

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume FF, Number 9

May 5, 2011

## IN THE FDA TRUST

### Fukushima Radiation and the Food Supply

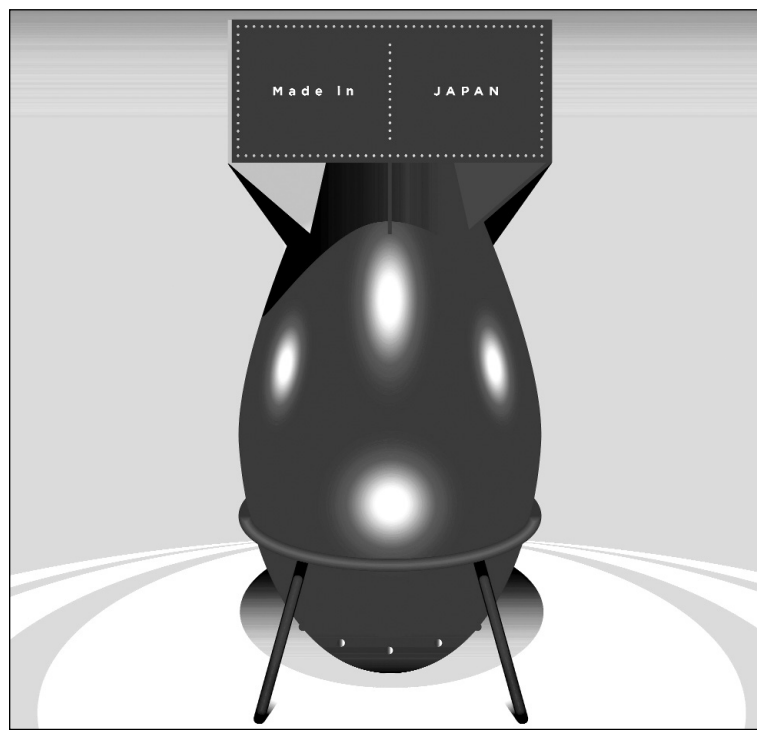


ILLUSTRATION BY PAUL BUCKLEY

By Danielle Uchitelle

**AS** a health-conscious shopper, you probably have a good working notion of how many calories are too many for you. Likewise for cholesterol, grams of sugar, and the other biochemical components of the foods you eat. But the Fukushima reactor disaster in Japan is forcing concerned shoppers back to their science books for an unasked for education in nuclear chemistry. How many millisieverts of radioactivity are too many? What is being done to keep food exposed to Fukushima radiation off the shelves of the Coop?

#### Relying on the FDA

The U.S. Food and Drug Administration is assuring consumers our food supply is safe from Fukushima-related contamination. As the federal agency charged with monitoring food safety, the FDA has recently issued guidelines for testing foods imported from Japan, and has placed a ban on import of certain vegetables and milk products from regions adjacent to the damaged reactors. Fish caught in the surrounding seas and imported into the U.S. are being tested as well. Whatever is cleared for import is safe, at least as far as the FDA is con-

cerned. And their website says bluntly that, "based on current information, there is no risk to the U.S. food supply."

With an entire hemisphere separating Brooklyn from the nuclear catastrophe in Japan, Coop shoppers might consider FDA vigilance to be sufficient to protect the purity of our food sources. Some, however, may choose to add another level of watchfulness to the FDA's sanguine assurance. After the FDA, the next level of food monitoring involves the suppliers, and many Coop suppliers have come up with their own response to Fukushima.

#### Coop Suppliers Respond

One company that has a deep interest in assuring us that their products are safe is Premium Foods, supplier of the Coop's fresh sushi and sashimi products. According to Kenny Chung of Premium, the key is to avoid Japanese yellowtail tuna. "The main concern is yellowtail tuna imported from Japan, but this is usually only used in restaurants," said Kenny. "We don't use it in our products for the Park Slope Food Coop." Kenny said the only fresh fish his products contain is salmon, tuna from non-Japanese sources, and imitation crab from China. Like others, he puts his faith in the FDA: "They're taking more time

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## Coop Event Highlights

- Fri, May 6 • Film Night: The Mad Cow Investigator** 7:00 p.m.
- Sat, May 7 • Food Drive** 9:00 a.m.–7:00 p.m.
- Sun, May 7 • Food Drive** 9:00 a.m.–7:00 p.m.
- Tue, May 10 • Safe Food Committee Film Night: Bananas** 7:00 p.m.
- Fri, May 13 • Wordsprouts: On Food** 7:00 p.m.
- Fri, May 20 • Coffeehouse** 8:00 p.m.

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



ILLUSTRATIONS BY MICHAEL COHEN

## Why's Everybody Always PICKING ON US?

By Gayle Forman

**A** few months ago, my friend Bill Zeman was waiting to pick up his daughters from PS 321 when he was approached by a *New York Times* reporter asking where the nannies usually hung out for pickups. The reporter explained that she was trying to find sitters who worked their employers' Park Slope Food Coop shifts. A few days later, Bill ran into that same reporter in the park and was told that she'd had little luck finding any of these Coop nanny workers.

Of course, *The Times* ran the story anyway, sourced almost entirely from a local blog, which we'll call *F'd in Park Slope*. The blog story used

unnamed sources, and prefaced the account as "rumorville" and "second-hand knowledge."

#### Object of Derision

Ahh, The Park Slope Food Coop, even when there isn't smoke, there's fire. We seem to be such a delicious target for local media—the *Times*, *New York Magazine*, the blogs—books, (our own member Amy Sohn's delicious, fictitious takedown of the Prospect Park Food Coop in her novel *Prospect Park West*). But if the media loves to hate us, isn't that just because their audience does too? Aren't we just an irresistible bullseye, joke-butt,

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#### Next General Meeting on May 31

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.\* The next General Meeting will be on Tuesday, May 31, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

\* Exceptions for November and December will be posted.

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## FDA WE TRUST

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to test for radiation now, so I think the fish we get is OK."

Another supplier with links to Japanese products is Eden, which provides the Coop with everything from soba noodles to soy milk. According to a recent press release, Eden has purchased radiation counters to conduct their own measurements of the radionuclide levels of foods arriving at their U.S. warehouses from Japan. It's contracted with a lab to conduct tests for Iodine 131, Xenon 133, Caesium 137, Strontium 90, and other potentially harmful radioisotopes in these products. Eden has also begun to re-source some of their products, particularly miso, which currently originates from areas of Japan within range of the Fukushima site. While the new sources may still be in Japan, Eden considers them to be produced at a safer distance from the damaged nuclear reactors and the prevailing winds and water currents that could carry radiation into the food supply. In general, Eden is assessing each geographic area prefecture by prefecture and product by product to determine those still safe.

Another large distributor is JFC International, which handles over 15,000 items, including Kikkoman Soy Sauce and Dynasty brand condiments and Asian spices. A JFC press release assures shoppers that standard FDA monitoring will be adequate to protect consumers from radiation dan-

gers. "Products from Japan that have passed FDA inspection will be considered safe, and will be routinely distributed," states their latest press release.

After the FDA and the distributors, is any further testing required? Some high-end restaurants, such as Le Bernardin in Manhattan, have purchased their own radiation testing devices to monitor deliveries from Japan, especially seafood. But use of these sophisticated detectors is complicated, and interpreting results for a specific radioisotope compared to baseline readings requires understanding of variables such as isotope half-life, exposure duration, background radiation, and other factors.

### No Plans for Coop Testing

General Coordinator Janet Schumacher said there are no current plans to test Coop food for radiation. "Basically, we don't have the capacity to test the food supply," said Schumacher. Like others, she turns to the FDA for security. "It is our government that has to provide the protection for us," she says.

For now, it appears that global geography, faith in the FDA, and the judicious avoidance of certain foods should be enough to protect concerned Coop shoppers from Fukushima exposure. Radiation counters aren't going to become standard issue on Coop shopping squads any time soon, provided the nuclear catastrophe gets no worse, and gets no closer. ■

# Coop Job Opening: Membership Coordinator

## Description:

The Coop is hiring a Membership Coordinator to fill an afternoon/evening and weekend schedule. Membership Coordinators divide their time between shifts of approximately 6 hours in the Membership Office, Technical Support shifts of approximately 6.5 hours working on the shopping floor, and oversight/ coordination of the Coop's administrative functions. Applicants must have excellent people skills, excellent communication and organizational skills as well as patience, comfort with computers and computer technology, and the ability to do detailed record keeping. Applicants should be able to remain calm in hectic surroundings, oversee the work of others, teach and explain procedures, delegate work, give feedback, pay attention to several things at once and maintain high standards of accuracy.

As a retail business, the Coop's busiest times are during traditional holiday seasons. Applicants must be prepared to work during many of the holiday periods, particularly in the winter.

## Hours:

Approx. 38 hours in 5 days/week: Thursday–Monday. Weekday schedule will be afternoon/evening hours (some shifts until 11:30 p.m.). Saturday and Sunday hours will vary, though shifts are between 5 and 8 hours in length.

## Wages:

\$23.88/hour.

