

# LINEWAITERS' GAZETTE

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Volume FF, Number 1

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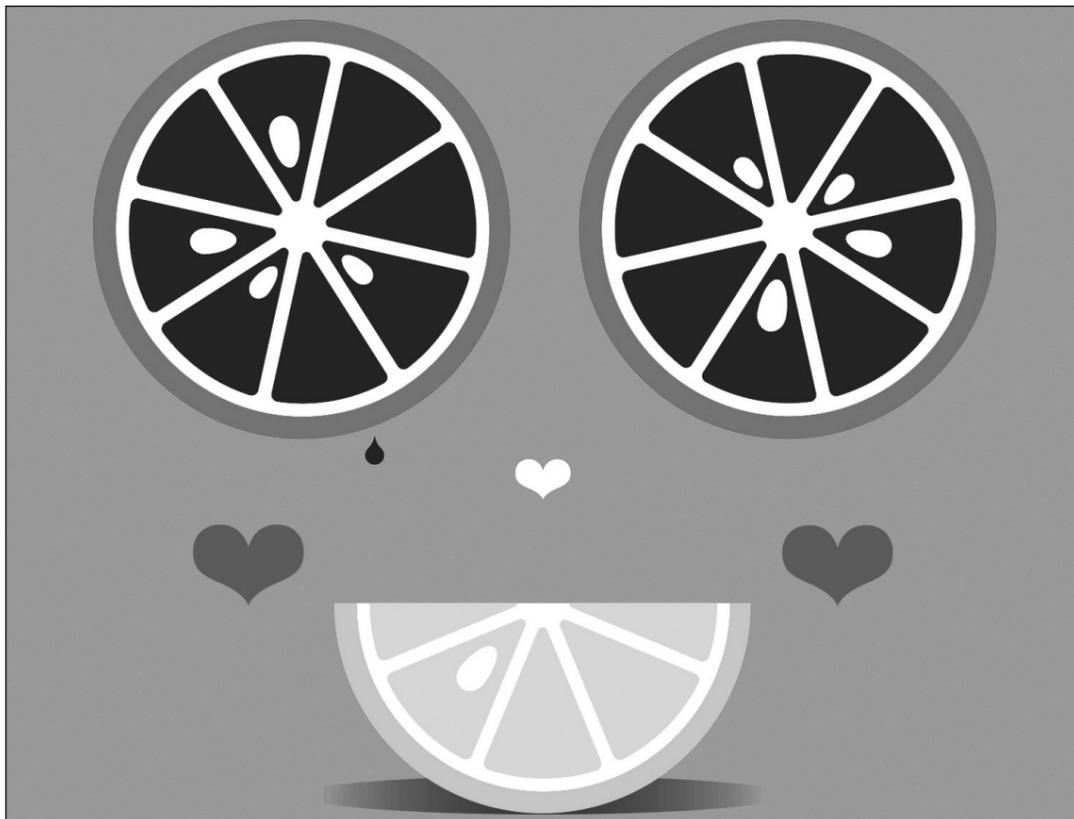


ILLUSTRATION BY PAUL BUCKLEY

## Citrus: One Happy Family

By Donna Cameron

Right yellows, oranges, greens catch the eye, taking the snow-weary winter shopper back to summer days and warm months yet to come. The aromas rising from the citrus fruit permeate the air in the produce aisle and are invigorating, a Proustian memory.

The Park Slope Food Coop (PSFC) stocks a wonderful variety of organic and conventionally grown fruits from the citrus family. Lemons, limes, grapefruits and Valencia oranges are available to PSFC members year round.

"Valencia oranges are special in that the fruiting and blossoming of the oranges overlap continuously on the tree. It's possible to harvest the fruit all year long," said PSFC General Coordinator and Produce Buyer Allen Zimmerman.

PSFC gets most of its California citrus from Sundance Natural Foods Company in California. As one of the largest U.S. whole-

sale cooperatives on the world food market, Sundance Natural Foods Company supports growers, packers and shippers of certified organic citrus fruits and avocados. The company is certified by the Guaranteed Organic Certification Agency and many of the organic navel oranges, blood oranges, lemons, grapefruit, limes, lemons and tangelos on the PSFC shelves originate there.

"We prefer to work with Sundance because of their commitment to quality," said Zimmerman. "When, for example, I call to ask how are your navels, they won't hesitate to tell me outright if the quality 'is not good enough for the Park Slope Food Coop'. They have a lot of integrity. They put their name on the box and they want to be proud of their product."

Unusual varieties of citrus fruits appear in

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## Blizzard or Not, Business as Usual At the Coop

By Gayle Forman

The mammoth post-Christmas blizzard dumped two feet of snow on Brooklyn, shut down area airports, stranded many Coop members and delivery trucks alike, yet did not manage to squelch the Park Slope Food Coop's operations—or the cooperative spirit of its members.

"During big snowstorms, the phone at the Coop always rings," says General Coordinator Joe Holtz. "People want to know: 'Is the Coop open?' The Coop is *always* open when it says it's going to be open."

The Boxing-Day Blizzard was no exception, in part because the blizzard came at an optimal time—the days after Christmas and before New Year's are traditionally slow, Holtz notes. Had the blizzard hit Christmas or New Year's Eve, it would've been a much messier ordeal; and in part because Coop members rose to the occasion with such grace, the storm was weathered well.

Which was not to say there were not inconveniences. Many members simply could not make their shifts. Some

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The Coop will be closing early for shopping at 5:00 pm on Sunday, January 30, so that we can conduct our annual Coop-wide inventory.

Some shifts will be affected, others will not.

Please help inform the membership about this early closing by telling your Coop housemates and friends.

Members whose shifts are affected by the closing will be contacted by the Membership Office.

### Next General Meeting on January 25

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, January 25, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

The agenda is in this issue and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

\* Exceptions for November and December will be posted.

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### Coop Event Highlights

- Sat, Jan 15 • Diversity Awareness Initiative Series: Transgender 101 2:00 p.m.
- Sat, Jan 16 • Auditions for Coop Kids' Variety Show 12:00–2:00 p.m.
- Fri, Jan 21 • Blood Drive 11:00–6:00 p.m.
- Fri, Jan 21 • Good Coffeehouse 8:00 p.m.
- Sat, Jan 22 • Blood Drive 11:00–6:00 p.m.
- Fri, Jan 28 • Wordsprouts 7:00 p.m.

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

## One Happy Family

CONTINUED FROM PAGE 1

PSFC produce bins each month. There is the thick skinned, pithy smooth pommelo, an ancestor of the modern grapefruit and its exotic Jamaican cousin, the Ugli fruit, with its bumpy rind. Organic red grapefruit are available all year round. Mandarin oranges and Satsuma tangerines are usually available December through February.

"Those tangerine-Satsuma are the best tasting fruit on the floor, I think," Zimmerman mused.

Organic navel oranges, also from Sundance, are in stock from late fall through early spring. The ever popular clementine, a variety of the mandarin family, may be harvested by numerous growers in autumn, but, Zimmerman said, each week a box or two of clementines are sampled by staff until the best tasting fruit arrives—usually late in November, around the Thanksgiving holiday. The PSFC supplies clementines from the U.S. and from Spain throughout the season.

Blood oranges, which the PSFC offers in several varieties, are also from Sundance. Some top sellers include the mango orange, a blood orange which is not blood red at all but has apricot-like meat; deep purple-raspberry blood oranges from Deer

Creek Ranch, Terra Bella, California, known as "Buck Blood"; the world famous dark Moro—a California variety of the Sicilian original.

"You get to know them," Zimmerman says. "I know the taste of the mango blood orange—it is unusual and I can identify it blindfolded. The taste is unique!"

A blood orange (*Citrus sinensis*) is an orange with crimson-colored flesh, usually smaller than an average orange. The skin is tougher, and harder to peel than other oranges. The blood orange is NOT a hybrid between the pommelo and the tangerine as rumored, but a mutation of a sweet orange. The sweet orange, which originated in Southeast Asia, was cultivated in China and then brought to the Mediterranean region via Middle East trade routes. In many languages, it was known as the "Chinese Apple." The blood's dark flesh color is due to the presence of anthocyanins, a family of pigments common to many flowers and fruit, but uncommon in citrus fruits. The degree of coloration depends on light, temperature and variety. In order for the color to deepen, the fruit must experience Mediterranean-like growing seasons—warm days, cool nights. Without the shifts in temperature, the fruit ripens green, or yellow-orange, without the distinctive red pigmen-

tion. An example of this non-red blood orange on the PSFC produce shelf is the mango orange.

