

Established
1973



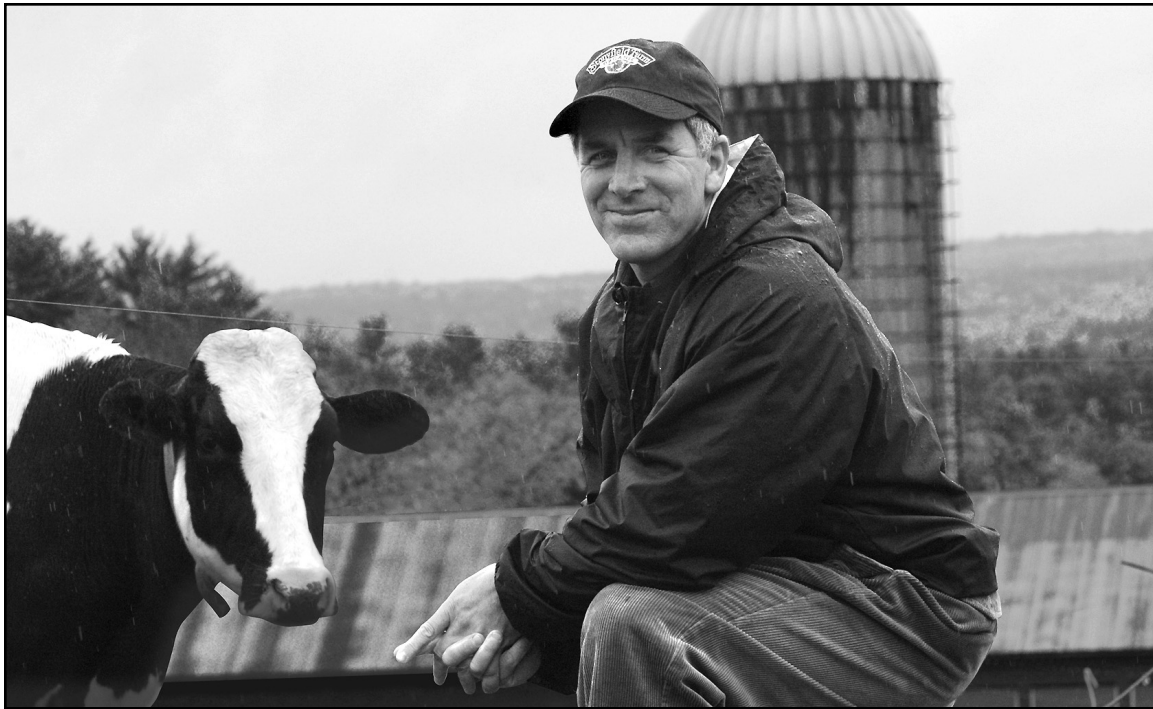
LINEWAITERS'

GAZETTE



Volume FF, Number 4

February 24, 2011



Gary Hirshberg, "CE-YO" of Stonyfield Farm.

A Crisis for Organics

The Movement Against Engineered Alfalfa

By Hayley Gorenberg

Organics advocates have raised a chorus of objections following the U.S. Department of Agriculture's decision on January 27 to allow deregulation of genetically engineered alfalfa, the hay many grass-fed cows eat. Genetically modified hay is designed to withstand applications of weed-killing pesticides, and voices from many quarters have objected that deregulating alfalfa will result in contaminated feed for organic cattle.

As Stonyfield Farm's President and "CE-YO" Gary Hirshberg pointed out in an email alert, "This means GE alfalfa can be planted without any federal requirements to prevent contamination of organic and non-GE crops. It also means that GE alfalfa does

not have to be labeled, making it difficult for consumers to identify and avoid."

Conflict sparked internally in the organics movement, as well. Hirshberg's email followed a public accusation by the head of the Organic Consumers Association (OCA)

that Whole Foods Market, Organic Valley and Stonyfield Farm had capitulated by not pressing harder to ban Monsanto's "Roundup Ready" engineered alfalfa. Organics organizations that had been meeting with the federal gov-

CONTINUED ON PAGE 2

Brews and Stews

By Nicole Feliciano

Winter has still got a firm grip on New York City. For many of us, it's a perfect time to tuck into a hearty winter stew. There's ample inspiration at the Coop thanks to a plentiful selection of root vegetables and dark leafy greens. But there's more than just vegetables to generate excitement in the kitchen. To spice up your cooking, consider a secret ingredient—beer!

The Magic Ingredient

The Coop has a wide assortment of craft beers that can liven up winter meals. Thanks to the Coop's intriguing selection, your cooking can get livelier without having to rely on spices. Simply add beer to a recipe in lieu of broth, water or wine and you'll change the character of your favorite dish.

Beer can enhance flavors, add nuance to your dishes and increase the richness of your cooking. Beer's delightful bitterness makes it a perfect partner for the sweet

vegetables, carrots and onions, in this chili.

Chefs, Take Note

In a dish like this chili (recipe to follow), don't dump in any old brew: the



Ingredients for a hearty winter stew.

more the beer is cooked and reduced, the stronger its flavor will be. Because

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Next General Meeting on March 29

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, March 29, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda will be available as a flyer in the entryway of the Coop on Wednesday, March 2. For more information about the GM and about Coop governance, please see the center of this issue.

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Coop Event Highlights

- Thu, Mar 3 • Food Class: Healthy Sweets** 7:30 p.m.
- Fri, Mar 4 • Film Night: Pray the Devil Back to Hell** 7 p.m.
- Sat, Mar 5 • Coop Kids' Variety Show** 7 p.m.
- Tue, Mar 8 • Safe Food Committee Film: King Corn** 7 p.m.
- Fri, Mar 18 • Coffeehouse: Annie Keating, Jean Rohe & Rogerio Boccato** 8:00 p.m.

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

Organics

CONTINUED FROM PAGE 1

ernment responded that the USDA had taken a complete ban off the table and that it had therefore pushed for “conditional deregulation” with important limits—but in the end even that partial control failed.

As a result of the decision, said OCA, genetically modified alfalfa would be “guaranteed to spread its mutant genes and seeds across the nation; guaranteed to contaminate the alfalfa fed to organic animals; guaranteed to lead to massive poisoning of farm workers and destruction of the essential soil food web by the toxic herbicide, Roundup; and guaranteed to produce Roundup-resistant superweeds that will require even more deadly herbicides.”

Longtime PSFC Environmental Committee member Greg Todd (originator of the Coop’s EcoKvetch column) explained that this move and similar deregulation of sugar beets, for example, has made the task of ascertaining whether products are free of genetically modified ingredients “one hundred percent harder.”

“It’s a tragedy for organic growers,” seems to be everyone’s response,” he said. Allowing crops to grow adjacent to each other practically guarantees cross contamination, he pointed out, using corn plants as a case in point: “Silk and pollen from corn travels miles!” Todd supports a proposal which the committee hopes to bring before the General Meeting within the next year to require on-shelf labeling for packaged products, though he said the result would be “90 percent we don’t know, five percent definitely, five percent no.”

“Officially, according to USDA standards, organic foods cannot contain GMO ingredients,” Todd said. But the problem of contamination threatens the standards because there is no testing of whether these products are indeed GMO-free, he explained. “So it’s quite probable there’s some level of

contamination in there,” he continued, adding that contamination, if not from seeds, could originate from storage in contaminated silos or trucks.

Testing proposals have also triggered concern among organic producers, he said. “A lot of the producers are very anxious they’re not going to get the certification. If they fail the test, it will be horrible for their marketing. So a lot of companies have been dancing around worried they won’t make the grade.”

