

Established  
1973



# LINEWAITERS'

## GAZETTE



Volume GG, Number 2

January 26, 2012

## Walk This Way to Fitness

By Nicole Feliciano

Given our busy lives and demands on our incomes, many Coop members don't have time for the gym to stay fit. Rather than giving up on fitness, there's an inexpensive solution that is available 24/7: Walking.

A daily walking session of 30 minutes can be transformative to your health, say two Coop members interviewed for this story who work in the health and fitness industry. In addition to the benefits of weight loss, leading studies have shown that walking 30 minutes a day can dramatically reduce risks of heart attacks, stroke and diabetes. And let's not forget about the vanity factor. Walking burns calories—about 100 calories per mile for a 180-pound person. One great way to get your workout in some days: The walker job on most shopping shifts.

### Dire Numbers

Have you heard about the power of 10,000 steps? This magic number has been getting a lot of buzz as the key to staving off weight gain and heart disease.

According to a study published in the October issue of the journal *Medicine & Science in Sports & Exercise*, Americans need to get moving. Researchers at the University of Tennessee found that Americans average just 5,117 steps per day. And we all know about the horrific rates of obesity in this country.

Shannon Sodano, one of the fitness experts we talked to, is a resident of Park Slope and a four-year PSFC member. She has a B.S. in Nutrition and Dietetics from NYU, where she graduated with honors. Shannon guides others to live healthier lifestyles through nutrition, fitness, yoga and stress management. She leads classes and events that focus on finding happiness through healthy activities such as community



PHOTOS BY ROD MORRISON

**Shannon Sodano guides others to live healthier lives through nutrition, fitness, yoga and stress management.**

cooking evenings, outdoor yoga and nature retreats. (Find out more about Shannon and her practice: visit [www.shannonsodano.com](http://www.shannonsodano.com).)

### Making it Happen

We asked Shannon why so many health and wellness professionals tout the benefits of walking. "Our body is designed to be most efficient when we have movement every day. Our heart and lungs fuel our muscles with fresh oxygen and pump blood throughout our body. When we are walking, versus sitting or standing, we challenge these systems to do this at an accelerated rate," says Shannon. The good news is that even after we stop moving we reap the benefits. Shannon says, "Walking also helps to deliver nutrients and oxygen to our joints, a process that doesn't happen with regular blood flow. This leads to healthier and less achy bones and joints."

"The increased blood flow that comes from walking can also slow down the aging process," says Shannon. "Blood flow to our brain can keep us sharp and thinking clearly. Staying active with walking can also make us

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## Study Finds Spike From BPA in Cans, Heightens Concerns

By Hayley Gorenberg

The controversial chemical bisphenol A (BPA) is released from the linings of food cans in greater amounts than previously understood, according to research released in November.

BPA is a byproduct of materials used in can linings to protect against corrosion. It is also an endocrine disruptor that interferes with hormones, and has been declared a toxic chemical in Canada. Some studies have linked BPA to increased risk of cancer, heart disease and diabetes. The National Institutes of Health's National Toxicology Program said three years ago that BPA may pose developmental risks, including concerns for early puberty, prostate effects, breast cancer and behavioral impacts from early-life exposures.

A study published in the November 2011 issue of the *Journal*

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**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.**

### 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.

The agenda is in this *Gazette*, on the Coop website at [www.foodcoop.com](http://www.foodcoop.com), and available as a flier in the entryway of the Coop.

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## Coop Event Highlights

- Thu, Feb 2 • Food Class: Jewish Foods from Around the World** 7:30 p.m.
- Fri, Feb 3 • Film Night: Puppet** 7:00 p.m.
- Sat, Feb 11 • Valentine Card Making for Everyone** 1:30 - 4:00 p.m.
- Tue, Feb 14 • Safe Food Committee Film Night: Beer Wars** 7:00 p.m.

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

## Walk This Way

CONTINUED FROM PAGE 1

less likely to have problems with memory, depression, anxiety and stress." Another huge benefit of walking: It helps increase bone density and thereby reduce the risk of osteoporosis.

Shannon earned All-American Honors as a cross country runner. But that's not to say she doesn't love walking too. In fact, her favorite place to walk is Prospect Park. She says, "Visiting my favorite spots and exploring new sections keeps me excited to keep going back. Then, I am more likely to visit and fit in a great walk even if the weather or a busy schedule feels like an obstacle."

### Getting Started

Shannon advises someone wanting to start a new routine to "see if you can fit even just 10 more minutes of walking into your daily flow. Maybe you'll add a bit more walking into your commute by exiting the car, bus or train a few stops further from your home or office, or using 10 minutes of your lunch break to get outside and move."

Once you are in a routine, gradually increase your walking time. One tip to keep motivated: Add a social aspect. Shannon advises finding a walking group or a single walking buddy. "Then, your walking time, even if it's just 10 minutes at your lunch break, becomes an enjoyable priority," says Shannon.



PHOTOS BY ROD MORRISON

Walking for exercise slows down aging and increases bone density.

### Stretch it Out

Before you head out for a walk, you'll want to wake up your body. Shannon believes rotating your joints is a great way to start. Her advice is to start with these three easy steps:

1. Roll the shoulders
2. Circle the hips as if you are hula hooping
3. Place the hands on bent knees and draw circles in both directions, and finally rotate through the ankles.

Shannon recommends a five minute warm-up and then finishing with a five minute cool-down. "After walking, focus on stretching your

major muscle groups. Aim to do a quad stretch, a hamstring stretch, lengthen the hip flexors by coming into a lunge, stretching a calf up the wall or tree and stretching the inner thighs with a side lunge," says Shannon.