### The Many Health Benefits of Citrus

Fruit of the genus *Citrus* (botanic family Rutaceae) contain bioflavonoids, important compounds that enable detoxification in humans and some mammals. Scientists have studied citrus flavonoids in vitro for over 50 years. In 2008, the *Journal of Agriculture and Food Chemistry* published an article, "Update on Uses and Properties of Citrus Flavonoids: New Findings in Anticancer, Cardiovascular and Anti-inflammatory Activity," which presents a stunning finding by a team of Spanish researchers, examining the anti-inflammatory biological activity of citrus flavonoids in living cells. Notably, flavonoids "can act as three types of agents" in the suppression of the growth of some cancer cells and as a "protective effect against cardiovascular disease," coronary heart disease, degenerative disorders and brain disease.

"Four types of flavonoids (flavanones, flavones, flavonols and anthocyanin, the last only found in blood oranges) occur in citrus...In vitro, flavonoids have demonstrated their capacity to modify the activity of enzymatic

systems in mammals...Citrus flavonoids are potent radical scavengers and, thus, able to help in many aging and degenerative events involving reactive oxygen species..." the paper reports.

In short, citrus flavonoids provide "anticancer, anti-inflammatory, cardiovascular protection, effects on (blood) platelet aggregation, and effects on brain diseases..." the article states.

"Citrus foods are high in Vitamin C and are excellent foods to include in a whole foods diet. Most of the benefits from the Vitamin C in citrus come from the large variety of bioflavonoid and polyphenolics," advised state licensed Clinical Nutritionist Carol Patti, MS, of Park Slope Chiropractic.

Vitamin C or L-ascorbic acid or L-ascorbate, as it is known to science, is an essential nutrient for humans and certain other animal species. Citric acid, a weak organic acid, gives citrus fruits their characteristic sharp taste. Citrus fruit with a higher concentration of citric acid is richer in Vitamin C, and often sharper or more bitter to the taste. Blood oranges, for example, are an exceptional source of vitamin C; an average orange provides 130% of the FDA's recommended daily intake, according to USDA statistics. One blood orange also provides 16% of the recom-

mended daily intake of dietary fiber. Like all oranges, blood oranges are a valuable source of folate, calcium, and vitamin A.

Patti, also a PSFC member, noted that most people consider citrus fruits to be acid-forming foods, yet they are actually alkalizing foods, she says. "Citrus can become an allergen along with many other foods and can even result in skin conditions. Wheat, gluten and dairy products are more prevalent causes of inflammatory conditions in the gastro intestinal tract, and can lead to a host of food sensitivities, including to citrus."

Anyone suffering from "citrus acid allergy" would do well to consult a doctor and/or health professional, preferably a nutritionist or allergist. Patti recommended that persons who do not struggle with citrus sensitivity eat the whole food because the pith of the citrus fruit contains natural flavonoids. Patti maintains that it is safer to consume the pith and rind of organic produce. When simply drinking the juice and/or eating the flesh of the fruit, minimally treated produce can be O.K., she added. Vitamin C supplements in higher doses may be helpful for citrus tolerant persons who are under stress. Vitamin C with accompanying bioflavonoids or fresh fruits juiced, freeze

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

We get to do all this — the fretting,  
the striving, the sleepless turning in the night  
the quick dash through the cold  
that would take our life if we lingered

The sparrows are puffed in the bushes  
the pigeons crowd together in the eaves  
the squirrels are closeted in....  
where do the squirrels go?

We come together and crow over the cold  
It feels good to remark on the weather  
For a few moments a stranger  
becomes our best friend  
We communicate understanding  
and are understood

We are all one  
under the same weather  
You may have the thicker coat  
or longer to walk  
but the cold bites us all the same  
and would take the life out of any of us  
given the chance

Each of us was given a stove of heat  
We pile up together under a blanket  
and the cold has to wait  
for another time

Let us welcome the cold and all it's tricks  
the snow, the sleet, the stinging wind  
Let it make us bright with fear  
bring us together round a fire  
make us hug each other  
warm lips with lips and....

Let it connive with the holly days  
to bring us together merrily  
Let us deck our halls against it  
adorn trees to celebrate it  
eat heartily to fend it off

The cold, the cold, the bitter cold  
How cold to be without it!

The Park Slope Food Coop  
Bringing us in from the cold

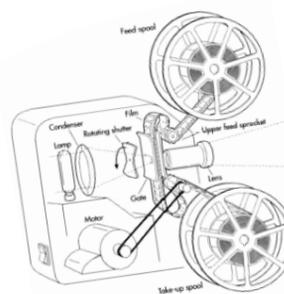
by Myra Klockenbrink

**Mondays**      **January 24 and**  
                         **February 7**  
                         **noon to 1:00 p.m.**  
**and**              **1:30 to 2:30 p.m.**

**You can join in any time during a tour.**

## ARE YOU A BROOKLYN-BASED FILMMAKER?

Would you like to  
screen your work at  
the Coop?



Then submit your film  
for possible inclusion in  
the Coop's Friday Night  
Screening Series.

If you're a Coop member you'll receive one FTOP credit for screening and offering a Q+A with your film. If you're not a member, it's still a chance to spread the word about your work and build your fan base by screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a group). Please email **Faye Lederman** for details at [squeezestone@hotmail.com](mailto:squeezestone@hotmail.com) or mail your DVD to: **Faye Lederman, 2000 Linwood Ave, #9E Fort Lee, NJ 07024**

dried and made into powders or capsules is best, she said.

"The Coop carries all of the above," Patti noted.

### Citrus: A Weather-Dependent Market

Although PSFC members consume more citrus in the winter months, it is not only because of a need for more Vitamin C, according to Zimmerman. There is one notable spike in the sale of citrus fruits at the PSFC and that is during the week pre-

ceding New Year's, he said, and that's probably because people garnish their beverages with it.

"Citrus is the seasonal winter fruit. It's only natural that sales are up in the winter months," he mused. "What can alter the availability or the price of citrus and citrus products, and we did see it last season, is bad weather."

Global weather patterns do play a large role in the price fluctuation of citrus products such as orange juice

on world markets. For example, a series of storms battered California and the Sierra Nevada with heavy precipitation and strong winds in December 2010, producing floods, landslides, and mud slides. Those, coupled with the coincidental cold snap that had Florida declare a state of emergency amid severe cold and prospects of crop damage, caused orange juice prices to soar. According to Bloomberg News, December 2010 orange juice futures jumped to a three-year high in New York on speculation of cold weather damage to the Florida orange crop, the biggest in the U.S. citrus market. Orange juice delivery for January 2011 jumped 10 cents, or 6.2 per-

cent, the highest price since May 2007. Simultaneous bad weather in Brazil, cited by Bloomberg News as the largest orange exporter in the global market, further limited the availability of oranges outside the growing regions.

"The reason for this is that oranges are harvested by hand. The orange picker raises a ladder at the base of the tree and climbs up to pick the fruit. In torrential rains, when the ground is swampy and it is impossible to raise a ladder, the harvest is smaller," said Zimmerman.

At this writing, assessed frost damage to Florida orange crops is marginal. Orange juice prices for March 2011 delivery fell 0.3 cent, or 0.2 percent, to \$1.635 a pound

on ICE Futures U.S. in New York, according to Bloomberg News. Florida projects that it will produce 143 million boxes of oranges (a box weighs 90 pounds, or 41 kilograms) in a harvest that began in October and will run into July, U.S. Department of Agriculture stats say. In October, the USDA-published estimate was 146 million boxes. Last year, by comparison, Florida's orange output dropped to 133.6 million boxes, the second-smallest crop in two decades, after a January freeze damaged fruit. And January 2011 is now upon us.

