

Established
1973



LINEWAITERS'

GAZETTE



Volume FF, Number 11

June 2, 2011

Digging Into the Soil

Opportunities to Learn and Support Urban Agriculture

By Frank Haberle



ILLUSTRATION BY LYNN BERNSTEIN

Ever wish you could try working on a farm? As it turns out, there are opportunities to get involved in urban farming, not only upstate or on Long Island—some are just a walk, bike or subway ride away.

Local and regional nonprofit organizations offer volunteer programs, internships, single classes and certificate programs. Through these programs, Coop members can directly dig into urban agriculture, the growing movement

among city dwellers to grow and eat locally grown produce. Following is a brief sampling of some nearby options.

Volunteer Farming Right Here in Brooklyn

Two local nonprofit food justice organizations, East New York Farms (in the East New York community) and Added Value (in nearby Red Hook) welcome volunteer farmers. The mission of East New York Farms, a community-led project of United Commu-

nity Centers (UCC), is “to organize youth and adults to address food justice in our community by promoting local sustainable agriculture and community-led economic development.” East New York Farms operates a farmers market where the majority of stands are run by Brooklyn-based farmers. Additionally, East New York Farms runs two working farms: the UCC Youth Farm (where young people from the local community

CONTINUED ON PAGE 2

Browsing New Cheeses, Vegan Goodies and Baby Foods

By Ed Levy

Maybe you’ve always wanted to check out the wrapped sausage, exotic jams and vegan wafers, but steering the cart and focusing on your list takes up your bandwidth. That’s a shame, because there’s new, interesting stuff out there. Often, they’re on the end caps, those narrow shelves at the ends of the aisles facing the cheese and yogurt and lox—that’s where I first discovered those really tasty imitation cheese vegan wafers—but

not always. You’ll find new products in the freezers and refrigerators and regular shelves. The Gazette asked buyers Gillian Chi, Lisa Hidem, Karen Martin, Janet Schumacher and Yuri Weber what’s new.

Cheese

Just recently the Coop began buying several cheeses from California that were not previously available on the East Coast. These include the

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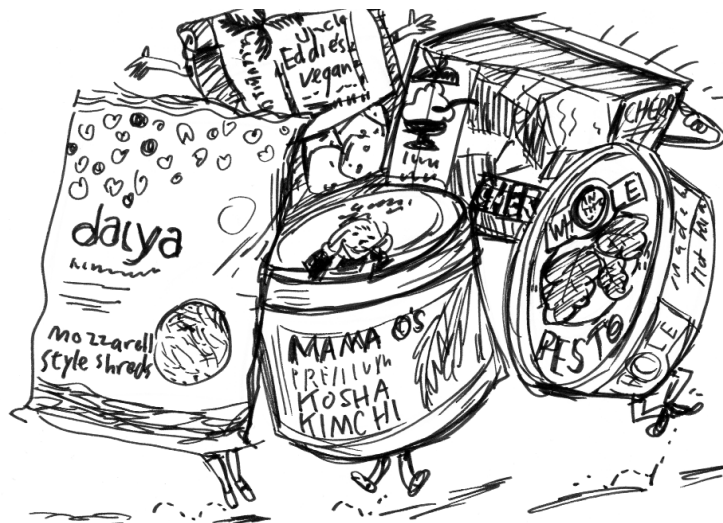


ILLUSTRATION BY DONNA EVANS

Next General & Annual Meeting on June 28

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The next General & Annual Meeting will be on Tuesday, June 28, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

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

Coop Event Highlights

Fri, Jun 3 • Film Night: An Evening of Personal Documentaries 7:00 p.m.

Fri, Jun 10 • Blood Drive 11:00 a.m.–6:00 p.m.

Sat, Jun 11 • Blood Drive 11:00 a.m.–6:00 p.m.

Tue, Jun 14 • Safe Food Committee Film Night: Dirt! The Movie 7:00 p.m.

Fri, Jun 17 • The Very Good Coffeehouse Coop Concert Series 8:00 p.m.

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

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Into the Soil

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grow food to bring to market) and the Hands and Hearts Garden (where adult community members grow produce). East New York Farms welcomes volunteers. They host open volunteer days at the UCC Youth Farm the 1st and 3rd Saturdays and at Hands and Heart Garden on the 2nd and 4th Saturdays of each month from April to October, 10 A.M.–2 P.M. “Come get your hands dirty,” they list on their website (www.east-newyorkfarms.org), “and learn about gardening!”

Another opportunity to pitch in on a local farm is offered next door to the Red Hook Ikea, where Added Value’s 2.75 acre Red Hook Community Farm occupies what was once an abandoned baseball field. Launched in 2001, Added Value’s program provides young people from the Red Hook community with a leadership development program that is built around operating the farm and the Red Hook Farmer’s Market. The Red Hook Community Farm welcomes drop-in volunteers to work with the young people and community members from May to November during the day on Fridays (9 to 1) and Saturdays (10 to 4). Visit their website for more information and directions (www.added-value.org). Last year Added Value added a second, three-acre farm with arguably the best view in the city—on the west side of Governor’s Island. For information on how to volunteer with the Governor’s Island program; for large-group volunteering; to join Added Value’s compost team; or to contribute a special skill or resource, Added Value asks that visitors fill out the form on their “contact us” page first.

Speaking of Governor’s Island and composting, the organization Earth Matter NY, which is dedicated to involving city dwellers to reduce organic waste through composting, offers a wide range of programs for people “who are passionate about composting and sustainable practices and are willing to get their hands a little (or maybe even a lot) dirty.” In addition to public education programs at their compost learning center, Earth Matter NY seeks volunteer vermicomposters to take the ferry ride to Governor’s Island on Fridays and Satur-

days; activities for listed volunteers include “Process food waste in thermophilic (hot) windrows, bin systems, and tend the vermiculture bins (worm livestock).” Earth Matter NY also has opportunities for volunteer composters to work with the farm manager at the nature preserve in Bushwick. For more information and to register as a volunteer, visit www.added-value.org/volunteer.

Classes and Certificate Programs: Farm School NYC

Another nonprofit organization has started an education program where New Yorkers can learn all aspects of urban agriculture. Just Food’s Farm School NYC, launched as a pilot program this year, offers individual courses to the public on a range of urban agriculture topics, as well as a two-year certificate program in Urban Agriculture. The courses range from one week to six weeks. Each class week consists of seven hours—a three-hour weeknight class and a four-hour weekend class—and courses take place in a variety of locations across the city, including community gardens, urban farms, botanical gardens and indoor classrooms in various locations. Just Food’s Certificate in Urban Agriculture program consists of three main parts: a core program to provide a foundation in urban agriculture and food justice; advanced coursework in a chosen track (each student chooses an area of focus, which may include an urban agriculture focus as well as a teaching track, advocacy track, enterprise, culinary arts or animal husbandry); and a five-month part-time apprenticeship in the focus area. Certificate-track students may take up to 5 years to complete all three parts. Certificate-track students will also be required to

complete 40 hours of volunteer work for Farm School NYC over the course of the program.