Meanwhile, organic producers of animal products like meat and dairy “pay a big premium to get organic-certified corn or soy for their livestock,” Todd said. “Now it’s increasingly hard to maintain that GMO-free status.”

According to Coop policy, PSFC will “Sell no products that are genetically engi-

into effect.”

Hirshberg suggested the battle would continue, urging supporters of organic agriculture to log on to the Organic Trade Association’s website (<http://ota.capwiz.com/ota/issues/alert/?alertid=24747501>) and press the federal government on a variety of points, as follows:

- This damaging decision, under your leadership, to permit commercial planting of Monsanto’s genetically engineered Roundup Ready alfalfa was made at the expense of agricultural diversity, farmer livelihoods, and my ability to choose.
- There are compelling scientific and economic reasons to question why Americans should put all of our eggs in the biotech basket. The unconditional release of GE crops threatens farmers and consumers who seek to avoid seeds and food con-



PHOTO BY ROD MORRISON

Greg Todd, advocate for GMO-free foods, weighing his corn purchase at the Coop.

ed with a court order directing the government to assess the environmental impact of engineered hay prior to deregulating. The U.S. Department of Agriculture’s Animal and Plant Health Inspection Service (APHIS) released a draft environmental impact statement in December 2009, held four

alfalfa is not expected to adversely affect plants and animals, including threatened and endangered species. RR alfalfa is not expected to become more invasive in natural environments or have any different effect on critical habitat than traditional alfalfa....RR alfalfa has no adverse effects on human health and worker safety.”

Food and Water Watch has reported that the biotechnology has spent \$572 million lobbying Congress since 1999.

Said Hirshberg, “The problem with the unrestricted deregulating of GE crops is that the dangers of contamination are permanent and irreversible. Whereas Congress has enacted other legislation to correct and reverse past transgressions, for instance the Clean Air Act and clean water legislation, a ‘clean crop act’ would never be able to undo the damage and losses caused by GE crops. Therefore, the time to fight for these restrictions is now.” ■

“Deregulation of genetically engineered alfalfa means that GE alfalfa does not have to be labeled, making it difficult for consumers to identify and avoid.”

Gary Hirshberg,
CE-YO of Stonyfield Farm

taining these substances. But instead you relied on Monsanto’s research alone to evaluate if my family and the environment are at risk.

- The government’s own Environmental Impact Statement on GE alfalfa revealed that the crop will increase the use of toxic weed killers. There is no justification for ignoring science that shows that genetic engineering results in the increased use of toxic and persistent pesticides, leads to the growth of superweeds and puts food security at risk.

- Since genetically engineered food is not currently labeled or tracked in our food supply, it is impossible to conduct long-term studies on the link between GE and human health problems. Opponents of deregulation have said they are planning court challenges.

In 2005 the USDA initially attempted to deregulate genetically modified alfalfa; in response the Center for Food Safety and other advocates sued and were reward-

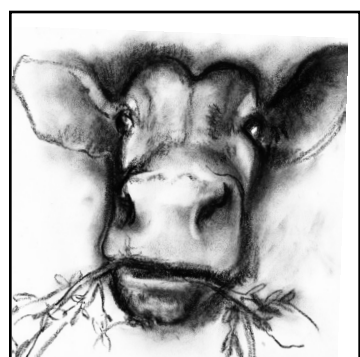


ILLUSTRATIONS BY CATHY WASSYLENKO

neered or contain products of genetic engineering, except that sales of genetically engineered products shall not be discontinued unless there is a similarly priced equivalent product that is not genetically engineered.”

Stonyfield Farms’ website has become one locus for tapping into opposition to the deregulation of alfalfa. (See www.stonyfield.com/blog/2011/02/01/we-stand-united-in-opposition-to-ge-alfalfa/.) The site castigates the decision to “support big business at the expense of individual choice,” which it says “sets a precedent for future deregulation of GE crops although genetic engineering has not been conclusively proven safe.”

Stonyfield’s Hirshberg objected that OCA’s letter was “blatantly untrue and dangerously misleading, but also deeply divisive at a time when we all need to be focused on immediate actions necessary to stop this new policy from going



Sudoku

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

Puzzle author: James Vasile. For answers, see page 12.

Brews

CONTINUED FROM PAGE 1

of the hops, be careful when selecting a beer. For instance, pouring India Pale Ale into this chili will make the recipe too bitter. Since this recipe is slow-cooked (also known as crock-pot cooking), pick a milder beer. Pale ales and nut-brown ales are a good choice.

The Best Kind of Research

When it comes to cooking with beer, feel free to experiment and sip while you cook. By tasting the beer, you'll get a better understanding of the flavors. If you think a particular beer could be paired well with a recipe as a beverage, most likely it will be delicious incorporated into the recipe.

Another key aspect to cooking with beer is to avoid going cheap. The lovely

organic choices from our produce section deserve better than a watery, light beer.

Set aside a few hours to prepare these recipes. It's worthwhile cooking in large batches. They'll be perfect to share with friends or to freeze in serving-sized containers to be reheated after a busy day. Combining a delicious beer with local vegetables is sure to deliver a memorable and tasty meal this winter. ■

Nicole Feliciano's Vegetarian Chili with Beer

Ingredients

- 1 box Pommi crushed tomatoes
- 1 chopped onion
- 1 can chick peas
- 1 can kidney beans
- 2 carrots, peeled and diced
- 2 stalks, celery chopped
- 1 bottle beer
- 1 tsp. canola oil
- ¼ tsp. cayenne pepper
- 1 tsp. salt
- 1 tsp. black pepper

Directions

1. Sauté onions, celery and carrots in oil over medium heat. Cook until onion is soft. Stir and remove from heat.
2. In a slow cooker, combine tomatoes, both cans of beans, beer and cooked vegetables. Add spices. Set slow cooker to medium and set timer for 5 hours.
3. The alcohol in the beer will cook off and leave a hoppy flavor behind. Serve with an assortment of toppings such as Greek yogurt (a much healthier alternative to sour cream), grated cheese and chopped scallions.



PHOTO BY KEVIN RYAN

Still life with stout and cabbage.

Robin Oswald's Drunken Winter Stew

This wonderful recipe uses potatoes and cabbage (readily available right now). If you are sticking to an Irish theme, use a stout beer. For a less rich and heavy stew, try a porter beer. There's still plenty of body to the porter, but the beer will be a little less prominent in the recipe.

Ingredients

- 3 potatoes, peeled and cubed
- ¼ cup chopped onion
- ½ medium head cabbage, sliced
- 1 (15 oz.) can kidney beans, drained and rinsed
- 3 cups water
- 1 (12 fluid oz.) can beer
- 1 Tbsp. prepared Dijon-style mustard
- ¼ Tbsp. garlic powder
- Ground black pepper to taste
- Salt to taste

Directions

1. Bring potatoes, onions, and water to a boil, then lower heat to simmer.
2. Add cabbage and mustard. Slowly add about half the beer (it will foam up a bit). Cover loosely. Let simmer 15 minutes, stirring occasionally.
3. Add the beans, spices, and more/all of the beer to taste. Remove lid and let simmer another 10 minutes or until potatoes are tender. Add water if necessary. Re-spice if needed before serving.

Board of Directors Election

The General Meeting and The Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting.... The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance.

The Board of Directors conducts votes at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

Opening

We have one three-year term open this year.