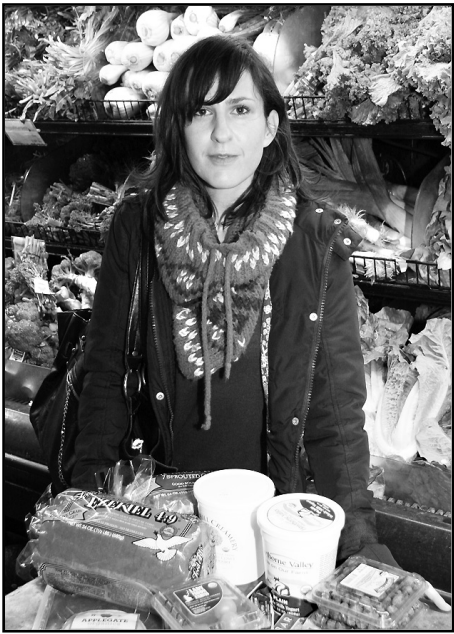
We found another wealth of fitness knowledge from Coop member Coleen Devol, a graduate of the Institute for Integrative Nutrition. A Coop member since 1998, Coleen is certified as a holistic health practitioner and holds a certificate in integrative nutrition from Columbia University's Teachers College. She is fueled by a genuine passion for teaching others how to help themselves. Of her approach, Coleen says, "I'm interested in helping people make a true lifestyle change, which means there are no quick fixes. Increased energy, better moods, fewer cravings and lasting weight loss are a byproduct of health and balance. All that is needed is a bit of patience, commitment and support." (Visit [www.justfeelgood.com](http://www.justfeelgood.com) to learn more about Coleen and her practice.)

### The Right Pair

We asked Coleen about the best walking gear. Her practical advice was to go for comfort. "It's best to get a pair of cross trainers or sneakers designed for exercise," says Coleen. Since different feet have different needs, this health expert advised getting fitted for a good pair of shoes at Jack Rabbit on 7th Avenue in Park Slope. "They will put you on their treadmill, videotape you while walking and then go over the tape with you and give suggestions about what types of shoe will work best for you," says Coleen.

### Motivationally Speaking

Now that the weather is chilly, we asked Coleen about some inspiration to get us moving even on blustery days. "Outdoor exercise gives



PHOTOS BY ROD MORRISON

Holistic health practitioner Coleen Devol helps others make true lifestyle changes.

you the added benefit of vitamin D from the sun, fresh air and a great view of nature. Also, outdoor exercise almost guarantees that the types of exercise you will be doing will be whole body types of exercises that are a great way to lower fat, says Coleen. She believes that "as long as your immune system is strong, it's fine to exercise outside with appropriate gear. Get yourself some warm workout clothing and wear a hat and gloves. If you're still cold, then up your workout intensity. That should warm you up!"

### Refueling

A good workout can build an appetite. We wanted to know which snacks at the Coop could help keep walkers fit and sated. Coleen recommended Lara bars, whole milk yogurt with berries or a small sandwich made with Ezekiel 4:9 bread and protein. After all, one of the best parts of working out is earning all those wonderful Coop meals you'll be preparing this winter. So lace up your shoes and get walking! ■

## Stepping Out

Each of the puzzles here begins with a two-letter starting word. On each subsequent line you are to add one letter to the previous word and shuffle the letters to form a new word. Continue until you reach the final word.

For example, if the starting word is OR and the ending word is DINOSAUR, the words would be:

OR  
ROD  
ROAD  
RADON  
ORDAIN  
INROADS  
DINOSAUR

Add a D to get...  
Add an A to get...  
Add an N to get...  
Add an I to get...  
Add an S to get...  
Add a U to get...

In each case the starting word and the final word are given. Puzzles with more steps are more difficult. Alternative answers may be possible in some cases.

A S	R E	A T	I N
C E A S E	E L D E R	H E A R T	R E I G N

A N	I S	I T
H Y M N A L	S P I D E R	C A T N I P

A T	O R	T O
T A C T I C S	A C R O N Y M	P R O V O S T

Puzzle author: Stuart Marquis. For answers, see page 12.

## 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](mailto:conference@brooklynfoodcoalition.org).  
You will receive FTOP credit for your work.



# Making Up With the Coop: Back from the Dead(beat)

By Allison Pennell

**F**or the disorganized, busy and distracted, keeping up with the mental arithmetic of the ABCD work slot schedules can be a challenge. Most months, I barely get to my C-week shift. In fact, I'm thinking it's upon me already and were it not for writing this article, it would probably be Thursday morning before I realized.

Some people have trouble with making phone calls and/or using calendars. It may have a clinical diagnosis. I'm not sure. We are not bad people. We are your forgetful, your overburdened, your... fine: your shiftless shirkers. We are you. In fact, at any given time, a quarter of all Coop members owe make-ups and after the holidays, there are 4,416 slackers among us who owe between one and four shifts, myself included.

Yuri Weber, the Coop's cheese buyer, likens the incoming phone calls of missing members to the noise of grown-ups in Snoopy shows. "Whenever they call in, I can just tell by the sound of the voice. They give me some excuse, which I completely tune out. I hear blah blah blah and then I mark them down for one absence. I don't really care. I don't have an emotional attachment to whether people show up or not. If people call, I always give them one makeup."

Eugene Chen, a graduate student working nights part-time at Pratt, managed to accrue a whopping 17 make-ups before the denial wore off. A quarter of that would have sent me to a long, lonely exile in the aisles of Key Food.