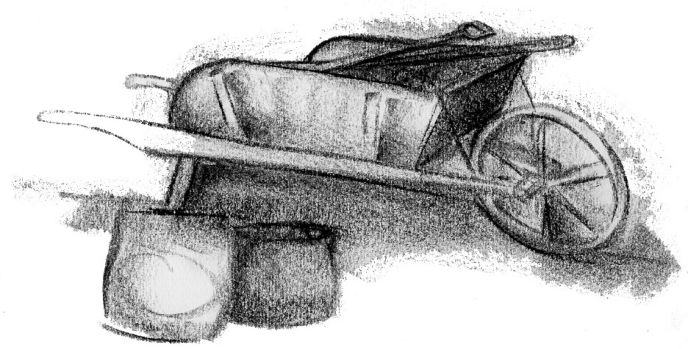
For those not ready to make such a commitment, individual courses are open to students in four seasonal sessions. While the summer session enrollment deadline has passed for 2011, fall offerings include preparing for winter and small farm planning and design; winter classes include asset-based community mapping and transformational leadership; spring includes botany, propagation and growing soil; and summer 2012 classes may include crops management, irrigation, pest disease ID and management.

Just Food’s Farm School NYC, launched as a pilot program this year, offers individual courses to the public on a range of urban agriculture topics, as well as a two-year certificate program in Urban Agriculture.

Opportunities Beyond The City Limits

For people with the time and mobility to travel a little outside of the city’s boundaries to gain first-hand experience on an organic farm, there are opportunities to work alongside organic farmers throughout the Northeast. Some farms offer volunteer opportunities and internships. An example is Garden of Eve Farm, an organic farm on Eastern Long Island www.gardenofevefarm.com. The farm asks that volunteers commit to a whole day, to get “a good taste of what a typical workday is like on a working farm.” Depending on the season, volunteers plant seeds in the greenhouse or transplant them into the field, weed, pick and harvest flowers and vegetables, feed livestock and collect eggs.

Get ready to get dirty! ■



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 ours 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. Please put “Diversity and Equality” in the subject line.

Attention Coop Squad Leaders!

Do you want your shift to operate more smoothly?

Are there folks on your squad who seem to irritate one another, and it’s difficult to see what the problem is?

When a conflict occurs between shoppers during your shift, what can you do to ease the situation on the spot?

Do you know what resources are available for people who want to follow up?

The Park Slope Food Coop’s Diversity and Equality Committee is holding a series of workshops for Squad Leaders (and other squad reps who are not Squad Leaders). The goal of the two-hour workshop is to increase awareness and understanding of diversity in the Coop. Through interactive discussions we will talk about the values of diversity, how differences can create both collaboration and conflict and strategies for dealing with issues of diversity. We will discuss conflicts that have arisen in the Coop, the findings of the diversity survey and what you can do to make the Coop a more welcoming place for all.

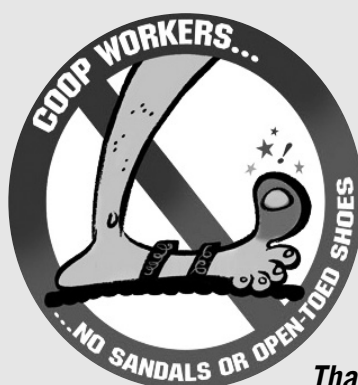
**Saturday, June 4
10:30 a.m. –12:30 p.m.**

**Thursday, June 23
7– 9 p.m.**

Please call 888-922-COOP (2667) box 89 or send an e-mail to reply@psfc.coop (with “SL Training” in the subject line) to confirm your attendance and/or for more information. In either case, please tell us your name, Coop member number, contact information and the date you are interested in attending. We will reply with a confirmation within a week.

DIVERSITY AND EQUALITY COMMITTEE
PARK SLOPE FOOD COOP

WORKSLOT CREDIT (MAKE-UP OR FTOP) IS AVAILABLE TO THOSE WHO ATTEND.



Please protect your feet and toes while working your shift at the Coop by not wearing sandals or other open-toed footwear.

*Thanks for your cooperation,
The Park Slope Food Coop*



Browsing

CONTINUED FROM PAGE 1

Marin Cheese Company's rBST hormone free, no animal rennet *schloss* and *camembert*. Schloss is sharp, slightly pungent with hints of caramel and toasted almonds, and a washed rind. What is a washed rind, anyway? According to artisinalcheese.com, "Washed rind cheeses are typically bathed in a wash of salted water, wine, brandy or local spirits, according to the traditions of each region. This washing helps to break down the curd from the outside, gradually becoming a part of the cheese, rather than just a skin."

Another new arrival is *Fiscalini Farmstead Cheddar*, a clothbound, handmade cheddar made on a nearly century-old sustainable farm that (this is impressive) generates electricity from an anaerobic digester that produces methane as a fuel from cow manure and other waste products. The Coop is also now featuring *Nicasio Valley Squares and Reserve*. Reserve is a classic Swiss Italian mountain cheese that's ripened for at least three months, and Nicasio Square is a washed-rind reminiscent of a taleggio. Okay, what's a taleggio? A taleggio is one of the oldest soft cheeses, which used to be made in the autumn and winter when the cows were tired. "Cheese from tired cows"—not one of the great slogans, but an interesting cheese.

Also from California is *DiStefano Burrata*. A burrata starts with a six-pound ball of mozzarella, stretched into a very long string, chilled and then shredded, to which is added imported cream from Italy. The sumptuous description of this cheese and it's splurge from the *Rosengarten Report* on food and wine is worth quoting:

"It comes in a crinkly white bag, kind of held in place by a plastic green approximation of a leaf, and a paper green tie. However, when you open the bag and turn it upside down, the burrata slithers out, oozing into

its own spread-out shape.... It feels something like a waterbed.... The mozzarella skin is incredibly thin, almost diaphanous, with the perfect bounce and chew. It's stretchy, that skin...but the truly incredible thing is the stretchiness of the shreds within! They are stretchy, stringy, and impossibly airy...almost foamy in their airiness. And extremely buttery-milky in flavor. AND...despite a deficit of running splooge...the shreds seem to be soaking in splooge, retaining the splooge, carrying it with them into your waiting mouth. The whole fragile miracle just takes my breath away."

Whew! If for some reason reading that raises your lactose intolerance, there are plenty of new vegan and veggie items to consider.

