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LINEWATERS'

GAZETTE



Volume FF, Number 18

September 8, 2011

The Coop's Finest Hour?

Despite Workforce Shortages and a Crush of Shoppers, Staff and Members Keep Coop Stocked and Running Before Hurricane Irene Hits

By Willow Lawson

It was just before 3 p.m. on Friday, August 26th. Hurricane Irene was churning up the coast. The first sheets of rain came down on Union Street. And the Coop was so busy that shoppers coming in had to wait for a cart.

A Receiving Coordinator's weary but amused voice came over the PA: "Attention new Coop shoppers....If you don't see the line that's because it's so big, it just looks like a bunch of people standing around.... But you can still turn back." Up in the office, staff were in wait-and-see mode. The Coop hadn't yet decided to close for the storm. The phones lines were jammed with members calling for the latest information, or to say they couldn't work. Or they could work. Or that the basement was going to flood.

The first two shifts of Friday office workers failed to show, according to Charlene Swift, a Membership Coordinator. Someone was making repeated crank phone calls. At one point the phones weren't working at all. The mayor had just announced



Coop member Miwa Yokoyama sees empty bread shelves in the rush to shop before Hurricane Irene.

that the subways would be closing down at noon on Saturday.

In the receiving room, Theresa Gray, a Receiving Coordinator, moved Hollywood carts of bananas onto the shopping floor. It was her

day off. The check-out lines were the longest she'd seen in her nine years as a Coop staffer. On the heels of the minor earthquake that struck the region, she felt the media were fueling the public's anxi-

CONTINUED ON PAGE 2



ILLUSTRATION BY DIANE MILLER

Sugary Snacks: No Sweet Deal

By Diane Aronson

Do you know how much sugar you're allowed in an unrestricted diet? As it turns out, there's no hard-and-fast rule for daily sugar-intake amounts. Read any nutritional label, and you'll see tidy breakdowns of fats, carbohydrates, and vitamin and mineral amounts, each expressed in amounts and in percentages of daily allowance. But while sugar may be listed as an ingredient, and the label

information may include the amount, it doesn't include a percentage expressing the amount as a portion of your daily sweet-tooth budget.

Running the Numbers

According to www.livestrong.com, federal departments have actually backtracked from more stringent sugar-intake limits: "The U.S. Department of Agriculture, which, together with the

CONTINUED ON PAGE 3

Next General Meeting—September 27

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, September 27, 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, Sep 13 • Safe Food Committee Film Night:
Two Angry Moms 7:00 p.m.

Thu, Oct 6 • Food Class:
Yummy Gluten-Free & Vegan Noodles 7:30 p.m.

Fri, Oct 7 • Film Night:
Battle for Brooklyn 7:00 p.m.

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

IN THIS ISSUE

Puzzle	3
Canning Makes a Comeback	5
Calendar of Events	6
Coop Hours, Coffeehouse	8
Coop Calendar, Workslot Needs	
Governance Information, Mission Statement	9
Letters to the Editor	10
Classified Ads	15
Community Calendar	16

ARE YOU READY FOR SEPTEMBER 12?

SEE BACK PAGE FOR DETAILS

Finest Hour?

CONTINUED FROM PAGE 1

ety unnecessarily. "Fear has its place," she said, "but this is too much."

Down in the basement things were strangely quiet, given the crush of shoppers upstairs. Anngel Delaney loaded yogurt onto a u-boat in the dairy cooler. "Summer is usually really quiet, so this is like a wake-up slap to the face," Delaney said. "It's like Thanksgiving in August."

Inventory at the Coop was relatively low compared to most weeks, because the hurricane was arriving during what was historically the slowest sales week of the year. "I'm worried we are going to run out of product," she said. "Closing the subway has really ramped up the panic."

The Coop was nearly out of canned beans. Soup was going fast. There were no limes, but plenty of lemons. Fresh bread and baked goods were wiped out, but sliced bread was still in stock. Overall, the shelves looked good from a shopper's perspective, even if the lines were monstrous.

Staffers had other worries. The basement had flooded badly in the past, but new ejector pumps would be put to the test. The pumps had performed well in recent heavy rains, but the outlook for Irene was ominous, with six to 12 inches of rain in the forecast.

If the drainage backed up, water could pour into the elevator shaft. The roof was also known to leak onto the shopping floor. The madness continued until 10:55 p.m. on Friday, when the last shopper was checked out. The Coop sold about \$186,000 worth of goods, topping previous records.

"I give a lot of credit to the 8:30 p.m. Friday squad," Ann Herpel, a General Coordinator, said after the storm. "Friday and Saturday were just nutty. Coop members went crazy. That line was long. The squads were



Empty shelves in the Coop's basement, after the rush of pre-Hurricane Irene shopping.

short. Everyone worked really hard." Sales would likely have reached similar heights on Saturday if the store had stayed open, but the call was made in the afternoon to close at 5 p.m. and stay closed on Sunday.

When the store closed on Saturday, staffers implemented "black-out" procedures in case the electricity failed. The refrigerators and freezers on the shopping floors were emptied and the goods stored in the basement, where temperatures are more stable if coolers are kept closed. Then buckets were put out on the shopping floor beneath past problem spots, and the elevator was sandbagged. Staffers and members worked until 9 p.m. as the storm rolled into the city.

"We have developed procedures over time as we have experienced blackouts and floods in our basement," said Herpel. "We pay more attention to developing systems for the staff to follow. There's a long document so that anyone who finds themselves in that position can do it."

When the storm cleared, the Coop was unscathed. As Sunday wore on, some members wondered why the Coop didn't go ahead and open after all. But the logistical hurdles don't allow for such quick changes of plan.

"We kind of had to follow what the city was doing and follow their cues," said Herpel on the Monday after the storm. The city government urged people to stay home on Sunday.

"A partial opening is impossible for us to communicate," she said. "We didn't have that many workers in the office. We didn't have enough workers to

make those phone calls. Even though Twitter and the website were updated, most members are not using the technology that is available to us. They just called and called. It was ringing off the hook."

Still, one member surveyed the furious activity on Saturday and proclaimed it to be the Coop's "finest hour." Many neighborhood businesses never opened at all on the Saturday before the storm, while the Coop was

one of the last to close.

"I heard from neighbors and people on the street that people were cooperative, or at least not really uptight," said Herpel. "It wasn't anxious or grim." Members came in for impromptu shifts to ready the store for the storm, including a man who came in from Long Island to help.

Said Herpel: "This is what the Coop does well. It's what the Coop's about. It's the story of the Coop at its best." ■

The Diversity and Equality Committee Seeks New Members

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

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

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

Requirements:

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

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

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

PHOTO BY PATRICK MACKLIN

THANK YOU!

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

Lourdes Amato	Ryan Dixon	Sadie Lacina	Charlie R.
Deborah Au-Yeung	Peter Drogin	Maryann Leone	June Reich
Robin B.	Acacia Dupierre	Michael Levin	Patrick Reid
Tom B.	Sean Elias	Stefanie Lynen	Donna Rini
Carrie Bancroft	Vanessa Evelyn	Melissa M.	Michael Rogers
Rachel Benoff	Merav Ezer	Rachael Maciasz	Lida Shao
Mariel Berger	Kara Finck	Ryan Magyar	Alison Shonkwiler
Sylvie Bertrand	Adelheid Fisher	Lauren Martin	Scott Shushan
Rick Billeci	Carol Freeman	Maureen Maske	Elana Sigall
Priscilla Binsack	Christina Fuentes	Nicole Waller Masson	Nicole Sisco
Ora Chaya Bitton	Mariana Gaston	Jesse Math	Phoebe Sloane
Katherine Boicourt	Tricie Gatcomb	Kathrine McCullough	Bonnie Smith
Mary-Ann Cappellino	Hans Gilde	Samuel McCune	Kathleen Smith
Shannon Caravello	Natural Gittens	Gabrielle Moisan	Lucy Stein
Dustin Carlson	Deborah Gordon	Amanda Moussa	Stephanie
Jill Chernin	Mira Grice	Ed Murach	Ilana Talmadge
Elizabeth Christ	Albert Guitjens	Ziv Nagari	Patricia Thomason
Evan Corn	Keisha Hains	Mariana Nannarone	Kumru Toktamis
Amy Crossfield	Tessa Hite	Anne O'Connell	Amparo Vollert
Marion Cunningham	Blake Holden	Kevin O'Keefe	John Webber
Benjamin Davis	Reina Horowitz	Jennifer Pawlitschek	Jason Weiner
Jessie Davis	Joe	Rachel Posner	Amelia Wilson
Gloria Demby	Heeyoung Kang	Jessica Powers	Shai Zurim
Steven Demby	Naomi Kaufman	Tobias Prasse	
Aditi Dhruv	Jacob Kirkpatrick	Judith Pushett	



Sugary Snacks

CONTINUED FROM PAGE 1

U.S. Department of Health and Human Services, periodically issues dietary guidelines for Americans, has retreated from its earlier recommendation that added sugar intake should be restricted to 10 teaspoons per day for 2,000 calorie-per-day diets."

Indeed, according to Livestrong, in 2010 the restrictions were watered down to an admonishment not to consume "foods and beverages with added sugars, and opt instead for foods with little or no added sugar."

While the USDA has backed off from specific, spelled-out maximums for added-sugar intake, the American Heart Association sticks to specific numbers.



According to the organization's web site, women should consume "no more than 100 calories per day, or about 6 teaspoons, of sugar," and for men, "150 calories per day, or about 9 teaspoons."

Whether you go with the USDA's softer stipulations or the Heart Association's more rigorous limits, when it comes to sugar, less is best. Too much sugar can increase your risk of developing type 2 diabetes and heart disease, the latter by sugar contributing to an elevated triglyceride level in your blood.

A first step toward cutting down the amount of sugar you eat is becoming an avid nutrition-label scholar—be vigilant for hidden sugar in foods, sugar in amounts that would surprise you in foods you wouldn't suspect. To help convert grams listed on labels, think of four grams of white sugar equaling one teaspoon.

While it's straightforward

to monitor ingredients as you put together a meal, what about sugar in those snacks that get you through the late morning, or that seemingly endless stretch between lunch and dinner time?

Fruit Juice: Mind the Sugar

It's mid-morning and you are in desperate need of a boost. Rather than caffeine, you instead opt for a glass of juice. You're careful to pick brands that contain only juice, and perhaps you stick to only organic choices. But consumer, beware. Sugar is sugar, no matter how organic the juice may be. If you poured an eight-ounce glass of Adam & Eve Naturally Cranberry, you would add 30 grams of sugar to your daily intake—more than seven teaspoons of sugar! R.W.

fizz to a cooled tea, you can add seltzer or sparkling mineral water, and you have a refreshing pick-me-up, with no sugar.

Yogurt: A Great Source of...Sugar

Three o'clock rolls around, and you are dragging. Rather than a candy bar, you opt for a container of yogurt, happy you've chosen a snack that, depending on the variety, can deliver a respectable portion of protein and calcium. But along with the dietary good comes the bad. If you chose Stonyfield raspberry low-fat yogurt, you'd get 22 grams of sugar, some of it from organic sugar and some of it from lactose—milk sugar, which will be present in any dairy product. Chobani Greek nonfat blueberry yogurt has slightly less sugar: 20 grams, some of it from evaporated cane juice. Opting for a soy-based yogurt doesn't cut the sugar count. Whole Soy and Co. mixed berry yogurt may be made with organic soybeans, but it also contains evaporated cane juice and 22 grams of sugar.

