

Established
1973

LINEWAITERS'

GAZETTE



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Marital Happiness Curve Sagging? Check Out Spousonomics and Boost Your Romantic Bottom Line

By Diane Aronson

Basically, you think of yourself as very much a dues-paying, Coop card-carrying member of Homo Economicus: a rational human, able to make the right decisions about life at the optimum moment. You and your significant other have joined the Food Coop to enjoy good food and help maximize your dollars and cents.

But recently your home life feels like the relationship budget has undergone a bit of a bust. Communication has devolved into terse answers or lengthy silences. Planning a Coop shop is analogous to Cold War détente. Bickering has supplanted meal preparation. You love your better half, but you just don't like where you two are headed.

What if you could tap the advice of two sage financial writers who labor in the trenches of work (filing financial copy under deadline), married life and child rearing, and who offer a loving, rational approach to domestic problem solving? Perhaps the path back to what you had in mind when you and your love became a couple lies in taking a whole new view of the term "economics."

Szuchman and Anderson characterize a marriage as "for all intents and purposes... a business"

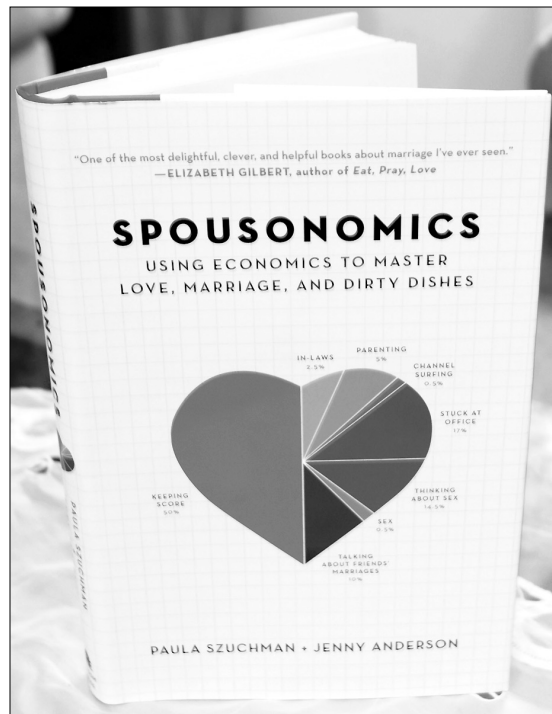


PHOTO BY WILLIAM FARRINGTON

relationship as something you and your partner, as co-owners of this romantic business, want to see succeed.

Perhaps you and your mate vowed you'd split meal prep and clean-up 50-50. Shopping at the Coop, cooking delicious food and cleaning up would be divided strictly down the middle, and you'd take turns doing each task. On the fridge hangs a chart tracking who needs to do what. Recently, you look forward to consulting that chart just about as much as you'd look forward to a root canal—each chore seems more and more insurmountable.

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Ain't No Mountain High Enough

By Jill Dearman

Iremember breaking into a cold sweat when I first heard that the beloved B71 bus line was going to be discontinued last June. How could I possibly drag my groceries back to my apartment (a 15-minute walk away) on a rainy day? It seemed incomprehensible.

So imagine my shock and awe when I learned that hidden in the roster of Coop members are those rare individuals who are so dedicated to the fab food and community commitment that they are willing to travel from other states to shop here!

Philadelphia Freedom

Alison Rosa Clark has been a member since Michael Jackson's "Beat It" and Prince's "Little Red Corvette" were topping the charts. Wind your clock back to late spring, 1983! She joined while she was living in Park Slope. But as the years passed her zip code changed, first to Hud-

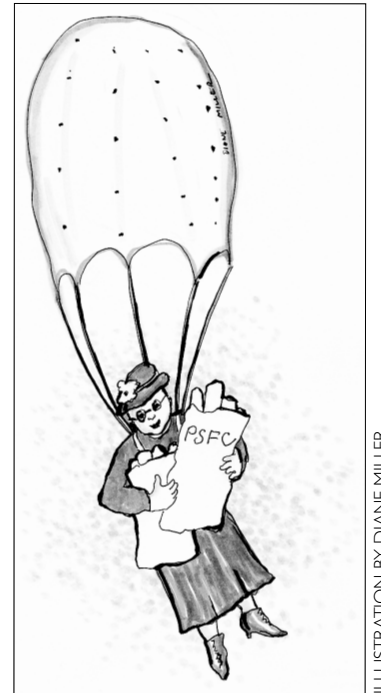


ILLUSTRATION BY DIANE MILLER

son, New York and more recently to Philadelphia, Pennsylvania. One thing has remained constant for Clark throughout the moves: her Coop membership.

When asked what was the draw of the Coop, Clark explained, "I've been a cooperator in my heart of hearts for a long time. When I lived in Seattle before I moved to New York I was a member of Future Consumers Coop. So I have a deep appreciation of the cooperative paradigm."

Her passion for the Coop, though, is clearly about one

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Back to Business

In their book *Spousonomics*, coauthors Paula Szuchman—a Coop member—and Jenny Anderson characterize a marriage as "for all intents and purposes ... a business, a business that flourishes in boom times but at other times feels like running a marathon It feels like work." It is this very description of marriage that provides a great starting point to re-chart a course for a relationship in need of righting. It allows you a fresh frame of reference, a way to step back from all the emotional agita and trauma for a moment and look at the

Coop Event Highlights

- Fri, Apr 1 • Film Night** 7:30 p.m.
- Thu, Apr 7 • Food Class: Textures & Tastes of Thailand** 7:30 p.m.
- Fri, Apr 8 • Blood Drive** 11:00 a.m.–6:00 p.m.
- Sat, Apr 9 • Blood Drive** 11:00 a.m.–6:00 p.m.
- Sun, Apr 10 • Wordsprouts Reading at Union Hall** 5:00–6:30 p.m.

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

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Spousonomics

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How about looking at meal chores from a different problem-solving perspective? What if you're better at cleaning than shopping, and your mate is more adept at navigating the Coop on a crowded Sunday than scraping plates? If you were a business, you'd each find your stronger ability and specialize, and focus on those services. Szuchman and Anderson would counsel both of you to follow, as an economist would advise, your compara-

tive advantages within the relationship and divvy up chores according to each partner's strength.

When contemplating a strategy change, don't make a hasty decision.

That Old Division Of Labor

You and your mate have implemented splitting up meal shopping, prep and clean-up according to your relative talents, and all is going pretty well in that quar-

ter. You also like to plan meals together. Lately, though, you've gone divergent ways about some choices. Party A wants to stick with strictly organic, while Party B is more concerned about buying local. Debates have erupted; neither side wants to give ground. Suddenly, it seems more than just a disagreement over organic versus local. Neither Party A nor Party B wants to be pegged the loser, or, as *Spousonomics* details it, "When loss aversion kicks in, you're liable to stay up all night arguing because you don't want to lose a fight."

The solution? According to Szuchman and Anderson, do what the president of a major financial fund does when contemplating a strategy change. Don't make a hasty decision. When you're inclined to become angry at your mate, try sleeping on the problem before you engage. Maybe in the calm of a new day, Party A and Party B can work out a compromise; each picks the top three fruits and veggies that he or she really wants to see land in the shopping basket. Party A can opt for organic, Party B for local, and then both should have many of

their produce choices covered.

In *Spousonomics*, Paula Szuchman and Jenny Anderson have written a wonderful blend of theories from the economic greats, David Ricardo (responsible for the idea of comparative advantage) among them, and research from their own couples' survey and other sources. The result is an eminently readable, enlightening and entertaining guide to the investment you hope will pay steady dividends over a very long future—your marriage or committed equivalent. ■

Spousonomics Coauthor Paula Szuchman on Writing a Book, Becoming a Mother and Being a Coop Member

Q: How did you come up with the book's primary theme: *Economic theory can be used to explain and to help improve couples' relationships? What was the a-ha moment when you felt the topic merited a book?*

A: It was actually my husband who gave me the idea—though that wasn't his intention. During a rough patch in our marriage, he drew a graph tracking our marital mood over the course of about two weeks. We were trying to get a handle on what was going on. Looking at the highs and lows was actually pretty illuminating, and it got me thinking whether there might be a more efficient—even mathematical—way to approach problems in a marriage than the stuff you come across in most self-help books.

It also happened to be around the time the U.S. economy was about to implode, in mid-2008, and as a financial journalist, I was mired in economics, so I kept seeing all these cool parallels with marriage—things like incentives, loss aversion, moral hazard.

The a-ha moment was when I called Gary Becker, a Nobel Prize-winning economist, and one of the first in his field to study the economics of marriage, to ask him what he thought of my idea. He said it was great.

Q: Did you find the book idea a hard sell during one of the worst economic downturns of recent times? Who thought of the title?

A: It was the opposite—because economics was all over the news, it was easy to relate to. And of course, with the title (suggested by my boss at the time at the *Wall Street Journal*) reminiscent of *Freakonomics*, people also got it immediately.

Q: What was the hardest chapter to write? How was it to work with a coauthor, and do all of this with young children in the household?

A: The hardest chapter was probably the last chapter, on game theory. It's basically the study of strategy, but it's still hard for a noneconomist like me to wrap her head around. Once I did, I had to write about it in a way that other noneconomists would find interesting and easy to follow. That was tough.