Vegan and Veggie

Made locally, by a restaurant in Binghamton, New York, called Whole in the Wall, *Whole in the Wall Spinach Pesto* is the vegan version of their regular basil pesto with parmesan, which the Coop has been carrying. What's unique about this pesto is that it is flash frozen immediately after being made and shipped in dry ice, says its makers, which preserves the flavor. "Pesto," the makers say, "simply cannot be dried or bottled, without destroying the flavor of the herbs."

A lot of nondairy cheeses, in the opinion of one reporter, taste and feel like the plastic they're wrapped in. Not so *Daiya Pepperjack Shreds*, a popular new rice-based, soy-free, nut-free, dairy-free vegan cheese that actually melts. The Coop has had the cheddar and mozzarella and now carries the pepperjack. Daiya Shreds won the 2009 *VegNews* Magazine Best of Show Award (in case you missed it!) and is used in Amy's Rice Macaroni.

The *V-Spot*, a local, Fifth Avenue vegan restaurant, now supplies the Coop with its much loved fresh *empanadas* twice per week. The stuffed baked pastry now

comes in *Columbiana*, Breakfast and Black Bean with Tofu.

Kheedim Oh is a cabbage fermenter by day and a D.J. by night. The dual career began when he couldn't find kimchee as good as his mom's, asked for her recipe, reproduced it and named the result after her. Kimchee is usually made with Napa cabbage, Korean daikon radish, hot red pepper flakes, garlic, salt, and some shrimp and or fish sauce to get it fermenting. The Coop carries the vegan version of *Mama O's Kimchee*, called *Kosha*.

The Coop now has *Tru-Roots Sprouted Mung Beans*, *Sprouted Green Lentils*, *Sprouted Quinoa*, and *Sprouted Brown Rice*. Check out the tasty-looking recipe for sprouted rice and lentil casserole on their website. It might be really good with some of that Fiscalini Cheddar sprinkled on it.

Sweets

Lula's Vegan Ice Cream hails from Lula's Sweet Apothecary in the East Village. One blogger gave it his highest rating, stating that it passes the "if-I-handed-this-to-you-without-telling-you-it-was-vegan-ice-cream-you-wouldn't-know-it-was test." The Coop also now carries *Steve's Ice Cream*, made by a reincarnation of the company that started the gourmet ice cream movement in the 1970s. Flavors on hand are mint, mint chip and cinnamon coffee. The Coop now also has *Almond Dream* frozen dessert, made by the people who make *Rice Dream*.

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If you ever feel nostalgic for Jello, check out *Jel-Dessert*. Last seen across from the egg case, this brand new item, which undulated off the shelf the first week it was in the store, comes in strawberry and cherry.

Coconut Secret: Raw Coconut Nectar, made from the "sap" of coconut tree blossoms, is a low-glycemic, enzymatically alive sweetener with a nearly neutral pH. Use it like honey or agave nectar on pancakes,

cereal, tea, and in deserts. The manufacturer says it does not taste like coconut.

From California comes *Uncle Eddie's Vegan Cookies*, which began when the cookie recipe creator for this family-owned-and-operated bakery converted to veganism overnight. (They are not wheat free, by the way.)

Baby Foods

Sprout Organic Baby Food is a new line founded by Tyler Florence, the well known Food Network chef and dad. A recent recipe contest held by his company was won by a customer who used the product to create *Antioxidoodles*

Sweet Potato Chocolate Chip Cookies, which contain flax and almond meal, vanilla, cloves and cinnamon. (Get the complete recipe at their website.)

HappyBaby Pouches are a line of organic baby foods in eco-friendly pouches. The store has spinach, mango, pumpkin, pear, apple and sweet potato, banana and kiwi, and for reincarnating gourmands, there is amaranth ratatouille. HappyBaby supports Project Peanut Butter, an organization that feeds hungry children in Malawi, arranging to feed one child for one day for every package sold. ■



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

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718-208-4778

Sudoku

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

Puzzle author: James Vasile. For answers, see page 4.



SAFE FOOD COMMITTEE REPORT

DIRT! The Movie

By Adam Rabiner

DIRT! The Movie starts with a bang: a stellar gas explosion out of which the earth forms, oceans appear, and life itself begins. Eventually amphibious creatures migrated to land and an endless cycle of birth and death, uninterrupted for eons, created the rich and productive reserves of dirt that turned the planet green and is the focus of this documentary.

For the first half hour everything moves cheerily along as various talking heads speak lovingly about our primordial connection to this ancient source of life. Actually, not just a source, but the planet's living, breathing skin—dirt is life itself. A handful of it contains billions of microbes, not to mention worms, other insects, fungi, algae, and important life-sustaining minerals like silicon, aluminum, magnesium, sodium, and calcium. Dirt and human beings are the stuff of the stars, made of the same five elements. Adam, in Hebrew, means clay and Eve means life. "From the earth we came and to the earth we will eventually return." Dirt, we learn, is nature's cleanser, keeping the biosphere healthy, through never ending cycles of renewal. A commentator takes a swig from a pristine glass of water and sighs approvingly, "Ahh...recycled

dinosaur pee." Happy music plays, pretty images dance across the screen, as well as snappy animated microbes that reminded me of the things that Mr. and Ms. Pac-man liked to eat.

After half an hour something did not quite seem right. I have seen enough of these kinds of documentaries to discern a pattern. Where are the doom and gloom and then the next part about how we can change things for the better if we try? Then the dire turning point came with another explosion, this time of a mountain top being blown off. Humankind has disrupted the ancient cycle by undervaluing dirt in comparison to coal, gold, diamonds, and other precious minerals. In the last hundred years we have lost about a third of the world's topsoil. The globe is warming. Deserts are forming. Forests are disappearing. Stop!!

While there are several causes for all of the above, the main culprit the film picks on is industrial agricultural practices. The planting of monocultures destroys the root culture and kills dirt, leaving it prone to things like America's 1930s Dustbowl. DIRT! is a whirlwind tour around the globe to dozens of countries including India,

Brazil, the U.S.A., and Argentina. It literally and figuratively covers a lot of ground and is somewhat reductionist, placing the blame for a lot of modern problems, including mass urban migrations, slums, hunger riots, and the conflicts in the Sudan, on modern agriculture.

The good news is that it is not too late and dirt can be made healthy again. One solution is organic, multi-crop agricultural practices. The final part of DIRT! explores these alternatives and returns to a happier mood. Majora Carter, founder of the environmental education organization, Sustainable South Bronx, gives a tour of her green roof; we accompany some ex-Brooklynites who now operate an upstate farm as they deliver food in the borough through community supported agriculture (CSA); we meet some inmates from Rikers Island participating in a green jobs program. All of this is meant to tie together the common thread of dirt.

