

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume FF, Number 26

December 29, 2011

## Cooking Away the Winter Blahs

By Diane Aronson

By the time you read this, the days will indeed be getting longer, but ahead there's still a fair share of cold weather and a daylight deficit. Short of hibernating until sometime toward the end of March, what better way to beat the winter doldrums than through enjoying a tempting, piping-hot dish?

Christina Schmitt, a seven-year Coop member, had an unequivocal winter comfort-food stand-out, observing, "I love stewing beans in different ways." When we spoke in the produce aisle, she was eager to try a new black bean recipe from a friend, which features sautéed mushrooms—portabellas for a rich flavor; a little cayenne pepper for heat; and caramelized onions, all simmering with the black beans in a little broth or water. Top it with a dollop of yogurt at the very end, and you have a tempting vegetarian take on a stroganoff. On a cold day, or



Winter means soups, stews, mac and cheese, and apple pie for Coop member Phyllis Martin.

after a winter workout, Schmitt will add brown rice to the meal.

Recently, Schmitt has started experimenting with a raw foods diet, and is determined to see it through the winter months by shopping for lots of dark leafy greens. As a special treat, she enjoys a little fair-trade chocolate, and, in sync with eating à la raw, will work in some raw

chocolate as well.

As I caught up with five-year member Beau Edmondson near the cold case, where the Coop stocks prepared foods, he was shopping with his two-month-old son, Rocco. Edmondson is a big fan of the ready-to-heat squash soup made by Brooklyn's own Naturally Delicious. When I asked him about his favorite winter meal ingredients, Beau noted that his wife does the bulk of the household's cooking. During the winter, the couple enjoys a steak and roasted vegetables. Meal prep is straightforward, as Edmondson detailed it: "We throw a whole bunch of onions, carrots and fennel into the roasting pan." For a seasonal dessert, Edmondson and his wife are big fans of ready-to-serve pumpkin pie from the Coop.

After a few minutes of careful consideration, Meg Switzgale settled on a cold-weather classic: chicken soup. For vegetables to add to the stockpot, she includes the classic choices of "onions, garlic, celery, carrots, parsley and sage," as well as a few surprises—cilantro and dandelion greens. Switzgale's husband, Thomas Brown, underscored the importance of starting with an organic chicken to make the broth. These cooks keep the chicken

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ILLUSTRATION BY DIANE MILLER

## Granola, Six Ways

By Liz Welch

With the holidays—and all the cookies, cakes and other baked goodness that comes with them—just behind us, and a New Year ahead, what better resolution than to start each and every day with something nutritious and delicious? Granola, a Coop staple, can easily be bought pre-made in the bulk food aisle, or in fancier packages—like Bread Alone's Pistachio Apricot among the breakfast cereals in aisle seven. But why pay per pound when you can make your own at home? Especially since the

Coop offers so many great granola-making ingredients, from organic rolled oats, to various types of honey or pure maple syrup, as a granola base, to the plethora of enticing add-ins—ranging from hazelnuts to Medjool dates to dried blueberries, and beyond.

Then there are the spices—a key ingredient to making a memorable mix, according to Emily Isaac, the former Union Square pastry chef who now owns and runs Trois Pommes Patisserie, a bakery on Fifth

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## Winter Holiday Hours

New Year's Eve, Saturday, 12/31 6:00 a.m. – 5:00 p.m.  
New Year's Day, Sunday, 1/1 10:30 a.m. – 5:00 p.m.

The Membership Office will be CLOSED on  
Sunday, January 1.



The Coop will be closing early for shopping at  
**5:00 pm on Sunday, January 29,**  
so that we can conduct our annual  
Coop-wide inventory.

Some shifts will be affected, others will not.

Please help inform the membership  
about this early closing by telling your  
Coop housemates and friends.

Members whose shifts are affected by the closing  
will be contacted by the Membership Office.

## Next General Meeting on January 31

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

\* Exceptions will be posted.

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Teresa Devore talking about vegetable lasagna, one of her favorite winter recipes, while stocking produce.



The secret ingredient in Chris Trovato's slow cooked winter stew is a stout beer.

PHOTOS BY WILLIAM FARRINGTON

## Stovetop Sausage-Pilsner Casserole

Yield: Four servings

I cook this dish with chicken or turkey sausage, but you can easily substitute with legumes; Great Northern beans are a good choice.

- ¾ cup uncooked rice
- 1 lb. turkey or chicken sausage, cooked according to package instructions
- 1 Tbsp. of butter or cooking oil
- 1 large garlic clove, finely minced
- 1 medium onion, chopped fine
- 1 12-oz. can Pilsner beer
- 12 oz. fresh mushrooms, stalks removed, caps coarsely sliced
- 1 Tbsp. cumin seed
- 2 Tbsp. mustard
- 1½ Tbsp. dried dill or one tablespoon fresh dill
- 1½ Tbsp. paprika

In a 2-qt. covered saucepan, add the rice to 1½ cups of water; over a high heat, bring to a boil, and then reduce the heat to a simmer. White rice will be done in 10 to 15 minutes; brown rice will take longer.

As the rice is cooking, heat the butter in a large skillet fitted with a lid, or a lidded stock-pot, and sauté the garlic for 3 minutes. Add the onion and a ½ cup of water; stirring occasionally; let the mixture simmer for 5 minutes. Add water if necessary to keep the mixture slightly liquid.

Add 8 oz. of the Pilsner, and let the mixture simmer for another 5 minutes.

Add the mushrooms, cumin seed, mustard, dill, paprika, and a little water, if necessary, to make a broth for the mushrooms to simmer in. Over a medium heat, let the mushrooms simmer, covered for fifteen minutes. Turn the heat to low and add the cooked rice and cooked sausage. Let the dish cook for 10 minutes, with an occasional stir. Serve with a salad of dark leafy greens of your choosing.

## Winter Blahs

CONTINUED FROM PAGE 1

in the pot for about an hour. To keep the broth light, they remove (and save) the chicken, and then they add the veggies, with “lots of lemon juice,” to zest up and clarify the broth. During the days that follow, as the household warms up the broth for meals, they add back pieces of chicken and freshen up the broth by adding additional lemon juice and fresh parsley and cilantro.

For another dose of winter veggies, Meg makes homemade kale chips. She preheats the oven to 425 degrees; coats rinsed, dried and de-veined kale leaves with olive oil and adds a sprinkle of sea salt; and bakes the kale for ten minutes.

Teresa Devore and Chris Trovato were stocking produce when they shared favorite winter meal ideas with me. Devore's is a steaming lasagna, brimming with veggies, and she ticked off her ingredients list: “spinach, butternut squash, tomatoes, onions, carrots and broccoli.” Before the vegetables go in the baking dish, Devore sautés or roasts all but the spinach. For noodles, she visits an Italian specialty shop in Manhattan for fresh-made. Tomato sauce and ricotta, mozzarella and parmesan round out the picture, to make a hearty winter classic, guaranteed to warm the appetite and the kitchen.

Trovato's go-to cold weather

meal is a Guinness stew: a meal, he stresses, that is “all about slow cookin’.” He often chooses a brisket meat cut, and his vegetables are “carrots, celery and onions.” But perhaps the most important ingredient, one that Trovato recommended with great gusto, is a good, solid stout beer: “It's key; it's the secret ingredient,” he says, to deglaze the pan after you've browned the meat. Also added to the pot is “beef stock, chicken stock—whatever you have in the house—and you have to put in potatoes.” He stresses that the meat must simmer the longest—at least an hour, and

his trick is put the brisket in the stew pot a bit before the potatoes. Trovato likes to serve his stew over wild rice, with crusty bread and a side salad of arugula or dandelion greens.