For the record, the most shifts owed medal of distinction is held by a couple who owed in the high twenties but were too busy to be interviewed at the time of publication and wondered if they could do it next time. They have since, however, worked themselves out of their backlog.

Few members can say they've have never been in the make-up weeds, and if you can, keep it to yourself. But what would make most of us bay for that once-in-a-lifetime amnesty or curl up into a fetal ball in the office has actually been the making of Eugene Chen.

"I felt like I owed it to the Food Coop to make-up the work I owed: to do my part and not cop out with taking a year

off and reapplying. And it's wound up being okay. The Food Coop was just a grocery store before but it feels a lot more like a community now that I've gotten to know people."

A single mom of three, Kristen Gomes managed to pile on 11 shifts over the summer and fall. "As I tried to make them up, I'd miss a shift and then get two more added on. The make-ups weren't too, too bad except for the one time I had to clean bathrooms. That was horrible."

Kristen posted her triumphal return to grace on her Facebook page after working her last make-up shift on a Monday only to be back on work alert a few days later due to a sick child. "It was good while it lasted. At least my squad leader only gave me one make-up this time."

As one anonymous Food Coop dissident commented on Brooklynian's message boards, it's hard to stay organized. "The problem is that when real life strikes, rescheduling your shift is such a pain, you're canceling on the day and you can't get the squad leader on the phone, it can require the patience of Job or you're going to get into a make-up hole."

Out of 16,000 plus mem-

bers, only nine currently owe more than 10 make-ups and less than 300 owe between five and nine make-ups, according to Membership Coordinator Ellen Weinstat, the Coop's longtime tracker of make-up artists.

"But why can't we forgive them their trespasses and just give one make-up?" I ask. "The double make-up rule is what allows the Coop to exist," I'm told. Also: if I had been paying more attention at orientation, I would remember that.

Members in the 1970s decided on the two-for-one makeup rule because nobody was showing up for their shifts causing the Food Coop to shut down for a brief period of time.

"When we only required members to make up one shift, people would just show up at their own convenience, which made it very hard to get the trucks unloaded and the Coop running. The squads that now let people off easy are the ones with the worst attendance," says Weinstat.

She says the current crop of chronic truants are finally getting back into grace thanks to a new technology upgrade last September that connected the checkout system to the membership system. "This is the most important thing in your

article," Weinstat told me. Now, you can't check out with your groceries if you (or your lazy, no-good live in) are suspended [and beyond your grace period].

Yes, it's true. Suspended members can't sneak in around the edges anymore and there's a whole pink pamphlet that lays it out. It even has a timeline of events detailing "targeted letters sent to members directly affected by the change" and "publication of implementation plans."

Before you get in such a pickle yourself that you are getting letters about your delinquency, consider your options:

**Have a baby.** I know it may seem drastic, but you'll get a year off per baby (not to be confused with "per member"). Death and maiming also qualify for work exemption.

**Take a leave of absence.** If you can't make your shifts for a

while due to other commitments or travel, you can take an open-ended temporary break (no shopping, though!).

**Call.** Yes, you can do it. Pick up the phone and call your squad leader if you are unavoidably detained. Many will cut you slack on the second make-up if you aren't a repeat offender. And don't be too proud to beg!

**Get organized.** What an advance for society cell phone calendars are.

**Take a year off.** Members who do so wipe their workslog slate clean upon their return. (But available only one time in your membership.)

**One-for-one policy.** Think of this as the Food Coop's very own 12-step program. If you owe six or fewer make-ups, you can keep shopping while you work them off as long as you complete at least one make-up per work cycle as well as your regular shift. ■

## 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.

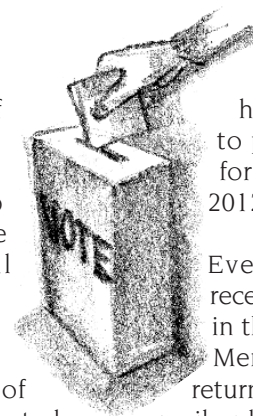
### Candidate Deadline

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](mailto: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.



## LEND TO US BRING QUALITY AFFORDABLE FOOD TO OUR COMMUNITY!

Our loan program is a great way to make a socially conscious investment in the future of our 625 (and rising!) member co-op serving Fort Greene, Clinton Hill, Bed-Stuy and Prospect Heights.

If you are a resident of New York State and would like more information, please visit our website: [www.greenehillfood.coop/loans](http://www.greenehillfood.coop/loans), or contact Doug Warren at [finance@greenehillfood.coop](mailto:finance@greenehillfood.coop).

## BPA in Cans

CONTINUED FROM PAGE 1

of Pediatrics found increased risk of behavioral issues like hyperactivity, anxiety and depression among the daughters of mothers with elevated levels of the chemical in their urine during pregnancy.

The most recent study, published online in the *Journal of the American Medical Association*, reported that researchers at the Harvard School of Public Health found that eating a serving of canned soup daily for five days raises urine levels of BPA by one thousand percent, as compared to people who ate soup made from fresh ingredients.

The *New York Times*' "Well" blog credited the study as "the first to measure the amounts that are ingested when people eat food that comes directly out of a can, in this case soup. The spike in BPA levels that the researchers recorded is one of the highest seen in any study."

The *Times* reported that the co-authors of the new study were shocked at the high levels they discovered, and cannot say what the health effects may be. They said they expected the findings raise similar concerns for other canned goods, including soft drinks.