Working with Jenny was mostly fantastic. She quickly became my wife, which meant we were very dependent on each other, had great times together and also butted heads quite a bit. We're very similar in our drive and curiosity about the world, but we're also very different, which was great for the book

because we were able to bring different experiences and approaches to it. Between the two of us, we had three kids during the writing of the book—also not an easy feat, and something that further added to the stresses on our marriages.

But that's how it goes. You do what you gotta do and you get it done. Kind of like showing up for your shift at the Coop.

Q: If you were going to write a revised edition or a second volume, what would you rewrite or add?

A: Good question. I'm not sure I would do anything differently. We had a great editor at Random House, Andy Ward, and I wouldn't want to work with anyone else. The only thing I wish is that I could have taken time off from my job at the *Journal*. But I wasn't granted a leave and I couldn't quit, so that meant that I woke up every morning at 5:30 a.m., worked on the book until about 9 a.m. (assuming I didn't have a Coop shift) and then rushed off to the office. Came home, worked more on the book and worked on weekends.

Now *that* put a lot of pressure on my marriage. But we made it through, thanks in part to a supportive husband who picked up the slack of Coop shopping and kept me fed with organic vegetables and grass-fed beef.

Q: How did you find people to interview? Was it hard to get them to talk?

A: You'd be surprised how freely people will talk about their marriages to a complete stranger. Jenny and I are reporters, so we tackled the book the same way we would tackle any story—we pounded the pavement to find people of all ages and backgrounds who would open up to us individually, and we also conducted discussion groups around the country. We'd meet with a group of people in someone's living room, ply them with wine and pizza and ask them about their sex lives, what they argue about, what works in their marriage and what they wish would work better.

Q: How long has your household been part of the PSFC? What made you join?

A: We joined shortly after we moved in together on President Street in Park Slope (we now live in Sunset Park) in mid-2006. We were so excited to join. I think I've never looked happier than I do on my Coop ID card.

Q: What work task do you do in the Coop?

A: I just joined the office staff on Wednesday mornings. I've spend most of my time at the Coop trying to find a shift that I don't mind working. My dirty secret, which I guess won't be a secret if you publish this answer, is that I don't really enjoy working at the Coop. Not at all. I have friends who love working their shifts, and I've just never been able to relate. After doing receiving, then shopping, then independent office, then FTOP, I'm now hoping I finally landed a shift that I can handle. My first time was actually pretty pleasant. I answered the phone, did some data entry, drank my coffee, and before I knew it, the shift was over.

Q: As a financial writer, what do you think of the economics of the Coop—of member labor hours to hold down costs? When members ask why the work commitment can't be reduced, other members and Coop staff often point to the fact that a certain membership number requires a certain number of Coop member labor hours, to keep the markup from rising. As a financial writer, what do you think of this explanation?

A: I think it's a great concept, but I don't know enough about the inner workings of the Coop's finances to give you an answer. I only know two things: the prices and offerings at the Coop are unparalleled, and so are the checkout lines.

Q: What economics-theory-based advice would you give a household where one adult is willing to work at the Coop while the other adult isn't? What compromise could be reached, and what might be the economic-theory-based means for reaching the compromise?

A: Hey, if one of you is willing to do all the work and all the shopping, God bless. I assume the person who doesn't handle Coop stuff picks up the slack in other ways. Each person specializes in what they do best.

Q: Any other thoughts or musings you'd like to share about the Coop?

A: Yes. One more thing. I have a real objection to the set-up of childcare. From an economic perspective, letting people take their own kids to childcare while they're working childcare is a perverse incentive. Meaning: They have less of an incentive to make sure the other kids are safe because they are naturally going to be more focused on their own kids.



Degrees in Sustainability

By Liz Welch

Sustainability has been a buzzword for more than a decade—and now students can actually design a degree that defines what it means to them. “Sustainability means so many different things to different people,” says Beth Kneller, the Deputy Director of The City University of New York’s (CUNY) Baccalaureate for Unique and Interdisciplinary Studies Program, which offers bachelor’s degrees in sustainability. “CUNY has offered students the ability to design their own interdisciplinary majors since 1971, but it was not until the late nineties that students started asking to focus on issues of sustainability—so we decided to concentrate our efforts on those students.” Since that moment, 25 students have graduated with BAs in the field and more than 400 students have enrolled in an area that Kneller defines as living “at the crossroads of ecology, economics, social science and international relations.” But, she adds, sustainability could really be applied to most any field—journalism, science, biology—which is why CUNY is the perfect place to offer such a program.

An Interborough Interdisciplinary Program

The nation’s leading urban public university oversees 23 colleges and institutions in all five boroughs—including Baruch, Hunter, City College, Medgar Evers, John Jay College of Criminal Justice and The College of Staten Island—which together serve more than 480,000 students, according to its website (www.cuny.edu). In order to apply for a degree in Sustainable ____ (fill in the blank: food, tourism, biology, etc.), students first must matriculate into any one of the undergraduate programs, and then must apply to the interdisciplinary program. To do so, they need at least 15 college credits, a proposal for their own self-designed interdisciplinary major, a CUNY professor as their “mentor” and a self-designed curriculum created from the hundreds of courses from among all of the CUNY schools. “We’re looking for students who are mature, who can work independently,” Kneller says. “No student can be undecided when they apply to this program—not only

about what they want to do but about what courses they want to take.”

This is an area “at the crossroads of ecology, economics, social science and international relations.”

So far, 25 students have graduated with degrees in sustainability and are either working directly in a related field or are continuing in related graduate programs. Elise Gornish, for instance, did her degree in Conservation Biology based on a curriculum she designed that was focused on sustaining and conserving coastlines. She has since graduated and is now a Ph.D student at the University of Florida, continuing with her coastal restoration course. Another CUNY grad, Pricila Maldonado, did her degree in Sustainable Tourism and has since returned to her native Ecuador to work with Aguarongo, an environmental management program that is focused on protecting the Andes by promoting tourism in a safe, respectful way. “Our graduates all seem to find jobs working in their area of interest and expertise,” Kneller says. “One student did her degree on the sociology of volunteering—and wound up getting a job as the head of volunteers for New York Cares, which is her dream job.”

Study at CUNY, See the World

But most CUNY students interested in sustainability, Kneller says, have been gravitating towards food. Take Diane Kolack, who is currently working on her BA in Sustainable Food Studies. Kolack was working as a paralegal when she decided to finish her bachelor’s degree. “I was already doing a lot of volunteering and organizing around food in my life and wanted to turn it into a career,” she explains. “I was thinking about going to NYU for their food studies program. But that would also mean student loans more than my mortgage. So I thought I could replicate the Sustainable Food program at CUNY prices.” Kolack not only helped start a CSA in 2006 in Sunnyside, where she lives, she is also currently working on opening a

coop in Long Island City. (see www.queensharvestcoop.com.) When Kolack first started the program, she thought about sustainability in environmental terms. Now, as a result of her studies, she thinks about it in terms of affordability and accessibility as well. “Someone living in a housing project in Queens is paying four times as much as you are at the Park Slope Food Coop,” she ex-plains. “That’s not sustainable.”

“We’re at present the only place in New York, and possibly the only place on the East Coast, where one can earn such a degree.”

Kolack chose Professor Jonathan Deutsch, who specializes in Tourism and Hospitality at Kingsborough Community College, as her mentor and designed a curriculum that included a class at Baruch College called Greening and Growing Cities: Sustainability and Public Policy Choices, several courses at Brooklyn College on Culinary Arts and an Environmental Ethics class focusing on eating, agriculture and biotechnology offered at Hunter. She received credit for an internship at the Food Network as well as for a six-week cooking class she took in Italy this past summer. “That may be one of the coolest things about this program,” she explains. “You can get credit for travel as long as it makes sense for your major.” Travels aside, Kolack cites social responsibility as the real driving force behind her pursuing this particular degree. This is true for all of the students in this program, Kneller says.

Clint Porter was one of the

first CUNY students to graduate with a Sustainable Degree in Energy Resources and Policy. “He got a job offer working with photovoltaic panels for a company in California before he even graduated,” Kneller says. Noah Ginsberg, another graduate from the program, is now the ombudsman for CUNY for Sustainability and recently prepared a presentation on the NYC Solar America Cities Initiative, which is a partnership among CUNY, the NYC Mayor’s Office of Long-Term Plan-

ning and Sustainability, and the NYC Economic Development Corporation. Kneller, who has been at CUNY for the last 16 years, is particularly proud of the University’s contributions to this field. “We’re at present the only place in New York, and possibly the only place on the East Coast, where one can earn such a degree,” she says. “There are graduate programs nationwide, but we’re starting earlier than that.” And it is a good thing—especially since our future depends on it. ■



ILLUSTRATION BY DIANE MILLER

JOIN NOFA!



In honor of Earth Day, the Northeast Organic Farming Association of New York (NOFA-NY) will be hosting a membership drive outside the Food Coop on **Sunday, April 10, from 10 a.m. to 2 p.m.**

By joining NOFA, you help to create a larger voice for the organic movement, so that we as a body can make the most impact in creating a healthy New York State food system.

During the Park Slope membership drive, NOFA is offering a \$10 annual membership (75% discount!).

Park Slope Food Coop is an active Business Member of NOFA-NY.

Ain't No Mountain

CONTINUED FROM PAGE 1

thing above all else: the people.

