo** are Geotran practitioners.

dec 4
sat 3 pm

Banish the Holiday Blues

The winter holidays can be a stressful time. Learn a grassroots, peer-based process based on listening that empowers you to release difficult feelings, whether they are rooted in childhood experiences or in internalized oppressions. This workshop will teach the basics; you can then practice them in your own life. Coop member **Jennifer Joy Pawlitschek** has co-counseled for 20 years and is currently the NYC Co-Counseling International teacher and leader.

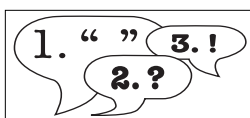
dec 4
sat 6 pm

Small Business Marketing Success

If you are a small-business owner and would like to grow your customer base, increase the average amount a customer spends per visit and increase the number of times a customer visits and buys again, then this workshop is for you. Coop member **Rene Brinkley** is a small-business marketing consultant with expertise in marketing and media strategies.

dec 7
tue 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, December 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

dec 10
fri 7:30 pm

Dream Workshop

This workshop will provide 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 chosen by the presenter as well as dreams of participants, if wished. We will also discuss the idea of the unconscious: "Container of the repressed?" "Voice of the other side of self?" or "Inner wisdom?" Coop member **Frauke Glaubitz**, MD, ADTR, is a Jungian analyst in private practice in Manhattan and Brooklyn.

dec 14
fri 7:30 pm

Safe Food Committee Film Night: King Corn



Behind America's hamburgers and sodas is an ingredient that fuels our fast-food nation: corn. In *King Corn*, college graduates Ian Cheney and Curt Ellis head to Iowa to grow an acre of the nation's most powerful crop. By summer, their farm is thriving. Ian and Curt are troubled by how corn is helping to make fast food cheap and consumers sick. But it also lets consumers have fast food at low prices. As Ian and Curt return to Iowa they realize their acre of land shouldn't be planted in corn again—if they can help it.

dec 17
fri 8 pm

David Roche and Louis Rosen



David Roche is a singer/songwriter from a family of famous singer/songwriters. (The Roches are his sisters.) His most recent album of original material is *Harp Trouble In Heaven*. **David Kumin** will play bass and Michael Graves will play cajone. **Louis Rosen** is a multi-award winning songwriter, guitarist and pianist best known for his recent recordings and performances with the jazz/pop vocalist and Broadway musical actress, Capathia Jenkins. He will preview selections from his latest song cycle, the folk-based *Time Was*. Accomplished Broadway actress and fellow Coop member **Charlotte Maier** (vocals) has promised to sit in. **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.**



dec 18
sat 2 pm

Bowenwork

Bowenwork® is a unique, holistic bodywork that stimulates the body's own healing response. Gentle moves across muscle and connective tissue send signals to the body to relax and move toward balance. There will be a demonstration. **Moraima Suarez** is a Coop member, certified Holoenergetic® healing practitioner, certified Bowenwork® therapist and Reiki practitioner. She has studied and practiced the healing arts for more than 20 years and has her healing practice in the Park Slope vicinity.

dec 18
sat 5 pm

The Body Electric: Control the Electricity Around Your Body

This lecture and hands-on tai chi workshop, given by **Dino Blanche**, discusses how stress is behind the initiation, exacerbation and maintenance of most killer diseases. Stress is an electrical current. Every thought has electricity with enough current to either heal or destroy us. Now, new Western scientific research supports the body's ability to heal itself and the promise of a "new" electro-medicine.

still to come

dec 28

PSFC DECEMBER General Meeting

jan 4

Agenda Committee Meeting

jan 6

Food Class

jan 7

Film Night

jan 8

Auditions for Coop Kids' Variety Show

jan 11

Safe Food Committee Film Night

jan 14

Meet Your Mind

jan 15

Diversity Awareness Initiative Series



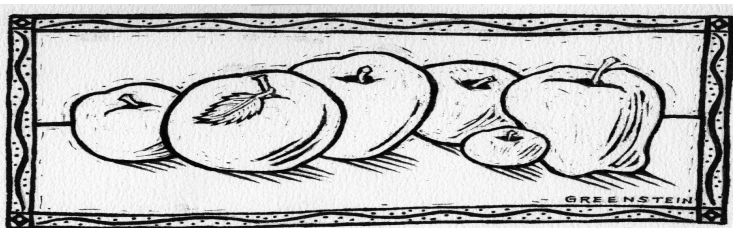
LAST DAY IS NOVEMBER 21

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.