## Benefits:

- Health insurance
- Pension plan/401(k) plans
- Vacation—three weeks/year increasing in the 4th, 7th & 10th years
- Health and Personal time

## How to Apply:

Please provide your résumé along with a cover letter stating your relevant qualifications, skills and experience. Materials should be e-mailed to [hc-membershipcoordinator@psfc.coop](mailto:hc-membershipcoordinator@psfc.coop). Please put "Membership Coordinator" in the subject field. Applicants will receive an e-mail acknowledging receipt of their materials. Please do not call the Office to check on the status of your application. Applications will be reviewed and interviews scheduled on a rolling basis until the position has been filled. If you applied to a previous Coop job offering, please resubmit your materials.

## Probation Period:

There will be a six-month probation period.

## Prerequisite:

Must be a current member of the Park Slope Food Coop for at least six months immediately prior to application.

No Membership Office experience necessary to submit application materials. However, in order to be considered for an interview applicants must have worked at least four shifts in the Membership Office. After submitting your materials, if you wish to schedule shifts in the Office please contact the Coop at [hc-membershipcoordinator@psfc.coop](mailto:hc-membershipcoordinator@psfc.coop). Please put "Schedule Shifts" in the subject field.

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

## LETTERS TO THE EDITOR

### ON MIDDLE EAST RELATIONS AND HISTORICAL ACCURACY

#### TO THE EDITOR:

Anti-BDS letters have focused recently on the theme of Muslim and Arab historical anti-semitism. Rhudi Andreoli's April 21st letter ("The Middle East Debate") called my April 7th letter ("About Israel and BDS, is it "Greater Latitude" or "Complete License"? "historically incorrect" in stating that "until modern times, Jews and Arabs coexisted tolerably well." Andreoli cited laws subjugating non-Muslim populations.

The reference is to so-called Dhimmi Laws, which imposed restrictions on, but were also idealized as "protections" for, Christian and Jewish minorities as "People of the Book," i.e. followers of earlier revelations. Mark Cohen, Professor of Near East Studies at Princeton has written that "in actual practice during this era, the dhimma restrictions were commonly observed in the

breach," and that "Jews were well integrated into the economic life of society at large" and even "abounded in the Muslim bureaucracy." (<http://tinyurl.com/3lh843z>)

Andreoli stated that "[o]utbreaks of ethnic violence, directed mainly against Jews, were not uncommon in the 19th century," but gave 20th Century examples, citing 1934 violence in Safed, Hebron, Jerusalem, and Damascus. Whether the writer made a simple misstatement or meant to also cite 19th Century violence (the *Gazette* leaves ambiguities and even obvious typos unchanged in letters), two points can be made.

First, during the 19th Century, the region was mostly ruled by the Muslim Ottoman Empire, which famously protected its Jews, having provided them refuge after their 1492 expulsion from Christian Spain, the culmination of the Spanish Inquisition.

Second, the 1934 violence Andreoli cited, if anything, confirms rather than refutes my April 7th citation of Zionism as the origin of modern animus

between Israelis and Arabs. The Zionist Movement had its official birth in 1897 with the goal of establishing a Jewish state, as distinguished from a Jewish homeland, which the 1917 Balfour Declaration had called for. The 1948 Partition of Palestine was the culmination of Zionist efforts; but wherever populations have been partitioned, whether by ethnicity, religion, or political persuasion, be it India and Pakistan, the two Koreas, or Palestine, continuing violence and wars followed.

States based on ethnicity or religion are anachronisms in the modern world. Israel straddles this fine line, recognizing the legal rights of its Arab citizens, but with de facto discrimination on them and brutality on its occupied Arab population.

My April 7th letter stated that, "[h]istorically, ethnic minorities frequently have problems within majority populations, but the true history of anti-semitism is a decidedly European affair, marked by the Inquisition, pogroms and culminating in the Holocaust." I believe a moment's

thought and a minimal historical familiarity will affirm the truth of this statement. So might a consideration of the biblical Book of Ruth; in a time of famine an Israelite family settles in the land of the Moabites. A Moabite woman, Ruth, marries into the family and returns with them years later when the famine ends. Her great-grandson turns out to be none other than future King David himself.

David Barouh

### MOMENTO SENIORO

*I finally went and popped the question,  
The one I couldn't dismiss,  
Proposing that we quickly marry  
And seal it with a kiss.  
My sweetheart looked perplexed, surprised,  
Dumbfounded, if you will,  
As if I'd flipped my ancient cork  
Or served a poison pill.  
She looked me squarely in the eye  
But said neither yes or no,  
Until she smiled and asked, "Again?"  
And I remembered. Oh.*

Leon Freilich



# Italy

## IN FOUR MEALS

### Exploring a Culture at the Table

By Thomas Matthews

**P**rosciutto and coffee. Breakfast, lunch and dinner. If that's your idea of paradise, head for Italy.

In April, I spent 10 days there to represent *Wine Spectator*, along with Bruce Sanderson, who is responsible for the magazine's coverage of Italian wines. We attended Verona at Vinitaly, the country's national wine fair, then went to Tuscany, visiting benchmark wine producers. As a side assignment, I kept a food diary to share with readers of the *Linewaiters' Gazette*.

The first day set the pattern: our two meals featured three different risottos. Risotto is a specialty of Verona, because of a long tradition of rice cultivation along the marshy banks of the nearby Po River. Every restaurant offers the dish.

Other regions boast their own specialties. And those are the dishes their restaurants serve. At a glance, the menus are a bit monotonous. How often can you eat risotto or bistecca a la Fiorentina?

#### Lamb, Rabbit, Horse

We did our best to explore. We ate grilled lamb, roasted rabbit and braised horse. We tasted a dozen different types of prosciutto, including one cured from wild boar. But in the end, we always got down to basics. A Florentine marchese served us fine, aged Chianti with a peasant dish called pappa al pomodoro, basically cooked tomatoes served over stale bread.

Four meals embodied distinctive places, tastes and cultures. All offered dishes that could be attempted by an ambitious home cook, working with Coop ingredients. You might miss the ambience, but the flavors work in any language.

#### A Dish Steeped in History

Across the street from Verona's 14th century castle stands the Locanda del Castelvecchio, which opened its doors in the 1830s and maintains a clubby antique style, with ornate wood panelling, red velvet drapes and curios on the walls.

The crowd is a mix of locals and tourists, but everyone eats the same thing, the restaurant's specialty for more than a century: bollito misto (a mix of boiled meats and vegetables).

A tattooed chef rolls out an antique cart piled high with an amazing diversity of meats—beef, roasted and boiled; ham, and pork sausage; veal tongue; a chicken. He sharpens a large knife and asks, "What would you like?"

Nearly everyone replies, "I'll take a little of everything." And the chef goes to work, slicing, serving, sharpening and slicing again with impressive speed and precision. He adds a small serving of boiled vegetables—carrot, turnip, fennel—and a spoonful of cooking jus, and an assistant serves the plate.

I was happily sipping a fresh, fruity local red, a 2007 Valpolicella from Rocolo Grassi, when the cart parked at our table. "What would you like?"

I looked the chef in the eye. "I'm a vegetarian. What would you suggest?"

His face turned ruddy, and the knife-sharpening got faster. "That knife looks pretty sharp already,"

Bruce observed. Then the assistant murmured, "I think he's joking." I nodded. "A little of everything, please." The chef shook his head, muttered under his breath, served my plate high.

The meat was delicious, falling apart tender, each cut showing distinctive character. It reminded me of the choucroute of Alsace, without the cabbage, or a New England boiled dinner, with many more meats. A definitive version of an historic dish. But perhaps once was enough.

#### A Stop on the Road

We faced a five-hour drive from Verona to Bolgheri, on the Tuscan coast, and needed a lunch stop. We asked a friend for a recommendation.

"Cosimo di Medici," Dario said without hesitation. "Best bistecca alla Fiorentina you'll ever eat. Just off the highway in Barberino di Mugello."

It was a thin thread, but we followed it. The highway wound its way south through the Apennine mountains toward Florence. We took the exit for Barberino and found a sign for the restaurant. We also saw signs for many other restaurants and some kind of designer outlet mall, and huge parking lots filled with cars. Not a promising sight.

However, we immediately got lost and soon found ourselves in a small town with a large piazza where children kicked a soccer ball as their parents watched from café tables. We spotted a sign that said "trattoria" and decided to stop.

We sat in plastic chairs under stone vaults from the Renaissance, with a view of the peaceful piazza and hills beyond. The menu was simple. Start with prosciutto, continue with pasta, finish with steak. A local Chianti came in a glass jug, half a liter for 6 euros. It had no name, no vintage, but it was clean and fresh, with an alluring flavor of tart cherries.

The thick steak was beefy in flavor, with a savory char. White beans dosed with olive oil and fresh black pepper made a satisfying complement. The other tables filled up with Italians, children laughed and the sun crept across the piazza. Sometimes missing a goal is better than achieving it.

#### A Seafood Extravaganza

Bolgheri, which extends along the Tyrrhenian Sea south of Livorno, is an anomaly among Tuscan wine regions. It has almost no wine history, uses international grapes, and has built a world-wide reputation in less than half a century.