How can you enjoy yogurt, but cut out some of the sugar? Try plain yogurt—a six-ounce container of plain nonfat Chobani Greek yogurt has only seven grams of sugar. If you crave some sweetness, adding a half-teaspoon of honey would be about 3.5 grams of sugar, or a total of 10.5 grams for your snack. Mixing in a teaspoon of real vanilla extract into plain yogurt adds only one gram of sugar (much lower than Stonyfield's French vanilla no-fat, which weighs in at 17 grams of sugar per six-ounce portion!).

Fresh fruit is a good option, too. A quarter cup of fresh blueberries would add about four grams of sugar. Make sure to gently crush the berries before you mix them into the yogurt—this will help the berries and their juice blend in properly. A quarter cup of raspberries is even lower in sugar—about 1.3 grams—with about eight percent of your recommended fiber and 13 percent of vitamin C.

All Cookies Are Not Created Equal

Are there any lower-sugar options to satisfy a cookie craving? You might think reaching for a fig bar would be a good choice. But you may want to consider putting the package back on the shelf.

Barbara's fig bars have 16 grams of sugar per each two-bar serving, which is more than Newman's Own Organic Original Chocolate Chip, with 11 grams of sugar per each four-cookie serving (of course, the chocolate chip cookies contain 12 percent of daily fat allowance, and Barbara's fig bars none). If you think Mi-Del ginger cookies would be low in sugar, you might want to reconsider; the suggested five-cookie serving serves up 12 grams of sugar.

A tasty low-sugar option is Nairns mixed berry, ginger, or chocolate oat cookies. The suggested serving for each, two biscuits, contains only four grams of sugar, and is quite low in fat, too, with three grams in two biscuits.

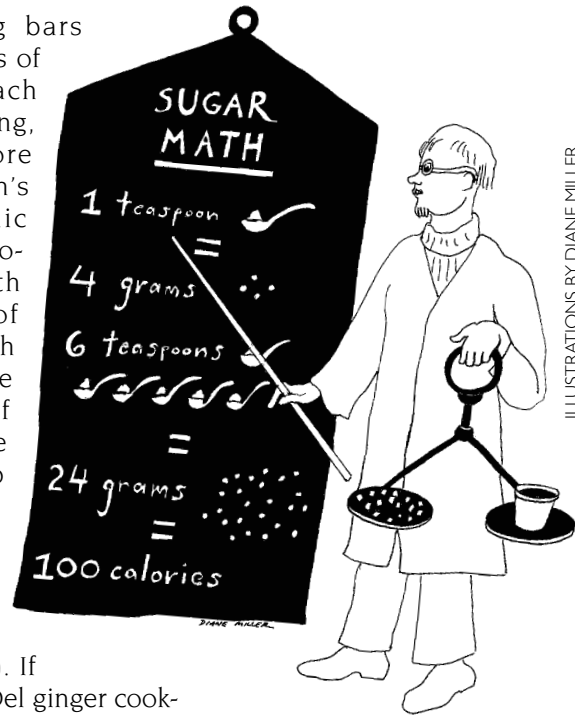
Snacks That Offer More Crunch and Less Sugar

If you desire a munchy snack, there are always non-cookie options. A great go-to, low-sugar snack is popcorn, and air popping keeps the fat down to zero. Top the popcorn with a little cider vinegar and some black pepper or other seasoning of choice (paprika adds some spice), and you've got a tasty alternative, with no additional sugar added. A small handful of walnuts or almonds also offers a satisfying, virtually sugar-free snack—but portion control is key, to keep the

fat amount down. An ounce of walnuts yields 10 grams of fat, an ounce of almonds, about nine grams.

Two-thirds of a cup of no-sugar-added Alpen Muesli is tasty and filling, with only eight grams of sugar and three grams of fat; as a bonus, Muesli delivers 14 percent of your daily recommended protein, and 16 percent of fiber. I eat it right out of the box, plain, but mixing in a tablespoon or two of vanilla-extract-flavored yogurt or skim milk makes it more of a treat, without adding a lot of milk sugar.

Cutting down on sugar in snacks does require creativity, but it also makes you think literally out of the box about snack foods. Once you start to read labels and think about alternatives to chock-full-of-sugar choices, though, you'll find yourself thinking about snacks in a whole new, and more healthful, way. ■



Vwllss

All the clues listed below consist entirely of consonants. Each clue can be reconstituted into at least three different common words by adding appropriate vowels.

For example, the clue dbl can be turned into "double," "edible" or "audible."

The number of missing vowels may vary from word to word. Some clues can be expanded to more than three words.

ctn
dbt
frc
gng
flnt
mntr
prch
slnt
cmpst
prmtr

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

What Is That? How Do I Use It? Ask Me Questions About Coop Foods

Monday, September 12 & 26
Noon to 2:45 p.m.

You can join in any time during a
question-and-answer session
on the shopping floor.

Look for tour leaders in produce aisle.

The **Orientation Committee** is looking for Coop members who have a group teaching and/or training background to lead Orientation sessions.

Potential orientors should be articulate, well-organized, and able to give a large amount of information in a personable and accessible way to a diverse group in a short period of time. Orientors lead sessions every six weeks, and on the week midway between sessions, must be available as backup for emergency coverage.

Regular slots are on Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings.

Coop member need at least two years of membership and an excellent attendance history to be considered for the Orientation Committee.

There is an initial group interview for this committee, after which there are three trainings for workslot credit. An annual meeting of the Orientation Committee is part of the work requirement.

We seek Orientors who reflect the diversity of the Coop.

To apply, please contact Ginger Jung at ginger_jung@psfc.coop

Board & Officer Elections

Election of new Coop Secretary at the September 27th General Meeting.
Election of a new member of the Board of Directors at the October 25th General Meeting.
Each term expires at the June 2012 Annual Meeting.

If you are interested in one or both of these,
please attend the meeting and announce your candidacy.

If you have questions about these positions, please speak to
a General Coordinator at 718-622-0560.

WELCOME!

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

Gwendolyn Adams	Michael Goettig	Marlo Pasion
Selena Adler	Katalin Grega-Kovacs	Audrey Pico
Anne Afflack	Anna Guidone	Adee Pintzov
Taylor Allen	Bryan Hall	Jana Pohorelsky
Josh Anchors	Cheri Hall	Chloe Poynton
Sasha Archer	Lee Hampton	Italivi Rebored
Michelle Bachir	Keva Hargrove	Rachel Rehkugler
Dena Bai	Jacob Henry	Miriam Rene
Monisha Bajaj	Anny Hernandez	Lauren Ricciardi
Bruce Balsam	Raquel Hernandez	Anja Riebenschahm
Shannon Barnett	Ben Hicks	Lisa Rindler
Emily Bates	Melinie Hicks	Angela Rivera
Valentine Benn	Maria Huyette-Arrizza	Robert Roberts
Andrew Beranbom	Mark Johnston	David Rood-Ojalvo
Leah Berkovits	David Jones	Sandy Root
Yoel Berkovits	Marshall Jones	Nina Roussarie
Ben Berlow	Terese Jordan	Lynne Ruffini
Tullya Bertrand	Itta Kalmenson	Lauren Ruggeri
Meera Bhat	Einat Katav	Sarah Sachs
Richard Bienstock	Jennifer Katz	Brett Sandusky
Predrag Bilinac	Christopher Kearns	Kamala Sankaram
Kathryn Blouin	Jana Keith-Jennings	Andrew Sargent
Rana Boland	Scott Kendall	Meredith Sargent
Natalie Bonebrake	Scott Kern	Daniel Schermele
Frank Born	Satjote Khalsa	Leeore Schnairsohn
Arpita Bose	Margot Kistler	Elaine Scott
Marisa Bowe	Geoffrey Kixmiller	Maceo Scott
James Bowman	Andrew Kjoller	Dennis Scully
Kirsty Bruce	Lyudmila Kostyanaya	Katherine Scully
Alicsa Burmeister	Julius Kozlowski	Larisa Shaterian
Dylan Butman	Brad Krumholz	Sheila Shidnia
John Campbell	Brendan Lai	Lillian Smith
Bruno Campolo	Catherine Lai	Arielle Soloff
Susan Campolo	Brooke Laundon	Ann Solomon
Jennifer Carroll	Mark LaVoie	Curt Spencer
Randolph Carty	Eric Levenstein	John Spencer
Albert Castle	Annie Levin	Gail Girardet Stang
Chris Chabrier	Mitchael Levy	Jean Stark
Danielle Chapman	Aleidria Lichau	Joseph Stipek
John Chattin	Annukka Lilja	Micah Strauss
Shawn Cheng	Joseph Lim	Alexander Strum
David Chesebro	Danielle Lombardi	Rachel Sugar
Helene Chiquet	Brooke Love	Kristi Sunde
Pierre Chiquet	Kelly Love	Andrea Sutton
Nusrat Choudhury	Tatiana Lubin	Shimon Sttillerman
Vernon Church	Daryl Lucas	Julie Taraska
Leslie Clark	Thomas Lutz	Ana Maria Teixeira
Marni Cohen	Ruth Maldonado	Martins
Christine Connor	Elsa Mandelbaum	Aylin Tekiner
Alison Cool	Taso Manis	Bryan Tereza
Lauren Cooperman	Brianna McGurran	Nicole Tereza
Taryn Crosby	Jamaal McKnight	Polly Thistlethwaite
Maria Cunha	Marissa McMillin	Marijo Thompson
Jeremy Daniel	William Menaker	Jason Thomson
Ibraim Dauti	Gary Miller	Cecilia Tilli
Luiza Dauti	Julia Miller	Kenneth Torregrossa
Chirag Dave	Julie Miller	Daniel Turner
Jordan Davidoff	Greg Milner	Tina Tyrell
Caleb Dawson	Alison Mitchell	Sarah Udaskin
JoAnna Dawson	Ignacio ("Nacho")	Tyrrell Ulerie
Toni Dechario	Monclus	Angelo Venier
Andrea deToledo	Jason Moriber	Annika Vogt
Joseph Dwyer	Christopher Moses-	John Wagner
Maura Dwyer	Jenkins	Jungeun (Rachel)
Zeldy Eber	Irene Moses-Jenkins	Wagner
Jacob Edelstein	Matthew Mueller	Charlie Walker
Ines Ellis-Guardiola	Judy Murphy	Matthew Watkins
Davina Feinberg	Amanda Murray	Vivien Watts
Emily Feldman	Alexander Musayev	Jenne Wax
Tara Finneran	Edith E. Newman	Lindsey Weaving
Jason Fitzroy	Mai Nguyen	Eve Whittington
Daniele Fogel	Rachel Nicotra	Scott Wolfson
Susan Foster	Rubin Nizri	Shari Wolk
Carla Fredericks	Farrah Noah-Daniel	Amelia Woodside
Terumi Fukushima	Timothy Nolt	Christina Wynn
Jordon Gallagher	Colleen Normile	Michael Yin
Michael Gam	Domingo Nuno	Shai Zagury
Icelini Garcia-Sosa	Conor O'Flynn	Pascal Zimmer
Kelly Gawel	Kayoko Ogawara	Ute Zimmermann
Daphne Gere	Linda Ozery	Devon Zink
Jillaine Gill	Rebecca Pahle	
Nick Gilla	Jed Parish	

Canning Makes a Comeback

By Liz Welch

The end of summer marks the end of many things: including blueberries, peaches, plums, tomatoes and nectarines, to name just a few of late August and early September's bounty. But don't despair: there is a way to preserve these delicious bites as more than tasty memories. While it may seem to be old fashioned, canning is making a comeback. And what better way to make use of all the produce section has to offer this very minute than to vacuum seal it now and enjoy all that vitamin-packed good-

ning and taking classes. And in the meantime, she started her food delivery service, which utilizes CSA food and Geary's love for seasonal cooking. A graduate of Manhattan's renowned Natural Gourmet Institute for Health and Culinary Arts, Geary has also cooked at Dan Barber's famed Westchester-based Blue Hill at Stone Barns, as well as Little Giant in Manhattan's East Village, both shrines for slow food. But creating menus out of CSA boxes for home delivery placed Geary in a similar dilemma: instead of too

Tools for Canning

To begin, you will need the following tools:

- A large pot that holds at least 8 quarts.
- A small pot to pre-heat lids
- A rack to allow water to circulate beneath the jars. Canners are equipped with racks, but a dishtowel placed at the bottom of the pot will suffice, or a round aluminum or stainless steel cake rack.
- Canning jars: Available at the Coop, the USDA recommends jars specifically made for canning such as Ball, Kerr or Mason. (Not reused pickle or mayonnaise jars, Geary insists.) They range in size from 4-ounces to one quart, though Geary says the 8-, 16- and 24-ounce jars are the most useful. New jars come with appropriate lids, which is imperative for perfect seals.
- A magnetic wand: this item is key, Geary says, as it makes fishing lids from boiling water hazard free.
- Rubber-coated tongs to lower and lift jars from the pot or canner.
- A ladle to pour food into jars.
- Funnels to prevent splatter when pouring into jars.
- Clean dishtowels for wiping down rims of unsealed jars.