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**

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

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.

COMMERCIAL SPACE

COLON HYDROTHERAPY office available. Great Park Slope location. Near F, G, R trains. Separate entrance and waiting area. Large comfortable treatment room. Set up and equipped for gravity. For more details, please call: 718-965-9458.

PART TIME OFFICE SHARE. Beautiful, cozy office space available on garden brownstone block steps from Coop. 2 treatment

rooms, consult room, waiting area & restroom. Available M/F 3-9, W 3-6 & all day Sunday. Contact Sally @ 718-398-5284 or sally@sallyrappeport.com.

HOUSING AVAILABLE

SUNNY 3fl brownstone front room. President & 6th private entrance. No roommates. 2 built-in closets. Electricity heat & use of laundry included. Shared bath w/1 female. "Kitchenette" sink mini frig & microwave. \$1,100 per month. Available 12/1. References required & checked. No pets. mikemiranda@verizon.net.

MERCHANDISE

FOR SALE: Two English Pierce Arrow bicycles for Adult Man and Woman. Need some work. Practically new one pair cross country skis, posts, boots (size 9) for adult man. Authentic vintage gong, 22" diameter, hanging in wooden frame. Good for rhythm, movement and dance classes. E-mail zipport@verizon.net for details, photos, and reasonable prices.

MERCHANDISE-NONCOMMERCIAL

VINTAGE OAK pedestal table - 36" round, solid piece, nice, \$200.

Call/lv mssge @ 646-641-1955. Pk Slp area.

FOR SALE: Great leather sofa-Putty-cream color, 6-cushion, 89" L x 38" D x 32" H, excl condition, clean, nice lines \$225. Call/lv mssge @ 646-641-1955 Pk Slp area.

PETS

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



SERVICES

TOP HAT MOVERS, INC., 145 Park Place, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-965-0214. D.O.T. #T-12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

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, NOV 20

Peoples' Voice Cafe: Anne Price; Steve Suffet; Special Guest: Hil-el Arnold. 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.

SUN, NOV 21

Brooklyn Public Library Chamber Players: Free Concert in the Dweck Center at the Central Library at Grand Army Plaza. Linda Chesis, flute; Sara Cutler, harp. 4 p.m. www.brooklynpubliclibrary.org.

Brooklyn Acupuncture Project is proud to announce the Radiant Health NYC Support Network and 2010/2011 Lecture

Series: Dietary Therapy for Eliminating Candida." \$20 suggested donation. Brooklyn Acupuncture Project 530 Third Ave. #4F (between 12th and 13th) in Park Slope. 5 p.m. www.brooklynacupunctureproject.com. RSVP: 718-369-0123 or bapnyc@yahoo.com.

FRI, DEC 3

ALAN FRIEND* & FRIENDS (Heather Wood & Bob Malenky) sing old-time music, traditional ballads & blues, with banjo, guitar, concertina and tin whistle. Concert at Good Coffeehouse starts 8:00 PM at the Ethical Culture Society, 53 Prospect Park West. \$10 adults, \$6 children. Info * 718-768-2972, www.bsec.org/112201.html.

SAT, DEC 4

Peoples' Voice Cafe: Charlie King, Karen Brandow & Rick

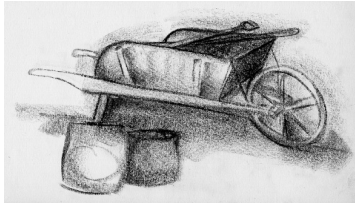
Burkhardt. 8-10:30 p.m., at The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SAT, DEC 11

Peoples' Voice Cafe: Songs of the Season: Christmas, Hanukah, Kwanzaa, Solstice. 8-10:30 p.m., at The Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); Wheelchair-accessible. For info call 212-787-3903 or see www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

CLASSIFIEDS (CONTINUED)

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—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.

ATTORNEY—Personal Injury Emphasis—30 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultation. Prompt, courteous communications. 20-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

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

MADISON AVENUE HAIRSTYLIST right around the corner from the Food Coop. So if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60.00.