"Citrus fruits are delicious," concluded Zimmerman. "We go out of our way to bring the best to our membership all year round." ■

## Exotica: Fruit, Juice, Rind, Leaves—Wow!

**Citrus fruits are notable** for their lovely fragrance, which is produced by chemistry in their rind that includes flavonoids and limonoids, both of which are natural terpenes. Terpenes are present in the essential oils of many types of plants and flowers (especially in the conifer family, to which citrus fruits belong) and used widely as natural flavor additives for food, as fragrances in perfumery, and in traditional and alternative medicines such as aromatherapy. The aroma and flavor of hops in beer and malt beverages comes from citric terpenes.

### Citrus juice also has other proven medical uses.

Lemon juice is used to relieve the pain of bee stings. Oranges were historically used for their high content of vitamin C, which prevents scurvy. Scurvy, a disease noted as far back as the ancient Greek maritime, is caused by vitamin C deficiency, and can be prevented by having 10 milligrams of vitamin C a day. An early sign of scurvy is fatigue. If ignored, later symptoms are bleeding and bruising easily. British sailors were given a ration of citrus fruits—notably, limes—on long voyages to prevent the onset of scurvy, hence the British nickname of "Limey."

### Citrus fruit juices, such as orange, lime and lemon, may

be useful for lowering the risk factors for specific types of kidney stones, according to medical reports. Orange juice especially may help prevent calcium oxalate stone formation. Lemons have the highest concentration of citrate of any citrus fruit, and daily consumption of lemonade has been shown to decrease the rate of stone formation.

### In Laos and Thailand the lime rind is used in curry

**paste**, adding an aromatic, astringent flavor. Lime leaves are used in Indonesian cuisine, along with Indonesian bay leaf for chicken and fish. The zest of the citrus fruit is used in Creole cuisine and to impart flavor to "arranged" rums in the Réunion Island and Madagascar.

### Citrus peel is sometimes used as a facial cleanser.

A peel of lemons or orange is commonly used as a means to moisten medical cannabis when stored with it. Before the development of fermentation-based processes in the Italian citrus industry, lemons were the primary commercial source of citric acid.

**Citric acid has many more uses**, including as a flavoring and/or preservative agent in many foods and soft drinks. Citric acid may be used as the main ripening agent in the first steps of making mozzarella cheese. Industrially, citric acid is used in the production of Portland cement and stainless steel, one of the chemicals required for the synthesis of HMTD, a highly heat-, friction-, and shock-sensitive explosive. (Purchases of large quantities of citric acid may arouse suspicion of potential terrorist activity (DOHS).) In traditional darkroom photography, citric acid may be used as a stop bath in the process for developing photographic film and papers.

## Foodworks: Christine Quinn Is Going Loca(vore)

By Allison Pennell

The locally grown food movement has found a champion in City Council Speaker Christine Quinn, who recently outlined a new and ambitious sustainable food plan for New York City (NYC) and beyond last November. Foodworks, as the plan is called, aims to bring the City's food communities together to enhance the health of both citizens and the local economy.

As the report states in its opening call to arms, "the New York City food market consists of over 8 million residents, \$30 billion in food spending and a budget for institutional meals second only to the United States military. With such vast purchasing power, New York City is uniquely positioned to stimulate the food economy, strengthen our regional food system, and drive local and regional business activity."

To this end, the City Council's 59-point plan addresses the gamut of issues, from growth to distribution to disposal (yes, composting) and points (including Hunt's) in between. It tackles a wide range of systematic dilemmas including:

- hunger and lack of access to fresh produce in struggling neighborhoods;
- the city's 25% childhood obesity rate;
- getting city agencies behind buying more from local producers;
- and strengthening the New York economy and the troubled farming sector.

Per Adriana Velez, Food Coop member and Brooklyn Food Coalition Communications Director, "I'm really hopeful and impressed. This is the most comprehensive and promising blueprint for change I've seen to date."

Ben Thomases, also of the Food Coop and former NYC Food Policy Coordinator, was slightly more politic: "Mayor Bloomberg and

Speaker Quinn jointly launched a number of important food policy initiatives, such as the FRESH initiative, which promotes good jobs and healthy food by bringing supermarkets to underserved neighborhoods. The Foodworks initiative is an important effort to build on this work and take it to the next level."

And per the Mayor's Office, which (curiously) responded to a query posed to Marge Feinberg,

press liaison at the Department of Education, this nebulous morsel: "Speaker Quinn has been a key partner in developing the City's food policy, from helping to create the Food Policy Task Force to legislation promoting healthy retail through Green Carts and the FRESH program. Today the Speaker outlined many good ideas and we look forward to working with her

and the City Council to pursue initiatives that will make New York a healthier city."

So, is any of this actually doable? Or imminent? Well, yes. In part.

Specifically, the City Council is drafting legislation at this very moment to require the development of guidelines for agencies to use in enhancing local procurement programs. That's a whole lot of minimally treated apples because, per the report, city agencies spend \$175 million on food a year, and city schools serve up 860,000 meals daily.

For the last several years, the Department of Educa-

tion has been working to get more locally grown foods into the schools, and even has staffers dedicated to finding more local food resources. The DOE is reportedly spending millions on this venture but even so, they estimated a few years back that there is only \$12-15 million dollars worth of possible product from local vendors available for pro-



City Council Speaker Christine Quinn launches Foodworks.



Three parts of the 59-part plan.

PHOTOGRAPHS BY INGRID CUSON

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Snow banks up to five feet high lined the streets in the aftermath of the Blizzard of 2010. Below, trash piled up as collection throughout the city was suspended.

## Blizzard

CONTINUED FROM PAGE 1

were stranded outside of the city; others simply could not make it to the Coop, with subway and bus lines out of commission and driving a rather ridiculous endeavor.

"We gave everyone who was absent on Monday and Tuesday one automatic make-up," General Coordinator Ann Herpel explains, instead of the usual automatic two for a missed shift, although one new member, Hope Nathan, was told (erroneously) she'd owe two if she missed, so she left three hours early from Midwood to make her very first shift in the Membership Office.

But as expected, many other people missed their shifts. Yet somehow, it all evened out. After the mad rush for supplies before the storm hit on Sunday, the Coop went quiet on Monday and Tuesday—aside from the aforementioned ringing phones. There were not many shoppers, but also hardly any

deliveries. Trucks were being turned away at the New York State border and on Monday, only two delivery trucks made it through.

But by Tuesday, says Receiving Coordinator Britt Henriksson, things started speeding up. The Coop was getting double deliveries—Monday's undelivered goods and the Tuesday deliveries, arriving to a skeleton crew. Trucks had to deal with the mess that was Union Street on top of that.

"Nobody could get up the street. It's a hill. Only one lane open. There were two vans abandoned on Sixth Avenue and Union. Firefighters were shoveling themselves out. We were shoveling ourselves out. We wanted to be sure the fire department had access to get out," Henriksson explains. "We had members and coordinators at the corners of Union and Fourth, Fifth, Sixth and Seventh, directing traffic to help the trucks. Not just for us but for anyone who needed help getting their deliveries."

The ad-hoc traffic direc-

tors had to contend with icy temperatures and fiery tempers from frustrated drivers. And they handled it with good humor, like so many other members, who went above and beyond during the blizzard. Poy Yee has been a walker for four years, so the Tuesday after the storm, he thought nothing of showing up, although he was one of the only walkers to do so. "After shoveling for two days for myself and family members during the blizzard, standing and walking in calm snow was actually kind of pleasant," he says. He navigated members, and their carts, through the snow, a smile on his face the whole time. "I told each person that I was going to walk that if he or she could get the filled cart to their destination, then I could retrace my path back with the empty cart. A couple of times we had to lift up the cart to clear blocked areas and crosswalks, but my part was easier compared to the outbound journey!" Yee says. "Most members were prepared, bought small quantities and were ready to carry them back in shoulder bags and backpacks, and had the right type of footwear. I guess the outdoors-loving nature of Coop members had

us well prepared."