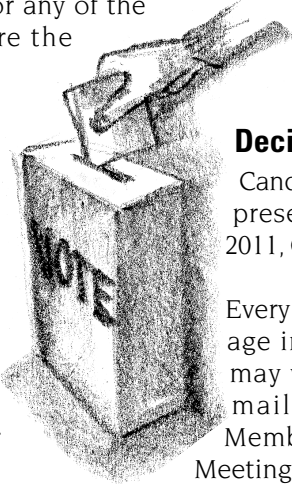
Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Monday, March 28. Please submit a statement of up to 750 words to GazetteSubmissions@psfc.coop. Please include a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing.

Deciding and Voting

Candidates will have the opportunity to present their platform at the April 26, 2011, General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 28, 2011.



BAY RIDGE FOOD CO-OP

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

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

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

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

PSFC members receive FTOF credit for their work!

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

Unpacked: The New(ish) Shift of Checkout Assistant

By Allison Pennell

I had never actually noticed before that the Food Coop even had such a thing as a designated Checkout Assistant, let alone the advent of the vest/smock/schmata they wear. But we do have such a thing and, apparently, have since December 2009, after Beth Segal, an enterprising member, formulated a plan in a General Meeting. Her idea was to speed the morass that was checkout with help getting people to their destination as well as packing and unpacking elves.

And now they have their own special outfits! So people like me can mock them as they unpack my groceries.

Because I am so on board with the unpacking help, espesh. Apparently, I'm more like a guy in my reluctance to have somebody organize my packing. You have to earn my trust.

As Allen Zimmerman had testified when the idea was broached at that November 2009 General Meeting, "This position requires a certain amount of social courage."

So I asked a few of the newly uniformed workers how it was going.

The first dude called his new vest "red dread" and said it felt a little loud, sartorially speaking, on a Monday morning. "Or any morning, for that matter. I'm wearing a fake

mustache so no one will recognize me. Thank God it's empty."

Now, I would agree that not just anybody can carry off the look with panache.

But David Ibrahim, of C Week Thursday morning, is that man. Not only does he proudly wear his new vest, which he says helps lend him legitimacy, but he really, really loves his shift job.

"Some people just shove it in a bag without realizing how best to allocate space. I try to guide them. I have natural spatial skills, which a lot of people seem to lack. But you have to feel shoppers out individually, size them up to see whether or not they'll be open to suggestions and help. Because some people will feel you're questioning their ability, men especially."

When I asked Ibrahim if he'd had to submit a resume or take a spatial relations test, he said no.

Another guy seemed to support Ibrahim's hypothesis that the menfolk will be more reluctant to accept help with packing/unpacking. "I have a low faith threshold in the work ethic of most Coop workers."

Well, obviously, he hadn't met Ibrahim, who takes his shift duties as seriously as anybody I've ever witnessed at the Coop. And good for him! Shirkers: take a lesson.



PHOTO BY INGRID CUSSON

Alan Farhi, an eager checkout assistant.

Debbie Parker, a Membership Coordinator, says, "the vests, silly as they may be, identify that there's someone doing the job. When we first started doing it, shoppers didn't want people touching their food. But if you ask around, this holiday season went a lot smoother because of the line management and checkout assistants. Unpacking seems to be an easier sell. I find a lot more men saying no than women. They have a particular way of packing. In the last few months, I've seen growing acceptance. The vests have helped, as have workers who want to do the job."

My shopping squad leader, Matt Mitler, says he has definitely seen a big uptick in the speed of checkout since the new vests showed up. "Hey, laugh all you want, but now people know it's not some weirdo coming up to them; it's a real workslot. And maybe we're proving that people really do have a healthy respect for authority. They see the schmata, they do what they're told."

The next time somebody asks you, "May I help you unpack so you can get out of here faster?" give it a go. Control issues aside, faster is the operative word! ■

Coop Job Opening: Receiving/Stocking Coordinator

Evenings & Weekends

Description:

The Coop is hiring a Receiving/Stocking Coordinator to work evenings and weekends.

The evening and weekend Receiving/Stocking Coordinators have a lot of responsibility overseeing the smooth functioning of the store and supporting the squads. They work with the Receiving squads, keeping the store well stocked and orderly while maintaining the produce quality. At the end of the evening, they set up the receiving areas to prepare for the following day's early morning deliveries.

The ideal candidate will be a reliable, responsible self-starter who enjoys working with our diverse member-workers. You must be an excellent team player, as you will be sharing the work with several other Receiving Coordinators. You must have excellent communication and organizational skills, patience, the ability to prioritize the work and remain calm under pressure.

We are looking for a candidate who wants a permanent evening/weekend schedule. This is a high energy job for a fit candidate. You must be able to lift and work for hours on your feet including in the walk-in coolers and freezer. Grocery store experience is a plus.

Hours: 37-40 hours per week, schedule to be determined

Wages: \$23.88/hour

Benefits: —Vacation—three weeks/year increasing in the 4th, 7th & 10th years
—health insurance
—Health and Personal time
—pension plan

Application & Hiring Process:

Please provide a cover letter and your résumé as soon as you can. Mail your letter and résumé or drop it in the mail slot in the entryway of the Coop. All applicants will receive a response. Please do not call the office to check on the status of your application. If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Must be a current member of the Park Slope Food Coop for at least the past 6 months.

Applicants must have worked a minimum of three shifts in Receiving within the past year.

We are seeking an applicant pool that reflects the diversity of the Coop's membership.

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

Just when we think we can't take another thing
one gets delivered to our door

When we given everything we've got
the world extends its hand for more

Sometimes we fall and can't get up
other times we sleep and can't wake up

All this and more
I cannot name

But I can tell you this:
Beneath the snow
under the anvil of ice
is a tiny space

Where the moss is wet and supple
where small shoots of green nose their way
upward
where the light is lit as smooth as alabaster
and a small chiming trickle fills this space
with music

Not one care, not one worry there
the muzzle of the deer soft as a new baby
huffs into this space and fills it
with the warm smoke of his breath

Rabbits rummage here as a matter of fact
And the birds poke and dig
inviting this small space
to get bigger
much bigger

Don't give up!
the wide world awaits!

The Park Slope Food Coop
Big things in small spaces

by Myra Klockenbrink

Mondays

**February 28 and
March 7
noon to 1:00 p.m.
1:30 to 2:30 p.m.**

and

You can join in any time during a tour.

SAFE FOOD COMMITTEE REPORT

From Plow to Plate: *King Corn*

By Adam Rabiner

King Corn is a fun and hip documentary; its principal narrators, Curt Ellis and Ian Cheney, while charming and funny, are serious filmmakers, and the things they learn in the making of King Corn are no joke.

The film's opening scene takes place in a laboratory. An isotope analysis of Curt and Ian's hair reveals, to their amazement, that they're made largely of corn. This scene illustrates the film's major premise: that corn is in almost everything, including things we'd hardly expect, such as fruit, meat and poultry and cookies, sneaking into our food supply through corn starch, animal feed and high fructose corn syrup, a

sweetener that the industry has recently re-branded as "corn sugar" due to poor publicity and consumer backlash.

After Curt and Ian learn that they literally "are what they eat," they decide to concretely illuminate this alarming discovery by making a movie about corn's life cycle, from production to distribution to consumption. The resulting film examines what the ubiquity of corn, in our fields and within our bodies, means in terms of diet, health, the economy and the environment.

In a strange coincidence, the college friends also discover that their great, great grandfathers are from the same tiny corn-producing

town, Greene, Iowa, and are buried near one another in the local cemetery. This leads them to their ancestral home, where they rent a single acre from local farmer Chuck Pyatt. The film records Curt and Ian's farming activities over the course of a single growing cycle in 2007 and accompanies the two on post-harvest trips down the food chain.