"I've been a member long enough to experience the Coop as a member of my family. There are people I have known since I joined. It's a big deal for me to make the trip. It's not easy. Some people would say it's not cost-effective at all because I have to make such a big trip to get to Brooklyn."

My Baby Takes the Morning Train

Clark has been living in Philadelphia for five years and her commute runs between three and a half and four hours. First she takes Philadelphia public transportation, and then the New Century 2000 (Chinatown bus) to Manhattan, and from

there it's still a subway ride to Brooklyn.

"Sometimes I will buy things in Brooklyn and mail them to Philadelphia," Clark says with a laugh. "Sometimes I carry the box that I am going to use from Philly all the way to Brooklyn. When I lived in Hudson, New York I took two big telescope fruit boxes with me, so I could fill 'em up and schlep 'em back on the train!"

Homeward Bound

Clark is not the only member who resides in the swing state of Pennsylvania. Musician Andy Milne lives in Shohola. Never heard of it? It's about 84 miles northwest of Brooklyn—probably not doable by bike. Milne lived in Brooklyn for about 15 years and was a member of the Coop for eight years before moving out of the



ILLUSTRATIONS BY DIANE MILLER

city. He continued his membership because he valued the Coop as an important part of his life.

Throughout her moves, one thing has remained constant for Clark: her Coop membership.

"I had developed friendships through the Coop over the years and I had a desire to retain ties to that sense of community. I continued my membership because I don't enjoy shopping at the supermarkets in my area and it's hard to give up the great quality, choices and prices."

Milne explained that he comes to the city for work and can't always come to Brooklyn to shop, but ultimately he still believes strongly in being part of a cooperative society.

"When I come to work, I almost always enjoy a meaningful exchange with a fellow member."

Milne has been an FTOP member since the beginning because he travels for work so frequently.

Baby Work Out

Milne has worked various jobs at the Coop, most recently as a cashier and cashier trainer. "I typically take the subway from the Upper West Side (where I stay when I'm in New York City) when I come to work a shift. Before leaving to return home, I drive over to Brooklyn from the city, which is somewhat inconvenient as it's the opposite direction, and then drive home to Pennsylvania, which usually takes about two hours."

Clark is also an FTOP worker. She explained that even back when she was living in Hudson she was given the opportunity to work on interesting special projects, the kind that demand precise

attention to detail. She's done bookkeeping and general ledger work for the Coop, and organized office files as well as vendor files.

Jersey Boy

The Coop also has at least one staff member who makes a lengthy commute to do his work on Union Street. Mike Voytko lives in Little Falls, New Jersey, near Montclair State University. He says he knows of at least two other Coop households in the area.

"My family and I used to live on Pacific Street and 4th Avenue. I joined the staff shortly before our move," Voytko says.

"When I'm home in Pennsylvania, it pains me when I have to buy dismal, desiccated veggies."

As a Membership Coordinator, he works in the office on Saturday afternoons, and does tech support work as well. Before joining the staff, Voytko worked in the office and did cashier shifts for his wife.

"My commute is about 90 minutes during the week, via subway and express bus. Driving in on weekends may or may not save time. My record for longest trip home from the Coop was 4 hours during the December 26 blizzard."



Eat to the Beat

When asked what makes the Coop worth the trip, Voytko replied, "My family and I are vegans, so access to organic fruits and veggies is important. I've found a handful of coop-type efforts in North Jersey, but none come close to what we have here: an established community of people sharing the common goal of great food at low prices, all while getting to play store at the same time."

Milne says, "I think the quality and price of the fresh produce is a major contributing factor to my coming back. When I'm home in Pennsylvania and need to hit the local Shop Rite for spinach or basil, it pains me when I have to buy dismal, desiccated veggies. I've always loved the bulk aisle, as well as the various snacks that we package at the Coop."

Love is in the Air

Clark also is drawn here for the food, but even more for the intangible feeling she gets from items grown, bought and shelved with love at the Coop.

"It's not so much that I can't get these items anywhere else," she says. "Though actually there is an item I can't get elsewhere: sprouted dehydrated seed mixes from 'Go Raw.'"

More importantly, she adds, "I must put in a plug for Gerry and Amy Hepworth of Hepworth Farms. Their produce is unparalleled; it has so much life force, so much flavor. I can get apples anywhere. I can get a pear anywhere..."

But for Clark it's the quality of some of the producers, especially at Hepworth Farms, that makes her trip to Brooklyn worthwhile. She speaks with great joy about the time she came into Brooklyn especially to meet Amy and Gerry. "It was a blessing."

Plus, there are so many old friends she runs into when she comes to Union Street. "It's a hugfest for me at the Coop. I don't get that in Philly." ■

Board of Directors Election

The General Meeting & 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.

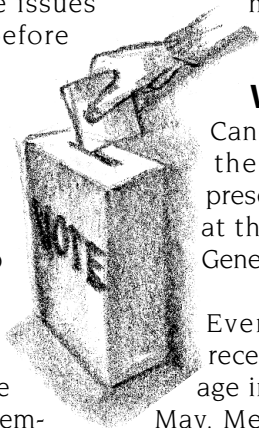
Candidate Deadline

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.



Disaster Preparedness

By Robert Gochfeld

This is an introduction to the concept of a Community Emergency Response Team (CERT), and an invitation to all members of the Park Slope Food Coop to join their local CERT.

CERTs are groups of local volunteers trained and organized as a supplement to professional first responders in the event of a major emergency such as, but not limited to, hurricanes, earthquakes, major fires, or epidemics. In the period immediately following such an event, households, even entire neighborhoods, may have to rely on their own resources to provide food, water, first aid, shelter and other urgent services. In such cases, individuals and community groups such as CERTs will be needed to serve as a crucial resource capable of performing many emergency functions.

1. CERTs prepare for that period during emergencies before the arrival of first responders—"what to do until the doctor comes."

2. CERTs may be mobilized to assist first responders in a variety of ways (traffic control, dealing with onlookers, assisting displaced persons, assisting at shelters) so that the first responders can concentrate on their primary tasks.

3. CERTs may be mobilized to prepare for predicted, impending emergencies or disasters (such as filling sandbags to prevent flooding in coastal neighborhoods or assisting in the distribution of pharmaceuticals in the event of an epidemic).

4. CERT members meet regularly and continually train with each other to work as a team and to develop helpful skills.

5. CERTs provide information to their communities about preparation for emergencies and disaster response and, if requested to, act as a liaison between community members and the City government with regard to disasters.

6. CERTs empower members to help themselves, their neighbors and their

communities by organizing mutual aid in emergencies.

History

The CERT program was established nationally by the Federal Emergency Management Agency, FEMA, to provide training and organization to ordinary volunteer members of communities across the country in responding to major emergencies: hurricanes, tornadoes, fires, floods, earthquakes, epidemics and the like.

In New York City, the CERT program is administered by the New York City Office of Emergency Management (OEM), to provide a framework for citizen participation in emergency response and management. OEM coordinates the City's interagency efforts during disasters. The OEM has produced 11 publications in 23 languages in order to reach out to the public.

In creating the citywide CERT program, OEM determined that the most feasible

means of proceeding would be for it to help create a CERT team in each of the 59 community districts in the City. OEM has nearly reached that goal. The Park Slope Food Coop is within Brooklyn Community District #6 which does have a CERT.

OEM is asking for additional volunteers to increase the strength and functionality of every CERT.

Team membership is FREE and men and women are equally welcome; however, team membership requires:

- 1. Minimum age of 18 years (no maximum).
- 2. The investment of your time.
- 3. Completion of the basic CERT training course given by the New York City Office of Emergency Management (OEM).
- 4. While not required, technical skills and fluency in additional languages are considered assets.

Member Contribution

Plus-Ones

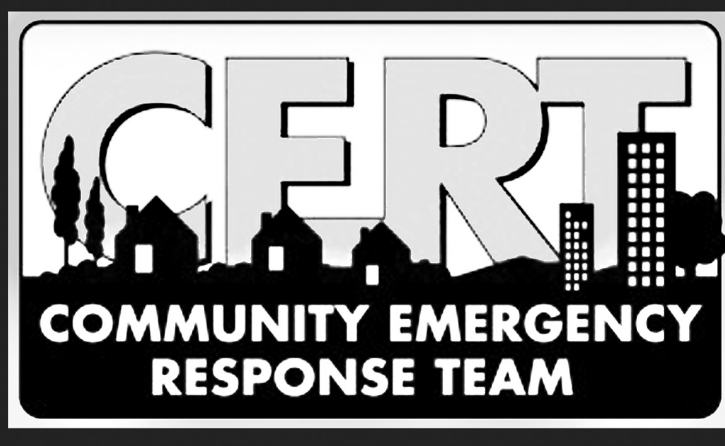
Below is a list of 25 common words. Each word can be expanded by inserting a single additional letter somewhere within the word (not at the beginning or end), to form a new word. The original letters should not be rearranged in any way.

Each of the letters A through Z, excluding Q, is used exactly once to expand these words. Some words can be expanded in multiple ways, but only one combination of expansions will use up all the letters.

As an example, the first word in the list, "inure," can be expanded by inserting a "J" to make the new word "injure." Having used the "J" for this word, it will not be used for any further expansions.

