

Established
1973

LINEWAITERS'

GAZETTE



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July 14, 2011

Bon Appétit: Summer Coolers Beat the Heat!

By Diane Aronson

Summertime . . . we hope for easier living: more time in the park or on the beach, more excuses for ice cream. But as the temperature rises, so does the need to prepare a meal without feeling as if the kitchen has become a sauna. I spoke with several Coop members, each of whom shared enticing ideas for lighter fare that minimized kitchen heat build-up.

Since joining in 2003, Bridgett Davis has shopped at the Coop and cooked through eight summers. For her, a warm weather meal is often about alfresco prep. "Luckily, I have a space where I can grill outside—a lot of grilled vegetables and chicken." When she's cooking gourmet, she will try a marinade, but she's also fine with throwing ingredients straight on the grill.

Asmira's hot-weather meal game plan is "flavorful things, fresh things."

Bridgett enthusiastically pointed out one of her favorite summer staples as we toured through the produce aisle: "See all that gorgeous basil? It makes great pesto!" Her recipe features garlic, pine nuts, olive oil and pre-grated Parmesan cheese. Her children, 11 and seven years old, love pesto on pasta, which does involve some heat, but only enough to boil water and cook the pasta.



Lisa Furst and Eli Brown, shopping for fresh fruit and vegetables, prefer not to cook at all in the summer.

Bridgett will also slather grilled salmon with pesto.

Another summertime go-to dish for Bridgett is a vegetable stir fry with yellow squash, red onions and peppers, among other ingredients. Onions, scallions and ginger add flavor.

On the sweltering day we talked, Asmira Woodward-Page, originally from desert-like central Australia, was reveling in the heat wave. Her hot-weather meal game plan is "flavorful things, fresh things," some prepared ahead of time. A favorite salad is grated carrots and apples topped with lemon juice-soaked raisins; the lemon helps keep the salad for "three to four days," observed Asmira.

She shared a great tip for making an easy and economical summer meal by serving up leftovers in lettuce wraps. Asmira likes to liven hers up

with guacamole, which also helps bind together the other ingredients to make a successful wrap. A favorite staple ingredient, which pairs beautifully with guacamole, is smoked salmon—adding it is a wonderful way to work in some protein while keeping the wrap light.

When I asked Asmira if she shopped locally for produce at the Coop during the warm months, her enthusiastic response was, "Yes, definitely! I love the bonanza of food here. All the colors, the freshness, the smells, the herbs—I just go nuts!"

The family loves to cook outdoors, too. Asmira's husband is such a barbecue aficionado that in the rain he will hold up an umbrella with one hand while tending to the grill with the other.

CONTINUED ON PAGE 3



ILLUSTRATION BY DIANE MILLER

When Green Isn't So Good

Biodegradables Not Necessarily Better for the Environment

By Willow Lawson

Making plastics from biodegradable materials certainly seems like a good idea. Garbage bags, diapers and eating utensils that can take centuries to decompose can vanish in less than two years when made from biodegradable materials.

But new research indicates that, depending on

how they are disposed of, biodegradable items may actually be worse for the environment in the short term because they release greater amounts of methane, a powerful gas that contributes to global warming.

That doesn't mean that so-called green products have an overall negative effect, but

CONTINUED ON PAGE 10

Next General Meeting on July 26

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, July 26, 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.

* Exceptions for November and December will be posted.

Coop Event Highlights

Tue, Aug 9 • Safe Food Committee Film Night:
Chinatown 7:00 p.m.

Fri, Aug 19 • Blood Drive 11:00 a.m.–6:00 p.m.

Sat, Aug 20 • Blood Drive 11:00 a.m.–6:00 p.m.

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

IN THIS ISSUE

Annual and General Meeting Take-Away:

The Coop Is in Solid Financial Shape	2
Letters to the Editor	4
Coop Hours, Puzzle	6
Coop Calendar, Workslot Needs	
Governance Information, Mission Statement	7
Calendar of Events	8
Community Calendar, Classified Ads	10

Annual and General Meeting Take-Away: The Coop Is in Solid Financial Shape

By Liz Welch

People started arriving at the Beth Elohim auditorium at 6:30 p.m. on Tuesday, June 28, and milled about chatting with friends new and old, nibbling on Newman O's or red grapes, courtesy of the Coop. David Golland, the chair of both the General Meeting and the Annual Meeting, which both took place that night, started by going over general rules: members who had questions or items to discuss should state their names and work shift slots, and comments should be respectful.

After introducing himself and Imani O'ryn, another member of the Chair Committee and a Board member, Golland explained the important role of these meetings: "The more members who turn out and vote, the better the meeting represents the wishes of the Coop community."

First, the Annual Meeting

The Annual Meeting began at 7:15 p.m. As Elizabeth Tobier, the secretary for the Coop, explained via e-mail several days later: "The Annual Meeting (as directed in the Coop's bylaws) is the place where the Board of Directors'

annual election takes place and where the members review the audited financial statement of the previous fiscal year and decide whether or not to accept that audited statement. The auditors are looking at what the Coop's management's books and processes are, in order to give an objective opinion on whether the finances are being presented accurately. This is a safeguard for the organization and required by the New York Cooperative Corporations Law and by banks." Tobier added that the financial report is presented at least 10 times a year at the monthly General Meeting, where members are able to ask questions.

But when the auditors present the audited financial statement, Tobier wrote, "it gives members an additional opportunity to understand our organization from the perspective of our financial records." And so on Tuesday, June 28, the written report was not only available to all members but was also presented to the Meeting by Cornick, Garber and Sandler, the firm that conducted the audit. As Joe Holtz explained,

"It is the only time of the year where members have an opportunity to ask these professionals about the finances of the Coop, where appropriate."

"The more members who turn out and vote, the better the meeting represents the wishes of the Coop community."

The firm had four representatives in attendance, including Jennifer Rambarran, the lead auditor, who got up to speak and walk the group through the report. What stood out in the report is the fact that the Coop is in very good financial shape. Rambarran highlighted a \$2.34 million increase in sales; a negative cash flow from investing activities of \$270,000 due in part to construction at the Coop including the second floor office improvement and new machinery, such as refrigeration. She also reported that the Coop's gross margin remained a steady 17%. In other good news: a reported decrease in mortgage interest was due to the fact that the Coop paid off the entire balance of the mortgage in fiscal year 2010.

During the Q&A session that followed the presentation, one member asked a question about "interest paid to member loans." Joe Holtz explained the provenance of such loans: "The Coop approved the buying of a building in 1980, another in 1988 and another one in 1999," Holtz said. "In order to [make these purchases], we needed member investments that were more than \$100—more like \$150 or \$250. The loan program started in the 1980s in response to that. Not everyone could afford that increase, so we said, if you have money in the bank that you are willing to invest in a five-year or a two-year loan, for instance, then we will pay you interest. We set the rates of interest so they were less than a bank, but more than local CD rates." Holtz added that the loan program has not been promoted in recent years. "We don't need it," he explains. "We used to have \$2 million debt in member loans and now it is down to \$900,000."