While it may seem to be old fashioned, canning is making a comeback. And what better way to make use of all the produce section has to offer this very minute than to vacuum seal it?

A bad seal often means an inedible product—but not necessarily a lethal one. "People think they're going to give botulism to their grandma," Geary says. "There are roughly 20 cases a year, but they rarely have to do with canning!" The hysteria stems from a case in the early seventies where a woman ate potato leek soup from a metal can, got botulism and tragically died. As a result, the USDA changed all its rules for canning and issued a health campaign. "I remember being in home economics class in the eighties, and being terrified," Geary recalls. "There were even posters that warned, 'Don't eat anything out of dented cans. Or ones that explode.'" Geary says



PHOTOGRAPHS BY TRAVIS HARTMAN

Preserve the summer harvest to enjoy throughout the winter.

that this concern comes up at every canning class she teaches at Brooklyn Kitchen. (see www.sweetdeliverancenyc.com for more information) "I always start out my classes by saying if something funky is going on in the jar, you're going to see it!" Geary says. In fact, one section of her book deals directly with that: it's called, "How to Tell if your Canned Food is Destined for the Dumpster," and includes a bulging lid, rising air bubbles, a cotton-like mold on top of the food or beneath the lid, or a bad smell or spurting liquid, upon opening. If in doubt, throw it out is another good mantra for canners.

But a better way to avoid these catastrophes is to follow Geary's steps for safe processing, excerpted below from her book.

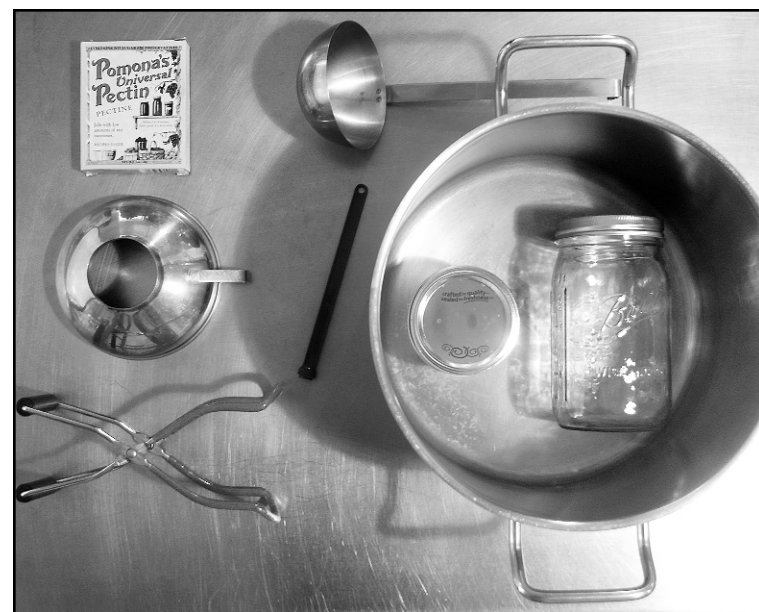
Processing, Step by Step

- Assemble your CANNING TOOLS (see above) and place your jars on top of the rack in the large pot. (i.e., make sure the jars do not touch the bottom of the pot). Fill pot with enough water so that the jars, once sealed, are covered by at least two inches. Bring the water to a boil—this sterilizes the jars, as well as prepares water for processing. Remove the jars, and turn down flame to keep to water at a simmer.

- Meanwhile, heat a separate, smaller pot to sterilize the lids. Do not allow water to boil—this will interfere with the seal. As soon as

water begins to simmer, your lids are ready.

For the novice canners, Geary suggests starting with something simple, like applesauce, tomatoes or fruit butter. "You can stop it at the thickness you want it to be, and not deal with the confusion of adding pectin, and



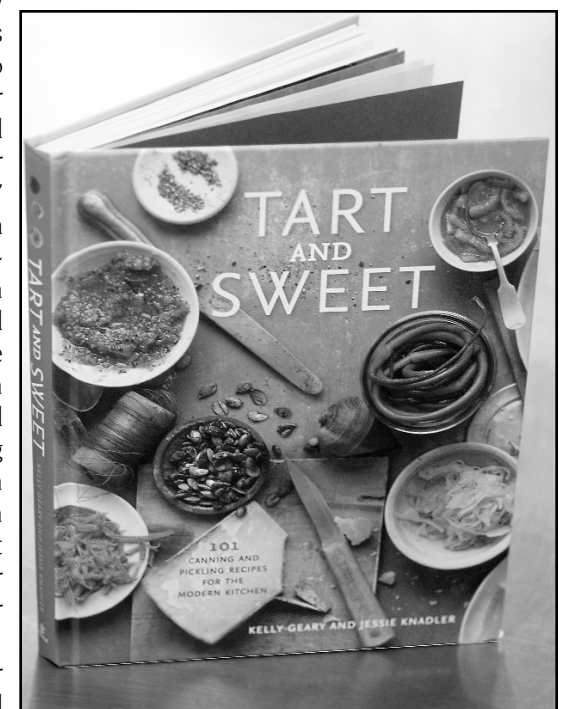
Essential tools for successful canning.

ness throughout dreary winter months? Think tomato soup that tastes like August in the middle of February. Or a sweet tart cherry compote to jazz up vanilla ice cream or crepes in January.

Now these reveries can become reality, thanks to 33-year-old Kelly Geary, the owner of Sweet Deliverance, a home delivery food service company based in Bed-Stuy and the co-author of *Tart and Sweet: 101 Canning and Pickling Recipes for the Modern Kitchen*. Geary's canning obsession began as a result of too many strawberries. As part of a CSA in Williamsburg, where she lives, Geary was getting more berries than she and her boyfriend could eat. Her neighbors, who were part of the same CSA service, were in the same dilemma: "We'd each have quarts of strawberries that were not going to make it until tomorrow," Geary says. "So I started with strawberry jam." It did not go well. "We went to the dollar store and bought three cheap pots, and proceeded to burn them all." Undeterred, Geary started reading up on can-

many strawberries, she now had overages of turnips and okra. And garlic ramps. The happy solution? "I wound up playing around with pickling," she explains, "and at the end of each season, I would give my clients jars of leftover produce." These gifts, which Geary maintains were simply part of the home delivery deal, were a hit with everyone, and further fueled her interest in canning.

Enter Jessie Knadler, a freelance journalist who was equally passionate about preserves: the two wrote a 70-page proposal, for which Geary created ten recipes, teamed up with an agent—and a bidding war lead to a book deal with Rodale. Their book, *Tart and Sweet*, is the beautiful and informative result. The first section unpacks canning dilemmas for the modern cook: "think pints, not pecks" is one piece of advice, and "make stuff you actually want to eat" another. It also takes the reader step-by-step through "water bath canning," a relatively simple process to preserve all sorts of produce.



Kelly Geary co-authored *Tart and Sweet: 101 Canning and Pickling Recipes for the Modern Kitchen*.

when to take it out," she explains. "Pickles are easy as well."

Below she shares a recipe for CANNED TOMATOES, a most useful recipe for right now.

STEP ONE

- Remove Skins (If you prefer to leave skins on, go to STEP TWO).

- Fill a bowl with cold water, then start a large pot of water boiling on the stove. Make an X at the base of each tomato, then plunge into the boiling water for 10 to 15 seconds to loosen the skin (use tongs!). Then place in cold water to cool. Once all the tomatoes have been plunged and cooled, peel skin.

CONTINUED ON PAGE 16

park slope
FOOD COOP

calendar of events

sep 10
sat 12 pm

Understanding Your Toddler

Toddlers can be delightful, confusing, frustrating and exhausting—all in the span of five minutes! Understanding the toddler's developmental changes can help parents navigate the often demanding toddler years with increased patience and skill. This workshop will explore the reasons for toddlers' behavior. We'll discuss balancing the needs of the child and the parents, and ideas for handling common challenging behaviors, such as tantrums and defiance. Pre-registration requested: to register, e-mail info@playdatesforparents.org. Coop member **Becky Plattus** and Sharon Connor are social workers and early-childhood and parent educators.

sep 10
sat 3 pm

What Are Nutrient-Dense Foods

You trust that everything you and your family eat is nourishing, but in truth, most of it only adds unnecessary energy and not enough of the nutrients that make health soar. Come and learn about the nutrient-dense foods that we, just like our ancestors, need for flourishing health. You won't look at your grocery shopping cart the same way again. **Andrea Ramirez** is a health coach for women with chronic digestive, auto-immune and hormonal issues.

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: Two Angry Moms



Over the course of a school year, we see a coalition drive dramatic changes in one Westchester, NY, school district, showing not only what is wrong with school food; but offering strategies for overcoming roadblocks and getting healthy, good-tasting, real food into school cafeterias. The movie explores the roles the federal government, corporate interests, school administration and parents play in feeding our country's school kids. Refreshments will be served.

sep 16
fri 8 pm

Mamie Minch and Noe Venable

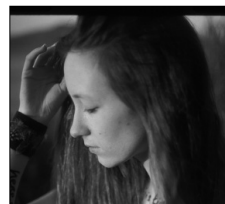
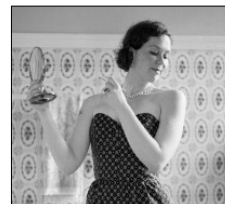


Park Slope local singer and guitarist **Mamie Minch** sounds something like a well-fleshed-out 78rpm record. She's known around town for her Piedmont-style fingerpicking chops, her big deep voice and her self-penned antique-sounding songs. She's played music all over the world and Brooklyn, with all kinds of excellent people, including Dayna Kurtz, the Roulette Sisters, Jimbo Mathis and CW Stoneking. Singer-songwriter **Noe Venable** is a composer of mystically tinged experimental folk songs,

incorporating spine-tingling vocal harmonies and soaring strings. Ani DiFranco has called her music "ravishingly melodic!" Puremusic.com dubs her "a full-blown young musical visionary." Having honed her songwriting and musicianship within the context of San Francisco's rich experimental and jazz music scene, Venable has gone on to wider recognition through the release of five albums, as well as national tours opening for artists from Ani DiFranco to They Might Be Giants.