Meanwhile, at the Park Slope Food Coop, General Coordinator Janet Schumacher recommends that concerned members study labels and make their own decisions



Children's BPA-free products sold at the Coop (above). Amy's entire line of canned foods are BPA-free (right).



about risks. "It's almost impossible [to avoid BPA] until [manufacturers] make changes," she said, adding that replacing can linings might lead to other issues because "they don't know about some of the substitutions. It still seems a little iffy if they're perfect or not. It really seems like an FDA thing."

For Coop members who want to take matters into their own hands, Schumacher noted that some canned foods, like Eden beans, are marked BPA-free.

Websites like "Organic Grace" note that BPA is present in #7 plastic containers, and suggests that the propensity of plastics to leach chemicals supports buying fresh or bulk food rather than items packaged in plastic or cans. Heating plastic can exacerbate the release of these chemicals as well.

Plastics with the recycling labels #1, #2 and #4 on the bottom do not contain BPA, and soft or cloudy-colored plastics do not contain BPA.

Hain Celestial and Trader Joe's have eliminated BPA in some product packaging, but it is so complicated to get detailed information on packaged foods that many advocates default to promoting fresh food and avoiding cans altogether. Consumer Union has reported that BPA was found in some products packaged in cans that claimed to be "BPA-free."

Though the FDA has yet to act definitively, some stores and manufacturers are removing the chemical, sometimes referred to as an "artificial estrogen," from their products.

The nonprofit Environmental Working Group has compiled a detailed timeline of the advent and use of BPA, noting that "although its long-time use in consumer products has come with assurances of its safety from industry, studies conducted over the past 20 years now show it to be not only a ubiquitous pollutant in the human body—it contaminates nearly 93% of the population—but also a potent developmental toxin at very low doses."

Some highlights from the timeline follow:

- According to EWG, when Congress passed the Toxic Substances Control Act in 1976 to regulate industrial chemicals, BPA was one of 62,000 chemicals presumed safe and "grandfathered" in, despite a lack of evidence.

- EWG has collected studies, including one from October 1999 in which researchers from the University of Missouri report in the *Journal of Nature* that exposing female mice to levels of BPA typical of the range commonly experienced by humans hastened puberty. An Italian study reported in 2002 showed brain and behavioral changes in mice at levels well below the



PHOTOS BY USA COHEN

level the EPA used to set its 1993 safety standard.

- Government studies beginning in 2003 were critiqued by EWG and others as inadequate and biased, in part due to participation of industry contacts as consultants. Congressional investigations followed.

- Independent scientists funded by the NIH found risks to human health and reproduction, and published their findings in the peer-reviewed *Journal of Reproductive Toxicology* in 2007.

- Later that year, according to EWG, the government's BPA advisory panel issued a final report expressing "some concern" about neural and behavioral impacts of fetal exposure to low doses of BPA, but reject[ing] the independent studies linking BPA exposure to breast and prostate cancer, obesity and reproductive problems. The findings are out of step with conclusions of the Chapel Hill panel of BPA experts. The report does not correct many of the 297 errors of fact and interpretation reported by BPA experts earlier in the year.

- Following Congressional demands for the basis of the FDA's assertions of BPA's safety, the agency revealed it had used industry studies.

- BPA leaching into infant formula led to pulling the chemical from plastic baby bottles, including those carried by the Coop, according to Schumacher.

- Meanwhile, in 2008 Health Canada deemed BPA a "dangerous substance," and Canadian officials proposed to reduce bisphenol A exposure in infants and newborns by banning polycarbonate baby bottles, developing strict limits for BPA leaching from formula cans and working with industry to develop alter-

native food packaging.

- Directly following these developments, manufacturers like Playtex and Nalgene announced BPA-free products, and retailers such as Wal-Mart and Toys "R" Us said they would remove BPA-containing products from their shelves.

- State statutes and demands by state attorneys general from Connecticut, New Jersey and Delaware to limit BPA in food packaging have followed, and the health warnings kept on coming. In 2009 the Endocrine Society issued a warning statement on hormone disruptors including BPA as a chemical of concern.

- In late 2009, Consumer Reports noted BPA in canned foods in almost every product, including organic brands and market leaders such as Campbell's, Chef Boyardee, Del Monte, Nestlé and Progresso. EWG released a report showing BPA in umbilical cord blood of 9 out of 10 newborns.

- On January 14, 2010, FDA expressed "some concern" over BPA safety and set forth steps parents could take to reduce children's BPA exposure, and more states, including California, Maryland, Missouri, New Jersey, New Mexico, New York, Pennsylvania, Vermont, Washington State and Wisconsin launched bills to limit BPA.

- In summer 2010, New York Gov. David A. Paterson signed a bill banning BPA in bottles, sippy cups, pacifiers and drinking straws.

- On the international front, Denmark restricted BPA pending evidence showing BPA as being safe to the developing nervous system and behavior, and Heinz foods removed BPA from cans sold in Australia, the UK and Ireland. A few months later, in January 2011, the European Union outlawed the manufacture or importation of baby bottles with BPA. ■

## Filmmaker(s) Needed ASAP!



The Brooklyn Food Conference is seeking a filmmaker(s) to make a promotional, two-minute film for the Brooklyn Food Conference on May 12, 2012.

We are looking for candidates able to recreate a short film—partially using some past footage and photographs—and willing to shoot new footage including interviews with food activists in New York City. The film will be advertised on Kickstarter and YouTube.

Please send resume(s) and a brief letter of interest (300-word limit) describing your qualifications and ideas to Jesse Alter at [conference@brooklynfoodcoalition.org](mailto:conference@brooklynfoodcoalition.org).