At the end of the Q&A session, a Board member



PHOTOS BY TRAVIS HARTMAN

At the far end of the table, Darcy Whittemore signs people in to get their ballot to vote at the PSFC June 28 Annual and General Meeting at Congregation Beth Elohim Social Hall.

asked Rambarran what the overall outlook was for the Coop. She cited the increase in sales and membership to support her assessment that "this is a very stable organization."

After a few other audience members asked questions about the audit, David Golland put forth a motion to accept the annual financial audit, which was accepted.

Board of Directors Slot Filled

The next item of business was a vote to fill a Board of Directors slot. Ballots were handed out earlier that evening and proxies, which were mailed to all Coop members, had been collected throughout the previous few weeks at the Coop. The two candidates vying for the position were Albert Solomon and the incumbent, Bill Penner.

Each candidate was given the opportunity to make a one-minute verbal presentation and then entertain three minutes of questions. But as Albert Solomon, dressed in a wide-brimmed straw hat and flip-flops, made his way up to the microphone, he explained that his statement was closer to three minutes. Solomon began by stating that he is in favor of reducing the work time slot to two hours, as opposed to the now obligatory two hours and 45 minutes. He then discussed at length what he saw as general apathy from Coop members to change the ways in which the organization is run. He promised to address these issues should he be

elected. After he finished, Golland asked if anyone had questions. Since there were none, Bill Penner was invited to present his statement.

Penner explained that he was currently on the Board and had been for five years. He then spoke about the scale of the Coop's operation: "We had over \$40 million in sales last year," he explained. "That takes the contribution of many dedicated people. It has been an honor to be a



Jennifer Rambarran, an auditor at Cornick, Garber & Sandler, LLP, gives a presentation of the audited financial statement at the Congregation Beth Elohim Social Hall.

part of it." He next explained his own thoughts on the Board's role in decision making at the Coop, which related directly to the purpose of these General Meetings. "The topics discussed here are brought by the members," Penner said. "The Board listens to this advice. It is a totally transparent process. When I make a decision as a Board member, I base it on three things: Will it put the Coop in legal or financial jeopardy, and is it contrary to the bylaws of the Coop?" He ended his statement with, "I am not in a position of advocacy—it is one of oversight."

**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**

Golland then asked everyone to fill out the ballots, which were collected, counted and added to the numbers collected by proxy. Bill Penner was announced the winner.

"The Annual Meeting is where the Board of Directors annual election takes place and where members review the audited financial statement of the previous fiscal year."

The next topic of discussion was the annual audit. As Joe Holtz explained, the auditing firm must be voted on each year. The firm retained by the Coop has done the audit for the past five years. Last year, they charged \$55,000. The estimate for fiscal year 2012 was \$57,500. One member asked if the Coop "shopped around" to ensure that the Coop was getting a fair price for these services, and another mem-

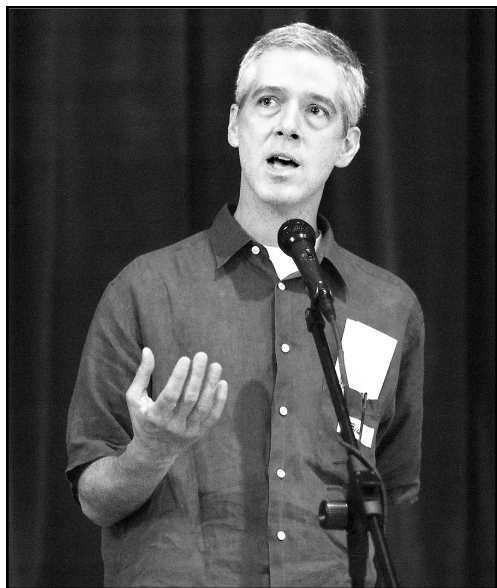


PHOTO BY TRAVIS HARTMAN

Incumbent Board of Directors member Bill Penner takes his turn at the microphone. Penner kept his seat on the Board.

ber wanted to know how many years the Coop retained the same auditor. Once again, Holtz offered a historical perspective: "We incorporated in 1977 and started working with Henry Singer, an auditor who worked for us for 27 years. When he stepped down, we

looked for a new company to replace Henry. We got seven bids and hired the current firm—they were not the lowest bidder, nor the highest, but we chose them because we felt they were the best." One member pointed out that for 501(c)(3) organizations the IRS suggests changing the lead auditor every five years. Holtz pointed out the Coop is not a 501(c)(3) organization. He also pointed out that Jennifer Rambarran had been the lead auditor for the past three years, and that due to the unusual nature of the Coop's business practice it made sense to have history with a firm. In the end, he was in favor of working with the same firm again for a sixth year. At the end of the annual

meeting, Golland called a motion to retain the firm, which was accepted.

Next, the General Meeting

The evening wrapped up with a return to the General Meeting, where the election of the Coop's Board officers proceeded.

John Urda, the only nominee for Board President, was elected, as was Imani Q'ryn for Vice President. Urged to speak, Q'ryn noted that she is a trained opera singer, a vegan and a real estate broker who has been member of the Coop since 1996. She also noted that she likes cats and has served on the Board of Directors for at least five years. Elizabeth Tobier was nominated and re-elected as Secretary. Her role is to record the minutes of the meeting and the actions taken by the General Meeting and the Board. Tricia Leith was elected as Treasurer and accepted her role, though she did not speak.

David Golland called for

questions, and one member asked why the ballots have a place to vote YES and a place to vote NO. A Board member responded: "Not too many years ago, these meetings were not so polite. They used to be chaotic, and I am being kind. That rule [was made] so if, in a General Meeting, enough people thought that a particular nominee was not qualified for the position, there was the opportunity to say so in the ballot."

This particular meeting on this particular night was orderly and calm, far from chaotic. In fact, it ended with a call for ride shares, in which people from as far as New Jersey and Staten Island offered to give fellow members a lift home. All the Board members voted to renew the same auditing firm and to re-elect the officers on the Board, and then urged everyone to remember to sign out for work slot credit. By then, all the Newman O's were gone, too. ■

Summer Coolers

CONTINUED FROM PAGE 1

When Jennifer Hardy and I chatted about her summer cooking routine, she explained, "Usually my husband cooks, but he's out of town, so I'm forced to think of something!" On the steamy June day we were in the Coop's produce aisle, she had thoughts of barbecuing that evening. Going on the grill would be "shrimp and peppers" paired with a salad of organic greens, for a simple, satisfying meal that wouldn't heat up the kitchen.