In the 1940s, a local aristocrat planted Cabernet Sauvignon because he enjoyed red Bordeaux. In the 1960s, his house wine was commercialized under the name of Sassicaia, and its success encouraged

others to plant other Bordeaux grape varieties, including Merlot and Cabernet Franc. Now Bolgheri's flagship wines—Ornellaia, Le Macchiole, Guado al Tasso, among others—command hundreds of dollars per bottle.

Yet the region is still sleepy. Its tourism is old-style working-class, based on camping sites and scruffy beaches. However, one restaurant manages to combine the best of both these worlds.

La Pineta sits 20 yards from the breaking waves on the beach at Bibbona. It's just a shack from the outside, but a stylish refuge inside, with white tablecloths, impeccable service and amazing seafood prepared by chef-owner Luciano Zazzeri.

Tiny, lively soft-shell crabs from the lagoon of Venice were lightly battered and gently fried, crunchy, salty, sweet. Fresh tagliolini, doused with peppery local olive oil, was topped with raw sea urchins, a simple pairing with a powerful impact. The main course offered turbot and gallinella, both caught that morning off the coast. Simply filleted and steamed, they were served with olive oil, capers, tomatoes and fresh black pepper. That's what the Mediterranean tastes like.

We accompanied this feast with Vermentino, the local white, from Poggio al Tesoro, whose owner, Marilisa Allegrini, poured a vertical tasting, from 2010 back to its debut vintage, 2006. The wines were delicious, and something about sharing local origins made them especially harmonious with the food.

Mopping olive oil with the rustic Tuscan bread, sipping one wine after another, listening to the waves breaking on the sand, I felt the peace of home, even so far away from my own.

#### Culture and Cuisine

Even in April, cool weather threatening rain, Florence is overrun with tourists. In couples, extended families, or groups of 20 or more, they flood the streets, searching for "Florence-land." Yet somehow, God bless them, the actual Florentines, jaded for self-protection yet still deeply proud of their city, remain truly welcoming to their visitors, and manage to keep it real.

Proof is in the Central Market, in a piazza not far from the train station. The cast-iron building is filled with the stands of small purveyors, many of which have been there since the 19th century. They're making pasta, butchering meat, filleting fish, cooking tripe and serving it on crusty bread, brewing coffee and decanting wine. The crowd is about half tourists looking for souvenirs, half locals buying supplies for dinner. The smells are good.

What the Mercato Centrale is for lovers of Tuscan food, the Uffizi is for lovers of Tuscan art. But you can stroll the market at your leisure. To get into the Uffizi, you have to wait in endless lines and jostle your way through the crowded hallways. It's deep in the heart of Florence-land.

Not so the church of Santo Spirito. In its calm, clear light, you can sit in silence, and meditate on a wooden crucifix thought to be an early work by Michaelangelo. The power, the pain and the peace of the figure offer a life lesson: there's no triumph without failure. And an art lesson, too: In the right hands, tradition can embody creativity, even genius.

Maybe that's the reason Italy's great old restaurants all offer basically the same menus. Their customers don't want originality. The tourists want the

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**Chef Luciano Zazzeri**  
with gallinella.



**Chianti at L'Hoste in Piazza.**



**Ingredients for Pappa al Pomodoro.**

PHOTOS BY TOM MATTHEWS

PHOTO BY ANN ROSEN



## PICKING ON US?

CONTINUED FROM PAGE 1

object of derision for so many New Yorkers who don't happen to be one of our 16,000 or so members? I hate to say it, but we have become the food coop everyone loves to hate—the Sarah Palin of grocery stores.

Which begs the question: Why? Why is our humble little food coop such an attractive target? Where does all the animosity come from? I'm not talking about the members who crashed and burned after six months and four work alerts that festered into suspensions and then quit the Coop and kvetched about their experiences on a blog. I get why they don't like it. Fine. It's not for everyone. But I'm talking about people who've never even set foot in the door.

### Smug Slope?

"The Coop is a stand-in for everything that New Yorkers don't like about Park Slope, a certain kind of self-satisfied bobo sanctimonious mentality," says Marjorie Ingall, East Village resident and columnist for *Tablet Magazine*. Much as I bristle at that stereotype of the Slope, I get that there are elements of it that are true, and the Coop has its share of self-satisfied shoppers, but certainly no more

than Whole Foods. So why our bad rap?

I asked psychologist Todd Bresnick, himself a Coop member, about this. He gave me a psychological explanation: cognitive dissonance. "When people look at something that they aren't a part of, to justify a value of their own lives, they might have to lower the other thing's value. So when people aren't feeling part of the green movement, for example, they have to look down upon them." Along those lines, maybe there is a wee bit of guilt firing some of the haters' ire. (God, I can feel the non-organic tomatoes being thrown at me now.) Say deep down you have been wanting to adopt more earth-friendly practices but for whatever reason (like maybe you haven't figured out how or it seems too onerous) you haven't done so. So you feel kind of guilty. You deflect that guilt onto that stinky hippie food coop that is known to have fascist tendencies that you simply have no patience for. You feel better. It's all done on a very subconscious level. You're a hater and you don't even know why. Or maybe I'm just smug and sanctimonious to suggest this?

I doubt Marjorie is one of the subconscious guilty haters. She's part of the green movement. She participates

in CSAs, shops for organic and local food, is a vocal advocate for healthier and greener school lunches. In other words, she is *precisely* the kind of person who would presumably shop at the Coop if she lived nearby, but no matter how much I extoll the place, or insist that our members come from far and wide and include Orthodox Jews, Rastafarians, tattooed hipsters, and crunch Slopers, she rolls her eyes. She won't believe me until she sets foot in the place and sees it for herself.

And therein lies another problem.

### The Velvet Rope

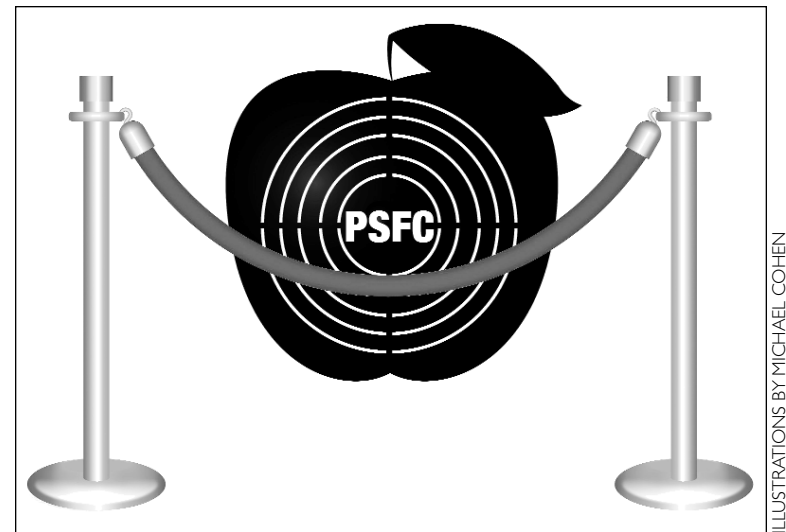
I used to work Entry Desk. I have seen how it befuddles people when they walk into the Coop and want to have a quick shop only to learn that they are Forbidden. Even if they're told anyone can join, they are upset at being denied immediate entry. I suspect this gives the Coop an "exclusivity" air that sticks in people's craw. Because we New Yorkers love a velvet rope—as long as we're on the right side of it.

*"When people look at something that they aren't a part of, to justify a value of their own lives, they might have to lower the other thing's value. So when people aren't feeling part of the green movement, for example, they have to look down upon them."*

"To outsiders, the Coop feels like a private club," says member and educational consultant Teri West. Except the Coop isn't a private club. Anyone can join. Doesn't matter, says psychologist Bresnick. "There's always in-group out-group sets of feelings and distortions, even if it's a group you could get into theoretically."

So, there is an exclusivity and maybe that creates not just resentment but also a vacuum where misinformation flies—such as rumors that the Coop boycotts all Israeli products, which isn't true but is certainly believed, perhaps because such boycotts are called for in many letters in the *Gazette*? And in a closed environment, rumor becomes fact more quickly.

The Coop is probably feeling more closed these days now that new member orientations have become even more Velvet Ropey. "It's like



ILLUSTRATIONS BY MICHAEL COHEN

getting concert tickets!" laments new Park Sloper Heather Johnson, who moved to the area a few months ago and has been trying to snag an orientation slot ever since. She is becoming so frustrated with the process it's definitely taken the shine off her opinion of the Coop. It remains to be seen if her frustration will keep her from trying to join, or even if it will embitter her so much that she joins not the Coop, but the Haters.

Of course, if she does join, then she'll have to work!

### The Work Bogeyman

The amount of fear/misconception/misinformation around the work requirement at the Coop is almost laughable. People seem to dread the work requirement as if it were a monthly colonoscopy, and for sure, if you get into the hole with owed shifts, it can suck. But two and three quarter hours every four weeks—is that laborious? *Really*? It's like one Netflix movie and some change. (Though I do feel bad for roommate situations. Like what do you do if you have a flakey roommate who shares the mangos? That has to blow!)