*What better way to beat the winter doldrums than through enjoying a tempting, piping-hot dish?*

Phyllis Martin comes from the school “of anything sweet—pies!” A particular favorite is apple pie. A slice would make a fantastic winter treat, she said, served up with a nice piece of cheese.

Another cherished winter feel-good food for her is mac and cheese, followed closely by “soups and stews.”

When the weather grows cold, Frances Johnson likes root vegetables: in particular, parsnips, squash and “lots of sweet potatoes.” She will either steam or bake the latter. Sometimes, after the potatoes are done baking (for a medium-size sweet spud, 350 degrees for 40 minutes), she'll coat them with a little flaxseed oil and a pinch of ginger. This winter, Johnson is eager to try steaming or baking some squashes she hasn't tried before: kabocha and delicata,

in particular. During the winter, Johnson enjoys a vitamin C-rich treat: chestnuts. She slits the nuts' shells, steams them for eight to 10 minutes, lets them cool a little, peels them, pops them out of the shell, and enjoys a warming cold-weather snack.

Simmering soups and stews; steaming, savory chestnuts; hearty roasted root vegetables. . . . Meals ripe for breaking winter's grip are limited only by your gustatory imagination . . . and inclination to emerge from your cave and go to the Coop, appetite aroused and shopping list in hand. ■

## 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. The answer key lists three common words per clue, but alternative solutions are possible.

- dt\_n
- mng
- ptn
- wst
- ccnt
- ddct
- lmnt
- plnt
- pprtn
- slvry

Puzzle author: Stuart Marquis. For answers, see page 5.

## The Park Slope Food Coop Agenda Committee (“AG”) is seeking qualified nominees to stand for election and serve on the committee.

The AG was established by the General Meeting (“GM”) to help facilitate the timely presentation of Coop business to the members attending the monthly meeting.

In addition to assembling the monthly agenda and maintaining records of items submitted, the AG works with members who submit items for consideration by the GM and may need assistance formulating proposals and discussion points.

The AG meets the first Tuesday of every month at 8pm at the Coop. Committee members are also required to attend five (5) GMs per year.

In addition, committee members caucus by telephone and via e-mail as needed to facilitate committee business.

Qualifications include a cooperative spirit, experience working in a committee environment, and an ongoing interest in the business of the Coop. Interested members contact Ann Herpel in the Coordinators Office.

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





ILLUSTRATION BY DIANE MILLER

## Gluten-Free Navigation at the Coop

### Coop Caters to Dietary Minority, Although It May Not Be Obvious

By Willow Lawson

Like so many Americans, Coop members are going gluten free.

It's the dietary bandwagon of the year, but for people who, for medical reasons, need to avoid gluten—a protein found in some grains, especially wheat—eating out and shopping for ingredients means many questions and careful attention to food labels.

Approximately three million Americans have celiac disease, an intolerance of gluten that causes inflammation of the small intestine, weight loss and other diverse symptoms, such as depression and unexplained infertility. Many people suffer for years without knowing they have it. According to the University of Chicago Celiac Disease Center, an estimated 97 percent of cases are undiagnosed. Experts say millions of people may have lesser degrees of gluten intolerance, causing abdominal pain, bloating and fatigue.

As information about celiac disease has become more widely known, many Americans have decided to cut sources of gluten from

their diet in hopes of simply feeling better. Novak Djokovic, the world's top men's tennis player, attributed his past year's success in part to a gluten-free diet.

Strictly avoiding gluten is no easy feat. It means avoiding all foods that contain wheat (including spelt and kamut), rye and barley, although some people with wheat intolerance find they can eat spelt without trouble. Going gluten free means finding sources of pancakes, crackers, bread, pasta and other foods made with potato, rice, soy or bean flour. It also means scrupulously avoiding hidden sources of gluten that are sometimes found in soy sauce, vitamins and medications. Some cereals that don't contain wheat are flavored with malt, which is made from barley.

Given the need for such careful shopping, members of the Park Slope Food Coop have been known to wonder why the Coop doesn't designate an area of the store for people following a gluten-free diet, or other special diets for that matter.

The Coop is organized by

departments—bulk, produce, frozen, health and beauty. Because gluten-free products can be found in every aisle of the store, and some of those products might also be dairy-free, egg-free, vegan, raw, soy-free or another category, it doesn't make sense to try to separate products into their own sections, said Janet Schumacher, the Coop's lead buyer. Quite simply, there isn't enough room. "We always struggle with how to organize the store," she said.

What is helpful for shoppers on a restricted diet to know is that endcaps—the shelves that face out at the end of aisles—are reserved for seasonal items and special items that are getting a "try out," says Ann Herpel, a General Coordinator at the Coop.

As gluten-free lifestyles have caught on, the Coop has added many products to its lineup. Shoppers can find gluten-free chocolate (Gnosis), cookies (Tara's and Lucy's), pasta (Tinkyada is very popular), pizza crust mix (King Arthur) and Van's gluten-free waffles. There are also several brands of frozen, gluten-free sandwich breads and pizzas.

General Coordinator Schumacher says the popularity of gluten-free products isn't new for the Coop—in contrast to the rest of the country—and may actually be on the downswing, like other diets that came before it. "I feel like it's at its apex," says Schumacher. "Fat-free was a big trend, but then [food companies] made things really sugary, and people kind of hated them. That crashed. Raw was a big thing, and now it's not."

Herpel noted that many food manufacturers are

labeling foods "gluten-free" that never had gluten in the first place, presumably to capitalize on the latest dietary bandwagon.

Schumacher says that for people who need to follow strict diets, for whatever reason, the Web has made the journey much easier. She cited the blog "Gluten-Free

Girl" ([www.glutenfreegirl.com](http://www.glutenfreegirl.com)) as a good source of information.

As a courtesy to people on restricted diets, the Coop keeps some products on the shelves, even though they aren't popular. Said Schumacher, "The gluten-free mac and cheese sells almost nothing." ■



PHOTOS BY TRAVIS HARTMAN



## CHIPS NEEDS ASSISTANCE WITH ITS COMPUTER SYSTEMS

CHIPS is looking for a member who would be able to advise on software, hardware and networking. Member should be available to troubleshoot as necessary but also to help make decisions on necessary upgrades, etc. CHIPS needs assistance in installing new software and migrating data from old systems to new.

**Member will earn FTOP credit.**

CHIPS currently uses an old version of Quicken. Knowledge of Quicken, Quick Books and/or GiftWorks would be useful.

CHIPS uses Mozy for back up.

Interested persons can contact Pat Gauvey at [pjgauvey@aol.com](mailto:pjgauvey@aol.com).

## THE GAZETTE INDEXES

If you are interested in the history of the Coop or in when and how particular subjects have been discussed in the Gazette...

Send an e-mail to Len Neufeld, Gazette indexer, at [lenneufeld@verizon.net](mailto:lenneufeld@verizon.net), to request PDF files of either or both of the following indexes:

- ◆ An alphabetized list of the titles of all articles published in the Gazette from 1995 to the present, with issue dates.
- ◆ An alphabetized list of all subjects (including people's names) discussed in Gazette articles from 1995–98 and 2001 to the present, with article titles, issue dates, and page numbers (subjects for the years 1999 and 2000 are being added).

Many of the Gazette issues referenced in these indexes are available as PDFs on the Coop's website. (The currently available issues cover the years 2006 to the present, plus selected issues from 1999, 2000, and 2005.)



## Granola

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Avenue between Carroll and Garfield. At the Patisserie, Isaac sells, among many other delectable treats, her own homemade granola. "Spices make all the difference," she insists. "A pinch of cayenne pepper, or even white pepper, adds a nice, unexpected flavor."