- inure
- stale
- with
- shoe
- hay
- sill
- trace
- repel
- ticket
- shred
- blush
- proper
- scare
- vanish
- net
- carton
- salon
- ding
- payoff
- sit
- aide
- sure
- waken
- purse
- moral

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



NOTE:

The OEM training is FREE (except for transportation to and from the course location). The OEM training course typically lasts for 10 weeks, one night a week, for about three hours per session, during which trainees learn basic self-help and mutual aid emergency functions such as disaster preparedness, fire safety, disaster medical assistance, light search and rescue, traffic control, CERT organiza-

tion and disaster counseling. Upon graduation, volunteers receive a free response bag, a CERT shirt, a hard hat, a safety vest, and various other useful items. After graduation from the OEM training course, volunteers become members of their local CERT.

CERT training courses are given in each borough approximately twice per year. The next available CERT training course to be given in Brooklyn will commence this coming autumn. ■

For More Information

If you are interested in joining your local CERT, or if you know others who may be interested in joining and participating and whom you believe would be constructive additions to your local CERT, contact Herman Schaffer at NYC OEM at 718-422-8935 or by e-mail at nycCERT@oem.nyc.gov. (The subject line should read: CERT: Membership information request.) You can learn more about the CERT program at www.nyc.gov/html/oem/html/cert/cert.shtml.

RAFFLE

TO SUPPORT CHENANGO DELAWARE OTSEGO GAS DRILLING OPPOSITION GROUP



- 1st Prize: Schwinn Coffee Cruiser Bike
- 2nd Prize: \$100 VISA Gift Card
- 3rd Prize: \$25 VISA Gift Card
- 4th Prize(s): Park Slope Food Coop T-shirt

\$5.00 tickets on sale in the Membership Office beginning Monday, March 14th. Drawing to be held on Monday, May 2nd.

Please show your support of the Coop's campaign to protect New York's watershed and foodshed and support local farmers. More information about hydraulic fracturing gas drilling (hydrofracking) in New York State is available at ecokvetch.blogspot.com.

Schwinn bike donated by Cliff bars. Gift cards donated by Small Planet Foods (makers of Cascadian Foods, Larabar, and Muir Glen). T-shirts donated by the Park Slope Food Coop.





PHOTOS BY JIM MENDELL

FUN COMMITTEE REPORT

5th Kids' Variety Show

By Daliene Majors

The Fun Committee produced its 5th Kids' Variety Show on Saturday, March 5, at Old First Church. Formerly a biannual event, the show this year was produced after last year's successful production. The event featured 26 performers in top-notch acts that delighted the full-house audience.

Martha Siegel was the Master of Ceremonies to 16 acts that began with a spirited and articulate welcoming

speech, *Smile*, by 10-year-old Emma Scholl. Eli Jort, age seven, performed four short and delightfully melodic cello duets, accompanied by Martha. Their cello duets demonstrated clean, clear bowing techniques, excellent rhythmic rapport and fine ensemble work.

Malkhut Hinds-Bernard, also seven, gave a humorous, energetic and clearly spoken monologue about the reasons why healthy foods like

broccoli don't taste good. He convinced us there was not a satisfactory answer.

A classic-rock trio, The Flits, with six-year-old Clementine Vonnegut on violin, five-year-old Graham Vonnegut on drums and 10-year-old Ellie Pike on guitar, performed the Beatles' *Here Comes the Sun*. A highlight of the act was young drummer Graham's timely accents on the cymbal and a walk-around the drum set in time with the music. The two girls impressively played their instruments as they sang the song with great style and an upbeat rhythm.

Jordan Nass-deMause, age eight, performed an amazing dance to the driving beat and energy of the Talking Heads' *Burning Down the House*. His steady upper torso contrasting with his fast footwork below made for an incredible display of talent. The chore-

ography gracefully morphed into circular floor patterns and changing levels while maintaining a consistent speed. This young dancer knows he can dance and we look forward to seeing him again!

Delia Mandik performed two excellent Irish step dances in both soft and hard shoes to the accompaniment of traditional Irish fiddle music by her mother, Ann Murphy. The eight-year-old danced confidently with arms held close to the body in the Irish dance manner, hands softly closed, toes stretched in soft shoes. The audience cheered her ability to accelerate an unaccompanied hard shoe jig rhythm with rapid-fire speed. The mother/daughter team

her bow, glowing with happiness after the perfect performance of her piece. Delia Mandik returned with Olivia Wohlgemuth, also 10, to open the second act with an adorable *a capella* version of Ray Charles' mnemonic song *Fifty Nifty United States* as they also performed a lively flag-waving dance.

The crowd-pleasing acts continued with violinist David Gratz, age 10, playing an excerpt from *Concerto for Violin* by Accolay while riding a unicycle in thrilling Cirque du Soleil style. The audience responded enthusiastically to the courage and extraordinary ability of this young talent.

A gentle mood was created by flutists Jonah Murphy (11), Coco Watts (10) and violinist Maeve Farrell (11). The trio played an animated work, *Quintus* by Larry Clark, with excellent ensemble sensitivity. The music's quick opening theme cinematically changed in the middle to a slower lyrical section and then sped up to repeat the opening melody at the end. The musicians were together at every turn and their enjoyment of the performance was obvious as they confidently took their bow.

Ikhari Hinds, an 11-year-old guitarist in a white Panama hat, played Schiller's *Ode to Joy*, followed by his own rendition of Bob Marley's *Redemption Song*. Ikhari's bright smile and inspired performance won over the audience.

14-year-old Marina Zee, a voice major at LaGuardia High School, accompanied herself on guitar to sing an original song, *Butterflies*. Her narrative love ballad described the butterflies felt when in the presence of a special young man. The song was accentuated by her bright yellow dress and the audience was charmed by her confident performance.

Genie Verdiner, age 15, was the final and oldest performer on the program. She played two works on the piano, a Bach *Minuet* and *Edelweiss* from *The Sound of Music*. The works were played with great feeling and sensitivity, providing an appropriate ending to a diverse and entertaining mix of performances.

Martha Siegel gathered the entire cast onstage for the final bow and group photograph. The 5th Annual Kids' Variety Show came to an end, but for many performers and audience members it may also serve as inspiration for next year's edition. ■



Delia Mandik, Irish step dancer, and Ann Murphy, fiddler



David Gratz, violinist



2011 Bike Valet



Season Is Coming!

Every Sunday starting on April 3

Bike Valet Service Hours

3:30–7:30 p.m.



Bike Valet Service works like a coat check: Coop members arriving by bicycle leave their bikes with a Bike Valet worker and receive a numbered ticket, which they will use to identify and retrieve their bike when done shopping. The service helps to provide secure, plentiful bicycle (and stroller!) parking during peak shopping times.



WORKERS NEEDED!

We are looking for **regular squad members** to join these shifts, and are also looking for one Squad Leader per shift. Workslot times will be: Sundays 3:00 p.m.–5:45 p.m. and 5:30 p.m.–8:15 p.m. There will be a range of shared responsibilities for the shift, including setup and takedown of the check-in station & bike racks. Shifts will be rain or shine and there will be 2 trainings offered in late March for potential members.

If you are interested in becoming a regular squad member of the Bike Valet Service, please contact Membership Coordinator Charlene Swift (email is preferable) at charlene_swift@psfc.coop and please indicate if you are interested in being a Squad Leader.



**PSFC
Shop & Cycle
Committee**



PHOTO COURTESY OF GROWNYC

"Growing awareness. minds. food. gardens... growing a better NYC." www.GrowNYC.org

Turn "Spoils" into Soil at Grand Army Plaza Greenmarket Pilot Compost Collection Program through June 25

By Rebekah Sale

In response to an increasing demand for compost drop-off locations, local nonprofit GrowNYC launched a four-month program to collect kitchen scraps for compost at seven of its Greenmarket locations, including Grand Army Plaza in Park Slope. Shoppers can now drop off fruit and vegetable scraps at the Greenmarket compost stand from 8:00 a.m. to 4:00 p.m. Collected material will be transported to a compost facility where it will be turned into a fertile soil amendment.

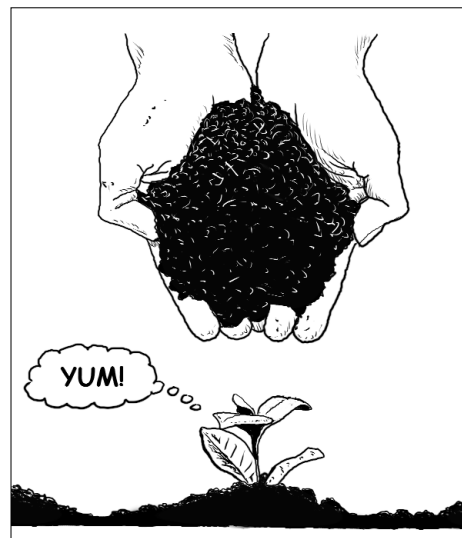
Food comprises about 17% of NYC's waste stream. When this material is sent to a landfill it contributes to NYC's disposal costs and creates greenhouse gas emissions. When composted, food scraps and other organic waste become a useful product that adds nutrients and improves the quality of soil for street trees, gardens and more.

The new compost collection program at Grand Army Plaza complements other services GrowNYC offers city dwellers looking to lower their environmental impact: weekly, year-

round textile collection and cell phone and battery recycling, along with locally grown produce that supports family farms and sustainable growing practices. Materials accepted for composting include fruit and vegetable trimmings, non-greasy food scraps (rice, pasta,

bread, cereal, etc.), coffee grounds and filters, tea bags, egg and nut shells, pits, cut or dried flowers, houseplants and potting soil. Items that are not acceptable include meat, chicken, fish, greasy food scraps, fat, oil, dairy products, dog or cat waste, kitty litter, coal or charcoal, coconuts, diseased and/or insect-infested houseplants/soil, and biodegradable/compostable plastics.