That was certainly the case with Rachel Porter, who has been working with Joe Holtz on a program that would allow the PSFC to offer loans to fledgling local coops. Porter trekked all the way from Red Hook to Park Slope to co-present the agenda item with Holtz at Tuesday night's General Meeting. Porter wasn't even meant to have been at the GM (though this reporter was; but the storm prevented that). She was supposed to have been in Venice, Italy, but when the storm cancelled her travel plans, Porter decided to attend the meeting, even though there was no mass transit running between her home in Red Hook and the Garfield Temple. But unlike Venice, getting to Park Slope from Red Hook requires nothing but stamina and the right footwear.

It took me about an hour of brisk walking. There was some climbing involved. My crappy Lands End Ugg knock-off boots kept me warm," Porter says. "It was a super fruitful meeting, really productive. We had some back and forth. Very positive feedback. I'm super-happy I went."

Yes, even in the aftermath of the blizzard, in the middle



PHOTOGRAPHS BY ANN ROSEN

of a holiday week, the General Meeting went on, with about 100 attendees, says Holtz. New member orientations also were held on Sunday and Monday as scheduled, with both orienters showing up, albeit to smaller crowds than usual (those who missed orientations were allowed to attend any other orientation the week following the storm).

Though the snow remained, soon enough, things were running smoothly. Deliveries arrived, shelves were fully stocked. Which was lucky because five days after the storm—New Year's Eve—the Coop was mobbed. Lines snaking well into the produce aisle. In other words, things were completely back to normal. ■

## Snowed Under

All of the words below have the four letters of the word "snow" appearing at least once within them. Each occurrence of "S," "N," "O" and "W" has been replaced by a blank. Can you dig out the original words?

c\_u\_tercl\_ck\_i\_e  
 \_t\_ith\_ta\_di\_g  
 \_p\_rt\_riti\_g  
 c\_gre\_\_\_\_ma\_  
 \_\_\_uth\_e\_ter\_  
 u\_bek\_\_\_\_t  
 \_rk\_tati\_  
 \_i\_d\_\_\_\_ill  
 d\_\_\_\_l\_pe  
 \_rth\_e\_t  
 \_t\_e\_are  
 \_u\_fl\_er  
 t\_\_h\_u\_e  
 \_e\_tb\_u\_d  
 \_t\_e\_all  
 \_i\_d\_t\_rm  
 \_haked\_\_\_\_  
 d\_\_\_\_p\_ut

\_\_\_\_dr\_u\_  
 \_i\_hb\_e  
 \_ai\_c\_t  
 \_\_\_\_aday\_  
 \_h\_d\_\_\_\_  
 pa\_\_h\_p  
 \_l\_d\_\_\_\_  
 br\_\_i\_h  
 d\_\_ca\_t  
 \_hutd\_\_\_\_  
 d\_\_\_\_ide  
 \_e\_b\_y  
 \_u\_d\_\_\_\_  
 \_\_\_\_lle\_  
 \_\_r\_e\_  
 \_\_r\_  
 \_h\_\_\_\_  
 \_\_\_\_ (not "snow")

Puzzle author: Stuart Marquis. For answers, see page 12.

## Foodworks

CONTINUED FROM PAGE 3

curement, which is a drop in the bucket of overall spending.

In another move forward, the City Council is working with distribution companies to develop a protocol for getting local goods to market most efficiently and effectively in NYC. Discussion topics have included reducing truck miles, deciding if aggregate facilities are the way to go, and the particulars of "supply chain modeling." There are hearings planned, too.

The City Council is also working on:

- eliminating the mandatory fingerprinting requirement for food stamps applicants to broaden the program's reach
- strengthening protection for community gardens
- expanding rooftop gardening by waiving certain restrictions, changing water rates and streamlining application process to encourage green roofs
- building a permanent wholesale farmers

market at Hunt's Point

- expanding and supporting CSAs, farmers markets and new food coops.

And we're a model folks. Oh, yes we are. Not only does *Crain's New York* love the Park Slope Food Coop, so does Council Speaker Christine Quinn, who declared that, "Food co-ops like the one in Park Slope are a prime example of what happens when a community comes together and takes charge of their health and their future. The Park Slope Coop has proven to be a truly successful model and we should support and help those efforts already underway in neighborhoods throughout the city to create co-ops for their communities."

Cautious optimism may well be in order. Outside the U.S. military, NYC is the biggest industrial buyer in the country. And while only 2% of what currently comes through NYC's distribution center at Hunt's Point is produced in New York, it looks a model for change is coming. Here's hoping. If you'd like to read more, you can find the entire report at: [http://council.nyc.gov/html/action\\_center/food.shtml](http://council.nyc.gov/html/action_center/food.shtml). ■

# Eating in France

*A nation known for haute cuisine responds to the growing threat of industrial food*

*“Urban agriculture? What does it mean?”*

By Thomas Matthews

Baroness Philippine de Rothschild put the question to the table over lunch at Chateau Mouton-Rothschild, the venerable First Growth wine estate in Bordeaux.

Servers in uniform carried silver trays filled with quail hunted in local fields and mushrooms foraged in nearby forests. They filled and refilled wine glasses from a crystal decanter that held a magnum bottle of 1947, a legendary red wine still powerful and complex after more than 60 years in the cellar.

I had raised the topic after reading a recent issue of *Le Point*, France's leading newsweekly magazine. The cover story focused on New York City, and one of the articles, called “Gardens in the Sky,” surveyed roof-top vegetable gardens, such as Roberta's in Bushwick.

The article took the usual Gallic tone of aloof amusement, but underneath the condescension was a sense that these Brooklyn farmers were responding to a trend that also threatened cherished culinary values in France: the growth of industrial food, and the loss of local, healthy and authentic nourishment. The Baroness was curious to know more.

It wasn't surprising that the concept was foreign to her. The chateau, which has been in her family since 1853, and the meal we were sharing, embody in many ways the opposite project: to bring the city into the countryside.

At Mouton-Rothschild, classical portraits hung on the walls, sunlight glanced off objets d'art, and we ate on hand-painted china with burished old silver. Everything we ate and drank was local and seasonal, and prepared according to traditional recipes. The meal was everything “urban agriculture” aims to sustain—and it was delicious. Yet at the same time, it felt like a stage-set, a fantasy on the order of Marie Antoinette's pretend dairy farm at the palace of Versailles.

The lunch was part of a two-week trip to Bordeaux, an assignment from *Wine Spectator*, where I am executive editor, to review the newly bottled wines of the 2008 vintage. Along the way, I also explored the art of eating in contemporary France for the *Linewaiters' Gazette*. What happens when the culture of haute cuisine faces the global pressures of industrial food?

## French People Do Get Fat

The French may believe, or at least pretend, that they still inhabit a traditional food culture that delivers both authentic taste and good health. But their public health statistics tell a different story. In fact, like the rest of the industrialized world, the French are gaining weight.

Even a casual visitor is struck by the proliferation of McDonald's restaurants, and their popularity. As I drove around Bordeaux visiting wine chateaux, I noticed long lines of cars in the drive-up windows of the fast-food chains. Leon de Bruxelles may derive from a venerated Belgian bistro, but the branch in Bordeaux is bright with neon signs that advertise frites and biere.

“The Phenomenon is Gaining in France,” roared a headline in *Le Monde*, the country's leading newspaper, on Dec. 3, 2010. A recent survey revealed that 14.5 percent of the adult population was clinically obese, more than double the percentage just 12 years before. Nearly one-third of the population is overweight. The article makes sure to note that “the obesity rate nevertheless remains among the lowest in the OECD countries,” comparing the UK obesity rate of 27 percent and the US rate of nearly 30 percent. But the trend lines are moving in the wrong direction.

I was moving in the wrong direction myself. That lunch at Mouton-Rothschild was hardly unique. At Cos d'Estournel, in the Bordeaux appellation of St.-Estephe, lunch included delicate fillets of sole rolled up and tied with ribbons of black truffle, swimming in a rich cream sauce. At Chateau Margaux, another First Growth, we feasted on lobster, and loin of lamb in a walnut crust. At the Hostellerie de Plaisance, a restaurant with two Michelin stars in the medieval town of St.-Emilion, dinner ended with a massive cart of homemade candies and an invitation to enjoy our fill. Alas, we accepted.