Eleven-year member Matt Brown's approach for summer-month cooking includes dishes that can be heated very quickly or microwaved. Among pre-prepared dishes, Amy's lasagna is a favorite. Going to the other extreme,

though—in the spirit of a meteorological, devil-may-care culinary approach—Matt confessed to baking banana bread for the first time a week or two before. While it did heat up the apartment, Matt felt the results "were worth it—the bread was very good." But he pointedly concluded that he was inclined to delay his many baking plans until the fall.

A vegetarian, Charon Kraus is big on summer salads. She loves shopping the Coop's produce aisle; mushrooms, broccoli, tomatoes and squash are regulars in her shopping cart. She'll eat squash raw or grill it. She'll often add cabbage and radishes to tacos to give them a fresh crunch. For Charon, another tried-and-true summertime meal is pizza made on a grill: she coats flatbread with olive oil

and grills the bread. Then she tops it with lightly grilled veggies and finishes with a sprinkle of grated Parmesan cheese.

A salad bowl brimming with local produce is also a choice summer meal for Allison.

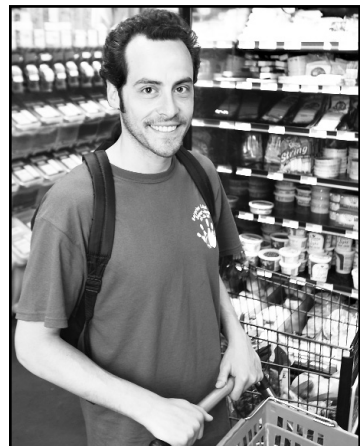
Matt Grubler told me that he "doesn't always turn the stove on for dinner. I'm a big fan of just making a tremendously large salad and putting in some cheese and red beans—that kind of makes it a real meal." Parmesan is his favorite cheese to add, and he blends his own balsamic vinaigrette dressing. Matt used to add spices to his dressing until he realized the results tasted livelier when fresh herbs—oregano, basil and parsley—went right into the salad. So now he seasons his dressing with salt and pepper only. When he can, Matt shops in season, preferring produce from New York State when it's available.

A salad bowl brimming with local produce is also a choice summer meal for Allison Durner. While she typically works with whatever is in the fridge, kale, mushrooms, cucumbers and peppers are favorites for Allison. To increase the meal's protein quotient, she includes walnuts, pistachios, sunflower

seeds or cashews. A tangy cheese or tofu adds even more protein. For dressing, Allison keeps it simple, often mixing lemon juice and olive oil and seasoning with pepper.

Lisa Furst and Eli Brown hold hot weather at bay with their favorite, a cucumber and tomato salad, which they eat "habitually." They top this combo with feta cheese, olive oil and herbs. In general, raw

vegetables play a big role in the couple's summertime food choices—part of the duo's "basically, anything that doesn't require a stove" meal philosophy. Lisa and Eli also like to prepare ratatouille—hers always includes capers. While the vegetables need to be cooked, one sultry session of sautéing yields more than one meal, and it can be eaten . . . refreshingly . . . cold! ■



Matt Grubler shopping for a summer breakfast at the Coop on Sunday, June 26.



PHOTOS BY WILLIAM FARRINGTON

Bridgett Davis shopping for summer favorites for her family.

Lentil-Salmon Summer Salad

No need to turn on the stove to make this dish! The warm water to soak the lentils comes from the tap.

Yield: 4 servings as a side dish, 2 as a main dish

- | | |
|---|---|
| 1 cup dried red lentils, rinsed and drained | 1 small cucumber, peeled and coarsely chopped |
| 1 clove garlic, finely minced | 2-3 tsp. fresh lemon juice |
| 1 tsp. white wine or rice vinegar | 2 tsp. mustard |
| 1 ² / ₃ Tbsp. olive oil | 2 Tbsp. fresh dill, chopped fine |
| ¼ tsp. hot pepper flakes | ¼ tsp. paprika |
| 3 oz. smoked salmon, cut into small pieces | salt |
| | ground black pepper |
| | <i>optional: sour cream or low- or non-fat plain yogurt</i> |

In a medium-size nonreactive bowl, cover the rinsed lentils with warm water. Add garlic, vinegar, 1 Tbsp. of olive oil, and hot pepper flakes. Give the mixture several vigorous turns with a mixing spoon.

Allow 4 to 5 hours for the lentil mixture to soak. When the mixture is soft enough to eat, drain off excess water and add the salmon, cucumber, lemon juice, 2 tsp. olive oil, mustard, dill, and paprika. Add salt and pepper to taste. Serve with a dollop of sour cream or yogurt, if you like.

L E T T E R S T O T H E E D I T O R

ROUTES

On New York's tony Upper West Side,
Where artists and writers live with pride,
Old-timers look at bride and groom
And generally will presume
To know their future in detail,
Whether from Harvard or from Yale.
These marrieds, the veterans like to say,
Will love it here, to work and play,
To feast upon the life of culture
As much as farmers love agriculture.
But once a couple has a child,
The odds are they will be beguiled
And double-quick'll expand their scope
By moving to moppet-friendly Park Slope.
And when the second comes along
They'll give in to the siren song
Inviting them to clear the air
And relocate to leafy Montclair.
This mantra's not about to soften—
It really works surprisingly often.

Leon Freilich

UNEMPLOYMENT

Unemployment makes one become
an insular singularity
a questioning sequestered
secluded soul in
isolation desolation
looking outward for
unification justification
applied usefulness
employed mobilized investment
and a practical sense
of adequacy.

Where common cause collaborations
shoulder teamwork
concerted cooperation
restores give and take
replete with an imbued
charged focused center
an orientation inclination towards
products and services
insistent assistance
quid pro quo
acquired required acquisition.

Where appreciation and gratitude
remove bare bone barren
forlorn hollow vacancies
by forced retirement
replacing salivation with salaries
estrangement with arrangement
human textured framework
character structure
self-worth
earned yearned income
contentment and delight
ordered disorder
peace.

Len Heisler

BDS ISSUE IS COMPLICATED

GREETINGS:

The latest anti-BDS letter claimed that a referendum on boycotting Israel, regardless of outcome, "will promote discord and will alienate a substantial number of Coop members"—and violate the Coop's mission statement, which says:

"We strive to make the Coop welcoming and accessible to all and to

respect the opinions, needs and concerns of every member."

Past letters have repeatedly harped on the notion of not *feeling* "welcome." The Coop indeed does *and would continue* to meet their "needs" to the degree possible to it, but cannot control how people "feel." Respecting "opinions, needs and concerns" does not mean submitting to them. Foregoing a GM vote or referendum because of such claims is unreasonable, and would certainly not respect the opinions and concerns of those calling for the referendum.