Yet the movie's message remains clear and is illustrated by an old Kenyan tale accompanied by animation. One day the jungle catches on fire and all the animals that live in it run for their lives. Only the tiny hummingbird stops in midflight and

makes up its mind to try and put the fire out. It fills its tiny beak with water from the river and heads back to the conflagration to drop its mouthful of water onto the flames. Again and again it does this as the elephant with its large trunk, the monkeys, and other beasts look on incredulously. "Hey, what do you think you're doing?" asks the mighty lion. "Your beak is too small! It can't possibly hold enough water!" "Give it up"

the giraffe jeers; "it's hopeless" screeches the baboon. Paying no heed, the little hummingbird carries on. "My beak may be small," she says. "I may not be able to put out this fire by myself. But I'm doing the best that I can." Doing anything less than the hummingbird is a bit like fiddling while Rome burns. ■

Tuesday, June 14th, 7:00 P.M.
Park Slope Food Coop—2nd Floor
Refreshments will be served.

Solution to this issue's sudoku puzzle

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



PHOTO BY KEVIN RYAN

Looking for something new?

Check out the Coop's products blog.

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

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

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

You never know where it will be:

In the silent shadows of the leaves where the sparrow's bright eye shines

or when a fleet of sparrows fling out of the bushes like seed

or in the silence of the car as you wait at the light

or how the stranger reorders your words and they describe your destiny

or when the sun shines through the trees to lay petals of light on the ground and you walk through them and they flutter

Or when a party of men and machines pull up the walkway with racketing noise and lay down a pavement as quiet as a grave

Be alert

what you are looking for hides in plain sight

It's not what you think

It's what you are

The Park Slope Food Coop
Everything You're Looking For

by Myra Klockenbrink

Monday

June 6

June 20

noon to 1:00 p.m.

and

1:30 to 2:30 p.m.

You can join in any time during a tour.



VALET BIKE PARKING IS ON HERE SUNDAYS!



Every Sunday through November 20, from 3:30 p.m.–8:00 p.m., Coop members can leave their bikes with our valet parking service, which is like a coat check for bikes. Working members will check in and watch your bike for you.

Just drop off your bike, do your shopping or your shift, and hop back on.
No locks, no worries, no theft.
Service operates rain or shine.
Look for us in front of the yellow wall.
(Note: no bike check-in after 7:30 p.m.)

Valet bicycle parking at the Coop is brought to you by the PSFC Shop & Cycle Committee.



**PSFC
Shop & Cycle
Committee**

SUMMERTIME



...and the living is easy.
But don't forget your Coop shift!

If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at www.foodcoop.com!

Your co-workers will love you for it!

If you plan on being away for eight weeks or more, contact the Membership Office to take a leave of absence.

The High Cost Of Low Prices

By Helen Newman

If you've devoured *Food, Inc.*, *The Omnivore's Dilemma* or any other entry into the burgeoning field of agribusiness exposés, you're familiar with the perspective of consumer-turned-investigator, retrieving shocking truths from farming's heart of darkness. In *Son of a Farmer, Child of the Earth*, fourth-generation cotton grower Eric Herm starts from the belly of the bollworm and works his way out. Which affords him extra leverage with his two target audiences: industrial farmers and industrial eaters. Industrial farmers can't claim he doesn't understand the vagaries of their way of making a living. Industrial eaters—those more concerned with food's price, appearance, and calorie count than with its provenance and nutritional density—may question their allegiance to food grown in a war zone after reading dispatches from a combatant.

In 2005, the year he returned to his family's West Texas farm for good, Herm convinced his dad to plant a thousand acres of genetically modified, Monsanto-made, Roundup Ready cotton. "Short-term," he says, "it was an excellent remedy for...high fuel and labor expenses." But he "had no idea what [he] was doing to the ecosystem." As he investigated the true costs of chemical food and fiber production, he began introducing organic methods—honed in his home orchard and vegetable garden—to his family's commercial cotton operation. So far, he's weaned 6,000 acres of cotton off chemical fertilizers and pesticides. Herbicides are next.

A pivot point in Herm's process of rejecting toxic growing practices occurred in the summer of 2005 when, following "the pattern laid down by 75 years of commercial farming," he chose to spray for bollworms. His decision ignited "a perverse chain reaction creating a war zone around us....Only two days later all of our neighbors were spraying their fields, as well....All day, the constant buzz of planes could be heard overhead as they dipped down, drenching the earth with toxins. In my dreams I could hear the screams of

insects. Perhaps it was the plants, as well, begging for my help." The poison spray killed *all* the insects—"the good guys too"—which led to aphid attacks, another bollworm population explosion, and a second round of spraying. "All the time," Herm says, "something inside was telling me we were causing even more damage with our destructive, poisonous solutions."

In May 2009, after swearing off pesticides entirely, Herm watched "an entire season of garlic, tomatoes, peppers, potatoes, beans and corn" curl up "into the fetal position" and die: His garden had caught a fatal whiff of Roundup sprayed on his neighbor's field.

Stories like this—first-person accounts of devastation wrought at the source—bring the costs of toxic food and fiber production alive from the inside.

Which brings me to the relevance to the Coop community of Herm's argument for an agriculture that treats nature as a partner, rather than a hostile invader. According to its mission statement, the Coop is committed to keeping "prices as low as possible within the context of our values and principles." Two of

Member Contribution

those values are supporting "non-toxic, sustainable agriculture" and avoiding "products that depend on the exploitation of others." Reducing prices by requiring that all members work does not violate either value—cutting costs by selling products laced with GMOs and other toxins violates both. "Cheap" food causes harm not only at its source but also at its point of sale. As Herm notes, "a steady diet of 'test tube' food has been shown to cause lesions, internal bleeding, and cancer in rats and mice. Rates of food allergies, asthma, ADHD, and autism in children have skyrocketed in the two decades since GMOs have gained traction in our food supply. In applying 'this 'the cheaper, the better' logic to our food supply," Herm says, "we're getting exactly what we're paying for—very little.... Studies show that our bodies are under-nourished because our foods lack the proper nutrients.... It might look like an onion, it might taste like an onion, but what's really going into your body? It is the illusion of an onion."

I don't expect the Coop to stop selling toxic food any time soon. I do expect that Coop members who read *Son of a Farmer* will have a harder time buying that food—and the illusions behind it. ■



**park slope
FOOD COOP**

Complete your shift hours outside of the Food Coop with Green Worker Cooperatives 2011 Coop Academy

Trainers

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

Mentors

Entrepreneurs with stories to share

Creators

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

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

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: Tri-Star Offset, Maspeth, NY.

Friday
Jun 17

8:00 p.m.

very
The Good Coffeehouse
COOP CONCERT SERIES

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

John Cabán—guitarist, composer and sound alchemist—presents "Extra Terrestrial Sounds for Everyday People": an evening of song, grooves, improvisation and atmosphere. Cabán has worked with artists such as Richard Bona, Alana Davis, Bo Diddley, Art Neville, Kenny Kirkland, Eddie Kramer, Green Lotus Project, Gloria Gaynor and many others. Joining him is an international Coop ensemble including Anthony Pinciotti—drums, Tyler Wood—keyboards, Alexis Cuadrado—bass, Jenny Hill—sax, Todd Isler and Mathias Kunzli—percussion. Come open that third eye and shake your tail feather...