PAINTING & WALLPAPERING. 25 years experience restoring cracked walls & ceilings. Zero-VOC paints available. Call Fred Becker 718-853-0750.

CARING, RESPONSIVE AND RELIABLE BABY/CHILD SITTERS. Reasonable rates. Call 718-783-9460 or e-mail zipport@verizon.net

ELECTRICIAN, ART CABRERA. Celebrating 38 yrs. Wiring P.S. Bklyn. "Can't do not in our Lexicon." Add an outlet, light, switch or wire your entire home

or business. Trouble shooting specialist, L.V., phone or cable. 110 or 220 v. Patching + painting provided (additional). 718-965-0327. Emrg. 646-239-5197. artcab16@gmail.com. PEACE.

TUTOR AVAILABLE: K-5. Retired Public School teacher licensed in Art, Resource Room, Special Ed., etc. Available for tutoring in Reading, E.L.A., Math or Art. Risa: risa.honest@gmail.com. 718-369-0647 www.risajohnson.com

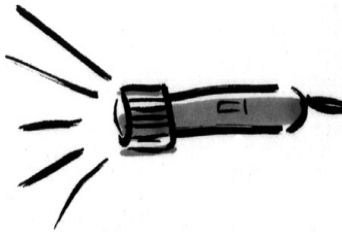
HAIRCUTS HAIRCUTS HAIRCUTS in the convenience of your home or mine. Color hilights, low lights, hot oil treatments. Adults \$35.00 Kids \$15.00 Call Leonora 718-857-2215. **BOOKKEEPING**

ASSISTANCE from an accounting professional. If you are self-employed and tracking your business finances is a hassle, I can help. Julia Fitzgerald 718-853-0424 or julia@fmsimplified.co. Sliding scale starting at \$50/hr.

SERVICES-HEALTH

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



THERESE BIMKA LLSW LICENSED PSYCHOTHERAPIST Exp. w/ Children, Adolescents + Adults. Compassionate, interactive + experienced integrative approach using strong clinical skills + diverse modalities such as Jungian Sandplay Therapy, Expressive Arts, Guided Visualization + Relaxation Techniques. Park Slope 718-622-5220. www.ThereseBimka.com.

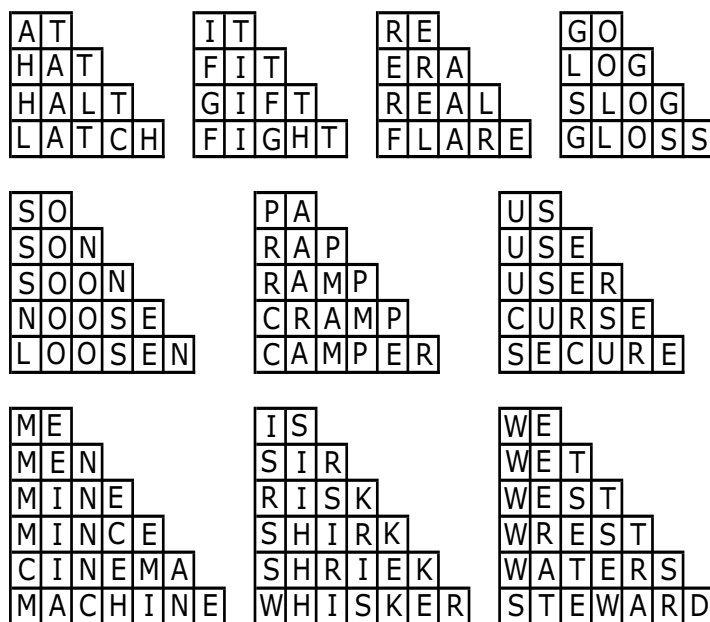
WHAT'S FOR FREE

Mason & Hamlin upright piano. Steelcase desk, 30 x 60, 6 drawers. Pair arched doors with raised molding each 38 x 87 (short side) & 93 (long side). Downtown Brooklyn, Eleanor, 718-522-3561.

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.