While cinnamon and nutmeg are good old reliables, experimenting with chili powder (sparingly!) or dried and ground ginger can tingle the taste buds in a new way. The same can be said for dried fruit: Rather than raisins, why not go a little more exotic? "Coconut is an excellent add-in for granola," Isaac says. So are crystallized ginger, dried sour cherries and Turkish figs, cut into bite-sized pieces. In fact, Isaac says, any kind of dried fruit is delicious. However, she cautions that timing is everything when adding them to the mix, explaining, "only add it in the fruit *after* the grain and nut base is cooked! Otherwise, the fruit gets too tough." She has learned this the hard way.

Melissa Murphy of Sweet Melissa's Patisserie uses

dried sour cherries in her popular granola, sold at both her original Court Street bakery in Boerum Hill and the Park Slope outpost on Seventh Avenue and 2<sup>nd</sup> Street. "We put pumpkin seeds, sunflower seeds, whole toasted almonds, Zante currants, golden raisins, dried cherries and real maple syrup in our granola," she says. All of these ingredients, by the way, are available at the Coop. "I also love to add dried pineapple and apricots," Murphy adds. Pistachios can replace almonds, and sunflower seeds can be swapped for sesame seeds, creating an entirely new and tasty treat. Both Isaac and Murphy use maple syrup as a sweetener, though honey also works just as well. But if you want your granola to be more of a decadent dessert, or a mid-afternoon sweet, Isaac suggests adding a touch of brown sugar and substituting melted butter for oil, which she does in the bakery granola she sells. "At home, I use olive oil," she admits, "for a lighter and healthier version."

The best thing about this particular breakfast food is how diverse it can be: In the mood for dates, walnuts and

### SIX IDEAS FOR DELICIOUS ADD-INS AND COMBINATIONS

#### 1. Traditional:

SWEETENER: Maple syrup  
OIL: Vegetable  
NUTS: Almonds and sunflower seeds  
FRUIT: Raisins and apricots  
SPICE: Cinnamon

#### 2. Autumnal:

SWEETENER: Maple syrup  
OIL: Vegetable  
NUTS: Pecans, walnuts  
FRUIT: Crystallized ginger, apricots  
SPICE: Ground ginger and cinnamon

#### 3. Caribbean:

SWEETENER: Honey  
OIL: Olive  
NUTS: Brazil, sesame  
FRUIT: Blueberries, mango, coconut  
SPICE: Ginger with a small dash of cayenne pepper

#### 4. Decadent:

SWEETENER: ½ honey, ½ brown sugar  
OIL: melted butter  
NUTS: Almonds and hazelnuts  
FRUIT: Dried cherries, apricots  
SPICE: 1 tsp. cinnamon

#### 5. Chocolatey

SWEETENER: Maple syrup  
OIL: Vegetable  
SPICE: ¼ cup cocoa  
NUTS: Walnuts and almonds  
FRUIT: Banana chips, coconut and dried cherries

#### 6. Healthy

SWEETENER: Honey  
OIL: Olive  
SPICE: Ginger  
NUTS: Flax seeds and almonds  
FRUIT: Apricots and golden raisins

coconut one week? Add those to the basic oat-based recipe (see sidebar). Hungry for hazelnuts mixed with blueberries and cranberries another? Go for it. Simply commit to memory and experiment with this base recipe for a basic rolled-oat granola—inspired by and adapted from a recipe from *Baked: New Frontiers in Baking*, a cookbook from Matt Lewis and Renato Poliafit, the duo behind Baked, their beloved Red Hook bakery. The granola they sell in their shop is now available online, and comes in three flavors—House Blend (almonds, hazelnuts, cherries, apricots, golden raisins and honey), Mountain Mix (pumpkin seeds, apricots, cranberries, pecans and maple syrup) and Chocolate Blend (chocolate chips, banana chips, dried blueberries, coconut and honey). Their array of flavors is additional proof that the cereal that was once only found in

health-food stores—and literally inspired the term "crunchy" when describing hippies—is now sold in the most hip bakeries and cafes, at least Brooklyn-wide. The happy result is that granola no longer has to taste like

over-healthy horse feed. Even better, it can be both delicious AND nutritious—whether eaten for breakfast, as an afternoon snack or a late night nibble. It also makes an excellent gift—too bad the holidays are over! ■

### Basic Granola

4 cups rolled oats;  
½ cup honey or maple syrup (can add ¼ cup packed brown sugar for sweeter version)  
½ cup oil (vegetable, olive or melted butter for a decadent version)  
1 tsp. extract (either vanilla or almond)  
½ tsp. salt  
Spice (\*if using cinnamon, 1 full tsp. \*If using stronger spices, like ginger, allspice or nutmeg, use ½ tsp. \*If experimenting with hot spices, such as cayenne, chili or white pepper, a ¼ tsp. should suffice.)

Preheat oven to 350°F and line a cookie sheet with parchment paper.

Combine oil, sweetener, extract, and salt until well incorporated, and then pour over oats. Using a wooden spoon or your hands, thoroughly mix until oats are fully covered and forming clumps.

Spread mixture over cookie sheet and bake for 10 minutes.

Then, add in 1 cup of NUTS/SEEDS:

Mix and match as the mood strikes, experimenting with either ½ cup each of two of the following, or ¼ cup each of three of the following:

NUTS: Walnuts, almonds (slivers or whole), hazelnuts, Brazil nuts, pecans, pine nuts, shelled pistachios  
SEEDS: Flax, pumpkin, sesame, sunflower

Mix with wooden spoon or spatula, and bake another 10 minutes.

Take out to cool before adding in 1 cup of DRIED FRUIT:

Have fun: try either ½ cup of two of the following, or ¼ cup of each of three of the following: blueberries, candied ginger, cherries, coconut, currants, cranberries, dates, any type of raisin, apricots, figs, apple, mango, peaches, papaya, or pineapple, chopped into bite-sized pieces.

Stir and let cool completely before storing in an airtight container. Enjoy with milk, soy, rice or almond milk for breakfast, sprinkled on yogurt or eaten straight up.

### Follow the Food Coop on

twitter



@foodcoop

### CALL FOR VOLUNTEERS FOR THE MAY 2012 BROOKLYN FOOD CONFERENCE

Brooklyn Food Coalition is planning a conference for May 12, 2012.

Please join BFC as a member and help make this conference happen.



Copywriting  
Graphic Design  
Social Networking  
Web Development  
Outreach  
Research  
Fundraising

To learn more and to volunteer please contact:  
conference@brooklynfoodcoalition.org.  
You will receive FTOP credit for your work.





GAZETTE COMMITTEE REPORT

Gazette Editorial Policies (December 2011)

By Stephanie Golden and Erik Lewis, Gazette Coordinating Editors

The Gazette editorial staff is working to be as consistent and transparent as possible. To this end, here is a summary of our editorial policies.

Please also be sure to review the editorial policies that are printed in every issue of the Gazette. Submission guidelines appear with the masthead, and the Anonymity, Respect, and Fairness Policies appear with the Letters.

Editors are the final authority on edited content: Reporters' articles, Committee Reports, Member Submitted Articles.

**Member Submitted Articles** (MSAs) are reviewed and edited by editors using standard editorial criteria. MSAs can be on any topic the writer chooses, except they cannot be blatant advertisements or promotions of businesses. Editors are not required to do extensive line editing on MSAs. Articles that are very poorly written and/or incoherent will be rejected. MSAs

must adhere to the Fairness, Respect and Anonymity Policies that also apply to letters. If an MSA is rejected, the writer may re-write and re-submit for the same issue (deadline permitting) or a subsequent issue.

- The difference between an article and a letter is that the article can be longer, but is subject to editorial scrutiny and possible rejection; the letter isn't, as long as it adheres to the guidelines. The choice between letter and article is the writer's choice. It has nothing to do with the topic of the piece, but only with its length.