Deadline for submission of film is March 15.

## MEMBER CONTRIBUTIONS

# The Arab Betrayal of Palestinian Refugees

By Constantine Kaniklidis

All Arab governments betray the Palestinians. Lebanon officially subjects Palestinians to state apartheid laws and denies them core human and civil rights, with no right to own property, nor receive proper medical treatment, as the tragic tale of the death of 11-year-old Palestinian Mohammed Nabil Taha, denied treatment at the entrance of a Lebanese hospital (2011), decried by courageous activists and journalists (including, notably, Palestinian journalist Khaled Abu Toameh: "What About The Arab Apartheid?"; "The Palestinian Refugees: Why Is Everyone Lying To Them?"; and "Where Is The Outcry Against Arab Apartheid?"; Stonegate Institute, 2011). This while hundreds of thousands of Palestinians live in brutal conditions in UNRWA-administered and perpetuated camps in Jordan, Syria and Lebanon, rightless victims of racism and officially sanctioned repression.

Horrific persecution in Arabian lands has a long and dis-

graceful history, from the callous expulsion of over 400,000 Palestinians in a single week (March 1991) from Kuwait, and in other Gulf countries, without a single UN resolution in protest. Persecutions continued through to the infamous Jordanian massacre of thousands of Palestinians in the early 1970s (commemorated as "Black September"), again without UN condemnation, sustained up to today in the 400,000 plus Palestinians living in Lebanon in 12 refugee camps. Living conditions there are judged "catastrophic" by relief agencies, with refugees assigned the status of "foreigners" systemically depriving them of health care, social services, property ownership and education (testimony of Mahmoud al-Jomaa, Director of the Burj Al-Shamali children's relief center in Lebanon; also, Canadians for Justice and Peace in the Middle East/CJPME, and innumerable other in-field reports). These same Lebanese laws ban Palestinians from working in numerous jobs, public services and all government-run

institutions (including all schools and hospitals), and in contrast to Israeli policy, Lebanese public hospitals do not admit Palestinians for medical treatment or surgery.

In Arab countries Palestinians are barred from obtaining citizenship, and even Jordan has in this past year (2011) begun to revoke the Jordanian citizenship of thousands of citizens of Palestinian descent, steadily reversing its role as the only Arab country ever to grant Palestinian Jordanian citizenship (Jordan receives payment for each of the Palestinian refugees, seen through this lens as commercial commodities). And only after 60 plus years of comparable denial of rights has the new Egyptian government amended the Nationality Law which hereto denied Egyptian citizenship to children of mixed Palestinian-Egyptian marriages. And in The Territories, despite over \$10 billion dollars in foreign aid, no refugee camp in the West Bank or Gaza has been replaced or retired.

As I have already documented in my exposure of

UNRWA (Gazette Letter, 11/7/11), multiple Lebanese officials have admitted the deliberate perpetuation of these conditions as political lawfare against Israel: Lebanese parliament member Ghassan Moukheiber's admission that "our official policy is to maintain Palestinians in a vulnerable, precarious situation to diminish prospects for their naturalization or permanent settlement (interview with International Crisis Group (ICG), 10/2009), also extensively documented in official ICG reports, and in Judith Miller's and David Samuel's Special Report (No Way Home: The tragedy of the Palestinian Diaspora, 22 Oct 2009) for The Independent, which concluded such policy as a new and willful second "Nakba" (in the correct sense of "catastrophe") at the hands of Arab governments ruthlessly exploiting Palestinians as faceless political pawns. The malicious intent has been multiply exposed (Mahmoud Abbas' admission that "On numbers of refugees, it is illogical to ask Israel to take 5 mil-

lion, or indeed 1 million – that would mean the end of Israel; Report of Mahmoud Abbas-NSU (Palestinian Negotiation Support Unit) meeting, March 24, 2009); Al Jazeera TV; also my letter of 8/25/11).

As I have already argued, these conditions of structural marginalization and legal discrimination will not be resolved by a mythical right of return (I have demonstrated that no such right exists in international law; "Non-Right of Return," 8/25/11), and the claim has been rejected by international law experts for juridical incoherence (under international law neither refugee status nor refugee rights are heritable) and lack of warrant: despite claims to the contrary, neither General Assembly Resolution 194 III, nor Security Council resolutions 237 and 242, nor the Universal Declaration of Human Rights or the Covenant on Civil and Political Rights, grant any such right, nor even mention a "right of return," only a mutually negotiable element as part of "just settlement" between parties to the conflict.

Time for Arab governments to do the right thing, for Palestinians, and for peace. ■

# The Mythic World of BDS

By Ruth Bolletino, Ph.D.

We live in two kinds of reality. One is the world of everyday common sense and science in which events occur in a context of time, space and causality. In that reality people are complex multidimensional individuals. In the other world events occur suddenly, unpredictably, with no historical context or cause. People are one-dimensional stereotypes: innocent caring good guys or cruel malicious villains. This is the reality of myths, dreams and fairy tales. It was into this mythic world that speakers at the January 7 Coop event "A Child's View from Gaza" led their audience.

The subtext of that event was that Israel attacked Gaza in 2008 for no reason other than to massacre its citizens and destroy infrastructure.

The historical reality:

In 2005 Israel voluntarily withdrew from the Gaza strip. Israeli soldiers forcibly removed Jewish settlers and turned the area over to the Palestinians.

Immediately following Israel's withdrawal, there was a 436% increase in the number of Palestinian rockets launched into Israel from that very territory.