Puzzle Answers



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

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Support local food businesses
Get local food news, deals and giveaways

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Accessories · Apparel · Art · Bags ·
Body Care · Homeware · Jewelry ·
Push Toys · Quilts · Textiles · Yarns

Sun 28 Nov 2010 11a-5p

The (Makers) Market

AT THE OLD AMERICAN CAN FACTORY
THIRD STREET AT THIRD AVENUE, GOWANUS

WWW.THECANFACTORYMARKET.ORG

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Biscotti · Cakes · Candy · Chocolates ·
Chutneys · Cookies · Crackers · Gelato ·
Ice Cream · Jams · Macarons · Pastries

Sun 21 Nov 2010 11a-5p

The (Makers) Market

AT THE OLD AMERICAN CAN FACTORY
THIRD STREET AT THIRD AVENUE, GOWANUS

WWW.THECANFACTORYMARKET.ORG

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

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

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.

Claire Adams	Sarah Burgess	Ariel Duncan	Gabrielle Hollender	Rhett Madison	Robin Neiman	Kristin Slater
Douglas Adesko	Jaquetta Bustion	Andrew Dunlap	Rosanne Hoyem	Michael Maiellano	Lisa Oberstein	Cormac Slevin
Madeleine Akers	Petr Cancura	Nicole Edmison	Meredith Hutcheson	Tiayana Marks	Angela Pablo	Netzahualcoyott Smith
Ashleigh Altman	Jeremy Carpenter	Michelle Elkins	Jacob Jans	Carlos Martinez	Barbu Panaitesco	Elizabeth Sprotzer
Sam Altman	Zhuojie (Suzy) Chen	Henry Emmer	Alice Johns	Eve Martinez	Sarah Parton	Jordan Starr-Bochicchio
Yana Alvarez	Jill Chernin	Alyssa Fagan	Kazimierz Karwosky	Jake Masbruch	James Patchett	Gabriel Stern
Floren Ansley	Leah Choi	Lindsey Faucette	Stuart Kermes	Kaoru Matsuoka	Francis Petit	Miriam Stern
Samuel Anthony	Leila Cohan-Miccio	Brittany Ferenz	Hugh Kesson	Caitryn McCallum	Joseph Poliseo	Daniel Susseer
Sharon Antoine	Anthony Cohen-Miccio	Lily Fink	Anita Khashu	Tameika McLean	Josh Raeben	Micole Taggart
Liz Atlas	Patricio Cohn	Brian Fitzgerald	Lisa Koper	Sean McNally	Carolina Reiter	Carrie Tatum
Libby Augarten	Shannon Cohn	Meghan Fitzgerald	S. Andy Koper	Caitlin McNamara	Erik Rimalovski	Caitlin Thompson
Bernadette Ayers	Jean Cook	Beth Flatley	Karolina Kowalska	Shilpi Mehta-Lee	Faye Rimalovski	Stephanie Tsank
Marina Babakoff-Petit	Megan Coombes	Tanda Francis	Diane Kwan	Martina Meijer	Isa Rodrigues	Doris Vila-Licht
Carol Bahna	Rachel Cutler	Sophie Geaney	Michael Lacher	April Mellas	Ronald Rodriguez	Iana Vladmirova
Jennifer Bain	Talia Davidow	Julia Goldstein	Daniel Larson	Shane Methal	Bart Rozyk	Esther Wasselman
Ryan Bazinet	Jennifer Davis	Laura Grant	John Laux	Yoshinobu Mifune	Mimi Rupp	Mario Wilson
Mikala Biema	Vanessa DeSantis	Daniel Graves	Aliza Lederman	Aparajita Mishra	Nadav Samin	Carmen Wojciechowski
Brian Binsack	Irene Diamond	Stephen Greenberg	Matthew Leers	Sara Monsonis	Nathan Schram	Jochen Wolter
Ashley Boumgarden	Jamin Dick	Katarina Grenfell	Debbie Li	Addrana Montgomery	Robyn Schultz	Susan Wolter
John Boumgarden	Sara Dick	Susan Grossman	Julia Li	Pia Moos	Erica Seldin	Dorota Wysocka
Sarah Boutillier	John Doing	Megha Gupta	David Lindsay	Ty Moses	Robin Selicious	Oren Yaniv
Jamie Boyle	David Dollman	Josh Halpenny-Nguyen	Carmen Lopez	John Murray	Stephanie Severe	B. Florence Yukon
Jonathan Brenner	Michael Donovan	Guillian Helm	Maraya Lopez	Marian Murray	Bob Shaver	Christy Ziegler
David Brown	Glenda Dougherty	Samara Hennet	Casey Lynn	Rob Murray	Lea Shaver	Ron Ziegler
Tricia Bruce	Jacqueline Dubois	Erica Herman	Vanessa Machen	Weronika Murray	Naftali Silberberg	
Laura Buonomo	Stacey Duda	Claudia Heuermann	Jennifer Madison	Mark Neiman	Andrew Slater	