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.



sep 17
sat 3 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.

sep 27
tue 7 pm

Qi Gung to Prevent The Common Cold

Do you get sniffles, cough or sinus problems every fall and winter? Join in for an evening of Qi Gung exercises and breathing techniques to strengthen your lungs' resistance to illness. Learn how to treat yourself if you get sick. Workshop is limited to 18 participants. Please reserve by calling 347-461-2028. Presented by licensed acupuncturist and long-time Coop member **Ann E. Reibel-Coyne**, who has studied Tai Chi Chuan and Qi Gung with Master Hua Chi Wang and Master Jeffrey Yuen.

sep 27
tue 7 pm

PSFC SEPT 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: Restatement and Amendment of the Park Slope Food Coop, Inc. Pension Plan and Trust in order to comply with the Economic Growth and Tax Relief Act of 2011 and the 2006 Cumulative List of IRS Notice 2007-3 (10 Minutes)

Proposal: To restate and amend the Park Slope Food Coop, Inc. Pension Plan and Trust in order to comply with the Economic Growth and Tax Relief Act of 2001 and the 2006 Cumulative List of IRS Notice 2007-3 we approve the following motions:

With respect to the amendment and restatement of the Park Slope Food Coop, Inc. Pension Plan and Trust ("the Plan"), the following resolutions are hereby adopted:

RESOLVED: That the Plan be amended and restated in the form attached hereto, which Plan is hereby adopted and approved;

RESOLVED FURTHER: That the appropriate Officers of the Company be, and they hereby are, authorized and directed to execute the Plan on behalf of the Company;

RESOLVED FURTHER: That George Haywood and Joseph Holtz are hereby retained as the Trustees of the Plan; and

RESOLVED FURTHER: That the Officers of the Company be, and they hereby are, authorized and directed to take any and all actions and execute and deliver such documents as they may deem necessary, appropriate or convenient to effect the foregoing resolutions including, without limitation, causing to be prepared and filed such reports documents or other information as may be required under applicable law.

Dated this _____ day of _____, 2011.

_____ Officer —submitted by the General Coordinators

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.

sep 10–nov 1 2011

Item #2: Correction of unclear wording of our Bylaws in regard to elections (20 minutes)
Proposal: “To amend the first paragraph of Article VII of the Coop bylaws so that the first paragraph reads as follows:

‘Election of officers shall be held at the June meeting of the directors from among those candidates nominated from the floor at such meeting. In the case of an officer position becoming vacant, there shall be an election held at the next directors’ meeting to fill the vacancy for the unexpired portion of the term.’ —submitted by the General Coordinators

Item #3: Election of Coop Secretary for Interim Term (20 minutes)

Proposal: Due to the resignation of the Coop Secretary, effective Aug 30, 2011, the election of a new Secretary will be held. Nominations will be accepted from the floor. The term will be until the next Annual Meeting in June 2012. —submitted by General Coordinators

Item #4: Annual Hearing Officers Committee Election (20 minutes)

Election: One current committee members will stand for re-election. Hearing Officers work on an FTOP basis when needed and serve three year terms.

—submitted by the Hearing Officer Committee

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.

sep 30
fri 7 pm

Improve Your Health With Taoist Tai Chi™

Learn the first few moves of the 108-move Tai Chi set, which can bring a wide range of health benefits to the muscular, skeletal and circulatory systems, with a soothing effect on the mind. Coop member **Aaron Kirtz** invites you to a demonstration as a member of the International Taoist Tai Chi Society™, which has just started classes in Brooklyn. Please wear loose and comfortable clothing and comfortable shoes. Aaron Kirtz has been practicing Taoist Tai Chi™ for 13 years and is a Continuing Instructor in Training.

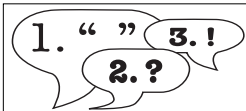
oct 2
sun 12 pm

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. *This event is rescheduled from an earlier postponed event.*

oct 4
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 or at foodcoop.com. **The next General Meeting will be held on Tuesday, October 25, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

oct 6
thu 7:30 pm

Food Class: Yummy Gluten-Free And Vegan Noodles

Do you think all noodles are made with wheat flour? **Hideyo Yamada** has a gluten allergy and is a noodle lover. “Mung-Bean Noodles Malaysian-Style” is Malaysian street food: a curry-flavored fried noodle with vegetables. “Rice Noodle Ramen-Style” is noodles in soup with bean sprouts and other vegetables. She will show you how to make a special vegan soup stock. She will use naturally sweet kabocha pumpkin for the “Pumpkin-Custard Rice-Paper Pudding.” This holistic chef—a Coop member since 2007—is a cooking instructor and health coach. She graduated from the Institute of Integrative Nutrition. She specializes in various vegan recipes and sushi and gluten-free, vegan and refined sugar-free pastry. *Menu includes mung-bean noodles Malaysian-style (curry-flavored fried noodles with vegetables); rice noodles ramen-style; pumpkin-custard rice-paper pudding. Materials fee: \$4.*

oct 7
fri 7 pm

Film Night: Battle for Brooklyn



Battle for Brooklyn is an intimate look at the very public and passionate fight waged by residents and business owners of Brooklyn’s historic Prospect Heights neighborhood facing condemnation of their property to make way for the polarizing Atlantic Yards project, a massive plan to build 16 skyscrapers and a basketball arena for the New Jersey Nets. The film

focuses on graphic designer **Daniel Goldstein** whose apartment sits at what would be center court of the new arena. A reluctant activist, Daniel is dragged into the fight because he can’t accept that the government should use the power of Eminent Domain to take his new apartment and hand it off to a private developer, Forest City Ratner. The effort to stop the project pits him and his neighbors against Ratner and an entourage of lawyers and public relations emissaries, the government and other residents who want the construction jobs, the basketball team and the additional housing that the project might produce. Daniel and a host of Brooklynites form the group “Develop Don’t Destroy Brooklyn” to pursue alternate plans to Ratner’s proposal and to expose misconceptions about the project. One by one, residents living in the footprint begin to sell their homes to the developer or move away, leaving Daniel as the last man standing in the footprint of the proposed sports arena. Director Suki Hawley will be in attendance after the screening, for a Q&A. *Battle for Brooklyn* 2011, 93 min., U.S. Directed by Michael Galinsky and Suki Hawley.

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

oct 8
sat 11 am

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.

still to come

oct 11

Safe Food Committee Film Night

oct 15

Slingshot Hip Hop

oct 15–16

Food Drive to Benefit CHIPS Soup Kitchen

oct 16

Food Sensitivities

oct 21

Wordsprouts: The Coop’s Reading Series

oct 21

The Very Good Coffeehouse Coop Concert Series

oct 23

Simple Solutions for Organizing Your Life

oct 25

What Are Nutrient-Dense Foods?

oct 25

PSFC OCTOBER General Meeting

nov 1

Agenda Committee Meeting

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 Sep 16

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



Park Slope local singer and guitarist **Mamie Minch** sounds something like a well-fleshed-out 78rpm record. She's known around town for her Piedmont-style fingerpicking chops, her big deep voice and her self-penned antique-sounding songs. She's played music all over the world and Brooklyn, with all kinds of excellent people, including Dayna Kurtz, the Roulette Sisters, Jimbo Mathis and CW Stoneking.



Singer-songwriter **Noe Venable** is a composer of mystically tinged experimental folk songs, incorporating spine-tingling vocal harmonies and soaring strings. Ani DiFranco has called her music "ravishingly melodic!" Puremusic.com dubs her "a full-blown young musical visionary." Having honed her songwriting and musicianship within the context of San Francisco's rich experimental and jazz music scene, Venable has gone on to wider recognition through the release of five albums, as well as national tours opening for artists from Ani DiFranco to They Might Be Giants.

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

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

Booking: Bev Grant, 718-788-3741

Monthly on the...

Second Saturday
SEPTEMBER 10
10:00 A.M.–2:00 P.M.

Third Thursday
SEPTEMBER 15
7:00 P.M.–9:00 P.M.

Last Sunday
SEPTEMBER 25
10:00 A.M.–2:00 P.M.

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

PLASTICS

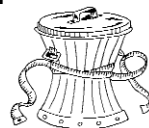
What plastics do we accept?
Until further notice:

- #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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Erik Lewis

Editors (development): Anne Kostick
Petra Lewis

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Willow Lawson
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Patrick Mackin

Traffic Manager: Barbara Knight

Thumbnails: Kristen Lilley

Preproduction: Sura Wagman

Photoshop: Steve Farnsworth

Art Director (production): Lauren Dong

Desktop Publishing: David Mandl

Dana Rouse

Joe Banish

Editor (production): Lynn Goodman

Puzzle Master: Stuart Marquis

Index: Len Neufeld



WORKSLOT NEEDS

Store Equipment Cleaning
Monday, 6 to 8:00 a.m.

The Coop is looking for members to clean the checkout area of the store. It entails cleaning the scales at each check out and vacuuming around the base of the checkout station as well as sweeping and occasionally mopping. You will work under the supervision of a staff person.

Early-Bird Entrance Desk
Weekdays, 5:45 to 8:15 a.m.

You will be staffing the Entrance desk in hours of the weekday before the Coop is open to shoppers. You will be checking in working members, informing them of their member and household status, and handing out entrance desk slips to

members who need them. You must be welcoming, polite, able to read and interpret information on the entrance desk screen and able to clearly convey information about member status directly to members. You will provide a key security function, and must remain alert throughout the shift, which may have slow periods. Therefore reading, writing, talking on the phone, texting, etc. is not allowed. Punctuality and good attendance will be essential, as you will be the only Entrance worker scheduled at this time of day.

Refrigerator Cleaning
Monday, 9 to 11:00 a.m.

This position requires a desire to do physical work, enjoy cleaning and organize refrigerators.

You will thoroughly clean the refrigerator, removing all movable parts and cleaning them, label food items and discard old or out-of-date products. Please speak to Adriana in the Membership Office if you are interested.

Office Set-up
Wednesday, Thursday 6 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 or Cynthia in the Membership Office for more information.

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the four weekly New Member Orientations. To pre-register, visit 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, SEP 27

GENERAL MEETING: 7:00 p.m.

TUE, OCT 4

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Oct 25 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Sep 22 issue: 12:00 p.m., Mon, Sep 12
Oct 6 issue: 12:00 p.m., Mon, Sep 26

CLASSIFIED ADS DEADLINE:

Sep 22 issue: 7:00 p.m., Wed, Sep 14
Oct 6 issue: 7:00 p.m., Wed, Sep 28

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,
September 27, 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-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.



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

**WHEN BOYCOTTERS
PETITION FOOD CO-OPS...****TO THE EDITOR,**

Port Townsend Food Co-op. Boycott REJECTED!

- Board member Rick Sepler: "We are not in the business of adjudicating international issues..."

- Board member Steve Moore, "It's not why we were elected." 1 (www.ptleader.com/main.asp?SectionID=36&SubSectionID=55&ArticleID=27784)

Davis Food Co-op. Boycott REJECTED!!

- Davis saw "...a reduction in shoppers and sales [and] disruption to business operations..."

- Accepting the boycott would, "...require us to accept the Global BDS Campaign's tactics as our own, and would allow the Global BDS to determine our compliance with its principles and policies..."

- "Davis would also have to subject its fiduciary authority, discretion in the management and operation to BDS,"

- "...the Davis Food Coop is not qualified to pass judgment on the legitimacy or illegitimacy of actions or policies of any foreign government...and the initiative may be excluded for failure to specify a proper purpose." 2 (www.daviswiki.org/Davis_Food_Co-op/Boycott,_Divestment,_And_Sanctions)

Sacramento. Boycott REJECTED!!!

- "The store's General Manager received repeated customers complaints about tablers for this particular issue and suspended their privileges...Unfortunately, the Sacramento Police have been called to the store twice after customers complained that the group was blocking access to the Co-op to customers."