Based on the success of the pilot program, GrowNYC will explore running these collection sites on a permanent basis, so bring your scraps to Grand Army Plaza this spring to support more composting in



Member Contribution

New York City.

For more information, visit www.grownyc.org/compost or call 212-788-7964. ■

GREEN WORKER COOPERATIVES

park slope FOOD COOP

Complete your shift hours outside of the Food Coop with Green Worker Cooperatives 2010

Trainers

Mentors

Creators

Business planning, project management, finances, green business, marketing, sales, communication, anti-oppression, team building, democratic meeting process, management, human resources

Entrepreneurs with stories to share

Web developers, graphic artists, lawyers, photographers, videographers, Spanish/English translators, and administrative support

Interested in putting in your hours with us?
To register or inquire more info visit www.greenworker.coop or send an email to info@greenworker.coop

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

Have you moved?
Changed your phone number?
Got a new email address?
Drop by or call the Membership Office to update your contact information.
718-622-0560
Thanks for helping us keep our records up to date!

No Farms No Food®

American Farmland Trust

SAVE THE DATE
ALBANY, NEW YORK
WEDNESDAY, MARCH 30, 2011
For online registration, visit:
[**www.farmland.org/newyork**](http://www.farmland.org/newyork)
*Strong Farm & Food Economy,
Healthy Environment, Local Food*

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
Apr 15

8:00 p.m.

very
The Good Coffeehouse
COOP CONCERT SERIES

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

Matt Garrison



bass, keys, vox, pedals, flowgramming, audio manipulation. This music travels the sonic palette of World, Electronic, Folk, Improvisational, Structured Jazz. Garrison's work over the last 20 years with artists such as Herbie Hancock, Joe Zawinul, John McLaughlin, John Scofield, Chaka Khan, Joni Mitchell, Whitney Houston, solidifies his status as one of the leading torch bearers of modern music expression.

Cynthia Hiltz

— internationally renowned jazz pianist, vocalist and composer —
invites burningly effervescent saxophonist **Tina Richers**

for a set with Hiltz' trio and extended musical family. This is jazz at its finest — mesmerizing original compositions and masterful improvisation by a posse of musical souls with sensitivity, fire and a good dose of organic rambunctiousness.



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
MARCH 27
10:00 A.M.–2:00 P.M.

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

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

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

PLASTICS

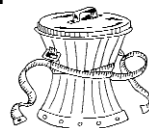
**What plastics do we accept?
Until further notice:**

- #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.



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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 29

GENERAL MEETING: 7:00 p.m.

TUE, APR 5

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Apr 27 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Apr 7 issue: 7:00 p.m., Mon, Mar 28
Apr 21 issue: 7:00 p.m., Mon, Apr 11

CLASSIFIED ADS DEADLINE:

Apr 7 issue: 7:00 p.m., Wed, Mar 30
Apr 21 issue: 7:00 p.m., Wed, Apr 13

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.

Looking for something new?

Check out the Coop's products blog.

The place to go for the latest information on our current product inventory.

You can connect to the blog via the Coop's website www.foodcoop.com



Concept & illustration by Fred Fassberger

park slope
FOOD COOP

calendar of events

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.

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



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: Annual Disciplinary Committee Election (20 minutes)

Election: Two current committee members will stand for re-election.

—submitted by the Disciplinary Committee

Item #2: Amending the Park Slope Food Coop, Inc. 401(K) Plan and Trust (20 minutes)

Proposal: “To amend the Park Slope Food Coop, Inc. 401(K) Plan and Trust to more accurately reflect the intent of the original plan in regard to when employees become eligible for participation. We propose to change the language of the plan to read: ‘All employees are eligible to enroll on January 1 or July 1 if they have worked a minimum of 1000 hrs in the 12 or fewer months preceding the enrollment date of either January 1 or July 1.’”

—submitted by Joe Holtz and Bonnie Kaplan,
Trustees of the Park Slope Food Coop, Inc 401(K)

Item #3: Changing the date of the Dec 2011 GM (20 minutes)

Proposal: “Proposal to change the date of the December 2011 General Meeting to December 27, 2011.”

—submitted by General Coordinators

Item #4: Formation of Animal Welfare Committee (30 minutes)

Proposal: “To form an ‘Animal-Welfare Committee’ squad which would provide animal-related reference materials, articles and suggestions of humane product alternatives on PSFC products as they relate to animals.”

—submitted by Jesse Oldham and Patrick Kwan

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.

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.

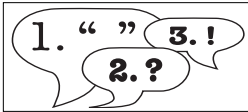
For more information on these and other events, visit the Coop’s website: foodcoop.com

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 26–may 6 2011

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.**

apr 7
thu 7:30 pm

Food Class: Textures & Tastes of Thailand



An exploration of everyday street foods rarely found in Thai restaurants here. Authentic ingredients and substitutions will be discussed. Dishes will combine spicy, sticky, creamy and crunchy textures with sweet, salty, sour and spicy flavors. Fish sauce and eggs will be used. **Pirco Wolfram** is a Coop member and a long-time team member of the Food Class. She has lived and worked in Bangkok, Thailand, for two years and has had the opportunity to experience the exotic flavors of Thailand. *Menu includes spicy salad; sticky rice; Thai beverage; and creamy Thai dessert.* **Materials fee: \$4.**

apr 8-9
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.

apr 10
sun 12 pm

Babywearing 101

Learn about the five basic types of carriers (wraps, ring slings, pouches, mei tais and soft-structured carriers). We will focus on safe and comfortable carrying for newborns through toddlers. We will bring demonstration carriers, and parents are encouraged to bring the carriers they already have to get help with fit and positioning. The workshop will be taught by two experienced babywearing parents: **Lisa Brundage**, Coop member for 10 years and Brooklyn co-leader of Slings in the City for three years. **Amy Takemoto** is a babywearing mom of two children and has been Brooklyn co-leader of Slings in the City for four and a half years.

apr 10
sun 5–6:30 pm

Wordsprouts: Group Reading



A group reading of Coop authors at The Union Hall, 702 Union St., 718-638-4400. Authors will include Tom Angotti, Michele Carlo, Louise Crawford, Vincent Collazo, Grace F. Edwards, Ellen Freudenheim, Fran Hawthorne, Daniel Levin, James Luke, Torrey Maldonado, Donna Minkowitz, Matt Mitler and Thomas Rayfiel. Co-curator **Paula Bernstein** is the co-author of *Identical Strangers: A Memoir of Twins Separated and Reunited* (Random House, 2007). Co-curator **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.

Event takes place at The Union Hall, 702 Union St., 718-638-4400.
To book a Wordsprouts, contact P.J. Corso, paola_corso@hotmail.com.

apr 12
tue 7 pm

Safe Food Committee Film Night: A Farm in Danger & The Garden



A Farm in Danger, a short film by Dulce Fernandes, tells the story of Bed Stuy Farm, a garden on the site of a former garbage dump that has become a community gathering space and a classroom, to teach neighborhood youth about food growing and community service. The short will be followed by the feature documentary, **The Garden**, which chronicles a community's epic battle to save its urban garden. With special guests and locally-grown snacks!

apr 15
fri 8 pm

Matt Garrison and Cynthia Hilts & Tina Richers



Matt Garrison, bass, keys, vox, pedals, flowgramming, audio manipulation. This music travels the sonic palette of World, Electronic, Folk, Improvisational, Structured Jazz. Garrison's work over the last 20 years with artists such as Herbie Hancock, Joe Zawinul, John McLaughlin, John Scofield, Chaka Khan, Joni Mitchell, Whitney Houston, solidifies his status as one of the leading torch bearers of modern music expression. **Cynthia Hilts** — internationally renowned jazz pianist, vocalist and composer — invites burningly effervescent saxophonist **Tina Richers** for a set with Hilts' trio and extended musical family. This is jazz at its finest — mesmerizing original compositions and masterful improvisation by a posse of musical souls with sensitivity, fire and a good dose of organic rambunctiousness.

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.



apr 16
sat 1–3:30 pm

Ancient Foods, Ancient Wisdom

Discuss what traditional foods are (enzyme-enriched foods, mineral-rich bone broths, animal fats, properly prepared whole grains) and why they are so essential to our health and well-being, as well as for pregnancy and growing children. Learn about the pioneering work of Dr. Weston A. Price, his study of healthy traditional communities, and the underlying factors in a variety of traditional diets. Coop member **Angela Davis**, M.Ed, HHC, is a holistic nutrition coach with an emphasis on women's wellness, digestive health and healing diets. She is co-leader of the Brooklyn chapter of the Weston A. Price Foundation and co-founder of Wise Ways Cooking School.

apr 16
sat 4–6 pm

Transforming Anxiety With Core Energetics

Learn to identify unconscious blocks to feeling more relaxed and happier with Core Energetics, a body-centered therapy. Core Energetics goes beyond traditional talk therapy by bringing in breath, the voice and movement to help you feel calmer, more energy and vitality. Coop member **Susan Pollack**, L.C.S.W., Core Energetics Practitioner, is a psychotherapist with offices in Manhattan and Park Slope.

still to come

apr 23 Finances for Freelancers

apr 26 PSFC APRIL General Meeting

apr 26 Philosophical Counseling

apr 29 Acupuncture for Seasonal Allergies

apr 29 Coop Band Nite

apr 30 Forgiveness

apr 30 Knit & Sip

may 3 Agenda Committee Meeting

may 5 Food Class

may 6 Film Night

LETTERS TO THE EDITOR

THINGS DON'T GO BETTER WITH COKE

DEAR EDITOR:

Members of the Coop may ask why we are no longer selling Honest Tea?