Bresnick says it's less the amount of work that's such a freaker-outer (my technical term, not his) than it is the idea that every adult in the household must work. "There are some legitimate issues," he says. "Some people are just too busy." (And those people probably don't join in the first place or have nice partners who work their shifts for them, *ahem*.) But for others, he says, the idea that everyone must contribute an equal share, that no one can buy their way out of their shift as with other coops, "is a socialist atmosphere, and there's a real resistance to it. I think it's challenging. I think people get very comfortable in capitalism, in claiming their rights as a consumer and

treating people in a certain way." At the Coop, not only must you work—weird—you "have to treat the check-out person as a person, as a fellow member. You have a level of responsibility as a shopper," says Bresnick. It's a real stumbling block on an elemental level.

Certainly some of the outrage behind the nanny non-story was that—gasp!—people were paying their employees to work their shifts. Non-members were up in arms because the Coop was seemingly allowing the thing it stands against. In New York City, where money can buy you out of almost any inconvenience, the Coop is supposed to be a singular place where the millionaire with cash to burn and the guy on food stamps are on equal footing, at least as far as the work requirement is concerned. And that's sort of antithetical to the way our city operates. But to members, it's what makes the Coop special, so much more than a grocery store. It's what makes it a community. And that is an intangible you never get—until you join.

And that's just it, isn't it? And maybe I should know this. Because once upon a time, I was a hater (or maybe, more like a doubter). I had an allergy to coops, after living in one terribly self-satisfied, sanctimonious, humorless, unfriendly housing coop in Eugene, Oregon. I resisted the PSFC, after hearing rumors of its evil work policies, its fascist ways. And then I got tired of spending \$250 for Fresh Direct orders that didn't fill my fridge so much as my recycling bin with all the packaging. So I went to an orientation. I joined. I tasted the cheese (literally). I became part of the community. And then I got it. And now I've so fully drunk the Kool-Aid (organic, cane sugar, natch) that I'm the one writing this article.

Haters, have at me. ■

## The Diversity and Equality Committee Seeks New Members

### Are you interested in Issues of Diversity, Equality and Inclusion?

The Diversity and Equality Committee is dedicated to improving human relations and communication in all policies and procedures in the Coop. Our goal is to work toward preventing and eliminating discrimination in the Coop. If you are interested in issues of diversity, equality and inclusion, you can help us to achieve our goals by becoming a member of the DEC.

We are currently seeking new members, with experience in conflict resolution and mediation, interviewing, and leading and organizing workshops, ideally around diversity. General computer skills and editing and writing skills are also helpful.

#### Requirements:

- Must be a member for at least one year
  - Have good attendance record
- Attend monthly committee meetings on Thursdays from 6:30-8:00 p.m.
- Participate in subcommittee work as needed

#### We seek members who are reflective of the diversity of the Coop membership.

If interested, please send an email with your name, PSFC member number, and details of your relevant experience to [reply@psfc.coop](mailto:reply@psfc.coop). Please put "Diversity and Equality" in the subject line.

GM RULES REVISION COMMITTEE REPORT

Guide to the General and Annual Meeting  
By the GM Rules Revision Committee

After two and a half years of work, the GM Rules Revision committee has submitted an agenda item proposal request. If passed, our “PSFC Guide to the General and Annual Meeting” will replace the three existing rules documents. We are also presenting “Welcome to the GM,” aimed at the first-time attendee.

For the most part, the PSFC Guide to the GM and AM” merely codifies existing GM practice. Below is a list of eight rules changes, with reference information.

1. Covering for an absent secretary. **Text of new rule:** “In the absence of the elected secretary and when the secretary has not appointed a replacement, the chair can appoint a member to fulfill the duties of the secretary from among the members present. Members of the Chair Committee may not serve in that capacity.” **Old rule location:** n.a. **New rule location:** Section III-C. **Explanation:** This rule is new. It ensures that the minutes of the meeting are recorded, and available minutes from previous meetings, are presented for a vote, when the Coop secretary is absent. Elimination of the members of the Chair Committee from doing this eliminates the possibility of a conflict of interest.

2. Avoiding the possibility

of a conflict of interest in the chair. **Text of new rule:** “No member of the Chair Committee shall serve as chair or chair secretary of any meeting where he/she shall have the appearance of a conflict of interest with a proposal on the agenda.” **Old rule location:** n.a. **New rule location:** Section III-D. **Explanation:** This rule is new. It is self-explanatory.

3. Eliminating abstentions. **Text of new rule:** “There will be no call for abstentions.” **Old rule location:** n.a. **New rule location:** Section VII-H. “Members may vote “yes” or “no” for each candidate.” **Old rule location:** n.a. **New rule locations:** Sections VIII-B-2 (committee candidates) and IX-B-3 (Board of Directors candidates). **Explanation:** This rule is new. It is the opinion of the Rules Revision Committee that abstentions in our town hall format are the equivalent of absence from the meeting, and absent members are not counted as abstentions. (Formal abstentions and recorded absences are appropriate in representative assemblies.) It is the opinion of the Chair Committee that abstentions add needless difficulty to vote counting, because they do not affect the outcome of the vote. Present members wish-

ing to abstain on a particular vote may simply not vote or leave the ballot (or ballot line) blank.

4. Removing the requirement that candidates for committees must be present at their election. **Text of new rule:** “Candidates [for committees] are strongly encouraged to be present at the election....” **Old rule location:** Standardized Election Procedures, 1995, section 10. **New rule location:** Section VIII-A. **Explanation:** the rule requiring attendance for committee candidates has been invariably waived when candidates have been absent. The Rules Revision Committee believes that when a rule is waived more often than it is enforced, it should not be a rule.

5. Requiring Board of Directors candidates to be present in March and recommending that they be present in June. **Text of new rule:** “Candidates [for the Board of Directors] are required to be available to attend the March GM to address members’ questions, and requested to attend the June AM, when the election will take place.” **Old rule location:** Standardized Election Procedures, 1995, section 10. **New rule location:** Section IX-B-1. **Explanation:** currently candidates for the BOD are requested to attend in March and required

to attend the AM in June. But 90% of the ballots are cast by proxy in advance of the AM. The Rules Revision Committee therefore believes it is more appropriate to require attendance in March, when most voters are still making up their minds, and to recommend attendance at the AM, so that candidates who receive a majority of “yes” votes—the majority of which are not disqualified for absence at the AM.

6. Creating a procedure to deal with recalcitrance in the chair. **Text of new rule:** “If the chair refuses to call a vote on the motion to overrule, any member may call for the vote. In this circumstance, the chair will be considered to have vacated his or her position for the duration of the meeting and the position of chair will be filled by another member of the chair committee. The chair committee will be required at its next meeting to consider the behavior of the offending chair. They may remove the member from the committee, temporarily suspend the member from the committee, place the member on probation, or maintain the member in his or her current status on the committee. The member under question will not have a vote on the issue. The chair

committee will report their decision to the next GM.” **Old rule location:** n.a. **New rule location:** Section XI-E-4. **Explanation:** this is a new rule. It adds balance to the potential power of the chair.

7. Establishing Robert’s Rules of Order as the parliamentary backup. **Text of new rule:** “Robert’s Rules of Order, Newly Revised, will be the parliamentary authority for all matters not covered by this document.” **Old rule location:** n.a. **New rule location:** Section XII. **Explanation:** This rule is new. According to the Coop’s bylaws, Robert’s is currently the default for the Board of Directors meetings and the AM, but it is not the current default for the GM, and the Rules Revision Committee feels that it should be.

8. Setting up a permanent rule amendment procedure. **Text of new rule:** “This document can be amended by a simple majority vote at a regularly scheduled General Meeting of the PSFC, following discussion at a prior GM and publication in the Gazette.” **Old rule location:** n.a. **New rule location:** Section XIII-B. **Explanation:** ensures that these rules can be changed in the future by majority vote, but requires the additional step of prior discussion at an earlier meeting. ■

ITALY IN FOUR

CONTINUED FROM PAGE 1

dishes they’ve read about, and the locals want the dishes they grew up with. That’s why Il Latini has not changed in half a century, and why its communal tables are shared by regulars and foreigners alike.

It’s a simple place, but they pay attention to the details: the house-labeled olive oil is Tuscan extra-virgin from the 2010 harvest. Two-liter fiaschi, the traditional straw-covered wine bottles, sit on the tables; pour your own, six euros for a bottomless tumbler. It’s a non-vintage red, which gives the vintner a lot of leeway. But it’s Tuscan, correct: supple and lively, with cherry and herbal flavors and a clean finish. A wine to refresh your appetite.

Most of the diners were tearing into large, bloody steaks, the classic bistecca a la Fiorentina, what Americans call a porterhouse cut. I ordered the inevitable prosciutto, a soup of white beans and faro, and roasted rabbit.

Everything was hearty, real food, cooked by a real person (perhaps a touch overcooked, where the rabbit was concerned). Mopping up the savory jus with creamy roasted potatoes, and chasing that with a swallow of red wine was a simple pleasure, but true. It reaffirmed my conviction that the culinary arts can convey culture as clearly as any other, and deliver plenty of pleasure along the way.