- "...when there is no apparent connection between an act called for in a petition for member vote and the purposes of the cooperative itself...certifying the petition would have put the Co-op in legal jeopardy." 3 (www.sacfoodcoop.com/index.php?option=com_content&view=article&id=154:faq-on-the-israeli-boycott-issue&catid=51:ownershipbod&Itemid=82)

Seattle. Boycott REJECTED!!!!

- The Central Co-op in Seattle's Capitol Hill neighborhood, killed a boycott proposal...The committee leadership decided that further consideration would damage the co-op and had become, "a malignancy to our business," said former committee member Rick Bannerman. (www.jtnews.net/index.php?news/item/7670)

Ann Arbor, Michigan. Boycott REJECTED!!!!!!

- "The attempt was made to essentially say that we as a board are guilty of killing Palestinians because this isn't happening quickly enough." 5 (www.lindadianefeldt.com/blog/?p=199)

- "The co-op managers began to hear complaints of aggressive tactics

from those collecting signatures..." "A member outburst at a board meeting accusing the board of being directly involved in the deaths of Palestinians resulted in our losing our free meeting space." "Statements to the press needed to be carefully worded, and staff needed support and direction on how to respond to questions or when confronted by angry shoppers and protestors." "The board was asked to be a part of efforts to resolve the conflict in the Middle East, a task we were not prepared for." (www.cooperativegrocer.coop/articles/2009-01-19/co-op-challenged-member-boycott-request)

"The conflict in the Middle East, however, remains as difficult and challenging as ever." (www.cooperativegrocer.coop/articles/2009-01-19/co-op-challenged-member-boycott-request)

Jesse Rosenfeld

**BDS LANGUAGE OF
DECEPTION****TO THE EDITOR:**

In view of the GM discussion about banning Israeli products, it is important that Coop members are aware of some facts.

Those advocating a boycott identify themselves as part of the global movement BDS (Boycott, Divestment and Sanctions). Its ostensible aim is that people stop supporting Israel in any way. Its actual aim is to destroy Israel. Toward that end it distorts, omits, and falsifies facts; spreads misinformation; and uses manipulative, emotion-laden language. One insidious example is labeling Israel an "Apartheid" country.

Apartheid was a system in South Africa, under which a small minority of whites dominated the larger black majority population. Apartheid subjected blacks to severe legal, political, economic and social discrimination and segregation. They could not be citizens, vote, participate in government, or fraternize with whites.

Israel could not be more different. It is a democracy like the U.S., the only democracy in the Middle East. While it is a Jewish state, it is multi-racial, multi-ethnic, and religiously pluralistic. All citizens (Jewish Israelis, Arab Israelis, Christians and others) have equal rights, liberties and protections under the law, including protection from discrimination. Arab-Israelis participate as full members of Israeli society. They vote and serve in every level of government, including the Supreme Court.

The West Bank and Gaza territories are not part of Israel. Arabs living there are not Israeli citizens. They have their own government, the Palestinian Authority.

Replying to a recent *New York Observer* article about the PSFC boycott debate, one of the Coop's BDS organizers, Bill Mazza, wrote a state-

ment which included the word "Apartheid" four times. That statement drew a response from "Barbuti," some of whose eloquent and moving words I'd like to quote here:

"I'm from South Africa. An African South African, not a colonialist. (Americans just call me black.) I experienced Apartheid. Separateness. It was ugly. Many of my friends died.

I've been to Israel. The West Bank. Gaza. Inside of Israel. Lived there for a year touring for a book I want to write.

Mr. Mazza, you don't know what Apartheid is. For all of Israel's faults, you dishonor yourself and my fallen mates by using the word. The UN does not use the phrase 'Israeli Apartheid' and you repeating it over and over again does not give it authority. There is really no comparison between Israel and South Africa. We appreciate your help over there in the US for "saving" us back in the eighties, but we here in S.A. did the dirty work. We suffered. We went to jail. We died. You stayed safe, signed a few pieces of paper, spoke at a meeting or two maybe. You follow the same route for your work on human rights in the Middle East

...You are, I'm sorry to say, very uninformed about what causes you take up."

BDS supporters are entitled to form and disseminate their own opinions. They are not entitled to form and disseminate their own facts.

Ruth Bolletino

**OPEN CONVERSATION
ON CULTURAL BOYCOTT
OF ISRAEL****TO THE EDITOR:**

You are invited to a respectful conversation with six speakers with many different perspectives about cultural boycott of Israel.

WHEN: Thursday, September 15, 2011; starting promptly at 7:30 p.m.

WHERE: Kolot Chayeinu/Voices of Our Lives, 1012 Eighth Avenue @ 10th Street in Park Slope

During this time when the UN is scheduled to vote on Palestinian statehood, we hope to encourage discussion and thought about how to best support movements for peace and justice in Palestine/Israel.

Background: Many artists and musicians and others oppose the Israeli Occupation and support the cultural boycott of Israel—which is part of the international Boycott, Divestment, and Sanctions (BDS) campaign—as a non-violent way to press Israel to abide by international law and recognize Palestinians' human rights and right to self-determination. This boycott includes the decision not to perform or exhibit in Israel or in settlements in the Occupied Territories. This also includes a call to boycott Israeli institutions that are complicit with the occupation. Supporters of BDS and of cul-

tural boycott have joined an appeal called for by Palestinian civil society asking the international community to use this nonviolent tool at a time when the Israeli government, as well as the U.S. and European governments, have failed to act to stop the abuses that are intensifying and when other forms of pressure have not been successful.

Other artists, actors, and musicians and others, also committed to peace and justice, feel differently. They believe that a cultural boycott of Israel does more harm than good and is not an appropriate tool in the Israeli-Palestinian context. They accept—or support accepting—invitations to perform or exhibit in Israel and prefer to keep channels of communication open. When Israeli cultural institutions or artists perform in the US, some of these people prefer to focus on their art, and not to engage in political actions such as protests or calls for boycott. Some who share this view about cultural boycott also feel this way about the Palestinian call regarding BDS in general.

The event: Our speakers have spent time in Israel/Palestine and disagree with each other about BDS and cultural boycott. Some of our speakers are active in the arts, some are members of Jewish groups that focus on peace in the Middle East. Some are members of our host congregation. There will be time for audience members to ask questions and engage in discussion as well.

Speakers (organizational affiliation for identification purposes only): Udi Aloni, Filmmaker; Dalit Baum, Who Profits?; Jethro Eisenstein, Board of Directors, Jewish Voice for Peace; Roy Nathanson, Musician, member of Kolot Chayeinu; Lynne Sachs, Filmmaker, member of Kolot Chayeinu; Ron Skolnik, Executive Director, Partners for Progressive Israel (Meretz USA)

Moderator: Esther Kaplan, radio and print journalist

Organizing Committee: Brooklyn For Peace, Jews Say No!, Kolot Chayeinu/Voices of Our Lives

*Mary Buchwald
Brooklyn For Peace*

THE ILLUSIONISTS**TO THE EDITOR,**

I do apologize for not writing sooner, I even missed two opportunities to write during my Candidacy! Still, my 400+ votes was the most I ever got despite the 800+ No votes, an innovation of which I'm sure the Co-Op is proud! So I heartily thank all my readers, fans, and supporters for that!

This present letter might well be titled "The Illusionists," as two such groups seem to have joined forces to ensure the Co-Op does *not* boycott Israel. Our Lead Coordinator, Joe



LETTERS TO THE EDITOR

Holtz, has proposed that a super-majority be required for the General Meeting to order any boycott. And at the last GM he declared that such a decision would *better* be made at a general meeting than through a referendum. Better for whom?

As I've emphasized in these pages and in my Campaign Statement, one of the major benefits of our shadowy government is that Management does not have to state policy, claiming all decisionmaking and planning are done by the mystically powerful and all-knowing General Meeting. Therefore one must read their intentions by their actions. Hence it seems abundantly clear that, despite protestations to the contrary, they will do everything in their power to maintain their Co-Op as a food store and not as a social experiment (government) or an activist force (boycotts, expansion to other co-ops) of any kind. Hence their adamant opposition to the Israeli boycott (I don't think many of them are pro-Israel personally, even the Jews among them).

As to the Boycott itself, *as an American and a Jew and patriot* I feel that it is every American's duty to oppose and defund the Israeli government in every way possible (not the people). In the shameful and grisly battle going on in the *Gazette*, the pro-Israeli illusionists pooh-pooh the First and Second Lebanese Wars, the massacre at Sabra and Shatila, tens of thousands of Arab political prisoners including minors who are raised and indoctrinated in jail, and in each of these conflicts Israel waited politely until the US said "It's time to withdraw!" Not to mention the slaughter of 1,400 mostly innocent souls in Gaza. And that's without mentioning the *other* wars and the denial of nuclear armaments, in which our country coludes to this day.

And our stalwart Israelophiles prefer that the proposers of the boycott *withdraw their motion* rather than even discuss it, just as the Israeli government passes a ban on protests against the settlements. And still they claim that Israel is a liberal democracy when through discriminatory regulations the Israeli Arab villages are piles of white rubble. While the Jewish villages bloom with rolling lawns and flowers, Arabs are not allowed in the military, and checkpoints bloom outside Arab Israeli villages.

Enough... So we see Israel illusionists join with Co-Op government illusionists to propose that unelected representatives will serve us better than the universal suffrage provided by a referendum. Together, they disgrace simple humanity and every form of right thinking and moral decency.

In solidarity and defeat,

Albert Solomon

718-768-9079

Hobces@yahoo.com

THE ARITHMETIC OF REFERENDUM OPPOSITION

COOP MEMBERS:

Since attending the GM discussion of the proposed Israeli boycott referendum, I have been reading all the letters published in the *Gazette* on the issue.

I have not decided how I will vote on the referendum as yet, awaiting the wording of the proposal itself. However I have been following the letters which have appeared signed by a group of Coop members who are strongly opposed to holding a referendum. In the August 23rd *Gazette*, the letter is signed (if I count correctly) by 121 members. Plainly, they are justified in expressing what I am sure is their heartfelt opinion when and wherever they might.

However I note that of the ten other letters opposing the referendum, all ten are by signatories to the group letter. We have almost 16,000 members of whom probably some feel just as strongly that a referendum should be held. Should a small minority opposed to the referendum seek to prevent a vote in a democratic PSFC?

It is easy for a minority to say that the vote would be "divisive," that the Coop would be divided into separate camps as a result of the referendum. But is that a reason to deny the membership a referendum in which the majority might vote for, or a majority might vote against, the referendum?

Another weakness in the wall of opposition is its claim that an ultimate vote for a boycott would have no effect on the Israeli-Palestine conflict. Certainly a vote rejecting the boycott would have no effect, it is true. But if a positive vote would have no effect, why is there such vigorous opposition to allowing a referendum?

And finally, as to the cost of the referendum, which letters in opposition cite as "\$10,000." My recollection is that at the GM discussion of the referendum, much less costly means of conducting it were suggested, including conducting it in the Coop, itself, or including the ballot in another mailing.

Mel Spain

GAZETTE EDITORIAL POLICY

COOP MEMBERS,

There's something odd about an editorial policy that opposes personal defamation, but seems to have no problem allowing submissions whose purpose is to defame the entire state of Israel.

For more than two years, the *Gazette* editors have violated the spirit of their own editorial policy by repeatedly publishing defamatory material about Israel, with unsubstantiated

allegations of Israeli apartheid, racism, human rights violations, etc. And while the *Gazette* also publishes opposing letters criticizing this defamatory material, the very focus on this subject places many, particularly Jewish, Coop members on the defensive, where Jews have been for millennia, and this has become oppressive to those of us who believe, even with a critical eye, in the existence of the Jewish state.