## The Threat of Industrial Food

*Le Point's* cover story on New York City was followed shortly by one called “New Secrets of La France Gourmande” (Dec. 9, 2010). The articles detailed the battle between industrial agriculture and “house-made” food.

“On paper, France remains the land of good eating. UNESCO has just inscribed the “gastronomic cuisine of the French” in its list of Intangible Cultural Heritage of Humanity... Yet at least two thirds of our restaurants rely on “assembly-line cuisine: frozen dishes reheated sous-vide and covered in industrial sauces.”

The authors, Christophe Labbe and Olivia Recasens, report that the government has created the category of “Maitre Restaurateur” to honor chefs whose kitchens use at least 50 percent “fresh ingredients.” Alas, fewer than 1,000 cooks have qualified. Even worse, at least symbolically, at least 40 percent of all the croissants served in French bakeries come pre-packaged and frozen; they are basically just “heat and serve.”



PHOTOGRAPH BY THOMAS MATTHEWS

**The candy trolley at the Hostellerie de Plaisance in St. Emilion greets diners after dessert.**

As a counterweight to what the magazine calls a “culinary disaster,” it cites the efforts of Slow Food and interviews its founder, Italian journalist Carlo Petrini. Most *Gazette* readers are probably familiar with the Slow Food philosophy of a local, seasonable and sustainable food culture. But Petrini complains that “the gastronomic elite in France is deaf to our message.”

Still, all is not lost. The magazine points to farmers who grow heritage vegetables, herders who raise endangered varieties of pigs and artisanal producers who sell authentic breads, cheeses, terrines and more as evidence that the French are fighting back against industrial food.

Slow Food has named 140 “slow towns” in 21 countries around the world—communities of less than 50,000 inhabitants that cultivate “quality of life”—and the first in France has just been designated: Segonzac, in the Charentes region. Not far from Bordeaux.

## Thirty Years of Eating Local

In 1980, I traveled to Bordeaux for the grape harvest, and while stopping in Paris I met a young American woman. After several weeks of postcards and phone calls, I persuaded her to visit me, and took her directly from the train station to a restaurant called La Tupina.

I chose it because the guidebooks described it as a source for authentic local cuisine. After a harrowing search through the oldest part of the city, then an impoverished no-go zone, we found a small, homey place where almost all the food was cooked over a huge open fireplace. We enjoyed cassoulet, a hearty casserole of beans, duck and sausage traditional in France's Southwest, and washed it down with a bottle of 1973 Chateau Cantenac-Brown from Margaux. It was the most expensive meal of my life.

It was well worth the price. Sara and I traveled in France, moved to New York together in 1982, were married in London in 1988 and now

live happily in Brooklyn. (We have been Coop members since 1993, and Sara is now working on a garden project at Kingsborough Community College.) We have returned to La Tupina regularly over the years, and have become friends with its owner, Jean-Pierre Xiradakis.

Our latest meal there came at the end of my trip in December, with a group of French friends. The restaurant is larger now, and the neighborhood has become quite chic, full of refurbished houses, trendy bars and designer shops. But Jean-Pierre is still cooking over that open fire.

We devoured French fries cooked in duck fat; heritage chickens roasted on a rotisserie; and thick slabs of beef from Bazas, a town near Bordeaux whose cattle are regulated by an “Indication Geographique Protégé,” not unlike the appellations that guarantee the origin and authenticity of fine wines. Of course, there was plenty of red and white Bordeaux to wash it all down and stimulate our conversation.

This menu offered “slow food” before the term existed. These are products and dishes that derive from a traditional gastronomy cherished and protected by committed producers, championed by a crusading restaurateur and supported by a clientele that remembers these flavors from their grandmothers' tables.

When it comes to “urban agriculture,” Brooklyn has taken the lead over Paris, and we at the Coop are part of the same movement embodied by La Tupina, to support the survival of “real food”—local, seasonal, sustainable and nutritious. But success is not assured, on either side of the Atlantic.

Industrial food is a real threat in France, if so far limited in its impact, and the French are beginning to realize they can't take good eating for granted. What does the future hold? My bet is that the homeland of haute cuisine will retain an authentic culinary culture, so long as restaurants like La Tupina continue to thrive. ■

**COOP HOURS****Office Hours:**

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

**Shopping Hours:**

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

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

**Childcare Hours:**

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

**Telephone:**

718-622-0560

**Web address:**

www.foodcoop.com

**LINEWAITERS' GAZETTE**

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

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

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

**SUBMISSION GUIDELINES**

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

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

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

**Committee Reports:** Maximum 1,000 words.

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

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

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

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

Printed by Tri-Star Offset in Maspeth, NY.

**Friday  
Jan. 21****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

Cabaret/songwriting duo **Jennie Litt** (singer/lyricist) and **David Alpher** (pianist/composer) take the stage with a collection of original cabaret songs — which, if not



quite classics yet, may surely be dubbed "pre-classics" — tackling topics as diverse as the nature of opening numbers, the life-cycle of apples, the cryopreservation of embryos, women's lingerie and the gym as existential metaphor. David's sophisticated, tuneful, humorous music embraces styles from jazz to blues to faux Dvorák and beyond. The songs are strung together by the couple's usual lame attempt at patter, which means that whether you're laughing with them or at them, we can nevertheless guarantee that you'll be laughing.

**Jody Kruskal** (Anglo concertina and vocals) and **Paul Friedman** (fiddle)

have been playing traditional music in New York City and beyond for more than 30 years. They performed at the 2009 Broadstairs (UK) folk week. Jody sings traditional old-time American songs. Their duets reflect the decades of playing for American and English dancing. The tunes played by this unique concertina and fiddle duo are from the Northeast and the Southern Appalachians, Quebec, Shetland and elsewhere.



**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**  
JANUARY 20  
7:00 P.M.–9:00 P.M.

**Last Sunday**  
JANUARY 30  
10:00 A.M.–2:00 P.M.

**Second Saturday**  
FEBRUARY 12  
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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G****This Issue Prepared By:**

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Puzzle Master: Stuart Marquis

Final Proofreader: Nancy Rosenberg

Index: Len Neufeld

**Schedule Collating****Wednesday, 6:00 to 8:30 p.m.**

You will work on a small committee to collate and staple printed committee schedules used by members to keep track of their work shifts. The squad is also responsible for distributing new schedules to various areas in the Coop using a checklist and replenishing the supply of schedules.

**Plastics Recycling****Sunday 11:45 to 2:30 p.m.**

Join in the Coop's effort to be a better environmental citizen. Work outside in front of the Coop with other members of the Recycling Squad accepting returned plastic containers, making sure they are clean and meet the Recycling Squad criteria. Stack and pack plastic for recycling. Must be reliable and willing to work outdoors in all kinds of weather.

**Store Equipment Cleaning****Monday and Wednesday 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 check out 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.

**COOP CALENDAR****New Member Orientations**

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the four weekly New Member Orientations. To pre-register, visit [www.foodcoop.com](http://www.foodcoop.com) or contact the Membership Office. Visit in person or call 718-622-0560 during office hours.

Have questions about Orientation? Please visit [www.foodcoop.com](http://www.foodcoop.com) and look at the "Join the Coop" page for answers to frequently asked questions.

**The Coop on the Internet**

[www.foodcoop.com](http://www.foodcoop.com)

**The Coop on Cable TV**

*Inside the Park Slope Food Coop*

FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.  
Channels: 56 (TimeWarner), 69 (CableVision).

**General Meeting Info****TUE, JAN 25**

GENERAL MEETING: 7:00 p.m.

**TUE, FEB 1**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Feb 22 General Meeting.

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

Jan 27 issue: 7:00 p.m., Mon, Jan 17  
Feb 10 issue: 7:00 p.m., Mon, Jan 31

**CLASSIFIED ADS DEADLINE:**

Jan 27 issue: 7:00 p.m., Wed, Jan 19  
Feb 10 issue: 7:00 p.m., Wed, Feb 2

**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, January 25, 7:00 p.m.**

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

**Location**

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

**How to Place an Item on the Agenda**

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

**Meeting Format**

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

• Enjoy some Coop snacks • Submit Open Forum items

• Explore meeting literature

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

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

**Agenda (8:00 p.m.)**

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

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

**Attend a GM and Receive Work Credit**

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

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

**• Advance Sign-up required:**

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby. The sign-ups sheet is available all month long, except for the day of the meeting when you have until 5 p.m. to sign up. On the day of the meeting, the sign-up sheet is kept in the Membership Office.