The meat referendum was also contentious. For many vegetarians and vegans, the issue is visceral—no amount of free range and humane treatment can justify animal exploitation and slaughter. Big Agra and its government minions consider animal rights groups bad for business, and have labeled them domestic terrorists. Direct actions by group members have landed them in high-security Slammers. So this was no minor issue. Nonetheless the referendum passed without disruptions or exodus of members.

The letter also opined that the Coop is about "food first, even food politics, but not geo-politics" and that they support the right of *individuals* to boycott products, but object to having members politics decided for them so that they are "identified" with movements they find objectionable.

But food politics *are* geo-politics? All these issues somehow end up at our doorstep eventually, whether from pollution, climate change, social stability, civil unrest, and whether in cost, availability, purity...

Boycotts are organized actions meant to change the behavior of offending companies or governments. Saying we're free to individually boycott products is to say and do nothing. The claim of involuntary identification is also nonsense. Were this true, vegetarian and vegan members would be "identified" with meat-eating. The Coop would thus not have boycotted Coca-Cola products, or South Africa during the apartheid era, lest anyone objected.

But at least the anti-BDS letters have abandoned for now tactics that fairly peppered previous letters: accusations of lying and anti-Semitism, and claims that Israel, one of the world's most powerful military machines, is the *victim* in its four-decade-long military occupation and siege of the West Bank and Gaza.

And yet amid all the questionable rationales, no anti-BDS letter has articulated one rationale that may actually have some merit, namely that those hurt by a successful boycott of Israeli products would be Israeli merchants, some of whom might be quite sympathetic to the Palestinian cause, as are many Israelis, though a minority. Even boycotting single companies have the potential to affect the rank and file employees who have no hand in the decisions of upper echelon management.

The other side of this argument,

though, is that, as in the case of South Africa, boycotts can succeed. It's complicated.

David Barouh

THE COOP NEEDS TO DISCUSS THIS ISSUE

TO THE EDITORS:

I am deeply concerned about the effort to quash the discussion about boycotting products from Israel as part of the larger boycott, divestment and sanctions (BDS) movement. A growing number of people are signing letters to the editor arguing not just that the Coop shouldn't join BDS, but that it shouldn't even discuss the possibility, that even talking about it is a violation of our mission and values.

The signers of these letters say that bringing this issue to the General Meeting would mean the "politicization of Food Coop policy," implying that not discussing the issue would mean maintaining political neutrality. But once a boycott has been called, a decision *not* to participate is as much a political act as a decision *to* participate.

When we buy food from another country we involve ourselves in geopolitics whether we like it or not. There is no neutral position—there is only a choice to support the political status quo or to challenge it.

Israel/Palestine is an extremely controversial topic. For us to talk about it may well be divisive and painful, and I am empathetic with the instinct to avoid conflict. We want to shop for organic fruits and bleach-free toilet paper without having to engage in scary conversations about political issues that seem so remote from our daily lives. We don't want to deal with something like this because we feel we are too busy, uninformed, afraid. It is so, so much easier to do nothing.

The signers of this petition tap into this anxiety by inviting us to prioritize the maintenance of our personal comfort over consideration of the implications of our Coop's choices. Let's not take them up on that invitation.

The reality is we are now participants in an institution that carries products from Israel. What the BDS proposal offers us is an opportunity to make that a collective and conscious choice, rather than an unconscious one. We can come together to talk about who we are, what we want to do and what position we want to take.

Our commitment to "respect the opinions, needs and concerns of every member," as it says in our mission, doesn't mean we should refrain from doing anything that some members object to or having any discussion that is politically sensitive. This discussion is not a violation of our values; it is an opportunity to grapple with what those values mean in a complex world. We should think about how we can do that in a way that maximizes participation and increases understanding of a thorny issue.



I agree with the signers of these letters that some people would likely leave the Coop if we joined BDS, that we might find ourselves in a very harsh media spotlight, that we might be called very bad names. Those are probabilities that we should face honestly, but the main question we should be asking ourselves and each other is not is it difficult, but is it right.

Tara Mack

IS BDS REALLY ABOUT HUMAN RIGHTS?

DEAR FOOD COOP:

A pro-BDS letter in the June 16 *Gazette* says, "our intent is to promote a positive action at the Coop, meant to make human rights for all people a priority in our purchasing decisions." Shouldn't we have a committee reviewing the human rights records of all countries from which we supply products? This would include Turkey, for its treatment of Kurds and Armenians, India and Pakistan for Kashmir, and China for Tibet and the Uigars. There is a very long list of candidates. But BDS isolates only Israel. Why? Maybe it is not about human rights, after all.

Sincerely,
Jill Robinson
Member since 2000

PROPOSAL HURTS COOPERATIVE MOVEMENT

GREETINGS:

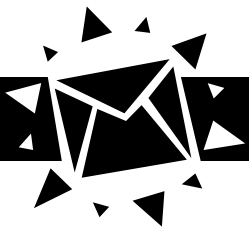
The proposed boycott of Israeli produce by the Food Coop is a travesty that would put another nail in the coffin of the progressive forces in Israel who fight against the current Israeli governments' policies on the West Bank. It undermines the unity of the world wide cooperative spirit at the expense of one of the most successful cooperative and collective movements in the world.

Most Israeli agricultural products come from villages and communities that are organized and live by cooperative principles. Even the produce from private agriculture is mostly distributed through assorted coops set up for this purpose.

The cooperative movement in Israel is one of the oldest and most successful movements in the world. At their peak, the Israeli collective settlements produced more than 50% of the country's agriculture and industry. They were, as Noam Chomsky, a critic of Israel, acknowledges, the only known modern example of democratic communism, along with the Spanish Republic before it was destroyed by the fascists in the prelude to World War II.

The cooperative movement, along with half the population in Israel, oppose the West Bank Settlement policies of the current right wing coalition government. The proposed boy-

L E T T E R S T O T H E E D I T O R



cott pulls the ground out from under their feet, which is exactly the goal of Hamas and reactionary elements within the Palestinian Authority, who have long expressed preference for dealing with the political right in Israel and marginalizing the progressive and center left.

These elements historically opposed the cooperative and socialist character of the Zionist enterprise as much for its human and social values as it did for its nationalist aspirations. Such values were a constant thorn in the side, a daily affront to the despotic tyranny and medieval feudalism, which until the recent advent of the Arab Spring, remained the unchallenged and dominant form of political and economic culture in the 22 Arab countries at war with Israel. The existence of a state with a different religion that does not subjugate women, or was not created by the ex-ploitation of Arab worker is anathema to these elements.

The boycotters can still implement a personal boycott by giving away their computers, as the majority of the computers in the world use Intel chip and microprocessor technology designed and developed in Israel, along with instant messaging and the algorithm that powers the Google search engine. Likewise they should throw away their cell phones, camera phones and voice mail, while avoiding Israeli medical technology, from the diagnostic camera pill, to radiation free breast cancer treatments, stents, etc.