Should a future General Meeting vote for or against a referendum on BDS, should a referendum decide one way or another, either way if current editorial practices continue, the *Gazette* may inadvertently become a megaphone for BDS by continuing to focus on Israel as though this subject had the same intrinsic relevance to the Coop as agriculture policy, genetic engineering and the environment.

In contrast with their past incendiary language, BDS proponents have recently attempted to promote their cause, the delegitimization of Israel, with deceptively friendly terms like democracy, civility, peace, non-violence, justice, respect, all wonderful concepts designed to provide palatable cover to distract from an agenda that is decidedly offensive to many and divisive for the Coop.

Their most recent *Gazette* article is an advertisement for a "Jewish Conversation on Cultural Boycotts of Israel." Boycotts being the propaganda tools of BDS, this discussion likely again won't include the goals of BDS. Many of us may have difficulty envisioning a group of Jews "respectfully" sitting down, in a synagogue no less, to discuss whether or how best to bring about the end of the Jewish state, but in any case, this has nothing to do with the Coop.

The *Gazette* needs a more rational policy concerning what are appropriate subjects for coverage in a Food Coop publication.

Sylvia Lowenthal

SUPPORT FOR GMO CROPS IN NEW YORK TIMES

STEPHANIE AND OTHERS:

On August 18th, *The New York Times* published an "op-ed" piece by Nina Federoff which pitched the widespread use of GMO (Genetically Modified Organism) crops as a panacea for rising food prices and begs the Obama administration to cease regulation of them. Federoff's piece shows a blatant disregard for the evidence of harm traced to GMO crops; and ignores the fact that much of the developed world including the European Union and Japan have rejected them.

Thanks to Tom Philpott, we know that for the 5-year period before Federoff joined the State Department, she served on the scientific advisory board at Evogene. This

Israeli agriculture-biotech firm works closely with Monsanto, Pioneer Hi-Bred, Bayer CropScience, Syngenta and others. She also served on the board of Sigma-Aldrich, a transnational corporation that provides services and products—including transgenic animals—to agricultural biotech companies. And she herself was one of the early patent holders on transgenic technologies, back in the 1980s.

These solid corporate credentials proved just the ticket into the G.W. Bush Administration's State Department; tapped initially by Condoleezza Rice, Federoff was kept on by Hillary Clinton. During the same period (2007-2010), Federoff also served as the Science and Technical Advisor to the head of the U.S. Agency for International Development. USAID works with Monsanto and other partners to develop and commercialize GE crops, advancing U.S. trade interests in opening new markets abroad for these products.

If *The New York Times* chooses to provide such a one-sided op-ed piece, and fails to present an alternative point of view, one can only conclude that they are advocating the pro-industry stance.

Getting any "anti-GMO" coverage in the mainstream media, as characterized by *The New York Times*, is nearly impossible, according to Megan Westgate, Executive Director of the Non-GMO Project. After all, the chemical industry has a huge ad budget and employs a lot of people.

Fortunately the *Linewriters' Gazette* does not take ads, and we can have some comfort that truth still has a fighting chance on its pages.

The blatantly pro-GMO coverage by *The New York Times* and their clear refusal to provide any coverage for the other side, seems like an interesting story angle.

I'm sure your readers would love to know:

Why won't *The New York Times* print something approximating a lively discussion of GMOs?

Why are the letters they print in response to their pro-GMO coverage so uninformed?

What, in other words, are they so frightened of anyways?

I'd love to see an in-depth article in the *Linewriters' Gazette* on this topic.

Thanks,

Greg Todd

Member, GMO Shelf Labeling committee

BDS CAMPAIGN—WHY I SUPPORT IT

TO THE EDITOR,

In the sound and the fury about BDS, and the complaints about Israel being "singled out", basic facts get ignored:

Israel is being "singled out" because the US already "singles out"

CONTINUED ON PAGE 12

LETTERS TO THE EDITOR

(CONTINUED FROM PAGE 11)

Israel with massive military and economic aid, aid that is used, in part, to subjugate Palestinians, take their land, deprive them of access to water and other resources, and reinforce a kind of institutional double standard that we would never tolerate in this society. I cannot support such policies, both American and Israeli, and BDS is my way of stating my break with them.

Israel is being “singled out” because Palestinian civil society has asked the international community to pressure the State of Israel to stop the daily violence it perpetrates through the occupation. They have asked us to do so using democratic, non-violent means. Some of us are responding through the BDS campaign. Others, sadly, are still in denial about what they are supporting: a dehumanizing colonial enterprise in the West Bank and a permanent siege of Gaza.

Israel is being “singled out” because the occupation is at a critical juncture. It has gone on for 60 years. It is approaching a point where very soon no viable two-state solution is going to be possible. Action is needed now, quickly, before we reach the point of no return: which is a permanent, ghetto-ized existence for millions of Palestinians surrounded by settlements, walls, check points and off-limit roads. It is past time for each of us to state that we, personally, collectively, institutionally, stand against the inevitability of this outcome. It is past time for us to support the historic compromise that Palestinian society has agreed to make—a viable state in less than 25% of historic Palestine.

Finally, Israel is being “singled out” because it claims to uphold the values of freedom and democracy in a hostile neighborhood, and yet systematically acts against the right of self-determination of millions in that same neighborhood. At a time when whole societies in the Middle East are struggling for, and in some cases achieving, justice and equal representation, Israeli policy has chosen, sadly, to align itself with a parochial version of the past rather than a shared promise of the future. It is to point out this contradiction, and its consequences, that I, and others, support BDS.

Mohan Sikka

AN OPEN LETTER TO THE MEMBERSHIP AND ADMINISTRATIVE BODIES OF PSFC

At the July General Meeting, champions of blacklisting Israeli products at PSFC printed a statement with no hard factual information about their movement. It contained no defined scope of their mission, no evidence on how it would help the Coop in a measurable way (subjective ethical opinions are not measurable), and—

most significantly—no named signatories. Furthermore, when asked by the floor to supply information about specific reasons behind their agenda, they offered no assistance, replying only that membership has had the opportunity to read about Israel/Palestine for years. Finally, when asked why not support individual consumer choice instead of a boycott, their response was an unsatisfactory, “It’s different,” full stop.

Boycott Divestment and Sanction devotees stifle debate. Their refusal to discuss the real issue breeds mistrust and smacks of avoidance. Even while calling for “More Democracy, Please,” they evade the core question affecting everyone, that is: “How will your boycott measurably and quantifiably help the Coop’s operational efficiency, finances, membership and



public image? In short, how is this good for the Coop?” It’s a fair and straightforward question, one they see no reason to answer. Indeed they never have, because by their own admission in the July 28th *Gazette* where they take great liberties to speak on behalf of anti-BDS advocates as well, their immediate goal is only to “...pack the meeting to sway the vote.” Hard answers hinder this goal.

Meanwhile, their strategy hinges upon distraction in order to avoid answering this question: distract membership by alleging deep-rooted division in collective opinion; distract membership with blanket accusations of our racism and complicity in human rights abuses; distract membership with imagery of the Israel/Palestine conflict; distract membership by insisting an oversimplified non-solution—boycotting—will untangle complex geopolitics; and answer membership questions with only more questions in order to sidestep what demands a direct answer.

I call on PSFC’s administrative bodies to require immediate, direct answers for this question and others, with said answers coming only from a credible, officially accountable, Coop-member representative of BDS, live and in person. BDS’s full answers and representative’s names must be made publicly available to membership. That they are a movement instead of an organization is no excuse to claim lack of leadership. Because when any group promoting an agenda cannot provide direct, unambiguous and verifiable information to PSFC, they must be viewed as proponents of an uninformed, ill-considered and possibly discriminatory outside agenda that exploits our democratic process for its own undefined goals. At present, PSFC’s operations, membership, finances, and its public image as a

standard-bearer for food and environmental justice function very well without BDS. BDS is therefore obligated to submit their answers to this and other crucial questions at the earliest possible opportunity. Anything less should be rejected from PSFC’s agenda without comment.

Please join this call, by writing to jrosenfeldpsfc@gmail.com.

Jesse Rosenfeld

LOW-HANGING FRUIT

TO THE EDITOR,

I’ve been following the recent proposal to boycott Israeli products with amusement and, more recently, consternation. While I can’t and won’t support any regime that regularly practices discrimination against a segment of its population, at the same time I think singling out Israel is taking a swipe at pretty low-hanging fruit. By this logic, we should be boycotting products from Turkey for their suppression of the Kurds, China for their suppression of Tibetans (not to mention the Muslim and Christian populations), and the mother of all apartheid regimes, the US of A.

While I was in college, oh so many years ago, I remember taking a course on rhetoric in which the professor described a tactic known as the “Tinker-bell Effect.” Using this technique, we can make the argument that if all members of the Coop were forced to cease and desist from purchasing products of Israeli origin, Tinkerbell will wave her magic wand and the government will reform, peace will sprout and everybody will live happily ever after. Is it no coincidence that Walt Disney was a notorious anti-semitite?

But what I really find so offensive about this attempt at policy change is that it is completely otiose. If this concerned group of citizens really has the time to pour into such a futile endeavor, to churn out idealistic tracts, to write letters and offend massive swaths of the Coop population, don’t you think they would do a little bit of their homework? Why don’t they get off their duffs and actually compile a list of Israeli products carried by the Coop? Why don’t they investigate each of those products and find out the politics of each of these companies? Wouldn’t it be ironic if the Coop ended up boycotting a Palestinian-Jewish collective that donates a portion of their profits to operating food kitchens in impoverished Palestinian villages? If these activists had actually bothered to compile a list of products and their producers connection to the racist policies of the Israeli government, well, then they might have a case.

Taking this further, if we could put up signs next to every single product sold at the Coop describing its manufacturer’s level of commitment to civil rights, economic justice and ecological preservation, then maybe we could truly shop with our conscience

in mind. To tell you the truth, I find the overpackaged goodies that spring up on the shelves (really, \$80 per pound for 2 ounces of kale chips packed in sturdy plastic?) a lot more threatening than the question of whether carrying a hypothetical product constitutes support for one of the most vibrant democracies in the Middle East.

Sincerely,
Robert Berkman

BDS: NO BRAINER

TO THE EDITOR,

I’ve been hoping for a long time that the Coop would join the Boycott Divestment Sanctions Against Israel campaign but I’ve been confused about how to even raise this issue or how to find like-minded people to work with on it.

When I heard that it was up for discussion at a General Meeting, it felt like a no-brainer to me. I decided to go just to show my support and see what people had to say but I never expected it to be as huge of a debate as it was. Having grown up in a Zionist household, I know that this is emotional for people but, for me and most of my family, the situation for Palestinians has become so dire that we can’t ignore it anymore.

I support this movement because at its most basic level it is about food in a way that really fits the Coop’s mission. Friends of mine who have traveled to Palestine have watched crops be cut down by Israeli bulldozers to make room for a wall to separate the land. They’ve taught me about how difficult it is for Palestinians to live any kind of regular lives because of how limited their access is to basic things such as water and medicine. I left the July General Meeting feeling disturbed by the main argument that I heard against the BDS campaign. The most common argument seemed to be: “Why Israel? Why not Syria or Libya or any other country with human right abuses?” It didn’t seem to me that most people were denying that there are human rights abuses occurring, rather they felt like Israel was specifically being singled out. But, for me, the logic of “everyone else does it too” just simply doesn’t cut it.

First off, it was made clear at the beginning of the meeting that the Coop’s policy on boycotts allows us only to join boycotts that already have a national presence and a local organizing group. The Israel boycott fits these criteria, whereas there are no other national boycott movements involving any of these other countries (to my knowledge).