King Corn covers a lot of ground. In Iowa, thousands upon thousands of acres of corn are planted because government subsidies give farmers a perverse incentive to overproduce. Without the subsidies, farmers would lose money. From Iowa the friends follow the corn trail to Colorado, where much of the

grain is fed to cows on feedlots. From there they head to New York City, where a taxi driver escorts them along Park Slope's bodega-lined Fifth Avenue and describes how at one time he weighed 300 pounds from drinking a liter of grape soda a day.

Curt and Ian are amusing but gentle hosts on this journey of discovery. Unlike an angry Michael Moore who attempts to humiliate and embarrass, these young men are sweet and good-natured jokesters. The closest thing the film has to a bad guy is an unrepentant Earl Butz, the former Secretary of Agriculture, whose federal farm policies in the 1970s ushered in the era of over-production. But Curt and Ian treat him

respectfully and even don suits for their interview.

In the film's final scene, Curt and Ian return to Greene, a bit older but much wiser. Chuck Pyatt has fallen victim to the economic forces that are putting smaller family farms out of business while consolidating production onto mega farms. His possessions are being auctioned off, and he intends to move out of town. Curt and Ian offer to buy their one acre from him. I'd say the film's final image is worth the price of admission but since it is free I'll settle for "a thousand words." ■

King Corn, Tuesday, March 8, Park Slope Food Coop, Second Floor Meeting Room, 7:00 p.m. Refreshments will be served.

Oprah Went Vegan, Should You?

By Alison Wilkey

Oprah Winfrey announced her one-week Vegan Challenge on February 1. She and 378 of her staff were going to try to cut all animal products from their diet for one week. I also took up my own vegan challenge at about the same time, although I had no knowledge of Oprah's challenge when I decided to cut animal products from my diet. The coincidence made me wonder whether dietary veganism is hitting a new era of acceptance and popularity.

In the past few years, veganism has received a growing amount of attention in popular media. Chef and *New York Times* food writer Mark Bittman has written and spoken about the "vegan before dinnertime" diet he practices. This diet, which he adopted to lose weight and bring down his cholesterol, consists of not eating any animal products for breakfast or lunch, but allowing them at dinner.

The popularity of *The China Study* by Dr. T. Colin Campbell is also telling. Campbell argues that there is enough scientific research to support the hypothesis that animal products are connected with the leading causes of death in the United States: heart disease and cancer. Campbell's years of research

about cancer and diet led him to adopt a plant-based diet. This is the same as a vegan diet, but Campbell opts not to use the term because he believes it implies a moral position on animal consumption. The book has sold half a million copies since it was published in 2006 and is one of the all-time best-selling nutrition books in the United States. It should be noted that both Bittman and Campbell also stress

Member Contribution

eating whole grains and unprocessed foods, in addition to cutting out animal products.

Michael Pollan, the popular food journalist and best-selling author, has espoused a new plant-promoting creed in his two most recent books, *In Defense of Food* and *Food Rules*. His basic nutrition rule is "Eat food. Not too much. Mostly plants." On January 26, Pollan appeared on *Oprah* to talk about his two latest books. Perhaps his visit was intended to prepare Oprah's audience for her vegan challenge the following week.

If two very different people, Oprah and I, indepen-

dently decided to give veganism a try, maybe there is a nationwide groundswell? I do not typically watch or read any of the Oprah products out there, but I love to cook and read about food. My decision to eat a plant-based diet has come from years of thought and reading about nutrition and sustainability. After reading many of the books above, among others, I decided it was finally worth a try. For me, it is not so great a leap.

At least three-quarters of the meals I cook are vegetarian simply because I do not like handling raw meat. Since both my partner and I are lactose intolerant, our diets are already lower in animal products than those of most Americans.

For Oprah's staff, it was more of a challenge. At the end of the week, 300 out of 378 maintained a vegan diet. One staff member reported feeling anger after eating vegan; she was told that her reaction was due to her addiction to junk food. In the end, the challenge participants reportedly lost a total of 444 pounds, a result that alone could do wonders to promote veganism.

In 2009, one percent of Americans identified themselves as vegans, a surprisingly high number. Time will

tell whether this number is really on the rise, or whether Oprah and I are just part of a passing fad. ■

Alison Wilkey is a lawyer for a youth defense and advocacy non-profit. She has been a PSFC member since 2008.



Coop Band Nite

The Fun Committee is looking for bands (various genres including rock, folk rock, funk, indie, etc.) to perform on April 29 at Jalopy Theatre.

Please contact Sarah Safford at saffo1953@gmail.com or drop off demo CD with Jason Weiner at the Coop. Deadline for submission is March 5.

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
Mar 18

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



The *Village Voice* raves, "**Annie Keating** is a wise mix of Lucinda Williams songwriting, Gillian Welch guitar and a vocal all her own ... a cross between Willie Nelson and John Prine and you don't get any better than that." Keating appeared live on the BBC Radio (UK) Bob Harris show and has gone on to perform at leading festivals, playing on the bill with the likes of John Hiatt, Dan Bern, Boris McCutcheon, and Shannon McNally. On her latest album, *Water Tower View*, Keating is at her best, delivering beautifully crafted songs.

Vocalist **Jean Rohe** and percussionist **Rogerio Boccato** come together for an imaginative and collaborative duo project. With Brazil and its many rhythms as a jumping-off point, their repertoire ranges from original songs to traditional and from The Beatles to Jobim, with a dose of improvisation. Boccato plays with leading jazz players, like Danilo Perez, John Patitucci, Edward Simon and David Binney and is featured on two Grammy-nominated albums. Rohe is the audience prize winner of the 2006 Montreux Jazz Festival vocal competition and leads her own genre-bending trio.



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...

Last Sunday
FEBRUARY 27
10:00 A.M.–2:00 P.M.

Second Saturday
MARCH 12
10:00 A.M.–2:00 P.M.

Third Thursday
MARCH 17
7:00 P.M.–9:00 P.M.

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

PLASTICS

What plastics do we accept?
Until further notice:

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

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

PLASTIC MUST BE COMPLETELY CLEAN & DRY

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



This Issue Prepared By:

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Tom Moore

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Desktop Publishing: Lee Schere
Kris Britt
Maxwell Taylor

Editor (production): Nancy Rosenberg

Puzzle Master: James Vasile

Final Proofreader: Teresa Theophano

Index: Len Neufeld

Beer Enthusiasts

The Coop is seeking members to stock and organize the beer shelf in the afternoons and on the weekends. The shifts will be 3:30 p.m. Monday–Friday and 8:00 a.m. on Saturdays and Sundays—arrival times can be made a little flexible.

We are looking for folks who are knowledgeable about and/or interested in beer, a bit meticulous, able to lift cases of beer, and willing to be responsive to member requests. It is very important that beer squad members be what is referred to as “self-starters” and be able to work without direct supervision.

The squads will be comprised of one or two members and will be trained by and work with the Coop’s beer buyer. Please email

anngel_delaney@psfc.coop directly to sign up.

Office Set-up

Tuesday or Thursday, 6:00 to 8:30 a.m.

We 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 in the Membership Office for more information.

Checking Store Supplies

Saturday, 9:00 to 11:45 a.m.