Pappa al Pomodoro:

This recipe for the classic Tuscan dish comes from Florentine-born Michele Baldacci, chef and part-owner of Locanda Vini e Olii in Brooklyn.

This is a very simple summer recipe. What makes the biggest difference is the quality of the ingredients, especially the bread and the olive oil. The bread, in particular, is the most important. Traditional Tuscan bread is made without salt, and therefore has a different taste and consistency than other breads. If you are unable to find Tuscan bread, just make sure you are using a fairly dense and plain bread

that is thoroughly stale. In Italy we put away the leftover bread for weeks until we have enough to make our delicious soups!

Ingredients:  
2 lbs of ripe fresh tomatoes  
2 cloves of garlic, whole  
1/2 cup extra virgin olive oil  
1 lb stale Tuscan bread, sliced  
6 oz leeks  
Fresh basil  
Salt

In a deep pot over low heat, add the olive oil and garlic cloves. Once garlic is brown, add the thinly sliced leeks and cook for about 5 minutes.

Meanwhile prepare the tomatoes. Wash them, make a small cut on the bottom of each one and blanch them in boiling water for about 30 seconds. You can now easily peel them.

Once peeled, cut tomatoes into large 1-inch pieces and add them to the pot with the leeks. Add a few pinches of salt. Cover and cook on medium heat for about half an hour.

Remove from heat, add the sliced bread, and stir until well mixed. Let it sit for a few minutes, add the fresh cut basil and stir again. Serve it with a drizzle of extra virgin olive oil, preferably from Tuscany! ■

Restaurant Guide

Locanda del Castelvecchio  
Corso Castelvecchio 21/a  
Verona  
www.ristorantecastelvecchio.com/

L’Hoste in Piazza  
Piazza Cavour, 10  
Barberino di Mugello  
Telephone: +39 055 8478027

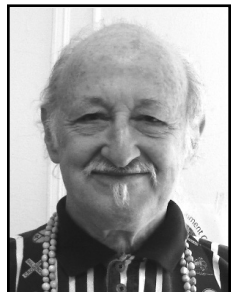
La Pineta  
Marina de Bibbona  
ristorantelapineta@hotmail.it

Fiaschetteria Il Latini  
Via dei Palchetti, 6/r  
Florence  
www.illatini.com/

# Candidates for Board of Directors of the Park Slope Food Coop, Inc.

One three-year term is open. To vote you may use a proxy or be present at the Food Coop Annual Meeting on June 28, 2011.  
Every member will receive a proxy package in the mail in late May. You will have the opportunity to meet the candidates at the Annual Meeting.  
Candidate Statements (unedited and presented in alphabetical order):

## ALBERT SOLOMON



Why haven't more people found the deceptive and profoundly undemocratic government of the Co-Op to be a serious problem? In my seventeen years of advocating for government reform here I've heard and thought about many reasons.

Such reform would require fundamental change. Therefore it's hard to see the consequences without prolonged and farsighted thinking, which can be demanding.

"You're not the only person who's told me just a few people rule the Co-Op, and I've gotten the same impression from some of my own experiences. However the Co-Op seems to run well and it's very useful to me, so I'm not willing to rock the boat."

"I think it's a good cause but my advocacy time is all filled up with other issues at the moment."

My own experience with a new democracy has provided a reality check on what "democracy" can and cannot do. In many ways, democracy has been sadly destructive to The Pacifica Foundation. But the same could be said for the lack of democracy at our Co-Op.

"How would the Co-Op be different under a democratic regime?" No one can predict the future, but here are a few things that were deceptively or imperiously rammed through by Management: The pension plan might be different if they hadn't frozen out other members who proposed a different one. Someone might have been fired for the retention of the scanning soft-

ware that wouldn't work for two years. The brutish sacking of the Construction Committee and its plans dismembered a promising and striking design for our new building. The removal of the cheese case was done without proper notice. It should have been a referendum! It seemed that the membership wanted to continue item pricing after the scanners finally started to work. But Joe Holtz deceptively supported it at two general meetings, then squashed it. It too should have been a referendum!

Over the years, many changes small and large might have been different. Today we allow red meat, beer, chemical additives, and simple sugars. With a single vote we gave up requiring Management to notify the Membership of increases in staff. We have a professionally boring and top-down Gazette that prints 3,000 copies at untold cost. And a Disciplinary Hearing Committee that keeps getting larger and larger. We still have the oppressive and unnecessary Family Rule, and of course the alluring but noxious town meeting form of government.

And what's so bad about the government? Since the Board of Directors has given up its power, there are no elected representatives. So the institutional memory of the Co-Op has been essentially co-opted by the permanent cadre.

Hence, with our version of the "town-meeting" form of government, management can claim we are "democratic" and that "everyone has a say," when nothing of the sort is really going on.

Under factionalized but fair and transparent management by elected delegates, yes, I could see quite a few of these things being different. And whatever the

outcome, I can definitely see a great many members feeling empowered and owning the results, rather than snoozing over their laptops at general meetings.

As a Director I would aggressively promote governmental change by every means at my disposal. I would exercise Director's Right of Inspection to review the functions of the Co-Op and make public the results. I would develop a set of motions to be voted down at every BOD meeting, including that they should meet outside the general meetings.

Maybe we should have a Committee to Apply The Sociological Imagination to some of our ridiculous problems. Long ago Max Weber used the words "routinization of charisma" to describe the miasma that has become our Co-Op's government and morale. The Family Rule and the Town Meeting were probably appropriate and fair to a stable group of less than 300 people.

A larger, older group is a totally different organism than before. Different people are attracted, and see their roles differently. That is how we can have 25% annual turnover in membership, and a quintessentially insensitive response like Jess Robinson's in l'Af-faire Glestia (Letters of January 27th and February 24th), and hardly anyone seems to notice. The same structure that was a purveyor of community can become a purveyor of tyranny.

It is an honor to run for the Board for the ninth time (approximately), and an honor not to have the endorsement of the Management. I thank you for your serious consideration of my candidacy.

Albert B. Solomon  
hobces@yahoo.com  
718-768-9079

## BILL PENNER



I am writing to ask for your support for reelection as one of the six members of the Board of Directors of the Coop. My candidacy has been endorsed by the Coop's General Coordinators.

I have been a member of the Coop for eleven years. In addition to serving on the Board of

Directors for the last five years, I have served on both the receiving committee and on the CHIPS soup kitchen committee preparing meals with food donated by the Coop. In my work outside the Coop, I am a principle in an architectural firm that I created nine years ago in Brooklyn. And prior to receiving a degree in architecture, I apprenticed as a chef and cooked professionally for 6 years. The Coop is an important part of my life; it is a place where I connect with my passion for food and realize the significance of food and food production in our society as a cultural, environmental, and economic force of incredible importance.

Because the Coop is a corporation, it is required to have a board of directors. Our Board of Directors meets every month in public at the General Meeting. At the General Meeting, any Coop member can present an item for discussion or make a proposal to be

debated and voted on by the Coop membership present. At the end of the Meeting, the Board of Directors vote on taking the advice of the membership. This is how the Coop combines its corporate structure with its town hall style of democracy.

In my opinion, there is often confusion as to the primary role of the Board of Directors within the Coop's decision-making process. I believe an important distinction is that the Board's role is one of oversight rather than one of advocacy. Each member of the Board has a responsibility to act to the benefit of the Coop as a whole not to any one constituency or group. Proposals covering many different topics are presented, debated and voted on by all members at the General meeting. However, when the Board of Directors vote, I base my decision to the best of my ability on three criteria: 1) Will a proposal ratified by the General Meeting jeopardize the financial health of the Coop? 2) Will the proposal expose the Coop to unnecessary legal risk? 3) Does the proposal violate the spirit of the Coop's own by-laws? Historically, it has been extremely rare that the Board votes to overturn a decision made at a General meeting. I believe that this is testament to the strength of our democratic process and the commitment both the members and the paid staff place on contributing to that process.

The last 10 years have been a period of incredible growth and change at the Coop. The Coop's financial

health remains strong and I believe as a Board member it is critical to be committed to helping maintain our financial strength. Our low prices, created as a result of the Coop's financial stability and efficiencies, enable many people to benefit from fresh wholesome food while supporting the Coop community and values. The amount of money that members save at the Coop is substantial, in fact, our members save millions of dollars each year shopping at the Coop! This savings is true power for people of all economic backgrounds and allows members to make healthy decisions for themselves and their families while supporting the environmental and the social missions of the Coop.

I have been honored to have had the opportunity to serve the Coop as a member of Board of Directors. I am always amazed at the breadth of talent and energy members contribute and I still believe that each Meeting is an opportunity to learn something new so that I can be better prepared to play my role in what is truly a unique community. The late President of the Board, Israel Fishman, used to say that the Coop saved his life—the different viewpoints and different people all working together for a common purpose gave him the perspective and patience to see beyond himself towards what was really important. I am reminded of this cherished thought each time I attend a Meeting and when I shop.

## THE ROLE OF THE BOARD

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."