Pyeng Threadgill: Indie Jazz Meets Afro Groove. With Pyeng Threadgill's vibrant, caressing vocals and her band's rolling rhythms, listeners are enveloped in the clouds and put under a spell. The Pyeng Threadgill/Songlines Project is based on the aboriginal notion of locating place according to our ability to sing and dance our way there. This music speaks to conditions of the environment and the heart through improvisation, storytelling and a collective groove. Pyeng has appeared at Montreal Jazz Festival, Joe's Pub, Nublu and more.

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

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

Booking: Bev Grant, 718-788-3741

Monthly on the...

Third Thursday
JUNE 16
7:00 P.M.–9:00 P.M.

Last Sunday
JUNE 26
10:00 A.M.–2:00 P.M.

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

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

PLASTICS

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

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

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

PLASTIC MUST BE COMPLETELY CLEAN & DRY

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



This Issue Prepared By:

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WORKSLOT NEEDS

Schedule Collating

Wednesday, 6:00 to 8:30 p.m.

You will work on a small committee to collate and staple printed committee schedules used by members to keep track of their work shifts. The squad is also responsible for distributing new schedules to various areas in the Coop using a checklist and replenishing the supply of schedules in the Membership Office. Low-key workslot for members who like to work in a small group and also show attention to detail.

Bathroom Cleaning

Monday, Wednesday, Thursday
12:00 to 2:00 p.m.

Work with a partner to deep clean the Coop's bathrooms. Tasks include scrubbing floor tiles, cleaning toilets, mopping floors and stocking the bathrooms. You will work with only natural cleaning products. This job is perfect for members who like to clean and are conscientious about doing a thorough job.

Office Data Entry

Wednesday, 4:00 to 6:45 p.m.

Are you a stickler for details, accurate on the computer and like working independently? If this sounds like you, then Office Data Entry will be your perfect shift. You will receive training, and Coop staff will always be available to answer questions. Please speak to a Ginger Jung or Camille Scuria in the Membership Office if you would like more information. Workslot requires a six-month commitment.

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, JUN 7
AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Jun 28 General & Annual Meeting.

TUE, JUN 28
GENERAL & ANNUAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:
Jun 16 issue: 12:00 p.m., Mon, Jun 6
Jun 30 issue: 12:00 p.m., Mon, Jun 20

CLASSIFIED ADS DEADLINE:
Jun 16 issue: 7:00 p.m., Wed, Jun 8
Jun 30 issue: 7:00 p.m., Wed, Jun 22

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.

Annual Meeting: Tuesday, June 28, 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

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

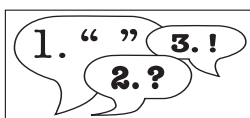
Found: Lost Photos of New York Blizzard. Director **Todd Bieber** was skiing in Brooklyn's Prospect Park, found a roll of film and had it developed in an effort to find the owner. This seemingly small act led to a world-wide journey that *Time* magazine called "YouTube's Greatest Adventure." *This Is 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, squeeze@hotmail.com.**

jun 4
sat 2 pm**Why You're Not Losing Weight**

What many people don't seem to realize is that you can lose weight and still be unhealthy—which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your body in a state of calorie-burning health and balance. Find out how to become the shape you are meant to be! Coop member **Coleen DeVol** is a health counselor and whole foods nutrition educator.

jun 5
sun 12 pm**Nutrition Response Testing**

Digestive Problems? Bad Skin? Overweight? Low Energy? These are just a few of the challenges that will respond to a custom-designed nutrition program. Nutrition response testing is a precise, analytical tool that enables us to identify the underlying reason your body is creating symptoms. Then we can test you for the most precise supplementation, the perfect diet and create a personalized program just for you! Coop member **Diane Paxton**, MS, LAc, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope.

jun 7
tue 8 pm**Agenda Committee Meeting**

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

jun 10-11
fri-sat 11 am-6 pm**Blood Drive**

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

jun 11
sat 7 pm**Fat, Sick and Nearly Dead**

Viewing of documentary followed by a discussion. One hundred pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe Cross is at the end of his rope and the end of his hope. With doctors and conventional medicines unable to help long-term, Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and hits the road with juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for the next 60 days. What emerges is an inspiring tale of healing and human connection. Presenter is Coop member **Dr. Natural**, a holistic health and wellness consultant. RSVP 718-783-3465 / 718-612-3652.

jun 12
sun 12 pm**Transforming Anxiety With Core Energetics**

Are you feeling anxious, stressed and tight? In this interactive and experiential workshop, you will learn tools to help you relieve your anxiety. Learn to identify unconscious blocks to feeling more relaxed and happier with Core Energetics, a body-centered therapy, that goes beyond traditional talk therapy by bringing in breath, the voice and movement to help you feel calmer, more energy and vitality. Coop member **Susan Pollack**, L.C.S.W., Core Energetics Practitioner, is a psychotherapist with offices in Manhattan and Park Slope.

jun 14
tue 7 pm**Safe Food Committee Film Night: Dirt! The Movie**

DIRT! The Movie takes you inside the wonders of the soil. It tells the story of Earth's most valuable and unappreciated source of fertility — from its miraculous beginning to its crippling degradation. This is an insightful and timely film, inspired by William Bryant Logan's acclaimed book *Dirt: The Ecstatic Skin of the Earth*. It takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will later return to. Special guests to be announced.

jun 17
fri 8 pm**John Cabán and Pyeng Threadgill**

John Cabán—guitarist, composer and sound alchemist—presents "Extra Terrestrial Sounds for Everyday People": an evening of song, grooves, improvisation and atmosphere. Joining Cabán is an international Coop ensemble including Anthony Pinciotti—drums, Tyler Wood—keyboards, Alexis Cuadrado—bass, Jenny Hill—sax, Todd Isler and Mathias Kunzli—percussion. **Pyeng Threadgill**: Indie Jazz Meets Afro Groove. The Pyeng Threadgill/Songlines Project is based on the aboriginal notion of locating place according to our ability to sing and dance our way there. This music speaks to conditions of the environment and the heart through improvisation, storytelling and a collective groove.



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

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.

jun 3–aug 20 2011

jun 18
sat 12 pm

How to Chase Fear Away

Fear is a destructive and paralyzing emotion. It can stop your emotional, mental and spiritual growth. Let's take control of this debilitating emotion and start living our lives fully and liberated! A simple, easy and fun exercise will be demonstrated that can clear these emotions in minutes sometimes in seconds. Join **Marija Santo-Sarnyai**, a Geotran Practitioner and Certified Naturopath, to find out how to take your authority, dominion and personal power back.

jun 18
sat 3 pm

Joy! What Is It? Where Is It? How Can I Get It?