Even more importantly though, this reminds me of the children I work with who get upset when I catch them hitting another child. They always respond first with “but so-and-so was hitting people!!” I’ve learned that this

LETTERS TO THE EDITOR (CONTINUED)

is a way they distract me so that they won't have to be accountable to their actions. And generally, it's not as cut and dry as they are trying to present. For example, I rarely think that the same method of discipline works with every child. I doubt that many people would think I should let a kid slide on violence against another child because of this argument. So why do people expect us to use this logic with Israel?

Rebecca Giordano

IN THEIR OWN WORDS

COOP MEMBERS:

Omar Barghouti is the self-identified central thinker of the BDS movement, founder of the Palestinian Campaign for the Academic and Cultural Boycott of Israel (PACBI), and author of the seminal BDS tract "Boycott, Désinvestissement, Sanctions; BDS contre l'apartheid et l'occupation de la Palestine" ("Boycott, Divestment, Sanctions: BDS against Apartheid and the Occupation of Palestine"; in Arabic, French edition, 2010).

The coordinating body of BDS, the BDS Campaign National Committee (BNC), claims to not take positions on issues outside the specific principles of "the Call"—the Palestinian Civil Society Call for BDS (July 9, 2005)—nor endorse either a one-state or two-state solution. But this putative impartiality is an illusion: Barghouti explicitly admits that "You cannot practically reconcile the right of return for refugees with a negotiated two-state solution" [interview: Ali Mustafa, Electronic Intifada], and openly clarifies that his real aim is the end of Israel itself: as he says, "a Palestine next to a Palestine, rather than a Palestine next to an Israel." In fact Ali Abunimah, cofounder of the pro-BDS Electronic Intifada, has in campus appearances promoting BDS advocated, along with Barghouti, for a one-state solution as a means towards the elimination of Israel, as has pro-BDS author Ahmed Moor: "Ending the occupation doesn't mean anything if it doesn't mean upending the Jewish state itself."

But again in typical illogic, Barghouti admits that no Palestinian party (of the more than 170 Palestinian civil entities) in "the Call" stands for a single state, yet there is apparently no need to defer to that consensus against the manifest real BDS objective of a single-state solution, one now rejected as wholly unrealistic even by Noam Chomsky (a ferocious early supporter). So, we should heed "the Call" from Palestinian Civil Society but should ignore their contrary (to Barghouti and BDS) acknowledgment of the viability of two-state solution.

This unique illogic of BDS is further instanced: Barghouti himself attends Tel Aviv University, operated by a country he claims to be an "apartheid" and "racist" state, claiming that he had no alternative, since "oppressed people

don't have a choice of where they go to school" (Q&A, Loyola Law School). But he and Palestinians do have "another choice" besides "attending an Israeli university" or "leaving their homeland," namely of attending a real Palestinian university in the West Bank or Gaza, exactly what hundreds of Palestinians in fact do: there are eight universities, three colleges, 16 community colleges in the West Bank and six universities, three colleges, four community colleges in the Gaza Strip.

An irony is here to be savored, that Zvi Galil, Rector of Tel Aviv University, has successfully defended Barghouti from calls for his expulsion as a radical, so that even Barghouti who seeks not only the boycott of the very institution he attends, but also the eclipse of the Jewish state via the futile notion of a binational/single state solution, receives sanctuary from discrimination, continuing to enjoy the academic freedoms he seeks to deny Israeli academics, protected by this "racist, apartheid" state."

An irony within a hypocrisy.

Constantine Kaniklidis

HEALTHY CHOICES NOT UNHEALTHY ATTITUDES

TO OUR MEMBERS:

Our Coop has been asked at the July 26th GM to support a Boycott, Divestment and Sanctions (BDS) proposal to boycott products from Israel. From the BDS history, literature and web site, however, it is clear that the group has a narrow, anti-Israel political goal. It is not a peace movement! Instead, it is an attempt to create one political agenda, which is divisive and which many of us oppose.

We ask you to join with us in helping to maintain our community where we welcome people of all nations and backgrounds, without singling out and targeting any one group. Our Coop should continue to focus on food and not falsehoods, on healthy choices not unhealthy attitudes.

If you agree with this and you are not yet a member of our group, please consider joining us by sending and e-mail to: morehumus@gmail.com. To learn more, go to stopbdsparks-lope.blogspot.com.

Rhudi Andreolli, Maurice Appelbaum, Rebecca Appelbaum, Eva Aridjis, Roberta Arnold, Shena Gitel Astrin, Connie Bell, Greg Bell, Steven Berke, Shalmon Bernstein, Esther Bernstein, Danielle Rose Bernstein, Ora Chaya Bitton, Peretz Blasberg, Shandel Blasberg, Jennifer Bleyer, Gloria Blumenthal, Robert Blumenthal, Ruth Bolletino, Elisa Bonneau, Carla Brookoff, Rita Brookoff, Alan Brown, Arthur Brown, Matthew Brown, Darrin Cabot, Nathalie Cabot, Rubi Cammarota, Sandra Catania, Chana Crayk, Meir Crayk, Zusha Dean, Sharon Eagle, Audrey Elias, Mickey Elias, Eli Eliav, Shayna Eliav, Lenore Fineberg, Arthur Finn, Carol Freeman, Riva Freeman,

Ralph Friedman, Jill Friedman, Yoav Gal, Ronen Glimer, Lisa Gilinsky, Marshall Gilinsky, Olia Gitman, Yury Gitman, Ronen Glimer, Felicia Glucksman, Jordan Goldberg, Ellen Gordon, Asya Gorokhovsky, Leonid Gorokhovsky, Lori Gottesman, Diana Gradus, Ari Gradus, Craig Gremont, Ilene Guttmacher, Beth Halpern, Fran Hawthorne, Devorah Hershkop, Samuel Hertz, Esther Hertz, Betty Leigh Hutcheson, Sheldon Jacobson, Constantine Kaniklidis, Michael Katzenellenbogen, Benjamin Kessel, Eric Kim, Joshua Kranz, Maureen Kushner, Evelyn Lampart, Chaya Lang, Tzvi Lang, David Leveson, Jess Levey, Margaret Leveson, Sam Levine, Chana Lew, Pinny Lew, Sylvia Lowenthal, Judith Magen, Ary Malamud, Sasha Malamud, Sandy Mandel, Abie Mazor, Avishay Mazor, Barbara Mazor, April Mellas, David Michaelson, Jacob Milkens, Juliet Milkens, Alan Mindel, Paula Morrell, Barry Nass, Constance Nickel, Poppy O'Neill, Baila Olidort, Marjorie Ordene, Ian Orzeck, Rodger Parsons, Ann Powell, Stewart Pravda, Joseph Raices, Rivka Raices, Rachel Ravitz, Saul D. Raw, Hara Rechman, Yigal Rechman, Jeffrey Rickin, Lila Riemann, Michael Riemann, Jill Robinson,

Joy Romanski, Doris Rosenbaum, Ron Rosenbaum, Mirele Rosenberger, Jesse Rosenfeld, Tzivia Chaya Rosenthal, Yaacov Rosenthal, Dovid Rubashkin, Faygy Rubashkin, Moshe, Rubashkin, Rochel Rubashkin, Millie Ruttner, Jonathan S. Sack, Lisa Sack, Ruth Seliger, Ilan Schifter, Rita Schifter, Shayna Schmidt, Victoria Shonbrun, Rivkah Siegel, Mushkie Silberberg, Naftali Silberberg, Adam Silver, Renee Silver, Lisa Smith, Nancy Spitalnick, Israel Spitalny, Malkah Spitalny, Marion Stein, Ronald J. Stein, Ruth Steinberg, Jonathan Stern, Mirit Tal, Susan Tauber, Allen Tobias, Joel Warshawer, Rabbi Gerald I. Weider, Rosalie H. Weider, Daniel P. Wiener, Frances Weiner, Baruch Weisman, Esther Wilenkin, Rivky Wilenkin, Constance Williams

BDS—NUFF SAID

TO THE EDITOR:

I support BDS. Put it to a referendum. Nuff said.

Oh, and by the way, remind me how to identify Israeli products so I can avoid them. I just learned Sabra hummus has some affiliation, so I will never again purchase it.

S. Wright

LETTERS POLICY

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The Gazette will not publish hearsay—that is, allegations not based on the author's first-hand observation.
2. Nor will we publish accusations

that are not specific or are not substantiated by factual assertions.

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

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

Respect

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



My 53 Hours in Jail Protesting the Tar Sands Oil Pipeline

By Nancy Romer

I spent 53 hours in Washington, D.C., lock up after being arrested for participating in a nonviolent civil disobedience action at the White House on the morning of August 20, 2011. Sixty-five of us sat in front of the White House protesting the Keystone XL Pipeline that President Obama alone has the ability to approve or stop.

You see, the Keystone XL Pipeline will carry crude oil from the tar sands of Alberta, Canada through the United States, and to the Gulf of Mexico, destroying farmlands, watersheds and indigenous lands. On top of that, it's probably the dirtiest oil in the world: whole forests are being leveled to access the sands, and vast quantities of water and carbon-spewing natural gas are needed to process the tar, all of which are dramatically compounding climate change.

Read all about the issue, the demonstration and watch a video produced by Amy Goodman of *Democracy Now!*

After we were arrested on Saturday morning, handcuffed, put into a paddy wagon, brought to the U.S. Park Service jail, processed and fingerprinted, we were dumped into a tiny cell with about 20 other women. Shortly thereafter, six of the women, all from the D.C. area, were sent home. The rest of us were considered a "flight risk."

We were handcuffed again, packed in another paddy wagon and shipped to the D.C. women's lock-up. There were 14 women, all white, ranging in age from 19 to 65 from 14 different states. We were put into a cell with one Latina and five Black women, held on a range of domestic violence charges. For almost two days, the 20 of us stayed in a 15' x 35' cell with no bedding or beds whatsoever, just a cement floor, a toilet, fluorescent lights permanently on, and bone-chilling temperatures. Most of the protesters, me included, were dressed in sundresses or shorts because of the hot weather during the sit-in. To sleep, we would lay on the cold floor, shivering, and occasionally pass out for a few minutes from sheer exhaustion. I got perhaps two or three hours of sleep during the 53 hours we were jailed.

Every 12 hours we were served processed-cheese sandwiches on white bread,

plus water (and twice, terrible-tasting fruit punch), but the silver lining was that the sandwiches were packaged in plastic wrap and we used that to insulate our bare arms and legs. On Sunday afternoon, some additional clothing was brought to us by loved ones and we shared the few warmer clothes we got with the 20 women. Nonetheless, we froze the second night as well.

From the beginning, we protesters used our collective organizing skills to keep up our spirits, exercise, and have as much fun as possible. We did frequent yoga and pilates sessions, played lots of different games, told stories, shared personal information, especially how we got involved politically, how we fell in love, and lots of silly stuff as well. We kept busy, chose a representative to consult with our (volunteer) lawyer, and kept watch over each other, caring for those who were ill (one protester had a migraine requiring a trip to the hospital), or scared.

The non-protesting women commented on how great the experience was, and how afraid they had been of being locked up. One of the local D.C. women was shocked that none of us had met prior to the arrest, because we worked so well together and shared so much in common. What she was observing was activist culture in action. It was a white version thereof, but I am quite sure that women-of-color activists would find all of this very familiar as well. The race difference—all the protesters were white and all of the other women, both in our cell and later at the court lockup, were women of color—was predictable and shameful. I know that I went into the situation with all of my privileges in hand: race, age, class. I didn't worry much about my personal safety, whereas my sister inmates of color had every reason to fear for their safety at the hands of a racist system and guards who might take advantage of their vulnerability. But even with those privileges, it was pretty hair-raising for me.