- If an editor determines that a substantive change is needed to an MSA, the editor must make a reasonable effort to contact the writer of the article, and the writer must respond within a reasonable length of time. The editor will discuss the change with the writer, and, within the context of that discussion, decide

what the editorial change will be. Bottom line—the editor has the final word on what goes into the article and what goes into the Gazette.

**Letters** are not edited. If a letter has no title, the editor can provide one. If it has a title, that title is generally used. We print every letter that meets the word count and the Respect, Fairness and Anonymity Policies' criteria.

Only one letter or MSA is allowed per member per issue. During times of intense dialogue in the Gazette, letters signed by five or more persons will be considered "petition" letters or "collective" letters, and their signers will be allowed to publish another letter in the same issue. Letters signed by four or fewer signers will be considered to come from each signer, and the signers may not submit another letter or MSA in the same issue.

A Committee Report must report on the policies/activities of the committee. If not,

the Gazette / the editor can reject it, and suggest that the writer submit a Member Article (subject to editorial review) with a smaller word allotment, or a letter (not subject to editorial review).

Political endorsements are confined to Letters, and prohibited in Member Submitted Articles.

Reporter articles will steer clear of political candidates during campaigns.

If a letter criticizing a Gazette article or decision requests a response, the editor or reporter concerned must respond in the same issue, in some form. That is, the editor or reporter has the right to say, "I decline to comment," or to write a fuller editorial note. If the critical letter does not call for a response, the reporter or editor may respond in the next issue by writing a letter. ■

Length of Editorial Items:

- Letters—no more than 500 words
- Reporter articles—1200 words—extended in some cases at discretion of Editor.
- Committee Reports—1000 words
- Coordinators' Reports—1200 words
- Member Submitted Article—750 words

Board of Directors Election

The General Meeting & The Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting.... The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance.

The Board of Directors conducts votes at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

Openings

There are three openings on the Board. We have two three-year terms open this year and one one-year term.

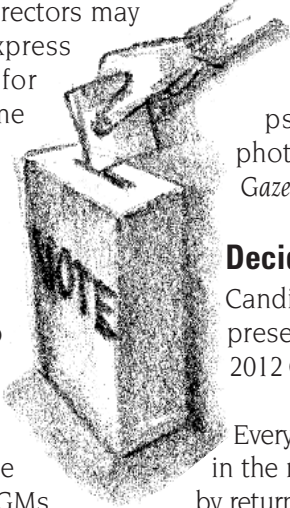
Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Thursday, March 1, 2012. Please submit a statement of up to 750 words to GazetteSubmissions@psfc.coop. Please include a small photo for publication in the Linewaiters' Gazette and the member proxy mailing.

Deciding and Voting

Candidates will have the opportunity to present their platform at the March 27, 2012 General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballots by mail or by bringing them to the Coop. Members may also vote at the Annual Meeting on June 26, 2012.



RETURN POLICY



The Coop strives to keep prices low for our membership. Minimizing the amount of returned merchandise is one way we do this. If you need to make a return, please go to the 2nd Floor Service Desk.

REQUIRED FOR ANY RETURN

1. The Paid-In-Full receipt MUST be presented.
2. Returns must be handled within 30 days of purchase.

CAN I EXCHANGE MY ITEM?

No, we do not "exchange" items. You must return the merchandise and re-purchase what you need.

CAN I RETURN MY ITEM?

Produce\* Bulk\* (incl. Coop-bagged bulk)  
Cheese\* Seasonal Holiday Items  
Books Special Orders  
Calendars Refrigerated Supplements  
Juicers & Oils  
Sushi \*A buyer is available during the week-days to discuss your concerns.

NEVER RETURNABLE

Refrigerated Goods (not listed above)  
Frozen Goods  
Meat & Fish  
Bread

RETURNABLE ONLY IF SPOILED BEFORE EXPIRATION DATE  
Packaging/label must be presented for refund.

Items not listed above that are unopened and unused in re-sellable condition

RETURNABLE

The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.

Vwllss Sltn

- dtn - audition, detain, edition
- mng - among, manage, mango
- ptn - option, petunia, potion
- wst - waist, waste, west
- ccnt - accent, account, coconut
- ddct - addict, dedicate, deduct
- lmnt - element, eliminate, lament, laminate
- plnt - planet, plant, pliant
- pprtn - apparition, appertain, apportion, opportune
- slvry - salivary, silvery, slavery, slivery

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

WHITHER THE GAZETTE:  
OUR NEWSLETTER  
NEEDS REFORM, PART II

## DEAR COOP,

The *Gazette* staff has often made unwanted and unannounced changes to member submissions—not just to typos, misspellings, and poor grammar—but to *content*. They've transformed meaning into its opposite. They've changed text *inside quotation marks*—rendering them inaccurate. They've cut text, ignoring the effect on surrounding text, leaving references to the cut text making no sense. No aspect of member submissions are safe from their predatory red pencils. And it's always the writer who looks bad.

Several letters about this by me and others drew responses from the coordinating editors, defending their copy editors, claiming *no* responsibility for production goofs, and blaming lack of notification on “deadlines,” “tight production schedules,” etc. Coordinating editor Stephanie Golden in her 5/7/2009 letter explained goofs by comparing the *Gazette* staff to the Coop's unpaid (read unreliable) workforce, adding: “the *Gazette* doesn't have the efficiency and control of a publication with a hierarchical structure; we are less consistent and make more mistakes.”

But consider: the Coop, with 75% unpaid labor working 2.75 hrs once every four weeks—*not* doing their usual work—has sales per/square foot 12 *times the industry average*, including corporate giants Whole Foods Market and Trader Joe's. Lacking ample storage space, the Coop moves stock in, up, and out quickly amid crowded conditions, indicating a ded-

icated, diligent workforce—hardly Stephanie Golden's depiction.

She wrote that editing of content was necessary because of “factual inaccuracies, incoherent writing, unsubstantiated claims and potentially libelous attacks.” But, she reassured us, there's no “overall” censorship of particular views.

However, nobody made that accusation. More likely, cuts result from ill-considered, rash, judgments—and perhaps personal agendas—of individual editors. *Gazette* fact-checking is almost non-existent. The editors have cut based on presumed knowledge, rather than actually checking. Too often there's no effort to *clarify*, to *improve* writing, rather than cutting. The *Gazette* doesn't allot enough word-space for illustrations, but, if interested, contact me at dbarouh@fastmail.fm for examples.

At the 8/25/2009 GM discussion, the overwhelming member sentiment was that *writers* should control their content. Members dismissed “deadlines” as a reason for not consulting writers. No vote occurred, but the *Gazette* subsequently changed its submissions guidelines (undoubtedly to control any change process), obligating editors to “confer” with *writers* about proposed *editorial* (meaning content) changes. That seemed to end the controversy.

Only it didn't. “Conferring” says nothing about *final control*. If they want something cut—“confer” or not—it's cut! Titles, subtitles, section-heads, formatting—all influence content—are content. Editors still change these *without notification*, their rationale being—as I found out the hard way—it's *the industry standard*.

Our storefront revolution has evolved its own standards—its own

way of doing things—in *stark contrast* to mainstream businesses—probably why we're frequent targets of mainstream standard-bearers like *The New York Times*. Is there logic to an editor's title choice superseding the writer's own? Must we follow “industry standards” from a heartless and corrupt corporate world?

As for *Gazette* inconsistency and mistakes, the editors are professionals in the field, so we must assume they're *not* incompetent. We'll have to look elsewhere—but I suspect it won't be pretty!

David Barouh

BDS: TIME FOR  
REFERENDUM; TIME FOR  
RESOLUTION

## DEAR COOP,

The debate and discussion has gone on way too long. It is time for those in a leadership role at the Coop to find a way to put the question to a vote. Endless discussion, long after all points on both sides have been made and repeated, is frustrating and damaging to the democratic process. Anyone who cares to pay attention has had ample opportunity to hear both sides and say their piece. If this were a meeting, most of us would have left long ago. Not because we don't care about the issue but because the repetition and lack of resolution is tiring.