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

jun 25
sat 10 am

Knit and Sip Series

For intermediate knitters. Please bring a set of needles and three balls of different-color yarn (can be the same type). **Ava Tomlinson's** knitting is influenced by her paintings. She blends colors and textures when she knits, and plays with palettes. Her knitting explores tactility as well as color, so much so that people want to touch her work when they see it. **Naeemah Senghor** is a knitter, crocheter and raw-foodist and loves to organize swaps and community events. She has been organizing "Knit & Sips" all over Brooklyn. She has been a Coop member for several years.

jun 25-26
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.

jun 28
tue 7 pm

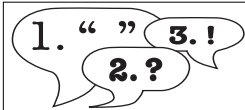
PSFC JUNE General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jul 5
tue 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, July 26, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jul 10
sun 12 pm

Introduction to Infant Massage

If you're a parent with a newborn to year-old infant, here's a perfect way to spend an hour that will benefit you and your child for a lifetime. Bring the baby and learn some techniques to understand infant reflexes and what they mean and to soothe and calm her/him. Coop member **Deirdre Lovell** is a licensed massage therapist and massage therapy instructor, former performing artist and mother.

jul 12
tue 7 pm

Safe Food Committee Film Night: Chinatown



Plow to Plate will be screening the 1974 psycho-mystery-noir classic film **Chinatown**, which was inspired by the historical disputes over land and water rights that raged in southern California during the 1910s and 1920s. Starring Jack Nicholson, Faye Dunaway and directed by Roman Polanski. Special guests will be on hand for a post-screening discussion.

jul 17
sun 12 pm

Why You're Not Losing Weight

What many people don't seem to realize is that you can lose weight and still be unhealthy—which means lost weight is often gained back. This workshop is designed to give you the tools you need to kick-start your metabolism and get your body in a state of calorie-burning health and balance. Find out how to become the shape you are meant to be! Coop member **Coleen DeVol** is a health counselor and whole foods nutrition educator.

jul 26
tue 7 pm

PSFC JULY General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

still to come

jul 30

Joy! What Is It? Where Is It?

aug 2

Agenda Committee Meeting

jul 30

Geotran

aug 9

Safe Food Committee Film Night

jul 31

Workshop of Research

aug 19–20

Blood Drive

LETTERS TO THE EDITOR

THIS HAPPENED TO ME
THIS EVENING

TO THE EDITOR:

Last week, a woman dropped a bill on the sidewalk as I was rushing to pick up my son at school. She was pushing a stroller across the street and the bill must have fallen out of her pocket or something.

I saw that it was a crisp new \$50 bill.

I picked it up as she was crossing the street and said here I think you dropped this—she—she was totally surprised. She said, “Oh my God. Thank you—wow!”

I kept walking away and said, “No worries.”

I was flying on a cloud that I did that mitzvah, but also tried not to think about it too much and just enjoy the gift of the giving.

Today, I was strapped for cash and the kids were on me while we were at the Coop—I had to be really careful about budgeting since I blew through what should have been enough to get me through the month.

I said to the kids, that they should stop asking me for things that I can't afford it right now, and said, “I am so broke right now I can't even pay attention”—that joke always gets a laugh—plus it makes me laugh when I am down and out.

The woman ahead of me on the express line turns around and says quietly, “Do you really need some money right now or are you just saying that to get the kids to stop asking you for stuff?”

I said I wish it was a tactic, but the truth is I am really running low on funds—when it rains it pours and well, things happen—in waves...

She then says, “Welcome to my party. I am a pancreatic cancer survivor and this is an invitation to my party.” She palms me a folded bill. It's a crisp new \$50.

She goes up to the register to checkout her groceries—then it's my turn. We are standing side by side and I am shaking and have tears welling up. I say to her that I am most grateful for the abundance and the gift and thank her again and again.

She barely looks at me and continues to pack up her groceries and shrugs and smiles and nods and says she knows all about abundance.

I paid for my groceries with that \$50.

Lilith Beitchman

THANK YOU FROM CHIPS

TO THE EDITOR:

A blessed and joy filled Easter and spring season to you and all at the Park Slope Food Coop. May God grant you all the many graces and a life of peace, joy and good health as we celebrate the spring season. We welcome the warm weather, flowers, green grass and trees and fresh vegetables and fruits.

Thank you for the generous dona-

tion of non-perishables and canned goods that you delivered on May 10, 2011. Be assured it will be used directly for the poor, homeless, hungry and those in temporary crisis. It is because of you and people like you that we are able to continue the services we offer here at Park Slope Christian Help (CHIPS). We all thank you, our staff, volunteers, mothers and children and all those who come to us in need of food, clothing and shelter. Be assured of our prayers and love.

Sincerely and gratefully,
Susan Fields, Director
Sister Mary A. Maloney, President,
Board of Directors
Park Slope Christian Help, Inc.



ILLUSTRATION BY ETHAN PETTIT

FROM JUNE 2006

TO THE EDITOR:

AAAAAaahhhhh the joys of quoting oneself!! Here is a letter I wrote on June 26, 2006:

I am writing this on June 26th, one day before I will be “defeated!” How come, after the ninth attempt, I don't feel defeated?

In the June 8th issue it says “General Coordinators Endorse Board Candidates.” This empty, nattering and evasive statement includes many weasel words and much weasel thought.

The logic of what they are saying: Any other government (which we have never tried) is bad for the welfare of the Co-Op. That is, *disagreeing with them* is bad for the Co-Op. That's all this nasty slander says. It's like the Preamble to the Constitution says we have a right to make a revolution, but they say we don't.

Of their five bulleted points, I most like “[Audrey and Imani, the other two candidates] understand the relationship between the General Meeting, the Co-Op organizational structure and the Co-Op's management.” Actually, I hope they don't understand it because if they do, they are advocating tyranny. The General Meeting allows management to claim we have a say in policy development when we don't: No resolution that I know of in the history of the General meeting has ever had a penalty for violating or ignoring it, and the Managers can form any committee they want, without even asking the General Meet-

ing—such as the crucial Personnel Committee, which actually oversees senior staff!—the Video Squad and the *Gazette*—the eyes and ears of the Co-Op! And helpfully—as if there wasn't already enough latitude—they put out a policy sheet allowing committees to have any rules they want. The members of the Personnel Committee, for example, are appointed for *life*, and the Environmental Committee does not bring its members to the General Meeting for approval, meaningless though that may be.