This workslot is responsible for restocking supplies on the shopping floor, at checkout lanes, entrance desks and the cashier stations, and in the basement. This is a task- and detail-oriented job, ideal for someone who likes working independently and is proactive. Please speak to Alex in the Membership Office or contact him at alex_marquez@psfc.coop if you are interested.

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, MAR 1

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Mar 29 General Meeting.

TUE, MAR 29

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Mar 10 issue: 7:00 p.m., Mon, Feb 28
Mar 24 issue: 7:00 p.m., Mon, Mar 14

CLASSIFIED ADS DEADLINE:

Mar 10 issue: 7:00 p.m., Wed, Mar 2
Mar 24 issue: 7:00 p.m., Wed, Mar 16

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, March 29, 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

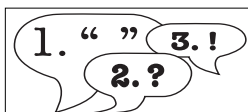
The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values 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

mar 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, March 29, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

mar 3
thu 7:30 pm

Food Class: Healthy Sweets



What is gluten? What are healthy sweets? Learn the nutritional benefits of ingredients, how to bake gluten-free without additives and how to make vegan sweets without refined sugar. **Hideyo Yamada** is a cooking instructor and private chef. She specializes in pastry, sushi and Japanese food. Her delicious gluten-free and vegan dishes add more balance and energy to the lives of her clients. She is a certified Holistic Health Counselor and graduate of the Institute of Integrative Nutrition. See www.hideyocooking.com for a schedule of her upcoming classes. *Menu includes grilled pineapple; tofu-blueberry-agar cheesecake; black-bean brownie with raisins and walnuts; and Japanese roasted-tea ice cream. Materials fee: \$4.*

mar 4
fri 7 pm

Film Night: Pray the Devil Back to Hell



Pray the Devil Back to Hell is the gripping account of a group of brave and visionary women who demanded peace for Liberia, a nation torn to shreds by a decades old civil war. The women's historic, yet unsung achievement finds voice in a narrative that intersperses contemporary interviews, archival images and scenes of present-day Liberia together to recount the experiences and memories of the women who were instrumental in bringing lasting peace to their country. Co-producer **Johanna Hamilton** won the 2008 Tribeca Best Documentary Film Award for this film, and was short-listed for the 2009 Academy Awards. **To book a Film Night, contact Faye Lederman, squeezestone@hotmail.com.**

mar 5
sat 7 pm

Coop Kids' Variety Show



Performers in alphabetical order: Cloe Dean, Marina Zero Espinet (AKA Marina Zee), Jordan Nass-Demaue, David Gratz, Ikhari Hinds, Malkhut Hinds, Eli Jort, Ruby Kahn, Delia Mandik, Jonah Murphy, Reuben Gelley-Newman, Ellie Pike, Lara Saddique, Emma Scholl, Aliyah Verdiner, Genie Verdiner, Clementine Vonnegut, Graham Vonnegut, Olivia Wohlgemuth, Dominic Wynter, Vanessa Wynter, and a parent or two. Types of acts include: violin, singing, flute, guitar, unicycle, cello, piano, drums, Irish dancing. **Event to be held at Old First Church, Carroll St. and Seventh Ave. Admission: \$5. Refreshments for sale.**

mar 8
tue 7 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.

mar 12
sat 2 pm

Cleanse & Renew

Now is the perfect time to assist your body's natural springtime desire to detoxify. Join us for a fact-filled presentation on how and why to cleanse your body safely, gently and easily...no messy juicer, no fasting, no hunger! Eat to lose weight, lower cholesterol and regulate blood sugar. Coop member **Diane Paxton**, MS, LAc, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope.

mar 18
fri 7 pm

Experience Healing

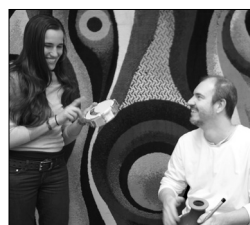
Learn to draw the Prema Agni healing symbol for yourself and on others in this hands-on workshop. Prema Agni means "Fire of Divine Love" and this symbol opens the heart for love to flow in and expand your heart. In this workshop, you will experience and learn to work with healing energy. **Becca Gee** is a Coop member, rising star practitioner and prema birthing practitioner/teacher. She has studied with master healer and spiritual teacher Derek O'Neill in Ireland.

mar 18
fri 8 pm

Annie Keating and Jean Rohe & Rogerio Boccato



The Village Voice raves, "**Annie Keating** is a wise mix of Lucinda Williams songwriting, Gillian Welch guitar and a vocal all her own ... a cross between Willie Nelson and John Prine and you don't get any better than that." On her latest album, *Water Tower View*, Keating is at her best, delivering beautifully crafted songs. Vocalist **Jean Rohe** and percussionist **Rogerio Boccato** come together for an imaginative and duo project. With Brazil and its many rhythms as a jumping-off point, their repertoire ranges from original songs to traditional and from The Beatles to Jobim, with a dose of improvisation. Boccato plays with leading jazz players, like Danilo Perez, John Patitucci, Edward Simon and David Binney and is featured on two Grammy-nominated albums. Rohe is the audience prize winner of the 2006 Montreux Jazz Festival vocal competition and leads her own genre-bending trio. **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.**



mar 20
sun 12 pm

Wordsprouts: Open House



Learn about all the fab Coop authors, their books and upcoming events. Co-curators **Paula Bernstein** and **Paola Corso** would love to hear about your writing projects and news for an upcoming Wordsprouts column or suggestions for future Wordsprouts events. Sign up for a critique of your writing. Paula Bernstein is the co-author of *Identical Strangers: A Memoir of Twins Separated and Reunited* (Random House, 2007). Paola Corso's most recent book of fiction is *Catina's Haircut: A Novel in Stories*, included on Library Journal's notable list of first novels last fall. **To book a Wordsprouts, contact P.J. Corso, paola_corso@hotmail.com.**

mar 26
sat 9 am

Joy! What Is It? Where Is It?

Come and learn specialized eastern and Mayan secrets to discovering what it is that may be blocking you from your own power, strength and joy. You will be introduced to Emotional Freedom Techniques (EFT) and the Four Agreements, which show you how to reduce or eliminate your emotional blockages, past traumas, pain, anger, phobias, fears and trauma memories. Coop member **Carolyn Meiselbach** has an advanced certification in both hypnosis and EFT, with a private practice in Carroll Gardens.

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.

mar 1 – apr 23 2011

mar 26
sat 12 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. Work through any obstacles, from frozen childhood needs to the impact of race/class/sexist/homophobic oppression on your life. This workshop will help you clear out old blocks and plan for a fresh new start! **Jennifer Joy Pawlitschek** is a Coop member and the NYC Co-Counseling International teacher and leader.

mar 26
sat 3 pm

Self-Care for the White-Collar Hero

The increasingly long hours spent at the computer for work and recreation is a health hazard. This lecture will present an overview of all the muscles that are involved in computer use, from the hamstrings to the extraocular (eye) muscles. You will learn techniques for how to effectively relax these muscles at home or at the office. We will go over trigger points and common pain referral patterns, tension headaches, carpal tunnel syndrome, “Blackberry thumb” and other ailments. Coop member **Elena Tate** is a licensed massage therapist.

mar 27
sun 12 pm

Why Meditate?