Some restrictions to this program do apply. Please see below for details.

**• Two GM attendance credits per year:**

Each member may take advantage of the GM-for-workslot-credit program two times per calendar year.

**• Certain Squads not eligible:**

Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)

**• Attend the entire GM:**

In order to earn workslot credit you must be present for the entire meeting.

**• Signing in at the Meeting:**

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

2. Please also sign in the attendance book that is passed around during the meeting.

**• Being Absent from the GM:**

It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

**Park Slope Food Coop Mission Statement**

**The Park Slope Food Coop is a member-owned and operated food store**—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. **We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods.** We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture. **We respect the environment.** We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. **We are committed to diversity and equality.** We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member.

park slope  
FOOD COOP

## calendar of events

jan 14  
fri 7:30 pm

## Meet Your Mind

A class in basic meditation. The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. This is a basic meditation class for beginners and anyone who would like a renewed understanding of the technique. Coop member **Allan Novick** has practiced meditation since 1975 and is a meditation instructor at the New York Shambhala Center and Nalandabodhi New York.

jan 15  
sat 10:30 amIncrease Your Child's Social  
And Emotional Intelligence

Research has been revealing the importance of social and emotional learning in promoting a child's development. Through this workshop, you will learn the benefits, strategies and available resources to help increase your child's social and emotional intelligence. Coop member **Fallyn Smith**, LMSW, is a licensed Master Social Worker and credentialed school social worker. She teaches social and emotional learning to children in Brooklyn and Manhattan.

jan 15  
sat 2 pmDiversity Awareness Initiative Series:  
Transgender 101

A lawyer and mother of three, including a transgendered child, **Caryn Keppler** will explain the physical, psychological, social and legal issues facing transgendered people from a personal and professional perspective. Keppler is a partner at the law firm Hartman & Craven LLP and has extensive experience in all

aspects of estate, gift and charitable planning for foreign and domestic individuals, conventional and alternative families, as well as business succession and continuity planning. The Diversity Awareness Initiative Series will include film screenings, moderated discussions, presentations and workshops. Events will address issues related to race, gender, sexual orientation, disability, age, culture, ethnicity and socio-economics.

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

jan 16  
sun 12-2 pmAuditions for  
Coop Kids' Variety Show

Auditions for Coop members ages 4-18. You must audition to be in the show, which will be held Saturday, March 5, 7:00 p.m., at the Old First Church. A polished act is not required for the audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). We

look forward to hearing from you! To reserve an audition spot, contact **Martha Siegel** at 718-965-3916 or [msiegel105@earthlink.net](mailto:msiegel105@earthlink.net).

jan 21-22  
fri-sat 11 am-6 pm

## Blood Drive

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

jan 21  
fri 8 pmJennie Litt & David Alpher and  
Jody Kruskal & Paul Friedman

Cabaret/songwriting duo **Jennie Litt** (singer/lyricist) and **David Alpher** (pianist/composer) take the stage with a collection of original cabaret songs,

tackling topics as diverse as the nature of opening numbers, the life-cycle of apples, the cryopreservation of embryos, women's lingerie and the gym as existential metaphor. David's sophisticat-



ed, tuneful, humorous music embraces styles from jazz to blues to faux Dvorák and beyond. **Jody Kruskal** (Anglo concertina and vocals) and **Paul Friedman** (fiddle) have been playing traditional music in New York City and beyond for more than 30 years. Their duets reflect the decades of playing for American and English dancing. The tunes played by this unique concertina and fiddle duo are from the Northeast and the Southern Appalachians, Quebec, Shetland and elsewhere. **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.

jan 23  
sun 10 am - 1 pm

## Take Action on Your Dreams!

Co-counseling — a grassroots, peer-based process based on listening — empowers you to trust your own thinking and create your life according to your own values and needs. This workshop will help you clear out old blocks and plan for a fresh new year! **Jennifer Joy Pawlitschek** is a Coop member who has co-counseled for 20 years and is currently the NYC Co-Counseling International teacher and leader. She feels that clearing childhood blocks is only the beginning of changing our lives; we must also examine and clear internalized oppressions to reclaim our full brilliance.

jan 25  
tue 7 pm

## PSFC JAN 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:** Formation of an Audit Committee (60 minutes)

**Proposal:** "Vote on the forming of an audit committee that will recommend and advise the GM on accounting and audit matters." —submitted by **Yigal Rechtman**

**Explanation:** "This item for vote is a revised proposal to form an audit committee. The proposal has been revised after suggestions and questions with the GM and some General Coordinators. The proposal follows the checklist provided by the Coop to develop a proposal item."

**Item #2:** Anti-fracking Event at Coop (30 minutes)

**Proposal:** "Approval of \$600 for journalist and anti-fracking activist **Sabrina Artel** to bring her radio program "Trailer Talk" to the Coop community." —submitted by **Kris Kohler**

**Explanation:** "Members value the Coop's commitment to provide organic produce sourced locally when possible. Small organic farms in upstate New York are among the Coop's local suppliers. Their survival, and our food and water supply, are threatened by the potential dangers of fracking. Journalist **Sabrina Artel** visits communities in her 1960s trailer and invites people in to have broadcast conversations about issues of the day. She has agreed to bring "Trailer-Talk: The Marcellus Shale Water Project (Food and Fuel)" to the Coop, to expand public discourse and educate citizens about this serious issue. Her discounted fee is \$600."

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.

jan 28  
fri 7 pmWordsprouts: Michele Carlo,  
Daniel Levin, Thomas Rayfiel

**Michele Carlo** is a writer/performer whose stories have been published in *Mr. Beller's Neighborhood*, *Lost & Found: Stories from New York*, *Chicken Soup for the Latino Soul* and elsewhere. Her memoir, *FISH OUT OF AGUA: My Life on Neither Side of the (Subway) Tracks*, about growing up as a redheaded Puerto Rican

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

All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops.

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

# jan 14-mar 12 2011

in an Italian/Irish neighborhood, was published by Citadel Press in August 2010. **Daniel Levin** is a playwright, composer and lyricist living in Brooklyn. His play, *HEE-HAW: It's a Wonderful Lie*, produced at the Nuyorican Poets Cafe, was called a "delightful surprise" by *The New York Times*. **Thomas Rayfiel** is the author of several novels, including *The Eve Trilogy: Colony Girl* (a *Los Angeles Times* Notable Book of the Year), *Eve in the City* and *Parallel Play*.  
**To book a Wordsprouts, contact P.J. Corso, paola\_corso@hotmail.com.**

jan 29  
sat 12 – 5 pm

## Your Divine Nature

Unleash the magnificence of your authentic self. Discover your inner truth. Unlock your true potential, dispel and transform limiting beliefs, receive deep personal healing and learn Sufi secrets and practices that are the keys to happiness and success. Hosted by Coop member **Tarell Rodgers**. John Abdul Latif Healy, of the Shadulliyah Healing Sufi Order, co-teaches with Ellen Rifqa Brown.

jan 30  
sun 12 pm

## Effective Communication

One of the most important jobs of a mediator is to facilitate effective communication — to help people listen to and speak with each other in a way that promotes mutual understanding and cooperation, rather than misunderstandings and injury. In this workshop, you will learn some of the ways that people can get stuck in a pattern of miscommunication, and tools that you can use to get out of that trap and into a place where communication is meaningful and productive. **Tara West**, Esq., Ph.D., is a Coop member and family and divorce mediator who specializes in mediation for special-needs families.