That there has been no move to conduct the called-for referendum suggests that those who guide the process at the Coop agree with some BDS opponents that it should not be put to a vote. This would be unfortunate if true, showing a sad lack of faith in democracy from an institution that aspires to be a model of it.

Carl Biers

WORK-SHIFT MAKEUPS –  
A CREATIVE APPROACHDEAR COOP MEMBERS AND  
COORDINATORS,

As reported in an article from the December 15th *Gazette* highlighting news from the November General Meeting, Coordinator Ann Herpel discussed the work shift system and makeups. She suggested a system of

weighted makeups for missed shifts, and future credit for working consecutive scheduled shifts. This system would reward members for responsible shift attendance, and be less punitive for those who have missed shifts. These changes would encourage members to work their scheduled shifts, or swap them, and this would benefit everyone. Please implement this policy ASAP!

Thank you for the creative problem solving,  
Vivian Epstein

## A QUESTION OF EQUITY

## TO THE EDITORS,

A recently submitted letter of mine was rejected on the grounds of editorial guidelines that letters must not be “derogatory to a people or a group,” and must not include “sweeping negative statements about groups of people.” Another basis for rejection was that I used a term subject to debate and controversy without rooting it in fact.

These charges are disputable, but I am not arguing the specifics of my letter here. The issue I *am* addressing is whether these guidelines are indeed (1) in effect and (2) consistently and fairly applied.

In the long-running debate over BDS in the *Gazette*, there have been charges against Israel of “ethnic cleansing,” “state-sponsored terrorism,” maintenance of Gaza as “an open-air prison,” “attempt[ing] to deny Palestinians an education” and innumerable characterizations as an “apartheid” state, a “racist” state, and a state that has engaged in “massacres,” all sweeping negative claims subject to debate and controversy, yet presented as established facts, painting a portrait of Israel that is insulting to Coop members who support Israel as a democratic, Jewish state, albeit with reservations about some of its policies.

Directly derogatory to groups of people within the Coop community, BDS supporters have described voices against their position as “McCarthyite subterfuge” and “passive-aggressive,” with claims that those who oppose a referendum “dis-

## 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, fac-

tual coverage:

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

## GAZETTE COMMITTEE REPORT

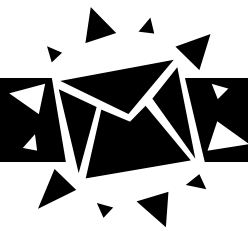
## New Letters Policy

By Stephanie Golden and Erik Lewis, Gazette Coordinating Editors

In response to member comments regarding the number of letters in the *Gazette* about the BDS issue, our Editorial Board has set a new policy.

A letter signed by five or more people will be considered a “collective” letter, and the signers can publish an additional letter in the same issue. A letter signed by fewer than five people will be considered a letter from each of the signers, and our long-standing policy of one letter or member article per person per issue policy will apply: the signers cannot publish another letter in the same issue.

At least at this point, we are reluctant to limit these letters any further, since our mandate is to keep the *Gazette* open to all points of view.



## LETTERS TO THE EDITOR

grace simple humanity and every form of right thinking and moral decency." We have also been told that carrying Israeli goods "makes all Coop members complicit in the commission of human rights abuses and the violation of international law."

The list continues, long and numbing. And the question is whether these attributions, by fair and reasonable standards cited above as *Gazette* policy, are not themselves sweeping negative statements about groups of people and derogatory to a people or a group, and whether, therefore, these principles are being consistently, not



selectively or capriciously or erratically, applied.

In fairness to the editors, their job with respect to the BDS discussion cannot be easy. One hopes at the very least that their biases are kept in check by their integrity, and that any editor with a strong ideological investment in a particular issue self-recuses to avoid potential, even if unintentional, conflict of interest. Certainly objective and authoritative fact-checking about the Israel/Palestine conflict is out of the editors' reach, and, for this reason alone, the *Gazette* is not an appropriate vehicle for such an intrinsically complicated debate. But having allowed the discussion to go on for three years, there is clearly a need for consistent and equitable application of the principles about allowable content. As the above suggests, it is far from clear that this is the case.

Sylvia Lowenthal

## NEW YORK METHODIST HOSPITAL: A YEAR-END THANK YOU

## DEAR COOP,

At this time of the year when we reflect on all the things that we are grateful for in our lives, you come to mind.

We would like to thank you once again on behalf of our patients for all your efforts this past year in organizing blood drives with us.

Our relationship with you is one we treasure, and we look forward to working with you again in the year to come!

We wish you happiness and peace, and a new year filled with all good things!

Grace Gehrke, Sidney Leonidas, and Staff  
New York Methodist Hospital  
Blood Donor Program

## FOOD FOR THOUGHTLESS

Congress has declared pizza a vegetable for school lunches.—news item

Are you so nutritionally uninformed

You didn't know about pizza?

It's an Italian vegetable

That no green lettuce beatsa.

More news for those not au courant:

Nachos are good for the brain,

All ice cream's deemed a fresh fruit

And French fries are a grain.

Moreover you need to understand

That pickles are salt-free,

Plus every cheese is bereft of fat

And sugar's good for thee.

This revolution in nutritional rules

That pushed the envelope edge

Began with President Ronald Reagan,

Who discovered ketchup's a veg.

Leon Freilich

## CLASSIFIEDS

## BED &amp; BREAKFAST

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, flatscreen, 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!

TOFU'S RETREAT-Holistic B&B in the Berkshires. Set on 5 acres with mountain & pasture views. Guests have their own floor w/private bath, lvg room. Organic breakfasts included. Chemical-free in-ground pool in summer. 2 nite wknd min stay. Includes choice of 2 massages or consult w/naturopath. Call for info 917-648-1600.

## PETS

PET NANNY. Retired social worker, 35 yrs. exp. with all breeds, esp. rescues and traumatized dogs. One dog at a time gets the run of my lrg. apt. Your dog will rarely be alone. Arrange a meet & greet. Unbeatable loving care at unbeatable low rates! Call Jane at 347-860-2142 or email petnanny01@yahoo.com.

EXPRESS MOVES. One flat price

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

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

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. Prompt, courteous communications. 20+ year Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

EXPERT Editing & Coaching: Help preparing and polishing your

most important communication tools: resumes, cover letters, speeches, articles, presentations. Carol Becker 718-853-0750.

## SERVICES-HEALTH

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

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

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.

HOLISTIC PHYSICIAN using bio-identical hormones, diet and nutritional supplements to treat a wide variety of ailments including allergies, digestive disorders, inflammatory conditions, osteoporosis and thyroid disease. Over 20 years experience. Insurance reimbursable, Medicare accepted. Please call Marjorie Ordene, MD 718-258-7882.

## COORDINATORS' CORNER

## Another Farmer Speaks Out on Fracking

By Paul Van Amburgh, Dharma Lea Farm

I ask, who will compensate us for the stored fertility that we have, at huge personal and financial cost, worked to promote in the 200 acres we farm? A fertility that benefits the people who consume the food from our farm, and was our intention would benefit our family long into the future.

Who will compensate us for the five years of fence building, the roof work on the barn, the painting of the barns, the cleaning of the hedgerows, the drainage work? The years of our youth passed on the hard work of building a farm, a sustainable farm for the benefit of our family and the greater community. All this work, I am told, will go down the drain, because the banks will hold no mortgage on a fallen community, a community poisoned by the greed of today.