But the Food Coop must reject the suggestion of boycotting Israeli produce unless it wants to be complicit with the goals of Hamas, who joyfully organized dancing in the streets of Palestine to celebrate the death of 3,000 people, including our friends and neighbors at the firehouse next door, after the WTC attack. The Coop should show its support for the progressive movement in Israel, which is fighting for its life, by buying more Israeli produce, not less.

Paul Rothman

DISCONNECT IN THE LETTERS COLUMN

TO THE EDITOR:

People of good will everywhere have plenty to be upset about. Mass slaughter, rape and mayhem fill the headlines from Sudan, Syria, Somalia, Libya and many other places. Bombings and assassinations are regular events in a number of Eastern European countries.

The Letters section of the Coop newspaper, however, focuses on only one international issue—Israel and the Palestinians. The writers sound “fair and balanced,” legalistic and eager to seem reasonable.

Why the disconnect? Do I hear “Jews” from off-stage?

Just wondering.

Jules Trachten

DON'T TURN THE GM INTO A BATTLEGROUND

TO THE COOP MEMBERSHIP:

As I read the letters sent by Coop members who wish us to participate in boycotting Israeli products, and who seek GM discussion of this position, I have tried to imagine how the GM could actually hold such a discussion in a way that would be appropriate to the role of the Coop and free of extremist rhetoric. In fact, such a discussion would not be possible, since there is no common ground about the issue. We would be compelled to engage in a political discussion of the Israeli-Palestinian conflict that is not relevant to our role as a food coop in Brooklyn. I cannot imagine a discussion of this issue that would not inflame the emotions of one group or another, producing a great deal of heat but very little light. I have strong opinions on the issue as well, but do not believe the GM should be turned into the battleground that will inevitably result from discussion of the BDS proposal. I have no fear of controversy when that controversy is relevant to our Coop and can be discussed rationally but that is not the case in this instance. That is why I have joined with the group opposed to the BDS discussion. I do not wish to see the policies of our Coop hijacked by those who think they have exclusive claim to it.

Michael Rieman

WITHDRAW THE PROPOSAL

GREETINGS:

If you love peace, you also pursue peace. Peace begins in your own backyard. Can you promote divisiveness in your community and call yourself a peace activist? Can you only acknowledge only one side of a conflict and call yourself a peace activist?

Has anyone noticed that the Boycott, Divest and Sanctions of Israel Movement does not say it will bring peace or an end to the conflict? Boycotts are for punishment; they are acts of aggression. Instead of promoting a boycott, peace activists should be promoting dialogue, reconciliation and co-existence. Are these not the values of our Coop?

Come on, Bill and Carol, do the right thing. You can choose to keep peace in the Coop. Be heroes. Withdraw the proposal.

Arthur Finn

PREPARING FOR THE FUTURE OR FIGHTING OVER ISSUES

GREETINGS:

Like all big families, there is a wide diversity of opinion on many issues in the Coop. People feel strongly about some things and perhaps with the best of intentions want the Coop to

take various positions on different matters. One group of individuals has a strong position on the Israeli/Palestinian conflict.

“We’re part of a group of members who believe it’s in keeping with the Coop’s mission to boycott Israeli goods as a response to the Palestinian call for a global boycott, divestment and sanctions (BDS) movement.”

The difficulty with the Coop taking positions like this is that it can quickly become a bulletin board peppered with hot button issues which will not unite Coop members, but divide them.

The name of the organization of the Park Slope Food Coop, not the Park Slope Debating Society or the Park Slope Current Issue Institute. If we’re going to take on any issue, it ought to be one where Coop members can come together and work together on a positive agenda, not fight amongst themselves.

I suggest that the most important issue we all face, not only as members of the Coop but as just plain people on a threatened planet, is global warming/climate change. This will directly affect every member in a very real way in terms of the future cost and availability of food.

In *The Great Disruption* by Paul Gilding, the point is made that global warming will not just be an uncomfortable worsening of atmospheric temperature or the rise of worldwide average mean tidal levels over time, it will constitute an economic revolution with many painful years ahead. Might we all be better off in working together in continued planning to insure that the Coop is fully apprised of these challenges and develops strategies to successfully deal with them?

Taking sides on member issues won’t do that. The future is not going to be a picnic. We’re already on the leading edge of climate change. As the atmosphere heats up, it can hold more water so when it rains; it now often floods—all over the world. At the same time, droughts are increasing in some areas of the planet, transforming agricultural areas into deserts.

Every business faces choices about issues and where to put its energy. I hope we decline the polarization of the Coop and stick to the issues that are upon us right here. Preparing for climate change is something we can all support. Why would we choose contention?

Rodger Parsons

MEMBER PETITION TO WITHDRAW THE PROPOSAL

GREETINGS:

We, the undersigned 60 Coop members, call for the withdrawal of the proposal to hold a referendum to join the Global Boycott, Divest, Sanctions (of Israel) Movement from the Agenda Committee’s list of pending items. This boycott will not change Israel’s

policies; it will not help the Palestinians. It will not bring an end to the conflict. It will only harm the Coop.

The proposal is a one-sided representation of the conflict between Israel and the Palestinians, placing the blame solely upon Israel. Its presentation at the General Meeting will alienate members; not just members who support Israel, but also the members who don’t want to see the Coop politicized and its reputation exploited. Membership alienation translates to reduced sales.

Please add your name to our list of Coop supporters by sending an e-mail to morehummus@gmail.com.

Rhudi Andreolli	Harvey Lang
Maurice Appelbaum	David Leveson
Rebecca Appelbaum	Margaret Leveson
Shena Gitel Astrin	Chana Lew
Steven Berke	Sylvia Lowenthal
Gloria Blumenthal	Sandra Mandel
Robert Blumenthal	Abba-Natan Mazor
Ruth Bollettino	Avishay Mazor
Elisa Bonneau	Barbara Mazor
Matthew Brown	Juliet Milken
Darrin Cabot	Paula Morrell
Nathalie Cabot	Poppy O’Neill
Chana Crayk	Rodger Parsons
Meir Crayk	Rachel Ravitz
Zusha Dean	Yigal Rechtman
Audrey Elias	Jeffrey Rickin
Mickey Elias	Lila Rieman
Eli Eliav	Michael Rieman
Shayna Eliav	Jill Robinson
Arthur Finn	Mirele Rosenberger
Carol Freeman	Jesse Rosenfeld
Riva Freeman	Tzivia Chaya
Felicia Glucksman	Rosenthal
Beth Halpern	Yaakov Rosenthal
Devorah Hershkop	Ruth Seliger
Esther Hertz	Mushkie Silberberg
Sheldon Jacobson	Naftali Silberberg
Constantine	Rivkah Siegel
Kaniklidis	Nancy Spitalnick
Maureen Kushner	Allen Tobias
Corrine Lang	Baruch Weisman

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.