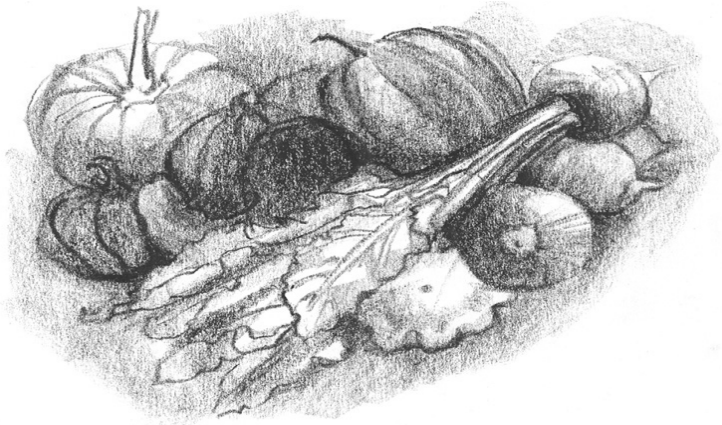
THANK YOU!

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

Muriel Abeledo	Jana Bruns	Jennifer Friedman	Sat Jot Kaur Khalsa	Christopher Marshall	Dorke Poelz	Jacqueline Stewart
Jonathan Adler	Zack Buchman	Elizabeth Fusco	Sonya Kharas	Elsa Marvel	Elizabeth Pongo	Alysa Stukes
Lenny Adler	Sharone Bunim	Nell Geiser	Rebecca Koladycz	Thomas Maschio	Irene E. Prince	Paulina Suarez
Bendix Anderson	Venancio Cabel	Nicola Giardina	Kathryn Kooistra	Amantha May	Anica Rissi	Vita T.
Jody August	Elizabeth Christ	Tonya Glanz	Susan Kovar	Heather McKay	Sandra Rozental	Hannah Tennant-Moore
Tara Bahna-James	Ariana Cohen-Halberstam	Robert Gomez	Sarah Kraemer	Melanie & Dan	Owyn Ruck	Ken Thomson
Nicole Balazs	Caleb Cooks	Luke Gray	Esther Krafchow	Akiko Murata	Emanuel Rudy	Anne Turner
Frida Baranek	Meredith Davis	Martine Hasenauer	Andrea LaRose	Elyse Neiman	Ursel Schlicht	Danielle Varga
Rebecca Bateman	Kyle Depew	Peter Hess	David Lee	Orville Nelson	Zachary Schulman	Joanne Wright
Laurie Berg	Claudia Dihlmann-Ngai	Whitney Howell	Nim Lee	Scott Neumann	Elizabeth Seidlin-Bernstein	Hongyu Wu
Mollie Berliss	Christian Doten	Teresa Ish	Meghan Lewis	Sara Niccoli	Pixie Seth	Lauren Young
Bianca Block	Benjamin Eagle	Jose James	Robert Libetti	Lisa Ochs	Zach Shapiro	Vivien K. Zak
Debbie Blumberg	Annelisse Fifi	Zoe Kaplan-Lewis	Lauren Lindstrom	Jessica Osserman	Tara Singh	Michele Zassenhaus
Carol Bove	Jennifer F.	Monica Kapoor	Lynn Loflin	Caroline Parks	Joe Szladek	
Ethan Breen	David Friedman	Josh Karpf	Annie Malcolm	Elizabeth Peters	Katja Steen	
Susan Breen		Heather Keller	Mikhaela Maricich	Cori Pleune		

Thanksgiving Day Shopping Hours

8:00 a.m. – 2:30 p.m.



THE MEMBERSHIP OFFICE IS CLOSED ON THANKSGIVING DAY.