The Board of Directors conducts a vote at the end of every General Meeting on whether to accept the advice of the members as expressed in their vote(s) during the GM.

## THE ELECTION PROCESS

Each year the Coop must, by law, hold an Annual Meeting. This is the only meeting where proxies can be used. Those members who cannot attend the Annual Meeting may be represented, if they wish, by a proxy.

If you submit a proxy but come to the Annual Meeting in person, your proxy will be returned to you when you register.

Members who have a current membership as of Saturday, June 18, 2011, are eligible to vote in the election of Directors at the Annual Meeting either in person or by proxy.

Proxy packets are mailed to members in mid-May. If you do not receive a packet, please call the Membership Office or pick one up at the entrance door of the Coop.

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)

## ENVIRONMENTAL COMMITTEE REPORT

# COOPERATIVE TO THE END

## How Green Is Your Funeral Plan? (Part 2)

By Regina Sandler-Phillips

Beth Terry, who was recently interviewed in these pages (April 7) about her efforts to live a plastic-free life (<http://myplasticfreelife.com>), offers the following basic rubric for funeral planning: "(CONVENTIONAL) BURIAL = LANDFILL....CREMATION = INCINERATION....DONATION = RECYCLING....GREEN BURIAL = COMPOSTING."

Part One of this Environmental Committee Report [April 21] offered a consumer cooperative approach to the economic and environmental issues of burial and cremation. This follow-up report will focus on the "recycling" issues of organ, tissue and whole body donation, and provide additional funeral planning resources.

In the "Reduce / Reuse / Recycle" rubric of ecological awareness, it is generally more sustainable to reuse items than to recycle them into something new. Donation of all or part of our bodies actually falls on the continuum between "Reuse" and "Recycle." It is a life-giving decision

to offer what we do not need to others who are in urgent need of exactly what we have.

According to the New York Organ Donor Network, an average of 18 people die every day in the U.S. for lack of donated organs, out of nearly 110,000 people on waiting lists. Needed organs include heart, kidneys, pancreas, lungs, liver and intestines. Also needed are corneas, heart valves, cardiovascular tissue, bone and soft musculoskeletal tissue, and skin.

While organ and tissue donation may save lives directly, whole body donation is necessary to develop the medical expertise and skills that can ultimately save lives. According to the Associated Medical Schools of New York (AMSNY), "Whole body donation is a generous gift of knowledge. It is the finest source for medical understanding; far better than any textbooks or computers...in providing an essential understanding of anatomy.... Each anatomical donation helps to ensure the future of high quality medical care and

### Health Care Proxy—Appointing Your Health Care Agent in New York State

[www.health.state.ny.us/forms/doh-1430.pdf](http://www.health.state.ny.us/forms/doh-1430.pdf)

Organ Donation Frequently Asked Questions/NYS Department of Health:  
[www.health.state.ny.us/professionals/patients/donation/organ/frequently\\_asked\\_questions.htm](http://www.health.state.ny.us/professionals/patients/donation/organ/frequently_asked_questions.htm)

New York Organ Donor Network: [www.donatelifeny.org/](http://www.donatelifeny.org/)

Body Donation / Associated Medical Schools of New York:  
[www.amsny.org/contact/donations.html](http://www.amsny.org/contact/donations.html)

National Public Radio / Gross Anatomy, Body Donation:  
[www.npr.org/series/4493690/gross-anatomy-body-donation](http://www.npr.org/series/4493690/gross-anatomy-body-donation)

Funeral Consumers Alliance (National): [www.funerals.org](http://www.funerals.org)

Funeral Consumers Alliance of Long Island / NYC: [www.nyfunerals.org/](http://www.nyfunerals.org/)

National Burial Co-operative / Centre for Green Burial: [www.naturalburial.coop](http://www.naturalburial.coop)

Greensprings Natural Cemetery: [www.naturalburial.org](http://www.naturalburial.org)

Green Burial Council: [www.greenburialcouncil.org](http://www.greenburialcouncil.org)

innovative research."

Thanks to some of the medical advances made possible by past donors, success rates for organ and tissue transplantation have reached an average of 80-90%. In this light, "Donate my body to science" may be a well-intentioned request, but it leaves more questions than answers for survivors charged with carrying out such a request.

It is important to understand the tradeoffs between organ/tissue donation and whole body donation, since the choice of one may rule out the choice of the other. Medical students need to learn anatomy from intact bodies, so the body of someone whose organs and/or tissues were donated at death generally does not qualify for subsequent donation to a medical school. If the only organs donated are the eyes, whole body donation is still a possibility in most cases.

It is also important to be aware that the cause or circumstances of one's death, including the condition of the body, may rule out either or both forms of donation. Various contingencies may be involved here. For example, if one's organs are not deemed suitable for transplantation at death, they may still be accepted as donations for research purposes. Alternatively, in this case the New York Organ Donor Network may be able to facilitate whole body donation to a reputable research institution.

The tradeoffs between organ/tissue and whole body donation extend to more general funeral planning questions. The bodies of those who donate organs and/or tissues can usually be prepared for burial soon afterwards. Those whose whole bodies are donated for research are generally cremated after the extended research period is over.

In 2005, National Public Radio reported on an annual ceremony offered by the University of Maryland to honor

those who have donated their bodies to the medical school: "Two medical students and their professor played Bach at the service, which is held each June on the grounds of a psychiatric hospital in Sykesville, Md. An honor guard was there, as were 100 or so people—the parents, children and friends of the body donors, whose ashes are buried nearby. Some come to the service year after year." A gray stone memorial marker reads: "This monument has been placed with deep appreciation for those who gave unselfishly of themselves to advance medical education and research."

If all of this seems daunting to consider, you're not alone. Below are links to some user-friendly resources that can help navigate the range of questions involved in advanced directives and funeral planning, including organ/tissue and whole body donation. Supportive local resources are available in religious communities as well. It's best to begin this process by reading and discussing these resources with the people close to us, while we are still relatively healthy and able to communicate.

Unfortunately, most of us don't make such pro-active decisions, and those who do often don't communicate their wishes to survivors who need to know. But a commitment to think through the questions involved—and discuss them with next of kin—can result in a life-saving, life-affirming, environmentally sustainable legacy for future generations. ■

## 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](http://Houseon3st.com) or on FB at The House on Third St. B&B or call Jane at 718-788-7171.

### VACATION RENTALS

VACATION-PENNA. country house rental: 4 BR, 2 bath, private pond and stream, large lawns, full kitchen and screened porch. 3 hours from NYC. Available various weeks in June, July, August or Sept. \$600/wk. Great for families and kids. Call 718-622-8175.

SUMMER VACATION! Traditional, rustic Adirondack Camp on Lake George. Weekly rentals. Unchanged since 1890: lacks modern amenities. Swimming, hiking, boating paradise. For more info, photos: 917-776-9571 or [jeffgreen@nyc.rr.com](mailto:jeffgreen@nyc.rr.com).

### PETS

RETIRED SOCIAL WKR. 35 yrs. exp. w/ all breeds, wants to board

your dog in my home. One dog at a time. Rates include 3 walks a day. If your dog is your baby, I am the boarder for you! Day boarding too. Call Jane at 347-860-2142, or e-mail me at [Petnanny01@yahoo.com](mailto:Petnanny01@yahoo.com). References available. Your dog will thank you!

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

EXPRESS MOVES. One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071.

ATTORNEY—Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation. Member of

NYSTLA and ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White. 212-577-9710.

ATTORNEY—Personal Injury Emphasis—33 years experience in 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](http://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](mailto:Katie@papermoonmoves.com) or visit [www.papermoonmoves.com](http://www.papermoonmoves.com).

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## 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  
May 20

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

**Jen Chapin's** music is urban folk—story songs that search for community and shared meaning, powered by the funk, soul and improvisation of the city. Critics have hailed her work as "brilliant... soulfully poetic" (NPR), "thoughtful... worth-savoring" (*People*), "addictive" (*Boston Globe*), "smart, observant, lyrically deft, politically aware and emotionally intuitive" (*Milwaukee Journal-Sentinel*). Her performances are powerful, spotlighting the world-class musicianship and rare chemistry of Rosetta Trio: husband/acoustic bassist Stephan Crump and guitarists Jamie Fox and Liberty Ellman. Special guest Dan Rieser on drums.



**Stephan Crump & Rosetta Trio:** Memphis-bred Brooklynite, bassist/composer Stephan Crump will perform with his unique all-string Rosetta Trio in support of their latest Sunnyside Records release, *Reclamation* ("a low-key marvel", *Jazz Times*). The freshness of the compositions is matched by the intimate synergy of the ensemble, which was recently hailed as "ingenious originals" by *The New Yorker* and featured in *The New York Times'* weekend Arts section. Rosetta Trio renders with power and great sensitivity Crump's often profound, sometimes playful and always honest music.