On March 1, The Coca-Cola Company announced that it had acquired 100% of Honest Tea. Our GM has voted on three occasions to boycott Coke products joining dozens of colleges, including Rutgers and Union Theological Seminary, as well as unions such as the United Auto Workers, Service Employees International Union and New York State United Teachers. In addition, the Washington Food Co-op in Port Townsend, Washington, began a boycott of Odwalla in 2007.

We now add Honest Tea to the list of Coke products to be removed from our shelves along with other Coke products, which we removed from our shelves in April 2004.

Why are we boycotting Coke products? Coca-Cola has been complicit in labor, human rights and environmental abuses worldwide, a violation of our mission statement which states: "We seek to avoid products that depend on the exploitation of others... We respect the environment... We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment... We oppose discrimination in any form."

Coca-Cola has long been violating all of these principles!

In Colombia, union leaders have been murdered by death squads working with Coke plant managers. In 2001 and 2006, lawsuits were filed in the U.S. against Coca-Cola and its Colombian bottlers, charging that the bottlers "contracted with or otherwise directed paramilitary security forces that utilized extreme violence and murdered, tortured, unlawfully detained or otherwise silenced trade union leaders."

Guatemalan union leaders are currently suing Coca-Cola and Coke processing and bottling plants in Guatemala. This case involves charges of murder, rape and torture. Among the charges is that the son and nephew of union leader Jose Alberto Vicente Chavez were murdered and his teenage daughter gang-raped because of his union activities.

Coca-Cola's overexploitation and pollution of water sources in India, El Salvador, Mexico and elsewhere, have destroyed community sources of water needed for drinking, sanitation and the irrigation of crops creating enormous hardship and despair.

In El Salvador, Coke has been benefiting from hazardous child labor in sugar cane fields, first documented by Human Rights Watch.

Angel Alvarado Agüero, a Mexican citizen, 16-year Coca-Cola employee and top marketing executive turned whistleblower, has accused Coke of illegally cheating Mexican workers

out of hundreds of millions of dollars in pay and profit sharing and the Mexican government out of millions in tax revenues.

The Coca-Cola Company continues marketing nutritionally worthless and damaging beverages to children that health experts say help fuel the childhood obesity, high blood pressure and diabetes epidemics. Phosphoric acid, caramel coloring and the artificial sweetener, aspartame, used in Coke's beverages are linked to numerous serious health disorders, including osteoporosis, stroke, heart attack, cancer and birth defects.

There have been large settlements against Coke and its distributors for racial discrimination. In two lawsuits, Coca-Cola Co. settled for \$192.5 million in 2001 and \$495,000 in 2010.

For more information on these abuses and more, go to www.Killer-Coke.org.

Thanks,
Lew Friedman

THE TRASHING OF ISRAEL HAS TO STOP

TO THE EDITOR:

As a member of the PSFC I find it very depressing that the constant barrage of letters of hate towards Israel and Jews who support the State continue to show up in the *Gazette*. In light of these letters and as an individual who is proud to be Jewish, I wish PSFC would make an attempt to disassociate themselves from all the hate mail that keeps showing up in every issue.

Throughout the world and in the Middle East in particular there are wars and upheavals going on every day. Yet, this little dot on the map called Israel, where conflicts between Jews and Arabs have been going on for over 2000 years, there are people who need to somehow point to the Jews as the evil aggressors. They like to spread their hate at Jews like it's almost "normal" or even "cool" to do so.

I hope at the very least, these hateful letters remind us to reflect and act upon combating these still-existing prejudices that are the opposite of what the PSFC stands for.

Sheldon Jacobson

LOCAL FUNDRAISER TO BENEFIT HAITIAN RELIEF

DEAR COOP MEMBERS,

Just over a year ago Haiti suffered an earthquake that ravaged the country and the Haitian people still need our help. They could be easily forgotten again in the face of the huge devastation in Japan.

Many of you already know about the wonderful humanitarian organization Heifer International. Since 1944, Heifer has helped more than 12 million families in 125 countries move

toward greater self-reliance through gifts of livestock, plants and training in environmentally sound agriculture.

The cornerstone of Heifer's mission is that the recipients are required to "Pass on the Gift." It means the recipients become donors themselves by sharing their training and their gift animals' offspring with others in need. Heifer's work extends thus to entire communities in ever-widening circles.

Heifer has worked in Haiti for the past decade. The projects, which have benefited several farmer associations and thousands of families, range from training in sustainable agriculture, crop diversity, nutrition, aquaculture, fish production to gifts of livestock, seeds, trees and grains. It helps turn the tide on poverty and creates a future for children. As thousands were relocated to rural areas from earthquake-ravaged locations, Heifer's work is growing. Your support will give Haitian people tools and help them rebuild their lives.

This year your gift will benefit Heifer's developments in rural northern and southern Haiti. Even the smallest amount you can give has a concrete impact.

April is Heifer's "Pass On the Gift" month, when in almost 200 cere-

monies in towns and villages from Nepal to Ecuador, families will pass on dairy goats, cows, alpacas, and other animals along with training to help other families start down the road to self-reliance. When I first saw images of these moving "celebrations of giving," I just had to become involved and become a volunteer myself. In this spirit I want to let you know about our April event.

Our local Heifer volunteer group will hold its own fundraiser at the Galapagos Art Space in DUMBO, Brooklyn, on 16 Main Street at Water Street on April 5 between 7 - 10 pm, with delicious hors d'oeuvres and dessert, Haitian Creole jazz and more. We will honor the New Farmer Development Project with the "Pass on the Gift" Award for providing leadership and commitment to the rural agriculture movement. Dan Zanes and Anna Lappe will honor us with their presence. Tickets at \$75 each, \$125/pair; \$85 at the door; one drink is included, all but \$25 is tax deductible; for tickets: www.heifer.org/brooklyn or send a check payable to Heifer International to R. Pollock, Volunteer Coordinator, 10 Plaza Street E., #8J, Brooklyn, NY 11238. More information: heifer-brooklyn@gmail.com.

LETTERS POLICY

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

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

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk.

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

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

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

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

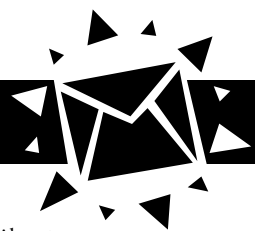
The above applies to both articles and letters. The only exceptions will be articles by *Gazette* reporters which will be required to include the response within the article itself.

Respect

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



LETTERS TO THE EDITOR



I would like to encourage you to join us or think about your own way of getting involved. You can download fundraising ideas and order a DVD of Heifer's award-winning short film *12 Stones*, which documents Heifer's work with illiterate women in Nepal. heifer-brooklyn@gmail.com. You may also write to me with further questions: e.krugerallman@gmail.com.

Cordially,
Eleonore Kruger Allman
Coop Member and
Heifer International Volunteer

WINTER BONUS

*Underutilized Coop-ers
Found their winter niches
During this year's blasts
Blowing at blizzard pitches.
Working members grouped
Into the Frigid Squad
Armed with paper tissues,
Making them look odd.
Shoppers coming in
Looking like they frozes
Greeted at entrance door
By workers dabbing their noses!
Didn't notice, you say?
Was I then a believer
In cold-weather saints
Thanks to seasonal fever?*

Leon Freilich

THANKS FROM CITY HARVEST

DEAR FOOD COOP,

Thank you for your food donation of 28,195 pounds during the year 2010, which City Harvest distributed

free of charge to community programs feeding hungry men, women and children in New York City.

You are part of a dedicated group. More than 2,300 food donors have joined City Harvest in the fight against hunger. Thanks to donations from establishments throughout the city and across the country, this year the City Harvest will rescue 28 million pounds of unused, healthy food. Delivered to some 600 programs throughout the five boroughs, this food helps emergency feeding programs keep their doors open for the many individuals and families that struggle to put food on the table.

City Harvest's efforts were especially needed this year as soup kitchens and food pantries reported no decrease in the record numbers of people they have been serving since the recession began. Last fall the programs we serve saw, on average, a 15% increase in the demand for emergency food. You and other generous food donors have allowed City Harvest to keep critically needed food moving to our agencies at a time when many lack the resources to feed greater numbers of people. We're grateful for your continued commitment to feeding hungry New Yorkers.

A sincere thank-you from all of us here at City Harvest, the agencies we serve, and the men, women and children that benefit from your generosity. We look forward to working with you in the future as we continue to fight hunger in New York.

Sincerely,
Jilly Stephens
Executive Director

IN LETTER ON ISRAEL, GAZETTE EDITORS DID NOT PAY ATTENTION

TO THE EDITOR:

The February 24th *Linewaiters' Gazette* contained a letter by Liz Roberts that expressed outrage, not just at the treatment of those who object to the brutality of the Israeli occupation of Palestine, but at the way those who object to that treatment are dubbed anti-semitic. She painted a picture of that brutality, and then appealed to people to not avert their eyes from it—saying that “turning away only makes you complicit.”