Israel resisted a large-scale military response until 2008, when it sent troops into Gaza after 12,000 rocket and mortar attacks were launched into civilian areas in the previous eight years. Its objectives were to stop bombardment of Israeli civilians by destroying Hamas' mortar and rocket launching capabilities and reduce the capability of Gaza terrorist organizations to perpetrate more attacks.

If Israel's aim had been to kill and destroy, that goal could have been more easily achieved without risking the lives of its soldiers by sending them to fight in densely populated areas.

Just as the security fence has prevented many terrorist attacks, in the three years since the Gaza operation there has been an unprecedented 72% decline in the number of rockets fired from

Hamas-controlled Gaza (only 1,571 rockets, including an attack with an anti-tank missile on a clearly identifiable Israeli school bus).

The Coop program included a film and slide show illustrating destruction of infrastructure in Gaza, children who suffered losses and injuries and drawings allegedly made by Gaza children.

Some drawings shown were in the exhibit canceled by the Oakland, California's Museum of Children's Art in response to community protests. That exhibit included drawings of brutal victimization of civilians, including children, by Israeli soldiers. Perpetrators are identified clearly with Stars of David on their clothing and weapons bearing Israeli flags. See [www.fresnozionism.org](http://www.fresnozionism.org). (Search "Palestinian supporters push fraudulent children's art exhibit" and [www.straight.com/article-454231/vancouver/see-some-banned-palestinian-childrens-art](http://www.straight.com/article-454231/vancouver/see-some-banned-palestinian-childrens-art).) Judge for yourself whether, as many observers, including art therapists, claim the draw-

ings are fraudulent. The use of sophisticated techniques and standard propaganda symbols suggest that they are unlikely to have been drawn spontaneously by young children, and may reflect the hatred of Israel and Jews known to be instilled through a steady diet of hate-filled school texts and other "educational" media.

In 2009 Richard Goldstone submitted a report to the Human Rights Council in Geneva stating that war crimes were committed by *both* parties in the Gaza combat. After extensive reliable Israeli investigation, Goldstone published a statement affirming every country's responsibility for self-defense and praising Israel for taking great care not to target civilians. (Besides refraining from attacks in areas where civilians could be injured, soldiers dropped leaflets and left messages on mobile phones warning residents in advance of staging attacks.)

There was no mention that evening of international human rights violations by Hamas, which included using civilians as human shields; storing and launching rockets

from homes, hospitals, schools and mosques; and firing knowingly at civilian areas in Israel, a war crime against humanity under international law.

All wars bring tragedy, destruction, pain and loss. Go to any county after warfare and you will see destruction of infrastructure and wounded people. What you won't see are the psychological scars. A Tel Aviv University study of the effects of terror in the past 32 months on 3,000 children, ages 13-15, from both sides of the Green Line found that 42% of Israeli children suffer from post-traumatic stress disorder.

Most frightening about the Coop event was its mythic, stereotypical thinking, all too reminiscent of historical campaigns to demonize Jews with this kind of propaganda and its implied portrayal of Israelis as heartless annihilators laying waste to lives and villages.

Compassion for the people in Gaza is better spent doing something real to help them build a peaceful nation. Supporting BDS won't help them. It won't help PSFC either. ■



## 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  
Feb 17

8:00 p.m.

very  
**The Good Coffeehouse**  
COOP CONCERT SERIES

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

**Trainwreck** is a trio of native Brooklynites who switch songwriters and instruments as easily as they switch genres. Although rooted in the American rock n' roll tradition, they often use elements of reggae, funk, soul, hip-hop and jazz. Some of their songs address issues of inequality and human struggles, some are a more philosophical exploration, some are love songs and some are just for fun. "The Wreck" is laid-back, true to itself and unlike anything you've heard before.



With passion born of tribulation, **Elijah Tucker** reaches into uncharted corners of his heart and comes out grinning. With the sweet rawness of early Springsteen and Van Morrison, the twists of Todd Rundgren and David Byrne and the soul-striving of Stevie Wonder and Joni Mitchell, he makes sounds to swim in.

**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...

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

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

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

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

## PLASTICS

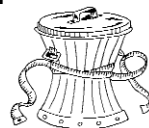
What plastics do we accept?  
Until further notice:

- #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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Puzzle Master: Stuart Marquis

Final Proofreader: Teresa Theophano

Index: Len Neufeld



WORKSLOT NEEDS

**Store Equipment Cleaning**  
**Monday and Wednesday, 6 to 8 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.

**Office Set-up**  
**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](http://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](http://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](http://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 31**

GENERAL MEETING: 7:00 p.m.

**TUE, FEB 7**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Feb 28 General Meeting.

**Gazette Deadlines**

**LETTERS & VOLUNTARY ARTICLES:**

Feb 9 issue: 12:00 p.m., Mon, Jan 30  
Feb 23 issue: 12:00 p.m., Mon, Feb 13

**CLASSIFIED ADS DEADLINE:**

Feb 9 issue: 7:00 p.m., Wed, Feb 1  
Feb 23 issue: 7:00 p.m., Wed, Feb 15

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](http://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](http://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](http://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.





park slope  
FOOD COOP

# calendar of events

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



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:** Creation of a Cooperative Loan Fund to Help Support Start-up Food Coops (60 minutes)

**Proposal:** •“To create a revolving loan fund as a donor-advised fund through an existing nonprofit foundation in order to support start-up food coops. See details in the attached documents. •To create an elected Coop committee of seven members with three-year staggered terms that would represent the Coop in all aspects of the Coop’s administrative and managerial duties and responsibilities in regard to this project. •To appropriate up to \$20,000 of Coop money per year as a donation to the fund depending upon the state of the Coop’s finances. •To encourage individuals to make tax-deductible donations to the fund.”  
—submitted by General Coordinators and Rachel Porter

**Item #2:** Overhauling Work-Credit Sign-up Process for the General Meeting (30 minutes)  
**Discussion:** “Overhauling work-credit sign-up process for the General Meeting.”  
—submitted by Eric Kratzer

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.