Review scientific data supporting meditation. What is Monkey Brain? Redefine what is “good meditation.” When and how often is meditation truly beneficial? For the benefit of humanity, we must all learn to clear our past so we may interact from a clear place full of light and love. Coop member **Esme Carino** is an Angel Therapy Practitioner, Reiki Master and card reader/healer. She runs monthly meditation groups in Brooklyn.

mar 29
tue 7 pm

PSFC MARCH General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the

Coop office. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

mar 29
tue 7:30 pm

Fibroids, Cysts and PMS

Participants will learn five effective, natural ways to eliminate fibroids, cysts and PMS. Learn the underlying causes of hormonal imbalance, how to resolve them and how to boost energy and clarity through beneficial diet, appropriate exercise and the use of natural supplements. Advanced registration suggested: call 646-483-4571. Coop member **Rebecca Curtis** is a licensed and registered health and fertility coach, through the New York State Department of Education and the American Association of Drugless Practitioners, specializing in women's issues and hormonal balance.

apr 1
fri 7 pm

Film Night: Yumi Means Rain & Harmony: A New Way of Looking



A couple in Moyobamba, Peru, struggles to maintain a reserve for an endangered monkey species in **Yumi Means Rain** (24 minutes). Set in the little-known towns of Northern Peru's disappearing cloud forests and highlighted by the music of Sonido Verde de Moyobamba (Green Sound of Moyobamba), the film traces one especially trying month focused on the survival of two infant monkeys (Yumi and Tumai), both rescued from illegal captivity.

Adam M. Goldstein is a video journalist, director, writer and founder of Películas Atabamba, a production company focused on producing videos in Latin America. **Harmony: A New Way of Looking at the World** (45 minutes) looks at The Prince of Wales and his three-decade-long work with environmental activists, business leaders, artists, architects and government leaders. Working to transform the world, they each address the global environmental crisis and seek to build a more sustainable, spiritual and harmonious relationship with the planet. The film shows ways to meet the challenges of climate change globally, locally and personally. **Jessie Vogelsson Childs** is an award-winning producer of documentaries and narrative projects for film and television. Her first independently produced film, *No End in Sight*, was nominated for an Academy Award and won the Special Jury Prize at the Sundance Film Festival.

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

apr 2
sat 12 pm

What Is Democratic Education?

Join us for an open discussion about this grassroots movement in education reform. The community is composed of parents, students, educators and others who believe that freedom and democracy are not just textbook concepts, but a way of living and learning. All students must be free to develop naturally as human beings in a non-coercive educational environment where they are empowered to make decisions affecting their everyday lives and that of their community. Presented by Coop members **Bruce Zeines** and **Sheryll Durrant**, who are founding parents at Brooklyn Free School.

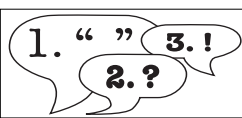
apr 3
sun 12 pm

Learn How to Food Shop

If you always wondered about: how to pick fish, meat, dairy, beans and bread; how to read product labels; which advertising messages to believe (and which not to), then this workshop is just for you. Coop member **Magdalena** is a former advertising executive who knows how product marketing really works. She became a holistic health coach focused on nutrition and is an avid believer in the healing power of food.

apr 5
tue 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read “How to Develop an Agenda

Item for the General Meeting” and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, April 26, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

still to come

apr 7

Food Class: Textures & Tastes of Thailand

apr 10

Babywearing

apr 10

Wordsprouts

apr 12

Safe Food Committee Film Night

apr 15

The Very Good Coffeehouse Coop Concert Series

apr 16

Ancient Foods, Ancient Wisdom

apr 22

Sugar Imbalances

apr 23

Finances for Freelancers

LETTERS TO THE EDITOR

ANITA GLESTA'S LETTER
TO THE GAZETTE

TO THE EDITOR:

In Anita Glesta's letter, featured in your letters to the editor section in the January 27, 2011 *Linewaiters' Gazette*, she recounts a tale of sad insensitivity. Her claim that her husband worked out of the country and was therefore unable to fulfill membership or work obligations was disputed and she was treated insensitively. Behaving this way toward a new member and then denying that person shopping privileges seems a harsh way to go. But it was the lack of a written response on the part of the Coop that set me wondering if this was a way of establishing policy.

The matter could have been handled with more kindness and to feature her letter with no official response promotes the notion that shabby treatment is only a communication away for anyone in the Coop. With only the assumption of dissemblance, the matter of proof of her husband's residence could have been made an easy task, rather than a humiliating experience.

It is important to maintain a consistent policy, and there is probably not a person involved with the Coop that has not seen or personally experienced someone trying to put one over. But the shabby treatment Ms. Glesta endured is inappropriate for both the spirit and the history of

the Coop.

How many persons, in whatever situation, are permitted an exemption from work? An open airing of the ongoing exemptions ought to be posted as well as a list of those who have earned, for whatever reason, a reprieve from work. I know of one situation, at least where such a boon has been granted. So it's not a question of whether or not this is policy, it is how the matter is handled.

This was an opportunity to clarify policy. When it devolved to a rude miscommunication, it fell below the standard of how the Coop, or any decent organization, ought to behave.

There was a distinctly Walmart aspect to this matter, and you owe it to the membership to be clear about how such things are to be dealt with.

Rodger Parsons

THE COOP'S RESPONSE

TO THE EDITOR:

As a member of the paid staff, I support *Linewaiters' Gazette* policy restricting the paid staff's pre-publication access to content. The *Gazette*, being member-driven, is produced with a necessary but limited amount of staff involvement. Those paid staff who don't have specific involvement in the *Gazette* production process are in the same boat as the membership-at-large: we see the *Gazette* when the issue is published. The freedom of expression

offered by the member-driven *Gazette*—especially in the Letters to the Editor section—is of great benefit to our organization.

Every once in a while, though, a letter is published that casts the Coop in such a bad light that I feel badly that no immediate, side-by-side response is possible. Anita Glesta's letter "Member Resignation" in the January 27 issue was one such letter. I am afraid that many readers, not knowing that paid staff see the issue when everyone else does, were left wondering, "Why is there no official response from the Coop here?"

Here, now, is my response.

The events conveyed in Anita Glesta's letter leave readers with a "yuck" feeling about the Coop. I hope many of you remember, in spite of that "yuck" factor, that there are usually (at least) two sides to every story. Anita ended her membership because she disliked the fact that, and the manner in which, the Coop staff reacted to information indicating that Anita might not be adhering to the Coop's household policy: that all adults over the age of 18 living in one household must join the Coop. Anita's spouse worked in Canada and so she believed it was acceptable to join as a single household. She then took offense at being asked to provide proof of address for her husband, after talking casually with a member office-worker about her living situation who in turn passed the story on to the Staff.

Why spouses live apart is none of the Coop's business. What is of interest to the Coop is that members are accurately informed of and adhere to the Coop's policies. If spouses maintain individual residences, all the Coop requires to allow just one of the spouses to join is proof of address confirming separate residences. Address proof can be brought in by the local member-spouse and does not require the appearance of the absent spouse.

In many areas the Coop operates on an honor system: rules and policies are explained and it is up to the individual member to respond/react. Excepting the few instances where proof is required (new parents, disability) the Coop's policies are built on the underlying assumption that people who join and will benefit from the Coop, will do their best to abide by the Coop's policies. The Coop's paid staffers are not charged with seeking out information about people who "cheat" the Coop's systems. However, in support of all the members who follow the spirit of the Coop's policies and honor our honor-system approach, we have a responsibility to follow-up when confronted with information indicating that a member may not be following an important Coop policy.