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.

Sudoku

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

Puzzle author: James Vasile. For answers, see page 11.

Follow the Food Coop on

twitter



@foodcoop



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

Monthly on the...

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

Last Sunday
JULY 31
10:00 A.M.–2:00 P.M.

Second Saturday
AUGUST 13
10:00 A.M.–2:00 P.M.

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

PLASTICS

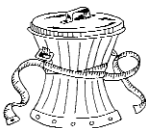
What plastics do we accept?
Until further notice:

- #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.



RECYCLING

This Issue Prepared By:

Coordinating Editors: Stephanie Golden
Erik Lewis

Editors (development): Anne Kostick
Petra Lewis

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Willow Lawson
Liz Welch

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Travis Hartman

Traffic Manager: Barbara Knight

Thumbnails: Mia Tran

Preproduction: Sura Wagman

Photoshop: Steve Farnsworth

Art Director (production): Lauren Dong

Desktop Publishing: Joe Banish
David Mandl
Dana Rouse

Editor (production): Lynn Goodman

Puzzle Master: James Vasile

Final Proofreader: Teresa Theophano

Index: Len Neufeld



WORKSLOT NEEDS

Check Store Supplies

Monday, 6:00 to 8:30 a.m.

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

Office Set-up

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

Need an early riser with lots of energy to do a variety of physical tasks, including setting up tables and chairs, buying food and supplies,

labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? This job might be for you. Please speak to Adriana in the Membership Office for more information.

Vitamin Assistant

Friday, 2:30 to 5:15 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 perform other related tasks. If you are interested in this work slot, please contact the Membership Office for more information.

Plastics Recycling

Saturday or Sunday, 9:45 a.m. to 12:30 p.m., 11:45 a.m. to 2:30 p.m.

Join in the Coop's effort to be a better environmental citizen. Work outside in front of the Coop with other members of the Recycling Squad accepting returned plastic containers, making sure they are clean and meet the Recycling Squad criteria. Stack and pack plastic for recycling. Must be reliable and willing to work outdoors in all kinds of weather. You will need to contact Membership Coordinator Cynthia Pennycooke via phone, Monday to Friday, 8 a.m. to 12:30 p.m., or via e-mail at cynthia_pennycooke@psfc.coop, prior to being assigned to this shift.

CONTINUED ON PAGE 11

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 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, AUG 2

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Aug 30 General Meeting.

TUE, AUG 30

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jul 28 issue: 12:00 p.m., Mon, Jul 18
Aug 11 issue: 12:00 p.m., Mon, Aug 1

CLASSIFIED ADS DEADLINE:

Jul 28 issue: 7:00 p.m., Wed, Jul 20
Aug 11 issue: 7:00 p.m., Wed, Aug 3

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings, to which all members are invited, 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 on the Coop Web site, foodcoop.com, at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, July 26, 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 on the Coop Web site, foodcoop.com, 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 on the Coop Web site, foodcoop.com, 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) • Board of Directors' vote • Meeting evaluation • 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-up 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

jul 22
fri 7 pm

Why You're Not Pregnant

Learn the nine underlying causes behind "mystery infertility," miscarriage, blocked tubes, anovulation, cysts and fibroids. The presenters will show women how to solve those problems, and tell men how to get their sperm in shape. Get strategies to eliminate environmental toxins and identify the foods, exercises and supplements that best support your individual fertility. Pre-registration suggested: to register call (646) 483-4571 or e-mail GreenGemHealth@gmail.com. **Rebecca Curtis** is a certified Holistic Health Coach who specializes in helping busy, professional women replenish the nutrients they need to conceive healthy babies naturally. **Mary Hart** is a licensed and registered acupuncturist and the founder of Healing Heart Acupuncture in Park Slope.

jul 24
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 26
tue 7 pm

PSFC JULY 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: Discussion about Conducting a Membership-wide referendum on the participation of the PSFC in the Boycott, Divestment and Sanctions movement against Israeli apartheid policies (60 minutes)

Discussion: "We call for a referendum to participate in the Global Nonviolent Boycott, Divestment and Sanctions movement against Israel's violation of international law and human rights."
—submitted by William Mazza and Carol Wald

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

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.

jul 30
sat 2 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.

jul 30
sat 5 pm

The Gems of Excellence

A Geotran introduction. A brain-mind empowerment course for joyous-successful living. Want to love again, but feel isolated? Would like your creativity back, but lost your passion, focus and drive? Do worry, fear and fatigue steal your joy away? If you are to willing and open to transform your old patterns it can be done with ease and fun. The body is like a magnet, and when these experiences are in cellular memory, the body attracts the same experiences. Doctors and other professionals have used these techniques for daily stresses, eating disorders, robbery, rape and emotions such as anger, anxiety, fear and others. This unique technology will be demonstrated by **Marija Santo**.

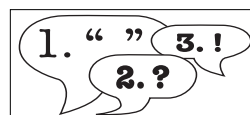
jul 31
sun 12 pm

Peeling the Onion: A Workshop on Research

Are you frustrated by how long it takes to find useful information about a given topic? Overwhelmed by the Internet and all the data out there? Unsure when to trust a source? Unable to translate your information needs to concrete queries? Learn about the current information environment and how to navigate its layers for more fruitful searching sessions. Whether you're a student, a community activist, an independent journalist or just someone who wants to be more efficient, come for research tips and tricks (and bring your own to share)! **Melissa Morrone** is a public librarian in Brooklyn and a member of the librarians' collective Radical Reference.

aug 2
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, August 30, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

aug 7
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.

aug 9
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.

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.

jul 22–oct 16 2011

aug 14
sun 12 pm

Healthy Thyroid

Learn how to heal your own thyroid and free yourself of weight gains, depression, indigestion, hair loss and possibly medication. Some topics of the talk: food that sabotages and food that heals the thyroid; how water impacts the thyroid; vitamins and minerals that matter; emotions, stress and the thyroid; how to pick a good endocrinologist and what to ask him/her; how to interpret thyroid blood test results. Coop member **Magdalena** cured herself from years of Hashimoto's Disease, which is an auto-immune disease causing hypothyroid. She was told it was incurable. Today she teaches how to self-heal with food, supplements, water and stress management.

aug 19-20
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.

aug 28
sun 12 pm

Intro to Fertility Awareness

Learn how to chart your menstrual cycle events in order to achieve or avoid pregnancy. This workshop will describe the basic tools used to interpret the body's signals, indicating fertile and infertile days. By paying attention to these signs, a woman is able to prevent or achieve pregnancy depending on her wishes. Women with menstrual issues, irregular cycles or compromised fertility may also find charting helpful. Open to both women and men. Coop member **Kim Chinh** is currently in training to become certified as a Holistic Reproductive Healthcare Practitioner through a Canadian program: Justisse Healthworks for Women.

aug 30
tue 7 pm

PSFC AUG 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.**

sep 1
thu 7:30 pm

Food Class



Class subject, chef and menu to be announced.
Materials fee: \$4.

sep 2
fri 7 pm

Film Night

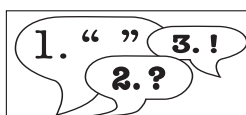


Film to be announced.