And don't forget, management already has a member on the Board—one of only six! How much power do they want? The fact is, they have it all, so this just makes them more insecure because there isn't anything else they can get. It's like a man who has only \$200 million meeting a man who has \$300 million. Or beating a dead horse. Or, of course, the most universal analogy: Shooting fish in a barrel!

It is saying that I am in some nebulous way against the Co-Op, or that I haven't worked for our benefit, when all I want is to change something that is bad for us in a number of insidious and very nasty ways.

In solidarity and defeat,
Albert Solomon
718-768-9079
Hobces@Yahoo.com

WITHDRAW
REFERENDUM PROPOSAL

TO THE EDITORS:

We respect and value the General Meeting. Its purpose is to discuss and develop measures concerned with the operation, benefit and improvement of the Coop.

We respect and value the Coop's professional staff. Their jobs are to run the Coop and provide us with food choices based on quality, demand and price.

We respect and value the Coop's resources and money. They are for the operation and improvement of the coop, and the support of its staff.

We respect and value the Coop's mission statement. It states, “We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member.”

Therefore, we call upon William Mazza and Carol Wald to join us in respecting and valuing the Coop. We ask them to withdraw their proposal to hold a Coop wide referendum to join the Global BDS (boycott, divestment, sanction of Israel) Movement.

Because the proposal serves no constructive nor positive purpose for the Coop.

Because bringing this item to the GM will bring undue media attention to the Food Coop, as it did in February 2009. An inordinate amount of Coop staff time and energy will be used to respond to reporters, bloggers and Coop members, making the staff's jobs more difficult. Furthermore, join-

ing the boycott would mean surrender of purchase decisions to an organization with no fiduciary responsibility to the Coop.

Because running a referendum will cost several thousand dollars and hundreds of member labor hours. It will also require evaluation by legal counsel to determine the legality of joining BDS and accountants to determine IRS reporting requirements to be in compliance with US anti-boycott laws.

Because the leadership of the Global BDS Movement, Omar Barghouti and Hind Awwad, have openly expressed their opposition to the two-state solution and their ultimate goal of ending the existence of the Jewish State (see video posted at stopbdsparcslope.blogspot.com). The Coop's endorsement of BDS would be in direct contradiction to our mission statement.

To join us in respecting and valuing our Coop, send an email to morehummus@gmail.com.

More Hummus, Please,
Rhudi Andreoli, Shena Gitel Astrin,
Steven Berke, Ruth Bollettino, Matthew Brown, Darrin Cabot, Nathalie Cabot, Chana Crayk, Meir Crayk, Zusha Dean, Audrey Elias, Mickey Elias, Shayna Eliav, Eli Eliav, Carol Freeman, Riva Freeman, Devorah Hershkop, Esther Hertz, Sheldon Jacobson, Constantine Kaniklidis, Corrine Lang, Harvey Lang, Chana Lew, Sylvia Lowenthal, Abie Mazon, Avishay Mazon, Barbara Mazon, Rachel Ravitz, Lila Rieman, Jill Robinson, Mirele Rosenberger, Jesse Rosenfeld, Riva Rosenfeld, Tzivia Chaya Rosenthal, Ruth Seliger, Rivkah Siegel, Nancy Spitalnick

LETTERS
POLICY

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

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

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

Respect

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

CLASSIFIEDS

BED & BREAKFAST

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

CHILD CARE

HAVE YOU EVER thought about getting an AU PAIR for your child care needs? Two PSFC members are the Local Community Counselors to Au Pair in America, the country's oldest Au Pair agency. They will be happy to tell you about the program and to answer your questions. Please call ROSE 718-636-4704 or SUSAN 718-768-5950.

EMPLOYMENT

CARING AND RELIABLE, thoughtful and happy Park Slope Grandma seeks opportunities for childcare and babysitting, part-time daytime, evenings, weekends — when available. References provided. Please call 718-783-9460.

HOUSING

CATSKILL MOUNTAIN RETREAT. Two hours from Brooklyn! Fully furnished and equipped double unit in premier cooperative Bungalow Colony, can sleep 10. Enjoy playground, pool, laundry and garden. Near hiking, fishing, horseback riding and more! Buy (59k) or rent Jun-Oct (5k). Contact sgcorners35@gmail.com.

PEOPLE MEETING

SPIRIT FREEDOM, a healing arts and education collective is looking for serious, experienced healers of different modalities to be a part of this newly forming collective business. Seriously interested people call Heidi at 646-242-8477 for more info and to get meeting dates.

WOMEN'S BOOK GROUP seeks new members. Eclectic, interesting group, meets monthly in each other's homes over snacks, wine, seltzer, what-not. Great discussions & fun. Recent books: Cutting for Stone, Elegance of the Hedgehog, Wind-up Bird Chronicle, History of Love, Palace Walk. Call Joan 718-208-8686.

SERVICES

TOP HAT MOVERS, INC., 145 Park Place, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materi-

als 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.

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

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

PAINTING 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.

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HOLISTIC DOCTOR in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp.

As Featured in Allure Magazine. Dr. Gilman 212-505-1010.

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.

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.

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.

RENT 2 BUY CATSKILL MOUNTAIN RETREAT. Two hours from Brooklyn! Fully furnished and equipped double unit in premier cooperative Bungalow Colony, can sleep 10. Enjoy playground, pool, laundry and garden. Near hiking, fishing, horseback riding and more! Buy (59k) or rent Jun-Oct (5k). Contact sgcorners@gmail.com.

ITALY — TYPICAL FARMHOUSE (Pajara) from 1850 on the sea, in Coastal Park Otranto-Leuca in the Apulia region. Enjoy the beach, nearby Mediaeval and Baroque towns (Lecce, Ostuni), eat off the land, and bike through endless olive trees. Details at: www.holidaylettings.co.uk/rentals/castro-marina/111673. Tel: 917-685-7534.

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.cgcvt.org.

To Submit Classified or Display Ads:

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

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

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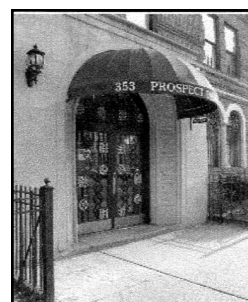
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Classified advertising in the *Linewaiters' Gazette* is available only to Coop members. Publication does not imply endorsement by the Coop.

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



WELCOME!

A warm welcome to these new Coop members who have joined us in the last two weeks. We're glad you've decided to be a part of our community.