Jess Robinson
General Coordinator

MABEL AND MORRIS

Morris would always harangue
Mabel for lemon meringue.
Baker extraordinaire,
Mabel was, and fair,
Winning Morris's heart
With her cuisine art.
Belly to belly they'd sit
Feasting on every bit
Coming from Mabel's oven,
A two-person gourmet coven
Till the fateful day
She made the mistake to delay
Meeting his demand:
Bake the lemony pie,
Fast! The pressure to bear
Plunged her into despair,
And wholly pitiful Mabel
Finding she was unable
Made Morris a wreck
By swallowing arsenic.
Thus the end of our parable,
Sad and almost unbarable.
Hear, O hear the moral
Sung by the Food Coop Choral:
Women, forswear the bakeout—
Keep your love through takeout.
Leon Freilich

MORE ON
ISRAEL/PALESTINE
TO THE EDITOR:

As a Jew deeply disturbed by Israel's actions, I'm outraged though unsurprised by the reflexive way that we who criticize the occupation of Palestine are dubbed anti-semitic. It's an obvious attempt to divert conversation from the real issue: Israel has been violating human rights and international law for decades. The egregious slur endeavors to distract those who don't understand the conflict—"Keep moving. There's nothing to see here."

But there is something to see. I know dozens of people who are from Palestine or have spent considerable time there. "Ghettoized within 12% of their original territory," (Ronnie Kasrils) Palestinian life under occupation is a brutal onslaught of horrors and humiliations: families separated by check points, people dying in ambulances prevented from movement, homes bulldozed regularly, ancient olive groves that once provided livelihood uprooted, attacks by armed settlers, indefinite and illegal detentions, murder of hundreds of children.

Ask yourself why there is a growing movement of Israeli conscientious objectors. Gaza is being starved of food, medicine and building materials. There's been ongoing annexation of land by construction of settlements and the apartheid wall. Israelis live with swimming pools and watered lawns while a short distance away Palestinians have scarce water resources for basic needs.

Palestinians and Israelis live in two separate worlds. Settlers and Israeli soldiers go unpunished for beating and murdering Palestinians, demon-

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 (CONTINUED)

strations for Palestinian freedom are brutally suppressed, there are two separate highway systems, Palestinians are forced to carry ID papers. The occupation of Palestine is indeed apartheid. I challenge those who speciously claim Israel is not guilty of terrible crimes to find a single person who has ever traveled to Gaza or the West Bank who disagrees with me. Palestinians have a right to self-determination and to live free of military occupation. They have a million Gandhis. When kids defy IDF imposed curfews to attend school, they are not just risking their lives, but they are exercising their resistance to a veritable Goliath.

Critics of boycott, unable to effectively convince that Israel respects Palestinians' human rights, weakly deflect, stating that we should boycott the US (for Iraq and Afghanistan) to be fairer. While a global boycott of US empire is as warranted as it is unlikely, this diversion is a tacit admission that Israel enjoys total impunity for grave abuses, the longest occupation in modern history and the defiance of hundreds of UN resolutions.

Boycott or BDS proponents are part of an international movement responding to a specific call by 170 Palestinian civil society organizations. BDS gives voice to US residents whose billions of tax dollars needed here instead prop Israel up as a client state and military behemoth which in '09 unleashed full-scale, state-sponsored terrorism, viciously bombing Palestinians, who, in a giant open-air prison (Gaza), are left with little but rubble. BDS is a nonviolent means of dissent and the last recourse of people who have struggled for survival and justice for decades. Do not avert your eyes. There's much to see. And turning away only makes you complicit.

Liz Roberts

IF YOU ARE SICK, YOU DO NOT EAT

TO THE EDITOR:

I have been sick for three days with a terrible flu. I have nothing in the fridge. I asked a friend to shop for me at the Coop. Unfortunately, he is not a member. I called the Coop and they said it is not possible. I would have my doctor fax over a certificate stating I am sick. It's a big disappointment the Coop has not yet considered this kind of policy.

Rino Varrasso

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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CLASSES/GROUPS

SPECIAL NEEDS CHILDREN'S MUSIC CLASS-fun & unique 10 week series for children w/ social/emotional speech, cognitive & sensory issues-led by experienced music therapist & speech therapist. Park Slope location. 10 weeks beginning in March. Contact: Kenzie Davis @ 917-648-5074 e-mail kbd0879@gmail.com or e-mail adelerolider@earthlink.net.

SPEAKING OF FOOD: Healthy cooking evening. Experience a great meal with others with good conversation and a community feel. Enjoy a hearty and healthy recipe that you will learn by preparing together. Thursday March 10, 7:30pm on Lincoln Place between 6th and 7th. \$15, \$25 for two. Contact Shannon at 201-919-8538.

PETS

Retired social wkr. 35 yrs. exp. w/ all breeds, wants to board your dog in my home. One dog at a time. Rates include 3 walks a day. 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!

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.

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

CLASSIFIEDS

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.

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.



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.

COMPULSIVE OVEREATING support group - work with an experienced therapist along with group support to address eating issues that are difficult to change. Call Geri Ness for more info at 718-789-6739.

NEW LOOK PAINTING is an artist's run company that has served NYC for 30 years. Services include everything from expert wall prep to the finest painted detail. Emphasis on professionalism and optimum results. Insured, references, EPA certified. REASONABLE! Call 718-832-6143 or eyegrease@earthlink.net for a free estimate.



PAINTING AND WALLPAPERING - Over 25 years experience doing the finest prep. Cracked walls and ceilings meshed and plastered smooth. Brownstones are my specialty. All work guaranteed. Fred Becker, 718-853-0750.

PARK SLOPE HEBREW SCHOOL TUTOR. Are you interested in having your child learn to read and write Hebrew but don't want to join a synagogue? Are you looking for supplemental Hebrew instruc-

tion? Hebrew School tutor available! parkslopehebrewtutor@gmail.com. 410-236-0650.

SERVICES-HEALTH

HOLISTIC OPTOMETRY: Most eye doctors treat patients symptomatically by prescribing ever increasing prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities.

Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com.

HOLISTIC DOCTOR in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp. As Featured in *Allure Magazine*. Dr. Gilman 212-505-1010.

HOLISTIC DENTISTRY in Brooklyn & Manhattan (SOHO). Dr. Stephen R. Goldberg provides comprehensive family dental care using non-mercury fillings, crowns, dentures, thorough cleanings, non-surgical gum treatments with minimal X-rays. For a free initial exam in a nutrition-oriented practice and for insurance information, please call 212-505-5055.

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VACATIONS

HAVE FUN WITH YOUR FAMILY at Common Ground Center Family Camp - an all-inclusive vacation in beautiful Vermont. A great cooperative community, fabulous programming, 700 acres with a lovely pond, meadows, starry skies and delicious vegetarian food. Register today at 800-430-2667 or www.cgcv.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.