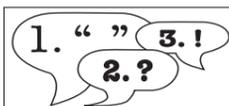
feb 1  
tue 7 pm

## Northern Italian Cheeses

Having trouble telling your Pecorino from your Parmesan? Ever wonder about Italian fruit mustard? Join the Park Slope Food Coop's cheese buyer, **Yuri Weber**, on a tasting tour of Northern Italy. Learn about cheese-making methods and traditions from Lazio to Friuli and from Veneto to Piemonte. See buffalo roam in Bergamo, sheep bleat in Rome and a wall of Parmigiano Reggiano as high as an elephant's eye. Fun for the whole family.

feb 1  
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, February 22, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

feb 3  
thu 7:30 pm

## Food Class: Veggie Tapas at Home



**Molly Neuman** will prepare a classic Spanish Tapas (small plates) for the home cook. Three vegetarian menus will be prepared, featuring some classic Spanish ingredients, including pimenton (paprika), azafran (saffron) and vinagre de Jerez (sherry vinegar).

A graduate of the Chef's Training Program and the Food Therapy course at the Natural Gourmet Institute, Neuman offers catering, personal chef and nutritional consultation services. She is passionate about the traditional cuisines of the Americas, Southern Europe and Asia and is thrilled to share this passion with the members of the Park Slope Food Coop. *Menu includes Spanish potato omelet; thick stew of spinach and garbanzo; and red pepper sauce with hazelnuts and almonds, served with asparagus. Materials fee: \$4.*

feb 4  
fri 7 pm

## Film Night: Sperm Donor X



Only 6% of American children will grow up in a "traditional family" and the U.S. has some of the best reproductive options worldwide. *Sperm Donor X* looks at four diverse women, including the director, as they go for having children solo using donor sperm. From the bizarreness and humor of picking an anonymous donor to the creation of joyous families

of both biological and adopted children *Sperm Donor X* provides a powerful challenge to old ideas about making a family. **Deirdre Fishel** has been writing and directing documentaries and dramas for close to 20 years; many centering on women's lives.

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

feb 8  
tue 7 pm

## Safe Food Committee Film Night: All In This Tea



*All In This Tea* is a feature documentary by Les Blank and Gina Leibrecht that follows American tea importer David Lee Hoffman to some of the most remote regions of China in search of the finest handmade teas in the world. Not since Robert Fortune

clandestinely made his way through the tea-growing districts of China in 1843 to steal plants and seeds for the British Empire has a westerner attempted to gain access to the hidden world of tea, where farmers have been making it for generations. As the Chinese open their doors to the global marketplace, Hoffman opens their eyes to their own ancient tradition that links them, and all of us, to the distant past, while introducing the west to one of China's finest cultural gems — the artistry and exquisite taste of fine, handmade tea. Special guests will be present after the screening.

feb 12  
sat 3-6 pm

## Valentine Card Making For Everyone



Bring family and friends of all ages to a Valentine's Day Card-Making party in the Coop's Meeting Room. We'll supply glue, markers and paper; bring any other special art materials you would like to use. (And we'd love donations of art supplies such as buttons, fabric, recycled paper, magazines, newspaper and cardboard.)

## still to come

feb 18 *The Very Good Coffeehouse Coop Concert Series*

feb 19 *Forgiveness*

feb 22 *PSFC FEBRUARY General Meeting*

feb 24 *Diversity Awareness Initiative Series*

mar 1 *Agenda Committee Meeting*

mar 3 *Food Class*

mar 4 *Film Night*

mar 5 *Coop Kids' Variety Show*

mar 8 *Safe Food Committee Film Night*

mar 12 *Nutrition Response Testing*

## DECEMBER GENERAL MEETING REPORT

# What Are We Fighting For?

By Zoey Laskaris

The December General Meeting (GM) drew approximately one hundred members, who trudged along slushy streets and unplowed crosswalks to attend despite the blizzard's aftermath. The engaged crowd focused on two key agenda items. The first was to repeal the August GM's vote regarding potential legal action against entities calling themselves "Coops" but which fail to meet the New York State criteria for such. The second was about the potential of establishing a revolving loan fund to support nascent food coops.

## What's in a Coop?

At the August GM, a vote was held on a discussion item to protect the integrity of the term "coop," as perceived to be outlined in New York State law, via legal action against Barneys Co-op. This vote was illegitimate, because the item was not defined as a proposal item (proposal items culminate in a vote while discussion items do not). This meant that members who may have wanted to attend the GM specifically to vote on this issue did not have the opportunity to do so. The illegitimacy of the vote was recognized shortly thereafter, and made public in an apology that appeared in the

November *Gazette*.

The December GM, therefore, included two agenda items that would formally recognize the illegitimacy of the vote, and repeal it. The first proposal item was submitted by the Chair Committee, and the second by Elizabeth Tobier. The only distinguishing feature between the two items was their choice of words; the Chair Committee chose to "rescind" the vote and Elizabeth wanted to "void" it. If both proposals ultimately lead to the same outcome, why didn't the Agenda Committee take action to merge them? Elizabeth admitted that she was informed of the similarities, but was given only fifteen minutes to call back and confirm the potential union. The two agenda proposals were not merged, which gave Elizabeth a platform to express her dismay in the Agenda Committee's flawed communication, which she described as a recurring problem. Moreover, it forced all that attended the meeting to sit through a plethora of commentary about the unique implications of rescinding versus voiding a vote, in addition to statements of utter confusion and a call for parliamentarianism (which, as a Chair

member pointed out, is our current system of government). Elizabeth did indeed open up the meeting expressing her willingness to remove her proposal item if the first vote sustained a majority. In the end, this is exactly what happened; members lifted their hands in total agreement to rescind the vote and to move on.

## A Cooperative Coop Loan

The prospect of creating a loan fund for start-up food coops in the NYC area that follow our participatory model opened up a discussion that quickly restored our motivation and enthusiasm for the GM. This was an opportunity for members experienced in managing loans and fundraising to share their professional advice with Joe Holtz and Rachel Porter. Moreover, we were reminded of the core and anti-capitalist values that not only support our Coop, but that we willingly propagate.

The loan fund, nurtured by a yearly \$20,000 donation from the Coop, in addition to tax-deductible member contributions, would be managed by an outside entity, such as the Brooklyn Community Foundation, but advised by a loan committee at the Coop. The loan com-

mittees would determine a start-up coop's viability based on a list of coop performance indicators and other criteria. The outside entity would maintain and monitor the loan by managing all extra paperwork that the PSFC does not have the experience or capacity to do on its own. The loans are designed to be user-friendly with low-interest rates and gradual payback requirements and directed toward primary capital expenditures, such as refrigeration, shelving or initial leases. Regarding the Coop's finances and the feasibility of a loan fund, consider that the PSFC chose to spend an additional \$15,000 a year on wind energy, and that the Coop recently paid \$700,000 as a final installment on its mortgage, yet still managed to increase its cash position from last year.

## Open Discussion

The open discussion was constructive: Dorothy, a receiving worker, asked about the fees we would have to pay to an outside fund manager. In addition to explaining how the loan most resembles the structure of a microloan, which tends to be for capital expenses and is remunerated quickly, Carl Arnold (Chair Committee) and Jimmy Yang (FTOP) grounded the discussion by describing start-up failure rates and the unlikelihood that the money will be

returned in its entirety. Thomas (also a receiving worker) pondered the notion of opening a second Coop branch. Two other members working shifts or shopping at different Brooklyn-based coops strongly supported the loans, calling them "necessary" and "crucial." In summary, the financial structure, type and specific goals of the loan need further consideration and refinement, yet there were no statements in total opposition of the loan fund. Furthermore, Joe views opening a new PSFC branch as unfair competition for coops that are trying to start in Brooklyn.

The final question was, "Wouldn't we be supporting the competition?" Joe's response affirmed the Coop's unique core values, that "We wouldn't be doing our job as a cooperative if we didn't support other coops."