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 tbiet 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.**

feb 3  
fri 7 pm

## Film Night: Puppet



*Puppet* is a feature-length documentary that interweaves a broad look at the fraught history of American puppetry (its marginalization as children’s theater and its sudden explosion as high art) with an intimate thread following Dan Hurlin, a downtown artist who is creating a complex puppet work about Mike Disfarmer—an eccentric, Depression-era photographer. Dan has just recovered from a scorching *New York Times* review, which forced his last show out of theaters prematurely. Now he faces a wider backlash against puppetry, suggesting an eerie parallel between himself and his new puppet-subject—an outsider artist whose stunning body of work was very nearly lost forever. David Soll directed the feature documentary *Puppet*, which premiered in November 2010 at the DOC NYC festival.  
**To book a Film Night, contact Faye Lederman, squeeze@hotmail.com.**

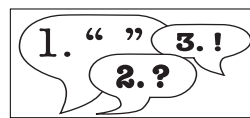
feb 4  
sat 2 – 5 pm

## Thyroid Problems: Fibroids, Cysts, and PMS

Participants will learn five effective, natural ways to eliminate fibroids, cysts, and PMS. We will explain the underlying causes of hypothyroidism and hormonal imbalance, how to resolve them, and how to boost energy and clarity through beneficial diet, appropriate exercise, and the use of natural supplements. Pre-registration suggested: to register call (646) 483-4571 or e-mail [GreenGemHealth@gmail.com](mailto:GreenGemHealth@gmail.com). **Rebecca Curtis** is a certified Holistic Health Coach who specializes in helping busy, professional women replenish the nutrients they need to conceive healthy babies naturally. **Mary Hart, L.Ac.**, is a nationally certified acupuncturist and the founder of Healing Hart Acupuncture in Park Slope, Brooklyn.

feb 7  
tue 8 pm

## Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month’s General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m.

Before submitting an item, read “How to Develop an Agenda Item for the General Meeting” and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at [foodcoop.com](http://foodcoop.com). **The next General Meeting will be held on Tuesday, February 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

feb 11  
sat 1:30 – 4 pm

## Valentine Card Making For Everyone



Bring family and friends of all ages to a Valentine’s Day Card Making party in the Coop’s Meeting Room. We’ll supply glue, markers, and paper; bring any other special art materials you would like to use. (And we’d love donations of art supplies such as buttons, fabric, recycled paper, magazines, newspaper and cardboard.)

feb 14  
tue 7 pm

## Safe Food Committee Film Night: Beer Wars



Director Anat Baron takes you on a no-holds-barred exploration of the U.S. beer industry that ultimately reveals the truth behind the label of your favorite beer. Told from an insider’s perspective, the film goes behind the scenes of the daily battles and all-out wars that dominate one of America’s favorite industries. *Beer Wars* begins as the corporate behemoths are being challenged by small, independent brewers who are shunning the status quo and creating innovative new beers. The story is told through two of these entrepreneurs—Sam and Rhonda—battling the might and tactics of Corporate America. This is a revealing and entertaining journey that provides unexpected and surprising turns and promises to change the world’s opinion on those infamous 99 bottles of beer on the wall. Special guests TBA.

**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 28-mar 6 2012

feb 17  
fri 8 pm

## Trainwreck and Elijah Tucker



**Trainwreck** is a trio of native Brooklynites who switch songwriters and instruments as easily as they switch genres. Although rooted in the American rock n' roll tradition, they often use elements of reggae, funk, soul, hip-hop and jazz. Some of their songs address issues of inequality and human struggles, some are a more philosophical exploration, some are love songs and some are just for fun. "The Wreck" is laid-back, true to itself and unlike anything you've heard before. With passion born of tribulation, **Elijah Tucker** reaches into uncharted corners of his heart and comes out grinning. With the sweet rawness of early Springsteen and Van Morrison, the twists of Todd Rundgren and David Byrne and the soul-striving of Stevie Wonder and Joni Mitchell, he makes sounds to swim in. **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.**



feb 26  
sun 12 pm

## Staying Healthy at Your Desk

Is your time being sedentary harming your health? Whether for personal or professional reasons, most of us spend extended time at our computers or sitting at a desk. Learn to deal with extended time at your desk in a healthy and efficient way. Learn simple desk stretches and a correct desk set-up. Manage daily stress with quick and easy relaxation techniques. Maintain a healthy diet and daily exercise with some savvy preparation and planning ideas. Coop member **Shannon Sodano** is a nutritionist, yoga teacher and fitness instructor who leads health classes, seminars and retreats for individuals as well as companies.

feb 28  
tue 7 pm

## Film Screening: *Until When*

Set during the current Intifada, this 2004 documentary follows four Palestinian families living in Dheisheh Refugee Camp near Bethlehem. Fadi is 13 and cares for his four younger brothers. The Hammashes are a close-knit family who pass on the lessons of life with humor and passion. Sana is a single woman who endures long commutes to do community work, and Emad and Hanan are a young couple trying to shield their daughter from the harsh realities of the occupation. They talk about their past and discuss the future with humor, sorrow, frustration, and hope. *Until When* paints an intimate in-depth portrait of Palestinian lives today. Coop member **Suzy Salamy** is the co-producer/co-videographer of this film. She will be present at this screening.