Hemamset Angaza	Ian Cumpston	Adley Gartenstein	Shmuel Kuperman	Alex (Ander) Morgan	David Riordan	Sarah Slack
Aliza Aufrichtig	Kathryn (Kate) Daly	Noah Gelb	Kate Leone	Oksana Nekoz	Martha Roberts	Phoebe Sloane
Margaret Baldwin	Lauren Dapena	Karina Gill	Joshua Lewis	Michaela Neller	Nicole Rodriguez-	Benjamin Stein
Lydia Bell	Andre Daquican	David Gross	Rebecca Lewis	Josh Nerpel	Robbins	Kristina Strobel
Joe Beuerlein	Marie DaSilveira	Johanna Guevara	Nicole Lieurance	Rose Nestler	Erich Roggenbuck	Julia Sullivan
Bethany Bingham	John Davison	Ayesha Habib	Ron Littke	Grace O'Donohue	Amanda Rouse	Symone Sylvester
Virginia Byron	Leah Delgado	Christian Hayden	Katie Loughlin	Stephen O'Donohue	William Sacks	Levi Tardio
Elizabeth Campbell	Vanessa Diamond	Piper Hayes	Rebecca E. Machalow	Asuka Ogawa	Damon Samuel	SirRoan Thompson
Julie Chen	Alison Dotti	Adam Horowitz	Todd Magreta	Rajat Parakh	Suzanne Sataline	Paul Tiborsky
WanYi Chow	Elad Efraty	Joan Imlay	M. Katarina Maloney	Jade Payne	Vanessa Schmidt	Yseult Tyler
Elizabeth Chua	Ronald Emenheiser	Berta Kantor	Trish Martin	Bradley Phillips	Elizabeth Schneider	Jessica Waverica
Norman Coady	Stefanie Ericksen	Rhea Kirstein	Dana Marzullo	Nicholas Piombino	Bob Schulties	Alexander Weiss
Amy Cohen	Alison Falcone	Shira Klein	Stephanie Mas	Lorna Pringle	Jennifer Schulties	Aram Weitzman
Christy Cole	Diana Fassender	Krisztina Kocsmar	Jennifer Mayer	Sarah Rapp	Carl Schwartz	Ti Wen
Camille Cooke	Sarah Finucane	Talia Krevsky	Jessica McGivney	Raquel Reis	Aaron Shafer-Haiss	Allison White
Ann Cramas	Jessa Fisher	Margarita Kreynin	Marta Mielicki	Peter Rende	Simon Shagrin	Jessica Williamson
Emily Cressy	Linda Gaddy	Chana Kuperman	Antonio Montaluo	Leah Rinaldi	Ekaterina Shevchuk	Allyson Wyenn
						Noello Yasso

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, FEB 26

BOOK SALE: Thousands of new & used books plus DVDs, videos, CDs & records. Prices start at \$1. Incredible bargains! Children's Room! Park Slope United Methodist Church (6th Avenue at 8th Street). 8:00 a.m. to 4:30 p.m. (\$10 early admission fee for first hour). Donations welcome: please visit www.parkslopeumc.org for details.

Peoples' Voice Cafe: Hawaiian Music & Dance Night. 8-10:30 p.m., Community Church of New York, 40 E. 35th St. (between Madison & Park). For info call 212-787-3903 or peoplesvoice-cafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.

SUN, FEB 27

BOOK SALE (afternoon only): Thousands of new & used books plus DVDs, videos, CDs & records. Prices start at \$1. Incredible bargains! Children's Room! Park Slope United Methodist Church (6th Avenue at 8th Street). 12:30 p.m. to 4:30 p.m. Free admission. Donations welcome: please visit www.parkslopeumc.org for details.

TUE, MAR 1

Electrical/Plumbing Course: Learn how to fix a leaky faucet, install a ceiling fan and other related home repairs in a hands-on and fun setting. 6 p.m. For more information, call 718-469-4679. Sponsored by Neighborhood Housing Services (NHS) of East Flatbush, a not for profit housing organization. www.nhsoflatbush.org.

WED, MAR 2

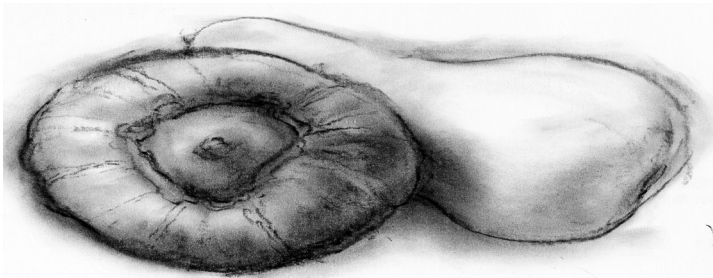
Folk Open Sing: Come sing with us the first Wednesday of every month. Bring voice, instruments, friends. Children welcome. Co-hosted by the Folk Society of NY, the Ethical Culture Society & the Good Coffeehouse. At the Ethical Culture Society, 53 Prospect Park West. 7:30-10:00 p.m. Info: 718-636-6341.

SAT, MAR 5

Peoples' Voice Cafe: Robin Bady & Deni Bonet; The Brooklyn Community Storytellers. 8-10:30 p.m., Community Church of New York, 40 E. 35th St. (between Madison & Park). For info call 212-787-3903 or peoplesvoice-cafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.

FRI, MAR 11

Garbage Dreams: Free Film Screening at 7:30 p.m. Park Slope UMC, 6th Ave. and 8th St. The award-winning film follows three teenage boys born into the trash trade and growing up in the outskirts of Cairo where the Zaballeen survive by recycling 80 percent of the garbage they collect until globalization threatens the survival of their community. <http://garbagedreams.com/>.



SAT, MAR 12

Peoples' Voice Cafe: Brooklyn Women's Chorus. 8-10:30 p.m., Community Church of New York, 40 E. 35th St. (between Madison & Park). For info call 212-787-3903 or peoplesvoice-cafe.org. Suggested donation: \$15 general/\$10 member/more if you choose, less if you can't/no one turned away.

FRI, MAR 18

Folk Music Society of NY: Sarah Grey and Kieron Means, fine voices, banjo and guitar, great songs, 8:00 p.m., OSA, 220 E 23rd St., Suite 707 (btw 2nd & 3rd Avenues). Info: 718-672-6399 or www.folkmusicny.org. Admission \$20; students under age 23 free.

Neighborhood Classics at PS 321: Concert featuring two-time Grammy winning clarinetist Richard Stoltzman and Brooklyn native Simone Dinnerstein performing Steve Reich's landmark work "New York Counterpoint," Bach's Sonata for Viola da Gamba and Keyboard in D Major; and Brahms' Sonata for Clarinet and Piano in F minor, Op. 120. 7 p.m. For tickets and information, visit www.neighborhood-classics.com.

Sudoku Answer

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

THANK YOU!

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

Daniel Arlein	Annie Malcolm
Carissa Azar	Kristen Miles
Richie B.	Megan Millenky
Andrew Bean	Leah Morrison
Esther Bernstein	Anastasia Nekoz
Tess Bridgeman	Emily Nemens
Jennifer Brown	Lori Nowell
Victoria Bulgakova	Anne Pope
Shirley Catton	Rebecca Pristoop
Dawn Chan	Andrea Reising
Colin Cheney	Terry Richmond
Jennifer Wright Cook	Mary Robb
Alana Dapena	Stacey Robinson
Anngel Delaney	Jean Rohe
Jordana DeLory	Amy Rowe
Cortney Denison	Lorenzo Sanguedolce
Charles Dennis	Jim Santangeli
Linda Faust	Dionne Searcey
Steven Faust	Milind Shah
Ian Gaffney	Oksana Shevchuk-Shah
Nathaniel Gelb	Natasha Silber
John Gergely	Kelly Smith
Ashley Rose Horton	Matthew Smith
Casey Johnston	Janine Sopp-Paris
Calvin Johnson	Emily Storm
Katrin	Marcy Perlman Tardio
Eric Kelley	Denise Touchet
Joyce Ketterer	Lucy Trainor
Sonya Kharas	Sophia Velez
Noemi LaFrance	Caleb Webster
Jacqueline Langholtz	Gabrielle Weiss
Sarah Lenigan	Amanda Wofsy
Bonnie Levine	Gabriele Wolf
Mark Levy	Caitlin Woolsey
Pinchas Lew	Habib Yazdi
Abby Lovinger	Robyn B. Yost
Achara Mahatthanamongkol	Mary Zuber