As if on cue, in the following issue (March 10th) a letter by Barbara Mazor attacked Liz Roberts' letter for “containing Bigoted, Dishonest, and anti-Semitic content” [caps in original], saying the author marched out a “parade of lies and distortions” designed to slander Israel. In addition, the letter stated that Liz Roberts was making “Israel's supporters, namely Jews,” the complicit ones in “Israel's alleged crimes” and was directing “abuse” at a specific group in the Coop itself, presumably the Coop's Jewish population.

The aim here is *not* so much to criticize Barbara Mazor's letter, but rather to point the finger at the editorial staff of the *Linewaiters' Gazette*.

The *Gazette* Submission Guidelines states that “letters to the editor will be published “without editing, but are subject to the *Gazette* letters policy regarding length, anonymity, respect,

and fairness.” The Fairness Policy states that the *Gazette* will not “publish accusations that are not specific or are not substantiated by factual assertions.”

Barabar Mazor's letter made no attempt to provide a specific example of “bigoted, dishonest, or anti-semitic content,” or of a “lie or distortion.” She did not show *how* any person or group in the Coop were being targeted for abuse. And Liz Roberts neither said or implied that it was specifically Jews who were the complicit ones. Rather her appeal was a clear admonition meant for all people. In fact, not once did Liz Roberts even mention Jews in her letter, except to identify herself as being a Jew. She rather refers to “Israel”; when one uses a country's name in these contexts, it is universally understood as referring to the country's government, not to its majority ethnic or religious population.

In other words, Barbara Mazor's letter violated almost the entirety of the *Gazette*'s Fairness Policy, and yet the editorial staff, whose only task regarding letters is to check that they conform to the published guidelines, nonetheless allowed it to be printed. How? Why?

David Barouh

Note from the Coordinating Editors: In these matters of political opinion and slant we must allow greater latitude and err on the side of allowing people a platform to disseminate their ideas and political opinions. If Mazor had called Roberts anti-semitic, that would have come under Fairness.

What Is That? How Do I Use It?

Food Tours in the Coop

Everyone is looking forward to spring — the longer, warmer days the flowers, the fresh start and all the rest

But somewhere, just underneath is a feeling of unease a kind of desperation that somehow we'll miss it — that it will come and pass us by that we have to seize it and make it our own or we'll be left out still cold

Here's the trick: we see out with our eyes Instead let the world stream in through our eyes

The purple clouds turning to rose in the new morning — let them flow into your body

The crowds at the train station — move into you not you through them

The purple crocus spangling the winter grass —

bloom inside you

It's a small shift with big movement a shift from grasping to one of receiving

Turn GET Into RECEIVE and you will never miss anything

Your every day will be a blessing

The Park Slope Food Coop Receiving each day, every day

by Myra Klockenbrink

Monday April 11
noon to 1:00 p.m.
and 1:30 to 2:30 p.m.

You can join in any time during a tour.

DO YOU LIKE **DESIGNING FLYERS**? HOW ARE YOU AT **MARKETING**? DO YOU LIKE **SOCIAL NETWORKING**? ARE YOU A **WEB DEVELOPER**? CAN YOU WRITE **PHP**? DO YOU KNOW HOW TO USE **WORDPRESS**? DO YOU LIKE **TABLING** AT EVENTS? DO YOU LIKE **RESEARCHING FOOD**? DO YOU NEED **FTOP CREDIT**? DO YOU LIKE **COMMUNITY**, EATING **GOOD FOOD**, AND **FUN**? COME HANG OUT WITH THE **BUSHWICK FOOD COOP** AND GET **WORK CREDIT!**

A BUYING CLUB AND CSA ARE SATIATING US WHILE WE WORK TOWARDS MAKING THE DREAM OF HAVING OUR OWN STOREFRONT A REALITY. WE ARE REALLY INVESTED IN OUR COLLECTIVE GOAL OF BRINGING AFFORDABLE, LOCAL AND ORGANIC FOOD TO THE NEIGHBORHOOD OF BUSHWICK. IF YOU WOULD LIKE TO HELP, PLEASE EMAIL US AT WORKSHIFT@BUSHWICKFOODCOOP.ORG.



NOFA NY 2011: Diggin' Diversity I

This is the first of three articles about subjects covered at the annual Northeast Organic Farming Association conference held in January in Saratoga Springs.

By Marion Stein

"Diggin' diversity"? What exactly does this mean? It could refer to the wide range of people digging and farming today. It could also mean an emphasis on the diversity of plants and how vital it is to preserve this part of the universe we have been given. In fact it means both of these things and much more.

First, it refers to the many different methods that organic farmers use in various locales to achieve the very best results for their crops. It also means the wide variety of things that farmers do. We even have farmers who are musicians and poets. Their talents were much in evidence during our January conference. It seemed that at every bend of the hotel the corridors and in every nook and cranny of the vast lobby there were people jamming and singing. It was extraordinary. Scott Chaskey of the Peconic Land Trust and Quail Hill Farm on Long Island, a remarkable poet, shared a remembrance in gorgeous verse of a young colleague of his, Josh Levine, who died in a tragic tractor accident. Nearly all present had tears in their eyes after hearing him recite.

As to the different farming methods used, Miguel Altieri, our first keynote speaker, opened our eyes to the methods used by indigenous farmers throughout Latin America and the enormous value they place on their carefully preserved inherited seed stock. It was truly heartening to learn that they are guarding this wealth of diversity every day. In many locations throughout Latin America, there is something called "the campesino movement." This is a three-decades-long effort to reinfuse the indigenous farmers with greater pride in their centuries-old practices. It has become a subject of academic study and Dr. Altieri has been teaching Agroecology for a number of years at UC Berkeley. What is "Agroecology," you may ask? According to the Agroecology website, it is:

The application of ecology to the design and management of sustainable agroecosystems.

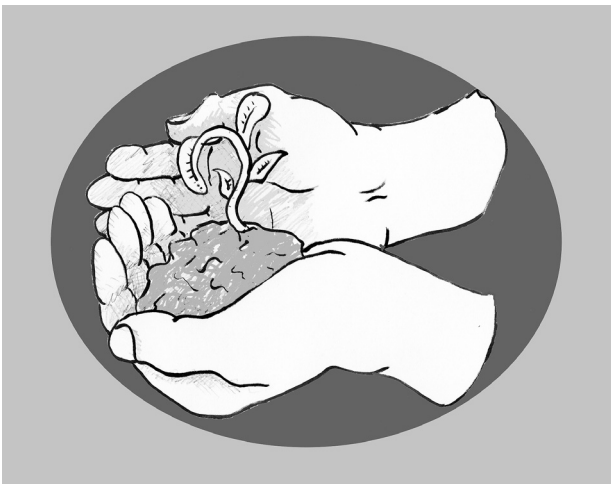
A whole-systems approach to agriculture and food systems development based on traditional knowledge, alternative agriculture, and local food system experiences.

Linking ecology, culture, economics, and society to sustain agricultural production, healthy environments, and viable food and farming communities.

As you can see, the subject of this year's conference is relevant to everything that we do at PSFC. The next article will be about urban farming and community organizations that are doing brilliant work around New York State and New York City. ■

Member Contribution

ILLUSTRATION BY PATRICK MACKIN



CLASSIFIEDS

BED & BREAKFAST

THE HOUSE ON 3rd ST. B&B - serving Park Slope for 20 yrs.! Beautiful parlor floor thru, sleeps 4-5 in comfort and privacy. Queen bed, bath, double living room, piano, AC, flatscreen, wi-fi, deck overlooking yard, kitchen. Visit our web site at Houseon3st.com or on FB at The House on Third St. B&B or call Jane at 718-788-7171

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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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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—33 years experience in

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, MAR 26

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

Free Trees: Green Fort Greene & Clinton Hill, together with the FAB Business Alliance, will give out free trees from 10 a.m. to 12 p.m. Putnam Triangle at Grand Ave. and Fulton St. One per person. First come, first served 'til they run out. Smaller flowering species for planting on private property (not street tree pits). For more info, contact tree@greenfgch.org. Rain date March 27.

Fifth Annual Seed Celebration! at The Old Stone House (5 Ave & 4 St) in Park Slope. 10 a.m.–2 p.m. Seed trading, giving and info. Seeds for sale. Books, catalogs, hands-on learning. Raffle, displays, seed art. Free! Visit www.permaculture-exchange.org for more info.

SUN, MAR 27

Two Old-time Jamming Workshops: one for beginners and one for intermediate players will be given at Jalopy Theatre in Red Hook, Brooklyn by Alan Friend* (banjo) and Bill Christophersen

(Fiddle). YOU MUST REGISTER IN ADVANCE. Full info and directions are at www.jalopy.biz.

Info: Joan P Zimmerman, M.Ed., LCSW at jjzimmerman12@nyc.rr.com.

SAT, APR 2

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

TUE, APR 5

Heifer Int'l of Greater NY Event Benefitting 12,000 Haitian Farm Families: Galapagos Art Space, 16 Main Street, DUMBO. 7-10 p.m.; Honorary Chairs Dan Zanes* and Anna Lappé*; food, jazz, silent auction; tickets \$75; \$125 pair; \$85 at door, all but \$25 tax deductible; tickets: www.heifer.org/brooklyn; Info: heiferbrooklyn@gmail.com.