We labor at this work from a place of love for our fellow man, and to aid our future generations—our only payment is to be able to do what we love. Now were are told that poison will be pumped into our ground and someday end up in our water? Will it be my daughters' water, my granddaughters' water, and then eventually my daughters' breast or granddaughters' breast that this poison will find? I am a farmer, and thinking about farming is always in this multi-generational context—I ask are you thinking long-term when you dis-

cuss this rape of our community? Real leadership requires long-term thinking, setting the greed and short-term thinking aside.

The high-calcium soils under this part of central New York have incredible productive abilities, and we squander them at our own peril. We squander the high-quality water here at our own peril.

I ask: When will we stop selling the future for today's supposed benefit? Hydro-fracking is classic short-term thinking. Destroying soil, water and farmland will not relieve increasing energy costs, or help with long-term budget problems at the state level. It is a short-term fix, with horrible collateral damage. I wonder will "more than enough" ever be enough?

I have also heard from some that it is a mere numbers game. More people will benefit from the drilling than not. A culture that feeds on itself is already on a steady decline. I may be sacrificed today—who will be next? I look to southeastern Kentucky, a land that has already given all to the cause, suffering from the "riches" of coal. Visit there and see what benefit the energy companies have brought to the rural poor.

It is well known that a healthy urban environment depends on healthy hinterlands, a rural landscape that can support the city. Hydro-fracking is in this logic a stake through the heart of the city, as well as our rural areas—short-term thinking! ■

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

## 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.



park slope  
FOOD COOP

# calendar of events

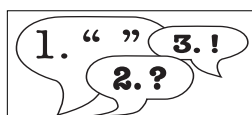
jan 3  
tue 12–3 pm

## Slowing Down the DEC on the Fast Track to Frack NY State

Governor Cuomo and the Department of Environmental Conservation are putting the energy industry on a fast track to frack New York State. Why the hurry? The NYS DEC recently issued a Supplemental Generic Environmental Impact Statement (SGEIS) which, if accepted, will allow hydro-fracking to begin. We now have until January 11 to send comments to the DEC. The Food Coop's Environmental Committee is organizing a series of workshops to provide guidance for writing an effective letter to the DEC, commenting on their regulations. Stop by at any point during one of the workshop sessions. Bring friends—Coop members and non-members are welcome!

jan 3  
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, January 31, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jan 5  
thu 7:30 pm

## Food Class: Post-Holiday Cleanse



Join registered holistic nutritionist and chef **Talia Chai** as she demonstrates three quick and easy recipes that will boost your energy, improve your mood, and reduce the post-holiday bulge. She will discuss the benefits of cleansing and how to incorporate it into everyday life. She is currently enrolled in the Chef Training Program at the Natural Gourmet Institute, where she is learning how to make these whole, real foods taste delicious and look beautiful. *Menu includes warm and spicy ginger tumeric tea; super alkaline green vitality juice; simply satisfying everyday smoothie; nourishing miso soup with mineral-rich sea vegetables; raw cleansing salad.* **Materials fee: \$4.** Food classes are coordinated by Coop member Susan Baldassano.

jan 6  
fri 7 pm

## Film Night: Wo Ai Ni Mommy



In the last decade, China was the leading country for U.S. international adoptions. There are now more than 70,000 Chinese children being raised by American families. Eight-year-old Fang Sui Yong, aka Faith Sadowsky, is one of them. After being abandoned at two, sent to a city orphanage for two years, and then taken in by a loving Chinese foster family, Faith's life is suddenly upended when she's adopted by Donna and Jeff Sadowsky, a Jewish family on Long Island. *Wo Ai Ni Mommy* explores, for the first time, what adoption feels like from the child's perspective. This intimate and honest story is told in real time by Faith as she tearfully parts ways with her birth culture, language and foster family. It documents her struggle to adapt to a new life in America and offers a rare glimpse into a personal transformation that she, her American mother, nor the filmmaker could have ever imagined. **Stephanie Wang-Breal** has been producing stories for television since 1999. She has worked with various media outlets including CNN, MTV, the Biography Channel and UNICEF. **To book a Film Night, contact Faye Lederman, squeezezone@hotmail.com.**

jan 7  
sat 10–11:30 am

## Sleep S.O.S. for Families

In this 90-minute interactive workshop with a family-sleep expert and a clinical psychologist, we'll discuss the most common reasons families with babies and toddlers don't sleep, how you can get more rest, and feel better as a family. With focus on internal factors that might prevent you from getting the sleep you need (i.e. fears and emotions) and external factors (i.e. apartment layout or normal sleep transitions), we'll trouble-shoot your family's sleep woes, and help you get back on track! **Natalie Nevares** is a Coop member and founder of Mommywise, a personalized service that helps families with babies and toddlers resolve chronic sleep issues through customized sleep-coaching programs.

jan 7  
sat 2 pm

## Knit and Sip Series

Calling all knitters and crocheters. Please bring yarns and needles and be prepared to knit and crochet hats, scarves and handwarmers. All finished items will be donated to "Occupy Wall Street." We will also accept yarn donations for our cause. **Naeemah Senghor** is a knitter, crocheter and raw-foodist and loves to organize swaps and community events. She has been organizing "Knit & Sips" all over Brooklyn. She has been a Coop member for several years.

jan 7  
sat 7 pm

## A Child's View from Gaza: Children's Drawings

From Dec. 2008 to Jan. 2009, Israel waged a military assault on Gaza, "Operation Cast Lead," which left 1,400 Palestinians dead and thousands more injured. To mark the three-year anniversary, we present children's drawings in response to this trauma as well as excerpts from an upcoming documentary shot in the aftermath of the Gaza massacre. Join us for the panel and discussion to follow the presentations. Speakers include activist Susan Johnson, Palestinian filmmaker Fida Qishta, art/play therapist Betty Eigen, and editor/reporter Philip Weiss. Moderators: **Hima B.** is a Coop member and an independent filmmaker. **Dennis James** is a Coop member and retired attorney living and writing short stories in Brooklyn. RSVP is encouraged: psfc.bds@gmail.com.

jan 8  
sun 10 am–1 pm

## Auditions for Our Coop Kids' Variety Show



Auditions for Coop members ages 4-18, today and Saturday, January 21, 2 – 5 p.m., in the Coop second floor meeting room. To reserve an audition spot contact: Martha Siegel, 718-965-3916, msiegel105@earthlink.net. You must audition to be in the show.

Polished act not required for audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please).

**Performance date is Saturday, March 10, 7:00 p.m., at the Old First Church.**

jan 10  
tue 7 pm

## Safe Food Committee Film Night: Chow Down



One man's struggle to reverse his severe heart disease ... with diet. "It's very rare to get such insightful breakdowns of the human condition measured in a way that speaks across all backgrounds. There are no easy answers in changing diet, but there are solutions. *Chow Down* takes a realistic approach to the matter and should be required viewing for all adults in America."—Anderson Vision. Visit [www.plowtoptatefilms.com](http://www.plowtoptatefilms.com) for more information. Free and open to the public. Refreshments will be served.