## Coordinator Reports

Joe Holtz gave a brief financial report comparing the past 44 weeks of 2010 to those of 2009. There didn't seem to be anything other than improvements to discuss. Interesting to note is that the salaries of the Coop's paid employees, all coordinators and IT workers, their benefits and insurance amount to the highest of all operating expenses including building occupancy (utilities), supplies and maintenance. ■

## 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.

Steve Affat	Josephine Fassari	Sarah Licandro	Marley Shepard-Ohta
Christine Alcalay	Rasheda Felder	Carly Liebman	Simone Siegel
Jose Alcalay	Joy Fuqua	Trista Majette	Kerry Sims
Nadia Awad	Christopher Gaby	Sanjay Makanjee	Andrew Smith
Carolyn Ballen	Zoe Gaby	Frannie Mendlow	Danielle Smith
Sergey Bayanduryan	Liesl Gertholtz	Philip Mendlow	Julia Sommer
Julie Benoit	Anita Glesta	David Merabyan	Alexa Rose Steinberg
Henry Bergold	Paul Glesta	Dennis Milbauer	Samantha Streicher
Dawn Best	Marisa Gross	Montsine Nshom	Gierszon Szajnberg
Kate Bolotnaya	Andrew Gurwitz	Gleb Osatinski	Gregor Tavenner
Annie Branning	Michelle Gutman	Alla (Rivka) Parnas	Michael Torres
Cynthia Butler	Antonio Hector	Musia (Mushky) Parnas	Mimi Turner
Sherelyn Caesar	Alexander Heil	Michael Patti	Ini Udosen
Clilly Castiglia	Karen Jones	Benjamin Peikes	Alexandra Van Nostrand
Tabrine Chester	Farika Joyce	Joel Perez	Raquel Vazquez
Cynthia Chris	Lisa Kim	Greg Prityckin	Lior Vexler
Amy Conroy	Naomi Kincler	Angela Pruitt	Maria Viterbo
Nick Coogan	Michiko Kojima	Christine Rizkilla	Marcel Walden
Francoise Cromer	Yasutaka Kojima	John Rodler	Matt Wang
Nicholas Dietz	Michael Komers	Helen Rosensweig	Jessica Wasmuth
Cinzia Dinoi	Olga Kressen	Benjamin Rowles	Ethel Weinberg
Matthew Dobbin	Kimberly Kulseng	Sam Rudy	Abigail Wellhouse
Shawn Fairbairn	Janet S. Lee	Mandy Sacher	Lauren Wilson
Lily Fairbanks	Steven Lenard	Jill Savitt	Karen Kithan Yau-Smith
Caroline Falzone	Noah Levine	Ian Scrivner	Sean Francisco Yau-Smith
Tim Falzone	Rebecca Lewis	Craig Selinger	Melissa Zook

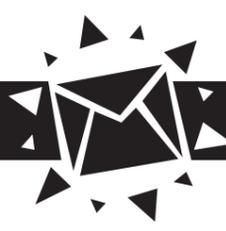


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SOCIAL-BUTTERFLY? WEB-DEVELOPER?**

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[info@GreeneHillFood.Coop](mailto:info@GreeneHillFood.Coop)  
 718-208-4778



## NEIGHBORHOOD WATCH

*Williamsburg has more babies,  
A dozen's not bizarre,  
But Park Slope's clearly leading  
In another way by far.  
You cannot miss Slope strollers  
That hold a double load  
And mark the nabe distinctly  
With its own product code.  
Ubiquitous twins abound  
(To the distaste of cynics),  
The result of treatment at  
Beloved fertility clinics.*

Leon Freilich

## RETHINKING "BDS"

### TO THE EDITOR:

In general, we value the open discussion of ideas. But are all discussions appropriate in all venues? Would our Food Coop countenance a discussion of the goals of Family Research Council, the Klan, or Nation of Islam (anti-Gay, anti-Black, and anti-White hate groups, respectively, as identified by the Southern Poverty Law Center)? No, because their platforms are counter to our Coop's ethos. We do not tolerate the intolerant.

The *Linewaiters' Gazette* has published a number of letters promoting the boycott, divest, and sanction of Israel (BDS) movement. Is this discussion appropriate for our Coop? Let's see. A June 2010 letter states, "Qassam Rockets not a Physical Threat," referring to the indiscriminate firing of rockets into civilian areas (war crimes according to Human Rights Watch) and the murders of Israelis. Are we to believe Hamas does not have deadly intentions? The conflict is presented as if only Israel is to blame; as if the behavior of Hamas, whose charter calls for elimination of Israel and the killing of Jews, is irrelevant. Great concern is expressed for the human rights of Palestinians living under occupation, but none for the right to life of Jews in Israel. There is a word for this: Bigotry.

To support its proposition, the letter cites the Israeli Ministry of Defense describing Qassams as "more psychological than a physical threat." The quote is from a newspaper interview in early 2006, before the escalation of rocket attacks. The speaker was talking about defense budget priorities, and was comparing the effects of the rockets—loss of life has been small compared to the number of rockets due to the success of the alarm and shelter systems—to far more deadly terrorist attacks, such as a suicide bombing. The quote is taken out of context and its meaning changed. There is a word for this: Dishonesty.

Peace in the region requires the mutual recognition and respect for each people's historic ties to the land, and ultimately a two-state solution.

The BDS movement does not support the two-state solution. It opposes co-existence initiatives. It does not condemn the incitement of racial hatred towards Jews. It does not condemn terrorism against Jews. It denies Jews the right to self-defense. It denies the history of persecutions of Jews in Muslim and Christian lands. It denies the historic ties of the Jewish people to the land and their right to self-determination. There is a word for this, too: anti-Semitism.

The BDS Movement uses the language of fairness, humanism and pluralism to attract well-meaning people. It presents only one side of the story—this isn't fair. It will not condemn terror—this isn't humanistic. It denies the rights of Jews—this isn't pluralistic.

The purpose of the BDS debate is to vilify Israel and delegitimize its existence. Conducting this discussion in our Coop would subject Jews to defending their right to exist. BDS—Bigotry, Dishonesty, anti-Semitism—do not belong in our Coop.

Barbara Mazor

## NOVEMBER GM SUPPORTS BOYCOTTS: A THOUGHT

### TO THE EDITOR:

Our agreement to maintain our boycott of Coca Cola and Flaum (December 16th) presents the Coop with a dilemma—and perhaps a reason to rethink a piece of our position.

When I was in East and Southern India a few years ago it was being publicly asserted that the Pepsi Cola Company had been involved in diverting the waters from farms to water bottling plants, in East and Southern India, similar to the charges being made against the Coca Cola Company. Since then, Pepsico has stated its intention to be "water neutral." The same claim (although with a date of 2020) has been made by Coke.

If Pepsico can be painted with the same brush as Coke, then Sabra hummus, now replacing the hummus from Flaum, may be in for a boycott by association, since Sabra is now linked with Pepsico.

I am not an expert on what company is doing what to humans or their habitat, and I am pleased that our selection of foods is carefully done to eliminate the unsavory purveyors where we can. I am also in support of our boycotting local suppliers where our knowledge is accurate and our impact direct. But so many large companies could potentially be boycotted that I worry that our boycotts be seen as arbitrary, let alone, ineffective. Rather, I feel, we should act our conscience, not buy where there is good reason not to, and leave the grand gestures aside.

Stuart Pertz

## LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory.

The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.

You may submit on paper, typed or very legibly handwritten, or via email to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop) or on disk.

### Anonymity

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

### Fairness

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.

2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

The above applies to both articles and letters. The only exceptions will be articles by *Gazette* reporters which will be required to include the response within the article itself.

### Respect

Letters must not be personally derogatory or insulting, even when strongly criticizing an individual member's actions. Letter writers must refer to other people with respect, refrain from calling someone by a nickname that the person never uses himself or herself, and refrain from comparing other people to odious figures like Hitler or Idi Amin.

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## CLASSIFIEDS

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If your dog is your baby I am the boarder for you! Day boarding too. Call Jane at 347-860-2142 or e-mail me at Petnanny01@yahoo.com. References available. Your dog will thank you!

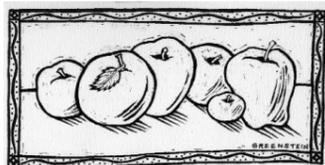
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If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.

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## To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, display ads at \$30. (Classified ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal).

Submission forms are available in a wallpocket near the elevator in the entrance lobby.

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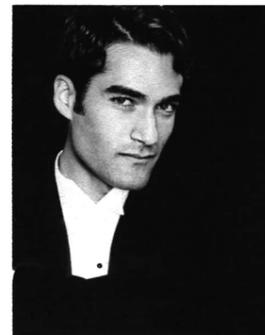


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