At 7 a.m. on Monday morning, we were again handcuffed, put in a paddy wagon, and driven to the DC criminal court house, shackled as soon as we got there, and put into another holding cell with other women. The noise from

women in the other cells, and the clanking of cell doors and keys, was deafening and rattling. We worried that we'd be kept yet another day. Again the cold was intolerable, but this time we had metal benches to sit on: much warmer than cement. We exchanged info on our favorite environmental books and films, and strategized about how to conduct ourselves in court and consult with legal counsel.

At 4:30 p.m. on Monday we were released and told to leave; charges were dropped. We hugged and kissed, walked out (shackles finally removed), saw the 40 men in lockup and heard them cheer us as we left, went into the building and were met by the support team ready with food and drink. There were lots of cheers and hugs, very little corporate media, though lots of alternative media. (The *New York Times* did have an editorial on Sunday, August 21, 2011, opposing the Keystone XL Pipeline.) The men had it rougher, if warmer. They were separated into two-person cells, with almost no visibility other than a slot. They had trouble communicating between cells. The bunk beds were metal with no mattress, and the top bunks were so close to the ceiling and the fluorescent lights, that it was difficult to stay up there, much less rest. Their cells lacked air conditioning, so they sweltered in the heat and humidity. What's more, they were denied the possibility of camaraderie that we women so enjoyed.

All of us felt it was worth it to step out and declare our opposition to policies that are killing our planet. We all felt that we contributed what we could to call out to our people and ask them to join us, to risk arrest, to give of themselves in any way they can to dial down the climate change that threatens our lives, and especially the lives of our children and grandchildren.

Right before the sit-in, my husband, Lew, and I visited our 20-month-old grandson, who has a wonderful life and is being raised with an enormous amount of love and care. He is a happy boy, laughing and smiling his way through each day. Seeing him helped strengthen my resolve. I cannot stand by and watch our planet deteriorate

without being part of a movement of resistance, and, hopefully, change.

Mostly I work on food democracy issues though the Brooklyn Food Coalition, including the non-sustainability of our present food system (which currently accounts for one-third of all greenhouse gases—more than personal transportation). The issue of the tar sands oil that would be transported by the Keystone XL Pipeline ignited my interest and determination because I wanted to see the environmental movement become more militant, involve more people, and stand up to the oil, gas and coal industry. We need a "Manhattan Project" to develop sustainable, renewable energy sources. We need to cut down on energy usage, not create yet another source of carbon-producing energy. We need a population that stands up to the corporations and their puppets in the White House, Congress, the cities and states, and demands we invest in renewable energy and slow down the rate of climate change. Please go to tarsandsaction.org and read more about the issue. And please also read the *New York Times* editorial on tar sands.

The demonstrations are still going on in D.C., and will culminate in a big protest on

Member Contribution

September 3rd. Please consider coming down to participate in the sit-ins or the September 3rd demonstration. While those of us who protested on the first day of the action, August 20th, were detained for more than two days—we were told repeatedly by the prison guards that it was at the request of "people VERY high up"—all other protesters were detained for less than eight hours and released the same day.

The plan is to have the largest rolling sit-in on the environment in history. If you can't come down, please follow the issue and tell your friends. Do it for yourself and those you love, and all those who will come after us. It feels great to step out and voice your resistance. The planet cannot wait for us to summon up the courage. We need to do it now. Thanks for reading this.

And finally, please consider making a contribution to Tar Sands Action, or joining the Brooklyn Food Coalition, both of which are fighting against climate change.

With love for the present and the future. ■

Attention Coop Squad Leaders!

Interested in learning more about how diversity issues affect Coop members' shopping and work shift experiences?

Want to know more about what resources are available to help your shift run more smoothly?

The Park Slope Food Coop's Diversity and Equality Committee is holding a series of workshops for 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.

TRAINING DATES:

Saturday, September 17, 10 a.m.-12 p.m.

Thursday, September 22, 7-9 p.m.

Saturday, October 15, 10 a.m.-12 p.m.

Thursday, October 27, 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.

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 over 20 yrs. Lovely parlor floor thru apt. sleeps 4-5 in comfort & privacy, queen bed, bath, double living room, flat-screen, kitchenette, deck overlooking yard. Visit our web site at houseon3st.com or on FB, a link is on the site. Call Jane at 718-788-7171. Let us host you!

CLASSES/GROUPS

JOIN PARK SLOPE De-Clutter Support Group. Want to create more space in your home or office? Learn how to manage paper, file & dispose of unwanted clothes & possessions? Make room for new things to enter your life? Email Susan Kranberg at susan@simplesolutionsny.com or call 718-965-1809 for details.

MERCHANDISE

TWIN DAY BED — Trundle bed for sale, in excellent condition, hardly used. Includes two firm mattresses. Beautiful light wood frame. Asking \$60. Will throw in a small chest of drawers for \$10. Call Israella 917-816-4795.

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.

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hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071.

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

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

YOUTHFUL GRANDMOTHER FOR HIRE! Responsible, caring and playful, I seek part-time opportunities for child care. Excellent references. Reasonable rates. Call 718-783-9460 email zipport@verizon.net.

MADISON AVENUE HAIR STYLIST is right around the corner from the food coop — so if you would like a really good haircut at a decent price, call Maggie at 718-783-2154. I charge \$60.00.

ATTORNEY—Personal Injury Emphasis—30+ years experience in all aspects of personal injury law. Individual attention provided for entire case. Free phone or office consultations. 20+ year Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

SERVICES-HEALTH

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

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

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

HOLISTIC DENTISTRY in 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.

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.

EXPERIENCE HEALING ENERGY on all levels of your Being, remove misaligned & negative energies from your aura and awaken your heart chakra in RISING STAR HEALING session with Becca Gee, trained by Master Healer Spiritual Healer Derek O'Neill in Ireland. To schedule a session: 347-633-2280 or bgee47@gmail.com.

VACATION RENTALS

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

Vwllss Sltn

ctn - auction, caution, octane
dbt - debate, debit, debt, debut, doubt
frc - farce, fierce, force
gng - aging, gang, gong
flnt - flaunt, flint, fluent
mntr - mentor, miniature, monitor
prch - parch, perch, porch, preach
slnt - salient, sealant, silent, slant
cmpst - campsite, composite, compost
prmtr - parameter, perimeter, premature

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

Canning

CONTINUED FROM PAGE 5
STEP TWO

• Leave tomatoes whole, or halved, or quartered, as you like. Heat 8 cups of water on the stove in a large pot (A separate pot from the one that is already simmering!). Reduce the heat, but keep water hot. If you are making pints, place 1 tablespoon of bottled lemon juice in each jar (If you are doing quarts, use two tablespoons, as the USDA recommends, acidifying the tomatoes for safety.) Then top each jar with raw tomatoes. Next, ladle hot water into jars to cover tomatoes, leaving ½ inch headspace between liquid and top of jar. “You want to make sure your headspace is right,” Geary says. “Jams, jellies, chutneys and fruit butters also need ¼ inch from the top of the jar. Pickles need ½ inch.” Next, slide a knife or thin spatula down the side of the jar to release any trapped air bubbles. “They’ll mess with your seal,” Geary explains. Then wipe the rims with a damp, clean cloth around the edge of the jar that connects with your lid. “You don’t want any food par-

ticles or stickiness, anything that creates a space that would allow oxygen in,” Geary expounds. “That will spoil your food.”

STEP THREE

• Lower the sealed jars into your boiling pot and cover with a lid. Process quarts for 45 minutes, pints for 40 minutes. After the jars have been processed, turn off heat and wait for water to stop boiling before removing jars. Place jars on towel or butcher block—something that absorbs heat, and prevents slippage—to cool. After the jars have cooled completely, check your seals. If it is concave—sucked in—you did it! Press your finger in the center of the lid. If it does not pop up when you release your finger, it’s air tight.

This is a simple start. For more adventurous recipes—like plums in vanilla syrup, soy garlic cherry tomatoes, chili pickled okra or curry cauliflower pickles—pick up a copy of Geary’s incredible cookbook. (Available at Fort Greene’s GreenLight bookstore, as well as through Amazon and other vendors.) ■



Kelly Geary of Sweet Deliverance, a home-delivery service based in Bed-Stuy.



Geary uses the summer's bounty to create lovely treats like jam!

IMPORTANT CHANGES

— that could affect your shopping privileges — are coming to the Coop on September 12!

Starting on September 12 the Checkout/Cashier stations will know your member status and your household status. A “suspension” could impact your ability to shop.

Contact the Membership Office or pick up a flier at the Entrance Desk to learn more.



COMMUNITY CALENDAR

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

An asterisk (*) denotes a Coop member.

SAT, SEP 10

8–10:30 p.m. Peoples’ Voice Cafe presenting: Walkabout Clearwater Chorus; Lydia Adams Davis. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); for info call 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15-18 general/\$10 members.



SUN, SEP 11

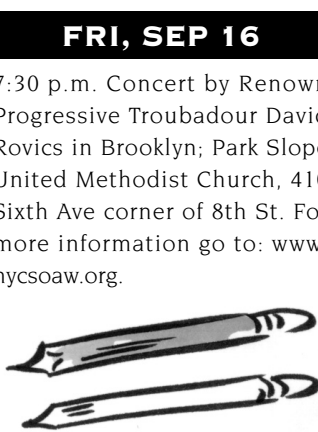
11 a.m. Brooklyn Society for Ethical Culture: A “We” Grows in Brooklyn with Catherine Bordeaux: join us as we will remember the events of ten years ago and reflect on why community is critical to our resilience and what humanism has to offer. Location: 53 PPW at 2nd street.

TUE, SEP 13

7:30 p.m. 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 at the Brooklyn Society for Ethical Culture Prospect Park West at 2nd St. For information 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.

WED, SEP 14

7–9 p.m. Invitation by Powerhouse Arena, A book launch party for: “Thrive Foods” 200 Plant-Based Recipes for Peak Health, by Brendan Brazier. 37 Main Street, Bklyn, NY 11201. For information call 718-666-3049. Please RSVP: rsvp@powerhousearena.com.



FRI, SEP 16

7:30 p.m. Concert by Renown Progressive Troubadour David Rovics in Brooklyn; Park Slope United Methodist Church, 410 Sixth Ave corner of 8th St. For more information go to: www.nycsoaw.org.

SAT, SEP 17

2 p.m. Community Bookstore’s 40th Anniversary- Reading & Party! Paul Auster, Jonathan Safran Foer, Siri Hustvedt, Nicole Krauss, Mary Morris and Jon Scieszka will read work by their favorite authors of the last 40 years. Reading at Old First Church, party to follow at Community Bookstore. Free. For information call 718-783-3075.



8–10:30 p.m. Peoples’ Voice Cafe: Tribute to Matt Jones: Marshall Jones, Wazir Peacock, Kim & Reggie Harris, Magpie, Avon Rolins, Errol Maitland. At The Community Church of New York Unitarian Universalist, 40 East 35th St. For info call 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15-18 general/\$10 members

SUN, SEP 18

11 a.m. Brooklyn Society for Ethical Culture: Being an Overseas Ally w/Global Movements for Social Change with Nikhil Aziz, executive director of Grassroots International, on the challenges and opportunities for supporting global movements for social change and human rights. Location: 53 PPW at 2nd street

SAT, OCT 1

Miles for Midwives, Prospect Park (Bartel-Pritchard Square). 5K Fun-Run and Birth & Wellness Fair. All ages welcome! Pee-wee race, free wellness fair activities. Proceeds go to promote increased awareness of midwives and the services they offer families, and help us improve maternity care in our city. <http://miles4midwivesnyc.blogspot.com>.