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

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



# jan 3—feb 28 2012

jan 20  
fri 8 pm

## Rob Garcia's 99% Band & Debbie Deane



Drummer/composer Rob Garcia has collaborated with Joe Lovano, Dave Liebman, Wynton Marsalis, Joseph Jarman, Woody Allen and Diana Krall. *Perennial* (by Rob Garcia 4) was named in "The 10 Best Jazz Albums of 2009," by *The New York Observer*. "Remarkable drummer," said *The Village Voice*. Nir Felder, guitar; Barry Bryson, trumpet; Jenny Hill, tenor sax; Alexis Cuadrado and Jim Whitney, bass; Todd Isler, percussion; Rob Garcia, drums; plus many more. Native Brooklynite **Debbie Deane** will be performing her soulful songs with Jim Whitney on bass and John Mettam on drums. Debbie's latest CD, *Grove House*, a musical smorgasbord of jazz, folk and funk, was released on musician Ravi Coltrane's RKM label. Come out to hear some lush vocals and seductive hooks. "A languid, yet crisp and emotive delivery, and soul to burn..." said JazzReview.com. **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.**



jan 28  
sat 6 pm

## Practicing Self Care

Come and spend some time discussing the various ways you can take back your health. A brief video will be screened. The following topics will be discussed: the power of baking soda, coconut oil, magnesium chloride, and apple cider vinegar, and the toxins in your home that may be harming you. There will be plenty of useful free handouts given to people to keep and use for their empowerment. There will be a free health-related gift given out to the winner of a raffle conducted at the end. All materials are referenced. Please RSVP at Pandre80@aol.com. Coop member **Pierre Andre** has been a Coop member since 2009 and has decided to put on this presentation after the realization that no healthcare provider ever teaches what day-to-day choices help avoid degenerative disease.

jan 29  
sun 12 pm

## Financial Fitness

It's time to get your finances in shape. **Deborah Mack** is a Coop member and an independent representative with Primerica Financial Services, Inc. Her mission is to empower you to save money, get out of debt, and strive for financial independence by educating you with financial concepts. Come look, listen and learn.

jan 31  
tue 7 pm

## PSFC JAN General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the

Coop office. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jan 21  
sat 2—5 pm

## Auditions for Our Coop Kids' Variety Show



Auditions for Coop members ages 4-18, in the Coop second floor meeting room. To reserve an audition spot contact: Martha Siegel, 718-965-3916, msiegel105@earthlink.net. You must audition to be in the show. Polished act not required for audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). **Performance date is Saturday, March 10, 7:00 p.m., at the Old First Church.**

jan 22  
sun 12 pm

## Integrative Bodywork

Integrative Bodywork is a multi-dimensional approach for balancing physical, mental and subtle energy components in the body. In this hands-on workshop you will learn easy-to-perform at-home methods to ease tension. You'll also learn how Integrative Bodywork can help you rapidly recover from injuries; reduce stress; boost your energy in seconds; achieve enhanced physical and mental performance, and harness your inner genius to solve problems. Coop member **Harriet Miller** is a licensed massage therapist and former dancer located in Park Slope.

feb 2  
thu 7:30 pm

## Food Class: Jewish Foods From Around the World



Jewish cuisine is as diverse as the Diaspora. While brisket, gefilte fish, and kugel are traditional for some, hummus, falafel and tbiel are traditional for others. In this class we will explore Jewish history along the Chocolate Trail and take a fresh look at a seasonal hummus. **Mia-Rut** is a food writer, personal chef, and advocate for delicious, healthy, and sustainable food. Her writing can be found at *Jewcy* and the *Jew and the Carrot*. Mia is currently finishing her first book on Jewish cooking. She is a graduate of the Natural Gourmet Institute for Health and Culinary Arts in Manhattan. *Menu includes preserved-lemon hummus; salona (Iraqi sweet-and-sour tilapia); chocolate truffles. Materials fee: \$4. Food classes are coordinated by Coop member Susan Baldassano.*

## still to come

feb 3 **Film Night: Puppet**

feb 17 **The Very Good Coffeehouse Coop Concert Series**

feb 4 **Thyroid Problems, Fibroids, Cysts, and PMS**

feb 18 **Live Green, Die Green**

feb 7 **Agenda Committee Meeting**

feb 18 **Knit and Sip Series**

feb 11 **Valentine Card Making**

feb 28 **Film Screening: *Until When***

feb 14 **Safe Food Committee Film Night**

feb 28 **PSFC FEBRUARY General 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  
Jan 20

8:00 p.m.

very  
**The Good Coffeehouse**  
COOP CONCERT SERIES

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

**Rob Garcia's 99% Band** will perform new and old music of protest and inspiration, featuring world-class jazz musicians who are also Coop members. Drummer/composer Rob Garcia has collaborated with Joe Lovano, Dave Liebman, Wynton Marsalis, Joseph Jarman, Woody Allen and Diana Krall. *Perennial* (by Rob Garcia 4) was named in "The 10 Best Jazz Albums of 2009," by *The New York Observer*. "Remarkable drummer," said *The Village Voice*. Nir Felder, guitar; Barry Bryson, trumpet; Jenny Hill, tenor sax; Alexis Cuadrado and Jim Whitney, bass; Todd Isler, percussion; Rob Garcia, drums; plus many more.



Native Brooklynite **Debbie Deane** will be performing her soulful songs with Jim Whitney on bass and John Mettam on drums. Debbie's latest CD, *Grove House*, a musical smorgasbord of jazz, folk and funk, was released on musician Ravi Coltrane's RKM label. Come out to hear some lush vocals and seductive hooks. "A languid, yet crisp and emotive delivery, and soul to burn..." said JazzReview.com.

**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**  
JANUARY 14  
10:00 A.M.–2:00 P.M.

**Third Thursday**  
JANUARY 19  
7:00 P.M.–9:00 P.M.

**Last Sunday**  
JANUARY 29  
10:00 A.M.–2:00 P.M.

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

RECYCLING  
**PLASTICS**

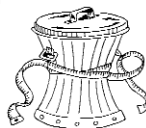
**What plastics do we accept?**  
**Until further notice:**

- #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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**Bathroom Cleaning****12 to 2 p.m.**

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

**Office Data Entry**

Must have been a member for at least one year with excellent attendance. Are you a stickler for details and accurate on the computer? Do you like working independently? If this sounds like you, then Office Data Entry will be your perfect shift. Please speak to Ginger Jung in the

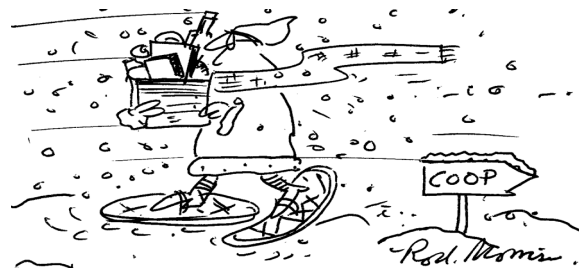
Membership Office (or put a note in her mailbox) prior to the first shift for more information and to schedule training. Must make a six-month commitment to the work slot.

**Check Store Supplies****Saturday, 9 to 11:45 a.m.**

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

**Schedule Copying****Tuesday, 6 to 8:45 p.m.**

You will work by yourself copying committee schedules from originals provided using the Risograph machine. (Risograph is a high-speed digital printing system; it combines scanning and high-speed printing.) You should be able to troubleshoot problems with the printer. A six-month commitment is required for this shift.

**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, JAN 3**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Jan 31 General Meeting.

**TUE, JAN 31**

GENERAL MEETING: 7:00 p.m.

**Gazette Deadlines****LETTERS & VOLUNTARY ARTICLES:**

Jan 12 issue: 12:00 p.m., Mon, Jan 2  
Jan 26 issue: 12:00 p.m., Mon, Jan 16

**CLASSIFIED ADS DEADLINE:**

Jan 12 issue: 7:00 p.m., Wed, Jan 4  
Jan 26 issue: 7:00 p.m., Wed, Jan 18

**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, January 31, 7:00 p.m.**

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

**Location**

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

**How to Place an Item on the Agenda**

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

**Meeting Format**

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

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

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

**Agenda (8:00 p.m.)** The agenda is posted on the Coop Web site, foodcoop.com, the Coop Community Corner and may also appear elsewhere in this issue.