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

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

**Booking:** Bev Grant, 718-788-3741

## Monthly on the...

**Second Saturday**

**MAY 14**

**10:00 A.M.–2:00 P.M.**

**Third Thursday**

**MAY 19**

**7:00 P.M.–9:00 P.M.**

**Last Sunday**

**MAY 29**

**10:00 A.M.–2:00 P.M.**

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

## PLASTICS

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

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

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

**PLASTIC MUST BE COMPLETELY CLEAN & DRY**

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



## This Issue Prepared By:

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WORKSLOT NEEDS

Lawyer

The Brooklyn Food Coalition is looking for a lawyer to review our proposed bylaws. FTOP credit available in exchange for your time. If you have experience working with nonprofits and/or grassroots organizations, please contact us at info@brooklynfoodcoalition.org.

Creative Team

Join the 2012 Food & Farm Bill Creatives Team for FTOP credit! Graphic designers, creative directors, copywriters, brand managers, market researchers, take your marketing know-how and apply it to something you really care about. Help us build a campaign that will raise awareness among BFC members and other Brooklynites about the 2012 Food & Farm Bill and eventually

mobilize us to action. Contact info@brooklyn-foodcoalition.org to get started.

Plastics Recycling

Saturdays or Sundays, mornings

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

Bathroom Cleaning

Mondays, 12 to 2:00 p.m.

Work with a partner to clean the Coop's bath-

rooms. Tasks include scrubbing floor tiles, cleaning toilets, mopping floors and stocking the bathrooms. You will work with only natural cleaning products. Contact the Membership Office if you're interested.

Vitamin Assistant

Wednesdays, 12:00 to 2:45 p.m.

Are you a detail-oriented worker who can work independently and in a busy environment? The Coop's vitamin buyer needs you to help her check in orders, organize the vitamin supply area in the basement and on the shopping floor, label vitamins and supplements, and other related tasks. If you are interested in this workslot, please contact the Membership Office for more information.

COOP CALENDAR

New Member Orientations

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

Have questions about Orientation? Please visit www.foodcoop.com and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop  
FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.  
Channels: 56 (TimeWarner), 69 (CableVision).

General Meeting Info

TUE, MAY 31

GENERAL MEETING: 7:00 p.m.

TUE, JUN 7

AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the Jun 28 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

May 19 issue: 12:00 p.m., Mon, May 9  
Jun 2 issue: 12:00 p.m., Mon, May 23

CLASSIFIED ADS DEADLINE:

May 19 issue: 7:00 p.m., Wed, May 11  
Jun 2 issue: 7:00 p.m., Wed, May 25

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, May 31, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.) • Meet the Coordinators  
• Enjoy some Coop snacks • Submit Open Forum items  
• Explore meeting literature

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

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

Agenda (8:00 p.m.) The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up required:

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

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

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.  
2. Please also sign in the attendance book that is passed around during the meeting.

• Being Absent from the GM:

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

Park Slope Food Coop Mission Statement

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



park slope  
FOOD COOP

## calendar of events

may 6  
fri 7 pm**Film Night:**  
**The Mad Cow Investigator**

Out of concern for her mother who may have been exposed by eating meat tainted with mad cow disease, Janet Skarbek, a wife, mother and accountant, takes on an unlikely new role as “Mad Cow Investigator.” As she independently researches deaths in her area, she finds a disease cluster and uncovers alarming information about meat production and government policy. As she dedicates herself further to this new cause, her personal life begins to fall apart. This film is **Nancye Good’s** first independent project. Several projects she collaborated on have gone on to air on National Geographic and the Discovery Channel here in the U.S. She envisions this project as part of a series of profiles of citizens who take action to improve food quality. **To book a Film Night, contact Faye Lederman, squeezezone@hotmail.com.**

may 7  
sat 1:30 pm**Zero Balancing**

Zero Balancing is a deep and profound healing modality that balances and integrates one’s structural and energy bodies. In this workshop, you will do exercises to experience: your physical structure, your energy body, your whole self, different ways to run your own energy, and types of contact which create consciousness and ease. This is a time to become more aware of your body and how it relates to healthy life choices. **Athena** has been a Coop member for 10 years. She’s had a healing-arts practice in Brooklyn for 15 years, where she accesses Biodynamic Cranial Sacral Therapy, Hypnosis, Massage Therapy, Klein Technique Movement Therapy, Reiki and Zero Balancing.

may 7-8  
sat-sun 9 am–7 pm**Food Drive to Benefit**  
**CHIPS Soup Kitchen**

CHIPS Soup Kitchen, located at 4th Avenue and Sackett Street, is the recipient of much of our edible but unsaleable perishable food. They also need donations of nonperishable foods. This food will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal. Consider contributing nonperishable foods and commercially packaged foods; canned fish; canned fruits and vegetables; pasta sauce; pasta; pre-packaged rice; pre-packaged beans; canned beans; canned soups; Parmalat milk; dry milk; peanut butter; cooking oil; or boxed raisins. Give donations to the collection table outside the Coop.

may 10  
tue 7 pm**Safe Food Committee Film Night:**  
**Bananas!**

Juan “Accidentes” Dominguez is on his biggest case ever. On behalf of 12 Nicaraguan banana workers, he is tackling Dole Food in a ground-breaking legal battle for their use of a banned pesticide that was known by the company to cause sterility. Can he beat the giant, or will the corporation get away with it? In the suspenseful documentary **BANANAS!**, filmmaker Fredrik Gertten sheds new light on the global politics of food. Meet Gertten in person! Other special guests to be announced.

may 13  
fri 7 pm**Wordsprouts: On Food**

Writers talk recipes, politics and culinary delights. Award-winning author **Fran Hawthorne** has spent more than 20 years tracking how public pressure has changed U.S. business, as an editor at *Fortune* and *Business Week*, and also writing regularly for *The New York Times*, *The Scientist* and many other publications. Her books include *Inside the FDA* and *The Overloaded Liberal*. **Jan Poppendieck** is a Professor of Sociology at Hunter College, City University of New York, and the author, most recently, of *Free For All: Fixing School Food in America* (University of California Press, 2010). **Melissa Vaughan** is a cookbook author, recipe developer and tester. Her recently published cookbook, *The New Brooklyn Cookbook*, features recipes and stories from 31 restaurants that put Brooklyn on the culinary map.

**To book a Wordsprouts, contact P.J. Corso, paola\_corso@hotmail.com.**

may 14  
sat 2 pm**Sugar Imbalances**

Diabetes isn’t sweet and it isn’t funny either — it is a serious disease. With good nutrition, exercise and the right herbs and supplements, it is possible to prevent, and even reverse this serious health problem. Come and see how. Diabetes and hypoglycemia are epidemic and increasing worldwide. Learn how to kill those sugar cravings, and hear about the latest horrifying statistics. It is absolutely necessary to take a look at the mental/emotional side of the diseases and have full success at reversing it. Coop member **Marija Santo** is a certified naturopath and a Geotran practitioner and teacher for more than 10 years.

may 14  
sat 5 pm**What’s All This**  
**About Fracking?**

Heard about fracking and want to learn more? Worried about fracking and wondering what to do? Join Coop member **David Publow** as he examines the environmental, social, economic, health and political impacts this technology will have on New York State. Whether you have a lot of time or a little, learn how you can contribute to the effort environmental groups across New York State are taking to preserve our pristine water, beautiful forests, fertile soil, native wildlife and fresh air.

**Presented by the Safe Food Committee.**

may 15  
sun 1 pm**The Living Matrix: A Film on**  
**The New Science of Healing**

In this full-length film, see the breakthroughs that will transform your understanding of how to get well and stay well. Now you can get an up-close look at the science of information as medicine. Leading researchers and health practitioners share their discoveries on the “miracle cures” traditional medicine can’t explain. Coop member **Esme Carino** is an Angel Therapy Practitioner and Reiki Master. She runs meditation groups in Park Slope and Lefferts Gardens. Join her in a discussion afterwards.

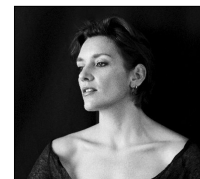
may 20  
fri 7 pm**Harmonize Your**  
**Body, Mind and Spirit**

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

may 20  
fri 8 pm**Jen Chapin and**  
**Stephan Crump & Rosetta Trio**

**Jen Chapin’s** music is urban folk—story songs that search for community and shared meaning, powered by the funk, soul and improvisation of the city. Her performances are powerful, spotlighting the world-class musicianship and rare chemistry of Rosetta Trio: husband/acoustic bassist Stephan Crump and guitarists Jamie Fox and Liberty Ellman. Special guest Dan Rieser on drums. Memphis-bred Brooklynite, bassist/composer **Stephan Crump** will perform with his unique all-string **Rosetta Trio** in support of their latest Sunnyside Records release, *Reclamation*. Rosetta Trio renders with power and great sensitivity Crump’s often profound, sometimes playful and always honest music.

**Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45. The Very Good Coffeehouse is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture. To book a Coffeehouse event, contact Bev Grant, 718-788-3741.**



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

**All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops. Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.**

# may 6–jun 12 2011

## may 21 sat 10 am–1 pm What's All This About Fracking?

Heard about fracking and want to learn more? Worried about fracking and wondering what to do? Join Coop member **David Publow** as he examines the environmental, social, economic, health and political impacts this technology will have on New York State. Whether you have a lot of time or a little, learn how you can contribute to the effort environmental groups across New York State are taking to preserve our pristine water, beautiful forests, fertile soil, native wildlife and fresh air.