FRI, APR 8

Getting the Love You Want: Communication skills workshop for couples. 7–9 p.m. at the Old Stone House, Park Slope. An introduction to the "Imago Intentional Dialogue." Come away with practical skills to use at home; enhance your emotional connection & help to transform conflict into growth. \$25 per couple. Tickets: www.brownpapertickets.com/event/160318.

SAT, APR 9

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

SAT, APR 16

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

SAT, APR 30

The David Bindman Ensemble performs at Bay Ridge Library Saturday, 1:30 p.m. Featuring Richard Harper, trombone; Frank London, trumpet; Art Hirahara, piano; Wes Brown, contrabass; royal hartigan, drums; David Bindman*, saxophones. Original compositions incorporate elements from jazz & world music traditions. For people of all ages. FREE. www.davidbindman.com.

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

CLASSIFIEDS (CONTINUED)

all aspects of injury law. Individual attention provided for entire case. Free phone or office consultation. Prompt, courteous communications. 22-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

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

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

MADISON AVENUE HAIR-STYLIST 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.

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

SERVICES - HEALTH

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

HEALTH 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 ini-

tial exam in a nutrition-oriented practice and for insurance information, please call 212-505-5055.

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

PSYCHOTHERAPY: I offer individual and couples therapy in my Park Slope and Manhattan offices. I am a on-network provider which allows greater confidentiality and non-HMO directed therapy. Multicultural competence. Diversity welcomed, respected, affirmed. 212-714-4691 baroh99@aol.com Beverly Rohlehr, LCSW

VACATIONS

BUNGALOWS FOR RENT in charming cooperative summer community. Beautiful wooded grounds. Olympic pool, tennis, basketball, swim & boat in lake. Near Bethel Woods Performing Arts Center. Great family vacation. Reasonable prices. Contact Marlene Star, mstar18@optonline.net, 914-777-3088.

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.cgcvt.org

WHAT'S FOR FREE

TWO FREE FEMALE guinea pigs with very large cage, water bottles, food bowls, hide-a-ways and carrying cage. Phone Gena: 347-575-1572 or Elaina: 718-638-9804.

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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- ♦ Register today for your all-inclusive Vermont vacation!
- ♦ Come with your friends to our intergenerational programs.
- ♦ Delicious vegetarian food, music, art, nature and relaxation
- ♦ A great diverse community - 73% of campers return!
- ♦ Our green facility on 700 beautiful acres can also be rented.

Puzzle Answers

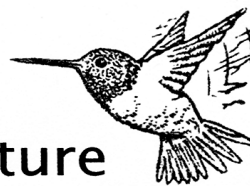
inure + J = injure
stale + P = staple
with + D = width
shoe + V = shove
hay + Z = hazy
sill + K = skill
trace + N = trance
repel + A = repeal
ticket + H = thicket
shred + W = shrewd
blush + I = bluish
proper + S = prosper
scare + C = scarce
vanish + R = varnish
net + X = next
carton + O = cartoon
salon + M = salmon
ding + Y = dying
payoff + L = playoff
sit + F = sift
aide + B = abide
sure + G = surge
waken + E = weaken
purse + U = pursue
moral + T = mortal

Follow the Food Coop on

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ADVERTISE ON THE WEB

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

Spring

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.

Alison Abreu-Garcia	Eric Brettschneider	Avital Havusha	Samantha O'Brien	Zani Senghor
Andrew Adler	Bo Briggs	Katherine Hibbard	Tanya Olszewski	Lara Shapiro
Melissa Albert	Rick Brooks	Joshua Hoffman	Sera Onishi	Stacey Shapiro
Sabrina Alli	Lune Brown	Bjorn Holte	Agata Orlowicz	Monroe Sheppard
Keith Altman	Samuel Budin	Cori Hook	Julie Peng	Hannah Sinoway
Lena Altman	Juliean Cabrera	Jason Hu	Terrance Peng	Jennifer Snead
Robin Antar	Jennifer Chiu	Margo Irvin	Mariya Pidzamkiu	Sara Stern
Leo Asada-Johnson	Tom Chiu	Travis Johnston	Olha Pidzamkiu	Ray Stewart
Jason Bahling	Anthony Ciaccio	Anna Katsnelson	Shawn Powell	Sean Thompson
Amoy Barnes	David Copeland	David Kearford	Ellen Prokop	Laura Vaughn
Anne Barrett	Elizabeth Dowd	Christie Kim	Marissa Provence	Mariel Villere
Richie Barshay	Alison Duffy	Lisa Kirchner	Randell Provence	Meredith Walker
Andrew Bauer	Rich Dunn	Eva Kneip	Sarah Ray	Jason Watkins
Jonathan Bayer	Nellie Fleischner	Anna Kulka	Jacob Rhodes	Nicole Watkins
Jennifer Becerra	Laura Flowers	Bryan Kurtz	Dorothy Robinson	Kristin Wheeler
Matt Beckemeyer	Jonathan Freeman	Robyn Lazara	Eric Rosenbaum	Joanna Winograd
Steven Beltzer	Julie Gawendo	Jasmine Lovell-Smith	Avi Rosenthalis	Ingebjorg Wollo
Laura Bernstein	Fran Giuffre	Arek Maczka	Jeanne Rostaing	Kathy Wongsatittham
Peter Blom	Sara (Simone) Goldenberg	Timothy Mathews	Meredith Sadin	Minjie Wu
Thierry Bonnaire	Melanie Grass	Sarah Metz	Vasiliy Safin	Vera Zolotaryova
Natsuko Bosaka	Martha Kelly Greene	Michael Mora	Yoshi Saito	
Becca Bradley	Dynishal Gross	Hannah Mossop	Julianna Sassaman	
Dara Bramson	Andy Hanflik	Dominique Nisperos	JoAnn Scott	

IT Department seeks FTOP workers

Java Developers

The Coop is looking for help developing our next generation applications. We are looking for members who program in Java and have some experience with all or some of the following technologies:

- Eclipse
- JFC/Swing
- JDBC
- JasperReports/iReports

If you are interested in using your programming skills to help make the Coop better and receive FTOP work credit, please contact it.ftop@psfc.coop.

Mac Sys Admins

The Coop is looking for help maintaining and streamlining the administration of our MAC workstations. We need members that have experience administering Mac OSX systems. You do not have to be a full-time admin. In addition to admin experience, the following technologies will be useful:

- Experience on Mac OS X 10.6+
- Scripting (Applescript, Bash shell script, Python, etc.)
- Experience installing memory, changing hard drives, cleaning internals, etc.)
- Experience repairing and maintaining printers

If you are interested in helping the IT group improve our workstation administration and receive FTOP work credit, please contact it.ftop@psfc.coop.

To be considered, you must be a Coop member for at least six months and have a good attendance record. Please realize that Coop IT staff members need to spend their time bringing you on-board these projects, so only apply if you see this as a long-term means of fulfilling your work commitment.

Office Cleaning

Wednesdays, 7:30 to 9:30 p.m.

The Coop is looking for members to clean the second floor offices after closing. Tasks include cleaning and dusting workstations, shelves,

computers, keyboards and phones. This job is ideal for someone who is pro-active and meticulous and likes working independently. Please speak to Mary in the Membership Office for further information.

Bike Valet

Sundays, 3:00 to 5:45 pm & 5:30 to 8:15 p.m.

The Coop offers Sunday shoppers a bike valet service. Members working this shift will assemble tent and bike racks on the Coop sidewalk (rain or shine!). Your job is to watch Coop members' bikes while they shop. This shift is seasonal and will end in November.

Voucher Processing

Mondays, 6:00 to 8:45 p.m.

Do you like working with numbers? In this workslot, you will be entering information about Coop expenses from individual papers (vouchers) into a book and adding them up. Neat, legible handwriting, facility with a calculator and attention to details (especially with numbers) are prerequisites for this position. Workslot is open to members who have been members for at least six months and have a good attendance record. A six-month commitment is required for this workslot. If you are interested please speak to Renee St. Furcy Monday through Thursday.

GMO Shelf Labeling

The GMO Shelf Labeling Committee is readying to deliver a report to the General Meeting early next year in which we will propose a process to

label most products on Coop shelves for genetically modified ingredients. We seek a few members with a passion for food labeling and skills in videography or database management. Knowledge of Filemaker Pro would be a plus. If you want to know what's in the food on our shelves—and help fellow members know—then this committee is for you! You must have at least one year of active membership in the Coop and an interest in GMOs. To find out more, email gn.todd@verizon.net.

Plastics Recycling Baler

Sundays, 12:30 to 3:15 p.m.

Balers work as part of the Environmental Issues Plastics Recycling Committee. Tasks include operating the baler machine in the receiving area. NO SANDALS OR OPEN-TOED FOOTWEAR SHOULD BE WORN WHILE WORKING IN THIS AREA. Workers must be able to work with receiving staff to coordinate the use of the baler and shared workspace. You must be able to follow detailed safety instructions. Some strength & lifting required. Training will take place on your first scheduled shift. If you are interested, please contact Cynthia Pennycooke before signing up for this shift. She can be reached in the Membership Office Mon–Fri 8 a.m.–12:30 p.m. or at cynthia.pennycooke@psfc.coop.

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 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.