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

**Attend a GM and Receive Work Credit**

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

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

**• Advance Sign-up required:**

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

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

**• Two GM attendance credits per year:**

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

**• Certain Squads not eligible:**

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

**• Attend the entire GM:**

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

**• Signing in at the Meeting:**

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

2. Please also sign in the attendance book that is passed around during the meeting.

**• Being Absent from the GM:**

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

**Park Slope Food Coop Mission Statement**

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

## SAFE FOOD COMMITTEE REPORT

Plow to Plate Movie Series Presents: *Chow Down*

By Adam Rabiner

In *Supersize Me*, Morgan Spurlock's attempt to live on nothing but McDonald's fast food for a month nearly killed him. In *Chow Down* we see how our Fast Food Nation diet is killing most of us. Americans are sick. According to the Centers for Disease Control and Prevention (CDC), over 130 million people have some chronic disease linked to diet—coronary heart disease, obesity, diabetes, high cholesterol or cancer.

Children, teenagers and young adults are developing diabetes and heart disease at unprecedented rates. Life expectancy in the United States is down after decades of increase. Genes certainly play a role, but *Chow Down* makes a strong case that our medical, cultural, and family environments are equally, if not more responsible for these trends. A better diet could bring us back from the brink, but it's a hard sell

with industry, government and the medical system structured to support the status quo.

*Chow Down* follows three sick patients who forsake conventional surgery (Band-Aids that do not address the underlying causes of disease) to follow Dr. Caldwell B. Esselstyn, Jr.'s strict low-fat diet, composed mostly of fruits, grains and vegetables. Esselstyn, who is a researcher and practitioner at the Cleveland Clinic, is a pioneer of treating heart disease through diet, but his work met with skepticism in the medical community despite his proven results. Many of his peers believe it's simply too difficult for most people to stick to a diet of mostly plants, although many senior staff and trustees have sought his treatment for themselves. *Chow Down* shows just how hard it can be.

Charles Venezia is a big man, the son and grandson of butchers, who grew up eating

only the best cuts of meat. Before he falls ill at 42, he loves to eat and drive fast cars, and embraces life with gusto. He ruefully accepts his new diet, which provides him with fewer pleasures, but he is dedicated to it, buying an RV (recreational vehicle) so he can bring his own food on vacation with him. Through sticking to the diet, he lowers his cholesterol from the high 200s to 124, slims down considerably and looks great. He credits his wife, who labors for hours over meticulously prepared meals. Her planning and organization have made her a much better cook. Charles concedes that if not for his wife, he could not succeed, and would never cook for himself. Without her, he would have to hire a cook.

John Oehrle, 58, had major blockages in most of his arteries but feared the scalpel. He too embraced this strict diet and admits to really missing Kentucky Fried Chicken. However, he cannot understand his

brother, who eats fatty breakfasts every morning. He too gets his cholesterol down from astronomic levels to the mid-100s and looks fine. He has not become a health fanatic. He's not fond of long walks, but is happy that he can do them without getting winded.

Garnet Hall, 45 and diabetic, struggles the most with adapting to her new lifestyle. When her doctor tells her that she needs to get down to the weight she was when she was a young woman, around 130 pounds, she says, "Do you think I can do it? I'm going to need help." And, unfortunately, unlike Charles and John, her family does not provide it. At first she is doing all the right things and sticking to the program, cooking healthfully, bringing salads to work and family barbecues, and she loses 20 pounds. Her body adapts. After tasting a hot dog at one family gathering, she does not feel well. But Garnet is the family caregiver,

and in the long run, without the moral and physical support of her husband and son, she eventually falls off the wagon.

*Chow Down* is a strong indictment of an American diet that is bad for us. It inspires us to eat better to improve our health. And while Hall's struggles, and our own, with weight control, as well as popular television shows, such as *The Biggest Loser*, show that it is not easy, Venezia' and Oehrle's remarkable dedication and achievements, give us hope. *Chow Down* makes a convincing case that better public health outcomes will require not only a lot of personal and familial commitment, but larger public policy changes as well. Unfortunately, for many people, it might take getting sick to come to the realization that it's time to stop chowing down. ■

Tuesday, January 10, 2012, Park Slope Food Coop—2<sup>nd</sup> Floor. 7:00 p.m. Refreshments will be served.

## MEMBER CONTRIBUTION

## 'Images of Palestine' Speak Louder Than Words

By Irina Ivanova

An engaged crowd of 25 attended the December 4, 2011 presentation "Images of Palestine." Rebecca Manski, a Coop member who has worked with NGOs in Haifa, Ramallah and Jerusalem; Ellen Davidson, a reporter and photographer who works with the Israeli Committee Against House Demolitions (ICAHN); and Naomi Brussel, a Coop member and long-time activist, each spoke about their travels in Israel and Palestine.

Rebecca Manski discussed Israel's policy towards the Bedouins, nomads who live mostly in the Negev Desert in southern Israel. They are Israeli citizens, and are the only Palestinian-Arab community the bulk of whom serve in the Israeli Defense Forces. Nonetheless, a Bedouin soldier might return from a tour of duty in the West Bank to find an eviction notice on his door.

Around 70,000 Bedouins currently live in heavily polluted townships. Though the Israeli government initially constructed these townships in the 1950s, offering incentives for the Bedouin to settle there, most of the townships are now considered illegal.

Manski, born in Jerusalem and raised a Zionist, said that the dis-

crimination and military repression facing the Bedouins finally proved to her that Israel couldn't be a just country in its current form. Recently, she added, a Bedouin protest movement has been growing as the younger generation declines to serve in the army.

Ellen Davidson also noted the many demolition orders on houses in Israel and the West Bank—meaning the army can come at any moment to these homes, evict the occupants, and destroy the buildings.

The occupation is particularly severe in the West Bank city of Hebron, which is split between Israeli military and Palestinian control. The economy has been devastated by years of curfews and forced business closings. In the city of 165,000, a community of 500 Israeli settlers regularly attacks the Palestinian residents. Some streets are closed to Palestinians, meaning residents risk arrest if they walk up to their own front doors.

Davidson showed photographs of mesh strung over the public streets of the market to catch the garbage thrown down by the settlers living above. The Israeli military, despite having nominal jurisdiction over these areas, has no authority to stop the settlers from violence and

harassment.

Davidson also spoke of the "separation barrier" Israel has been building in the Occupied Territories since 2006. The route of the wall keeps many illegal Israeli settlements on the "Israeli" side, although they are located in occupied territory, and separates Palestinian villages from their agricultural land and from one another, in many cases running through the middle of Palestinian villages.

Naomi Brussel, who traveled to the area in 2010 as part of a Rabbis for Human Rights delegation, showed photos of the neighborhood of Sheikh Jarrah in East Jerusalem, where Israeli citizens, supported by the IDF, have claimed homes belonging to Palestinians as their own. In another neighborhood, Silwan, Israeli laws forbid new construction, and Palestinian families who have had their homes destroyed cannot rebuild them.

A lively discussion ensued. One audience member announced that the rate of suicide bombings decreased after construction on the wall began, but another countered that Israel's feeling threatened is not a justification for building on Palestinian land. Another audience member brought up the international call for boycott, divestment

and sanctions (BDS) and the possibility of a boycott of Israeli goods at the Coop. Brussel responded that her sense of complicity as an American in Israeli-led injustice is part of why she would like to see the Coop boycott Israel. Another audience member linked the pressure of BDS to Israel's status as an occupying power—under international law, Israel is responsible for people in the territories it occupies, and international action can force positive changes to Israeli policies.

One audience member asked the group what "pro-Israel" people wanted to hear. "Israel is a Jewish state, a homeland for Jews," said one. The participant who had defended the wall listed several ideas: "We respect you and your holy places," "We acknowledge that you have been living here for a long time, too," and "We won't cheer the people who shoot children." Manski pointed out that many Palestinians have been saying those things for years, but they've been going largely unnoticed in U.S. media.

Two audience members objected to the way that question had been framed, with one Israeli participant positing that the question was misleading because it erroneously assumed a parity between Israelis and Palestinians. As to what he, himself, wanted to hear? Simply that "we want to live together." ■