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

sep 6
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, September 27, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

sep 11
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.

sep 13
tue 7 pm

Safe Food Committee Film Night



Film to be announced.

sep 16
fri 8 pm

The Very Good Coffeehouse Coop Concert Series



Performers to be announced.

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.

still to come

sep 27

PSFC SEPTEMBER General Meeting

oct 7

Film Night

oct 4

Agenda Committee Meeting

oct 11

Safe Food Committee Film Night

oct 6

Food Class

oct 15–16

Food Drive to Benefit CHIPS Soup Kitchen

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.

CLASSIFIEDS

BED & BREAKFAST

BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights block has space with semiprivate bath, AC, Cable TV & free WiFi. Full breakfast provided in attractive smoke-free environment. Reasonable rates. Call David Whitbeck, 718-857-6066 or e-mail brownstonebbb@yahoo.com

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

EMPLOYMENT

HELP WANTED - Local Licensed and Insured Moving Company needs Drivers and Helpers. Must have a clean driver's license. Call for interview. Position is part-time only. Robert 718-622-0377. Must

be reliable, courteous and always on time.

MERCHANDISE-NONCOMMERCIAL

PIANO FOR SALE. Sohmer Upright. Professionally tuned and maintained. Light brown, bench included. \$300 OBO. You move. (It's now in elevator building.) Call or text 917-797-1673. Email patkonecky@gmail.com.

PEOPLE MEETING

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.

PETS

PET NANNY: Retired social worker 35 yrs. exp. with all breeds, esp. rescues & traumatized dogs. One

dog at a time gets the run of my large apt. Your dog will rarely be alone. Arrange a meet & greet. Act fast, many summer wkends & Xmas are booked. Call Jane 347-860-2142 or e-mail petnanny01@yahoo.com. Unbeatably low rates!

SERVICES

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

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

ATTORNEY—Experienced person-

Green Isn't Good

CONTINUED FROM PAGE 1

they may do more for a consumer's conscience than they do for the environment.

James Levis and Morton Barlaz, researchers in environmental engineering at North Carolina State University, found that biodegradable materials are broken down in landfills by microorganisms that, in the absence of oxygen, produce methane during decomposition. Organic material that decomposes in the presence of oxygen tends to break down into water and carbon dioxide, a gas that also warms the Earth's atmosphere, but is not as potent as methane.

Biodegradable items may release greater amounts of methane.

Some landfills—about a third in the U.S.—are constructed to capture methane and burn it for fuel or electricity production. But so-called methane wells are usually constructed only after a portion of landfill is dormant, usually a few years after it is no longer in use. Biodegradable plastics may have already decomposed and given off methane by then,

and methane from landfills is the second-largest source of the global warming gas in the United States.

Does that mean it's better to buy old-fashioned plastic trash bags? Or Huggies diapers rather than gDiapers, a popular green alternative available at the Coop?

Establishing a compost bin might do more for the environment than buying biodegradable garbage bags.

"I can't imagine [that non-biodegradable] disposable diapers could ever be the best thing for the environment," Michelle Schnoor, the marketing director for gDiapers, wrote via e-mail. "It can take one-third to one cup of oil to manufacture the plastic in a disposable diaper. That's a lot of energy on the upstream side, and on the downstream side, the diapers just sit in a garbage heap, never decomposing, or at least not for 500 years, which is kind of a long time to wait for a product that's only used once, for a few hours, on a baby's bottom." Schnoor notes that about one-third of the volume of U.S. landfills is made up of

disposable diapers made from plastic.

The makers of gDiapers advocate home composting as the most environmentally friendly way to dispose of the diapers. The Portland, Oregon company constructs the diaper liners from a cellulose rayon cover, fluffed wood pulp and a "super absorber that is inert in nature" and used in potting soil to retain moisture. The liners are also free of chlorine, dye and latex, rendering them 100 percent compostable. "With

the added nitrogen from baby's urine, it's a rockin' addition to a home compost," says Schnoor.

Considering that very few Americans separate their food waste from their trash, establishing a compost bin would be doing far more for the environment than buying biodegradable garbage bags. Well-maintained compost emits no methane and saves a significant amount of space in landfills. The Environmental Protection Agency estimates that 13

percent of trash consists of food scraps. Yet only about three percent of biodegradable material makes its way into a compost heap instead of a landfill.

Although many members may not compost, the Coop itself does. Buckets of mushy produce and stray lettuce leaves are delivered several times a week by the Compost Squad to several community gardens (including the one on Union Street near Fourth Avenue) and even the Brooklyn Botanic Garden. ■

COMMUNITY CALENDAR

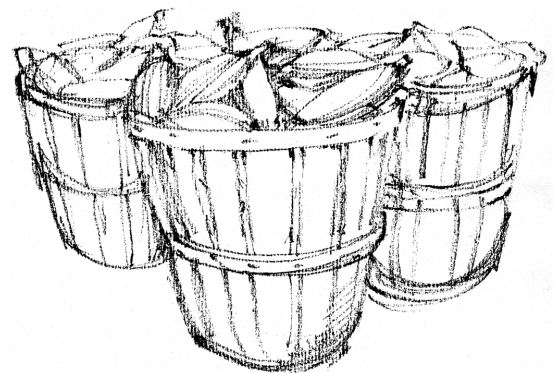
Community calendar listings are free. Please submit your event listing in 50 words or less to GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue. An asterisk (*) denotes a Coop member.

TUE, JUL 19

GWF is organizing an International Conference on HIV Aids / Woman & child Abuse. The conference is taking place from 7/19/11-7/22/11 2011 in Washington, D.C. The Conference will deliver interactive workshop sessions that will enable delegates to share best practice, ideas, empower each other and discuss the latest research findings. For more information: Email secretar_globo_2011@mynet.com

The Brooklyn Women's Chorus is having open rehearsals to invite new members. No auditions. Try it out for free, no commitment. Tuesday evenings at 7:30 (except Aug. 30.) at the Brooklyn Society for Ethical Culture Prospect Park West at 2nd St. For infor-

mation <http://www.brooklynwomenschorus.com/> or call Bev Grant at 718-788-3741. We strive to represent the diversity of the women of Brooklyn; all women are welcome and encouraged to join.



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

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

CLASSIFIEDS (CONTINUED)

al 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.

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.