Alexander Abdo	Gary Cobb	Valerie Fendt	Julie Harris	Joshua Kendall	Amanda O'Donnell	Margaret Spring
Victoria Alvarez	Jim Coleman	Benjamin Fong	Stefania Heim	Mel King	Colin O'Donnell	Benjamin Stark
Sarah Anderson	Jonathan Cruickshank	Emily Forsythe	Ian Henderson-Charnow	Jill Kirsch	Seth Orman	Muzaffar Suleymanov
Yael Avnon	Samantha Dahan	Glenn Forsythe	Stephen Hile	Ian Lanton-King	Joseph Orr	David Torres
Susan Barber	Khepera Damu	Naomi Freeman	Aaron Hitchcock	Laren LeBlanc	Suzanne Pettypiece	Catherine Townsend
Rachel Berkson	Thomas Dankworth	Evelyn Funes	Eliza Hook	Angela Lim	Kate Pfohl	Rebeca Ubeda
Sara Blanton	Michele DeGregorio	Rachel Galbreath	Nicholas Hughes	Sam Lwin	Laura Phipps	Jame Varcharlus
Nicole Blonder	Laurence Deschamps-	Naiti Gamez	Sarah Hughes	Eli Marias	Peter Pihos	Soheir Wahba
Alexa Bradley	Laporte	Paul Goldsmith	Clara Hungr	Taylor Lynn McFadden	Jack Pliskin	George Warner
Jennifer Brandsberg-	Sky Dietrich	Raymond Graham	Alan (Arthur) Jacobsen	Dana Meilijson	Simone Rainey	Karen Wasmuth
Engelmann	Alison Easter	Julie Granoff	Beata Jostmeier	Matteo Minchilli	Nathalie Ramirez	Natsuko West Yamamoto
Denise Canter	Knut Engelmann	Judith-Ann Grant	Ian Sm Jurcso	Emilia Morelli	Karen Rosen	Jim Whitney
Kimathi Card	Asli Erdem	Emerson Greenidge	Shelly Kaidar	Travis Morrison	Amanda Rosenberg	Heather Wise
Genevieve Caron	Heather Faulls	Joellen Greenidge	Yevgeniy Kantos	Alex Moulter	Jordan Sandrini-Cooke	Nancy (Marie) Wright
Sam Cervantes	Melissa Faure	Mael Gross	Michael Kaplan	Pedro Moura	Nadia Seales	Ryne Ziemba
Heidi Cho	Anna Fefer	Laura Hall	Joachim Kearns	Wilmoth Nedd	Josette Simmons	

THANK YOU!

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

Sharon A.	Kaela Economos	Christopher Joyner	Annie Rosenthal
Nandita Ahmed	Marta Edmisten	Mihoko Kada	Benjamin Rubin
Alex H.	Yelena Eydinova	Russel Kaplan	James Rusk
Fred Alvarez	Jonathan Farber	David Kelly	Millie Ruttner
Angela	Sarah Fields	Kelsey Knutson	Diana Scholl
Ann Marie	Tanda Francis	Jennifer Komisarek	Tim Seggerman
Yekaterina Balandina	William French	Penny Krakoff	Sharon
Marie Barnett	Jeremy Frindel	Olivia Kraus	Jackie Sherman
Martin Beauchamp	Celine George	Smadar Leiserowitz	David St. Germain
Matt Beckemeyer	Jenny G.	Chaya Lipkind	Emily Stallings
Regina Beider	Sara Glaberson	Stefanie Lynen	Rebecca Stern
Stacy Bergener	Tonya Glanz	Gillian Macleod	Nava Sutter
Elizabeth Bishop	Ezra Goldstein	Joshua Mandelbaum	Tarell
Natasha Blank	Andrew Gordon	Leah Manning	Hannah Tennant-Moore
Rachel Blatt	Adam Gromis	Jonathan Manes	Kumru Toktamis
Becca Bradley	Marisa Gross	Ricardo Marin	Betty Tsang
Bridget	Gail H.	Maria De Los A. Martinez	Jini Van Maarseveen
Kate Cavanagh	Hamidah Ha	Lisa Medoff	Victoria Wallis
Andrea Chan	Kiowa Hammons	William Meyer	Simone White
Erin Considine	Melinda Hanzel	Leo Miller	Robert Wilson
Lily Cushman	Mary Hauser	Annie Olinick	Tracey Winchester
Alana Dapena	Michael Howard	Lillian Paulina	Shahar Yannay
Benjamin Davis	Hisao Ihara	Martha Poole	Habib Yazdi
Coleen Devol	Gemma Ingalls	Maya Ray	Pashtoun Youssof
Elizabeth Dowd	Molly Jensen	Carolina Reiter	
Madeline Earp	Fulvia Jordan	Rocco	

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue. An asterisk (*) denotes a Coop member.

FRI, JUN 3

People's Music Network Summer Gathering 2011: June 3-5, Epworth Camp & Retreat Center, High Falls, New York. We invite you, your family & your friends to join us for our annual summer weekend of music, fun & friendship. For complete registration information, visit www.peoplesmusic.org or contact Diane Crowe at diacrowe@yahoo.com, 413-548-9394.

THU, JUN 9

Book launch party for "The Butcher's Guide to Well-Raised Meat" by Joshua and Jessica Applestone, of Fleischer's Grass-fed & Organic Meats, and Alexandra Zissu. The power-house Arena, 37 Main Street, Brooklyn. 7-9 p.m. Please RSVP at rsvp@powerHouseArena.com. Refreshments will be served.

THU, JUN 16

Harlem Blues & Jazz Band in Jazz: Brooklyn's Beat, presented by Heart of Brooklyn Cultural Institutions, Inc. with Circuit Productions, Inc./Susan Goldbetter*, producer, and Central

Library, Brooklyn. Free jazz/blues performance & swing dancing on Central's Plaza, 10 Grand Army Plaza 6:30-8:30 p.m. All ages! Info: 718-230-2100 or www.circuitpro.org.

SAT, JUN 18

Brooklyn Children's Museum Jazz Festival: in partnership with Heart of Brooklyn, WBGO & Circuit Productions Susan Goldbetter*. In honor of Father's Day, Juneteenth & Jazz history. Live performances at 2:30 p.m. with Circuit's All that Jazz & Blues featuring the jazz duet of vocalist Dee Dee Michel's (Sounds of Deliverance) and bassist Michael Max Fleming.

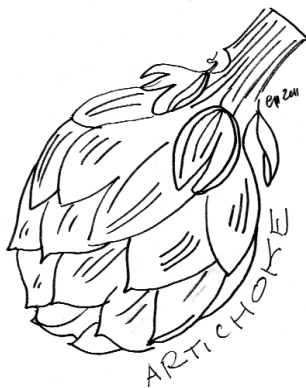
WED, JUN 22

Still We Speak: Working Within Tension. Carmen Mojica, Vaimoana Niumeitolu, Anaís Alonso, & Lizzy Fox* share poetry & music to tell personal stories about gender, race & sexuality. Audience members are invited to share their experiences in a story circle. 7:30 p.m. Brooklyn Society for Ethical Culture, 53 Prospect Park West. \$10.

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ILLUSTRATIONS BY ETHAN PETTIT