**Presented by the Safe Food Committee.**

## may 22 sun 12 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.

## may 28 sat 10 am–1 pm What's All This About Fracking?

Heard about fracking and want to learn more? Worried about fracking and wondering what to do? Join Coop member **David Publow** as he examines the environmental, social, economic, health and political impacts this technology will have on New York State. Whether you have a lot of time or a little, learn how you can contribute to the effort environmental groups across New York State are taking to preserve our pristine water, beautiful forests, fertile soil, native wildlife and fresh air.

**Presented by the Safe Food Committee.**

## may 29 sun 12 pm Is Some [Good] Food Making You Sick?

Seventy-six percent of today's population suffers from food intolerances or sensitivities that cause the body to go into a chronic state of inflammation. It manifests itself in: migraines; acne, eczema (or other skin conditions); asthma; arthritis; autoimmune diseases like fibromyalgia, thyroid conditions; IBS; and always feeling tired and having energetic dips. Common foods causing inflammation are wheat, dairy, eggs, soy, citrus, fructose; even of the best quality. Learn how to heal yourself and regain your health, weight and energy levels. **Magdalena** healed herself from years of acne and migraines, and later an autoimmune disease (Hashimoto's) which she was told was incurable. Today she works as a holistic health coach.

## may 31 tue 7 pm PSFC MAY 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:** Rules Revision Committee is ready to present its work to the GM as a proposal item. (60 minutes)

**Proposal:** "Proposed changes to GM Rules Document"

—submitted by GM Rules Revision Committee

**Explanation:** "As mandated by the September 2006 GM, and reported at the July 2009 GM and January 2011 GM, and presented for discussion at the February 2011 GM, the GM Rules Revision Committee has been drafting changes to the existing GM rules documents, including "General Meeting Rules of Conduct," "Standardized Election Procedures" and "Structure of the General Meeting" for content and clarity. The Committee now presents as replacements for these documents a comprehensive rules document and a one-page nonbinding explanatory document, respectively titled "Park Slope Food Coop Guide to the General and Annual Meetings" and "GM-101."

**Item #2:** Enforcement of the "Eat only paid-for-food" rule. (30 minutes)

**Discussion:** "Reaffirmation and clarification of the 'Do's and Don'ts of Shopping' at the Coop: Do #7, Eat only paid-for-food."

—submitted by the Membership Coordinators and General Coordinators

**Explanation:** "The 'Do's and Don'ts' of the Coop are a list of specific behaviors each member is responsible to abide by. As there is no clear and easy way to differentiate between members eating food that they have paid for or not yet paid for, and, as there are many instances of eating on the shopping floor throughout any given day, how best can we as a membership, not just as a paid staff, enforce this policy to ensure that members do not nibble away at the Coop's financial health?"

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.

## jun 2 thu 7:30 pm Food Class: Aging Gracefully



Susan Baldassano, Coordinator

Healthy recipes that are rich in antioxidants can give you a large step-up in attaining optimal health. Antioxidant consumption can protect one from heart and circulatory disease, cancer, organ problems and can also help us all age gracefully. Chef **Hideji Asanuma** will discuss the importance of antioxidants and will prepare simple recipes using foods that contain them. He has more than 20 years of professional experience in the culinary field, having worked at top star-rated restaurants in Japan, France and New York. He currently teaches healthy Japanese cooking. *Menu includes tofu aioli sauce; kabocha brownie; etuve (multi-vegetable salad). All recipes are vegan. Materials fee: \$4.*

## jun 3 fri 7 pm Film Night: An Evening of Personal Documentaries



**Found: Lost Photos of New York Blizzard.** Director **Todd Bieber** was skiing in Brooklyn's Prospect Park, found a roll of film and had it developed in an effort to find the owner. This seemingly small act led to a world-wide journey that *Time* magazine called "You Tube's Greatest Adventure." *This Is For Betsy Hall* and *Storage Is Unsolved Problems.* Director **Hope Hall** is her mother's guardian, and recently went through six boxes of things she saved while clearing out her storage. This is what she made out of the experience. **Gabriel Rhodes' Glass Elevator** is a personal exploration into the effects of panic attacks. Through experimental techniques, the filmmaker attempts to convey the sense of fear and loss that panic attacks brought about in his life. *The Flood.* When director **Faye Lederman's** studio is flooded, the insurance company and mitigation team want to spray an anti-mold product throughout the apartment. Dubious about the product's safety in relation to Faye's pregnancy, she and husband Jeremy scramble to figure out how to evaluate its toxicity and potential dangers to the fetus. They find themselves challenged and overwhelmed in the effort to make careful decisions about their unborn child's safety in an age of chemical exposure.

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

## still to come

jun 4 Why You're Not Losing Weight

jun 5 Nutrition Response Testing

jun 7 Agenda Committee Meeting

jun 10–11 Blood Drive

jun 11 Film: *Fat, Sick and Nearly Dead*

jun 12 Transforming Anxiety



## COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to [GazetteSubmissions@psfc.coop](mailto: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, MAY 7

We Can Green Brooklyn: Free Eco-Fair. Eco-exhibits, live entertainment, job seminars, vendors, recycling stations, art displays, crafts, tree giveaways, down-to-earth people & more. 11 a.m.-5 p.m. Holy Cross Yard, 2510 Church Ave. (btw Rogers & Bedford Aves.). Info: 718-469-4679 or [infoef\\_01@nhsnyc.org](mailto:infoef_01@nhsnyc.org). Sponsored by Neighborhood Housing Services of East Flatbush. [www.nhsofeastflatbush.org](http://www.nhsofeastflatbush.org).

## WED, MAY 11

The Brooklyn Collection at the Brooklyn Public Library's Central building invites you to a lecture by author Suleiman Osman on his new book, "The Invention of Brownstone Brooklyn: Gentrification and the Search for Authenticity in Post-war New York." Wine and cheese reception at 6:30, lecture at 7 p.m.

## SAT, MAY 14

Women and girls only. This is

Your Life (TM) is an interactive, experiential workshop where women explore who they are, what they want and how to get it. 1:30-3:30 at Bedford Branch Library. Pre-registration required. [www.empoweringwomenslives.com/thisisyourlife](http://www.empoweringwomenslives.com/thisisyourlife).

Il Tabarro (The Cloak) by Puccini: Il Tabarro's tightly focused plot centers on Michele, the owner of a barge moored on the Seine; his wife, Giorgetta, who no longer enjoys their nomadic river life and has taken up with Luigi, her secret lover. This is a story of a love triangle, yet there is humor in the secondary characters. Membership Coordinator Kathleen Keske\* sings Giorgetta. In English & with orchestra by Brooklyn Repertory Opera. Littlefield Performance & Art Space, 622 Degraw (3rd & 4th Ave.). 2 p.m. Admission \$25, seniors/students \$13. [www.bropera.org](http://www.bropera.org) or [www.littlefieldnyc.com](http://www.littlefieldnyc.com).

## SUN, MAY 15

Il Tabarro (The Cloak) by Puccini: Il Tabarro's tightly focused plot centers on Michele, the owner of a barge moored on the Seine; his wife, Giorgetta, who no longer enjoys their nomadic river life and has taken up with Luigi, her secret lover. This is a story of a love triangle, yet there is humor in the secondary characters. Christine Reimer\* sings Frugola. In English & with orchestra by Brooklyn Repertory Opera. Littlefield Performance & Art Space, 622 Degraw (3rd & 4th Ave.). 2 p.m. Admission \$25, seniors/students \$13. [www.bropera.org](http://www.bropera.org) or [www.littlefieldnyc.com](http://www.littlefieldnyc.com).

## MON, MAY 16

Free Screening of "GASLAND" at the Old Stone House in Washington Park/J.J. Byrne Playground (5th Ave. at 3rd St.) in Park Slope. 7 p.m. Learn what you can do to stop fracking in our region.

CLASSIFIEDS  
(CONTINUED FROM PAGE 7)

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

ELECTRICIAN, ART CABRERA. Celebrating 38 yrs. Wiring P.S. Bklyn. "Can't do not in our Lexicon." Add an outlet, light, switch or wire your entire home or business. Trouble shooting specialist, L.V., phone or cable. 110 or 220 v. Patching + painting provided (additional). 718-965-0327. Emrg. 646-239-5197. [artcab16@gmail.com](mailto:artcab16@gmail.com). PEACE.

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.

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

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](http://www.ThereseBimka.com).

NATURAL HEALTH ASSOCIATES offering naturopathic & allopathic

med- IV therapy - colonics - biopuncture for pain - allergy testing - massage. Call for our "Spring Into Health" special. Insurance Reimbursable. Call: 718-636-3880.

## VACATIONS

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

BERKSHIRES 4-BEDROOM HOME. Deck and dock on beautiful clean lake. Rowboat, kayak and canoe. Sleeps 7-9. Well-equipped kitchen. Large screened in porch. \$975 Saturday thru Friday. Call Marc 917-848-3469.

## 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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