PIANO TUNER-TECHNICIAN with 40 years experience. Diligent, cost-effective workmanship at fair prices. Piano humidity-control systems installed. Vintage electrics (Wurly, Rhodes) custom-serviced. I'm also a performing musician and music educator and

treat every piano like it is my own. Michael 718-965-3296.

SERVICES-HEALTH

HOLISTIC OPTOMETRY: Most eye doctors treat patients symptomatically by prescribing ever-increasing prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticyecare.com.

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

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

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

CURE YOUR THYROID. Learn from a thyroid nutrition expert who cured her own Hashimoto's. Learn how food, water, vitamins, minerals and thoughts impact the gland. Plus, how to pick the right endo, read blood test results. Magdalena Wszelaki (HHC) 646-580-0121. www.yatracoach.com

ZUMBA FOR PEOPLE OVER 60. A slow dance & fitness routine that anyone can do. Come one come all! Have fun. Learn Latin dance just like regular Zumba! If you are over 60 you will be glad to pay the \$10 for an hour of dancing. Come to the basement at 53 Prospect Park West Fridays at 11:00 a.m. sharp. Class will be held July 15, 29; Aug. 5, 12, 26; Sept. 2.

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.

HUDSON VALLEY COTTAGES. Friendly, historic, 3-season community in Northern Wetchester. 1-hour train ride to NYC. Enjoy organic community garden, hiking, tennis, pool, wifi cafe, social activities. 1-3 BR cottages. \$35k-\$129k. reynoldshills.org/bungalowshop. Contact: Mel: 347-307-4642 or melgarfinkel@yahoo.com.

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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Weekly Sessions July 5 - Aug 26 \$475/week
x weaving x sewing
x dyeing x screen printing
x art field trips!

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arts
center

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info@textileartscenter.com

Present this coupon for 10% off

ADVERTISE ON THE WEB

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

WORKSLOT NEEDS

CONTINUED FROM PAGE 7

Plastics Recycling Baler

Sunday, 1:00 to 3:45 p.m.

Baler will work as a member of the Environmental Issues Plastic Recycling Committee. Work includes operating the baler machine in the receiving area. NO OPEN-TOED FOOTWEAR SHOULD BE WORN WHILE WORKING IN THIS AREA. Worker must be able to work with Receiving staff to coordinate the use of the baler and shared workspace, and must be able to follow detailed safety instructions. Some strength and lifting required. Training will take place on first scheduled shift. You will need to contact Membership

Coordinator Cynthia Pennycooke via phone, Monday to Friday, 8 a.m. to 12:30 p.m., or via e-mail at cynthia_pennycooke@psfc.coop, prior to being assigned to this shift.

Certified Accountant

Alternate Wednesdays, 10:00 a.m.

The Brooklyn Food Coalition is looking for a volunteer accountant (preferably certified) to help with budgets and day-to-day account management. You will need to be available to attend staff meetings, usually held every-other Wednesday around 10:00 a.m. FTOP available. Contact Adriana Velez at info@brooklynfoodcoalition.org.

Solution to this issue's sudoku puzzle

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

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.

Jeanine Abraham
Bradley Alter
Adam Auriemma
J. Nick Bahrenburg
Jennifer Ball
Marcarthur Baralla
Ceilia Barbosa
Matthew Beer
Matthew Behr
Laura Berlinsky-Schine
Elodie Blanchard-Moritz
Barry Bliss
Emily Bodenberg
Jessie Borkan
Joseph Brockett
Brian Carter
Robert Chemtob
James Choros
Barb Citerman
Christine Clarke
Vanessa Clermont
Jake Davis
Nathalie Defrenne
Michael Dehni
Daisy Deomampo
Audrey Desiderato
Aaron DiPiazza
Maria Doubrovskaja
Jeremy Duhme
Mauri Epstein
Dana Ewer
Arek Feredjian
Jesse Ferguson
John Gale

Josephine Gale
Leonid Gandelman
Sara Gandelman
Robert Goldsmith
Jacob Gross
Mark Harrison
Michael Heimbinder
Sonjia Hyon
Mallory Jacobs
Alexander Jogalla
Karinna Jones
Nikhil Kamineni
Lauren Kaplan
Daniel Keltz
Rachel King
Emily Kunstler
Margaret Ratner Kunstler
Sarah Kunstler
Catie Lazarus
Jennifer Lee
Rael Lewis
Eric Lin
Andrew Lipson
Calvin McCormick
Paula McGonagle
Ryan McMiller
Kristen Meinzer
Ernesto Mestre
Eva Mizer
Molly Moody
Jonathan Moritz
Sean Mullane
Lizzie Munro
Anthony Nguyen

John O'Brien
Kristin Overson
Emily Petrone
Katharina Piechocki
Annette Poliwka
Laura Portugal
Vanessa Pratomo
Andrew Reed
Brooke Rosenthal
Julia Rudick
Kathy Rushford
Anna Ruzhnikov
Warwick Saint
Suzanne Sakharny
Meena Saunders
Kristin Scarola
Joseph Schommer
Sarah Seifert
Shern Sharma
Rashmi Singh
Alana Sorin
Diana Stahl
Dawson Stellberger
David Sticher
Jesse Taylor-Waldman
Courtney Thomas
Chryssa Tsakiris
David Van Esselstyn
Seth Walter
Dave Weiner
Jonah Westerman
Patricia Zelesnikar
Michael Zimmer



PHOTO BY KEVIN RYAN

Looking
for
something new?

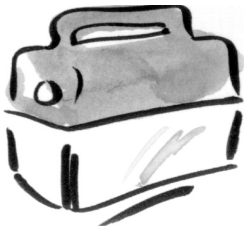
Check out the Coop's
products blog.

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



Paper cups



napkins



SUN HAT

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!

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

Your co-workers will love you for it!

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

Monday, July 25

Noon to 1:00 p.m. and 1:30 to 2:30 p.m.

You can join in any time during a tour.

I know a farmer who loves his chickens
They hunt and peck in his big yard
and cool themselves in the shade
of a mulberry tree that will soon drop its
fruit

The farmer puffs his pipe and regards
them
with the frank affection of someone
who doctors them, feeds them and
shovels out their coops

The birds display no reciprocate affection
unless swarming around him when he
scatters seed,
his hat and shoulders quick perches,
count as love

No, trust is what the chickens do
they explore the reaches of the vast yard,

bathe themselves in bowls of dust,
and live in peace
We took some eggs home
wonderful, irregularly-colored gems
A chicken lays an egg every 27 hours
if there are roosters (and there are here)
and she sits on the egg for three weeks
a downy chick will emerge

We paid 33¢ an egg from our farmer
but they were worth much more:

Find a farmer who loves his chickens
and pay him well
Foster peace in the world

The Park Slope Food Coop
A loving coop for all us chickens
by Myra Klockenbrink