feb 18  
sat 12 pm

## Live Green, Die Green

Now is the time to educate yourself on green burial and cremation options for your elderly parents, and ultimately—inevitably—yourself and others you love. Get the low-down on your final carbon footprint now! We will discuss burial vaults, caskets on the market, green cemetery spaces in areas just outside the city and more. Coop member and former magazine writer **Amy Cunningham** felt so moved by the memorial service she helped plan for her elderly father, that she decided to pursue a second career in funeral service.

feb 18  
sat 4 – 8 pm

## Knit & 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.

feb 25  
sat 2 pm

## EFT Workshop

A sick person said it was too painful to get up after sitting in a chair for two hours. I said, "Do this EFT" (Emotional Freedom Techniques). She mimicked my fingers and tapped herself on the same eight places of her upper body. In less than a minute and before she finished, she stood up and was pain-free and amazed. Another person who had a phobia about elevators for 17 years was cured in four sessions. Another was worried and had fears about his fatherhood. He left courageous and confident after a single session. Another said she got her sister back after one tapping session, and said that she owed it all to me. Bring your anger, depression, fears, blocks and worries to the EFT Workshop. See the miracles. Presented by Coop member **Carolyn Meiselbach**.

feb 28  
tue 7 pm

## PSFC FEB 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 *Linewriters' 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.**

mar 1  
thu 7:30 pm

## Food Class: Taste of China



In this vegetarian class, we will introduce students to Chinese ingredients and cooking techniques. Japanese-born chef and Coop member **Asami Mondrone** will demonstrate and discuss healthy substitutions for some traditional ingredients that are not health-supportive. She will discuss quality cooking oils, sweeteners, and thickeners. She will also demonstrate healthy cooking techniques. Asami has studied homeopathic cures, kinesiology, detox/cleansing, and whole-food nutrition. **Menu includes Szechuan-style tofu; steamed eggplant with ginger and garlic sauce or Chinese-style cucumber pickles; mango chia-seed coconut milk. Materials fee: \$4. Food classes are coordinated by Coop member Susan Baldassano.**

mar 2  
fri 7 pm

## Film Night



Film to be announced.  
**To book a Film Night, contact Faye Lederman, squeeze@stone@hotmail.com.**

## still to come

mar 3 Healthy Thyroid

mar 6 Cycling How-To Workshop

mar 4 Young Children & Media

mar 6 Agenda Committee Meeting

## G A Z E T T E C O M M I T T E E R E P O R T

## Gazette Editorial Policies

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 edi-

tor 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 Sub-

mitted 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

## M E M B E R C O N T R I B U T I O N

## PSFC Looking to Help Coop Start-Ups

By Rachel Porter

Members going about their usual business at the Coop and grumbling that it is crowded may be surprised to learn that our Coop has long been approached by people interested in starting new food cooperatives. Indeed, General Coordinators Joe Holtz and Ann Herpel regularly provide information, advice and suggestions to people from across the country and even Europe about how to start a successful coop modeled after us. As gratifying as this is, founding member Holtz has a bigger vision. Holtz and a handful of other members want to find sustainable ways in which our Coop can offer loans to start-up coops in Brooklyn just when they need it most: before opening their doors. I've been working with Holtz on this effort.

In Holtz's vision, our Coop would make loans to start-ups that might otherwise have a hard time raising the money needed to open. Loans could help start-ups with basic investments like refrigerators and rent

deposits. According to Holtz, there are four main reasons to provide financial support to start-up food coops:

1. To provide some capital crucial to start-ups as they move from the planning stage to actually opening.
2. To adhere to the Sixth Principle of Cooperation, "Cooperation Among Cooperatives."
3. To propagate the PSFC model—a member-owned and -operated consumer cooperative.
4. To help start-ups open their doors faster and hopefully reduce some of the demand to join the Park Slope Food Coop.

At first, we considered making grants. But we came to think that a loan program is a more realistic way to help start-up coops that ultimately would have to achieve independence in order to succeed. Also, having a revolving loan program raises the possibility of helping start-ups for generations to come.

The loan program would work by connecting donations from the PSFC and

from individual Coop members with a fund managed by a non-profit foundation. The non-profit's role, under the guidance and terms set by the Park Slope Food Coop, would be to manage the funds, administer the loan applications, awards and repayment. Given the good financial health of our Coop, the PSFC would donate \$20,000 annually. To increase member involvement, a campaign to inform members about the loan fund and encourage individuals to make donations would be initiated. Money donated by the PSFC and by individual members would be lent out at terms favorable to start-ups—e.g. at low interest rates and with payment deferred in the first year. Since the fund would originate from a 501(C)(3) foundation, donations would be tax deductible. With member support and the Coop's annual contribution, the fund would grow over time to support additional start-up efforts.

While some members may think that \$20,000 is a lot for the Coop to donate, the

amount can be compared in dollar terms with our \$15,000 additional annual cost of using wind power for 100% of our electricity. The General Meeting approved paying for wind power more than five years ago.

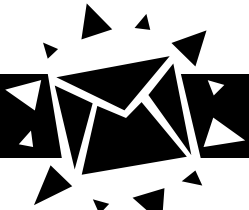
We have approached two foundations about partnering with us: FJC, a donor-advised fund, and the Brooklyn Community Foundation. Both are very interested. The partner organization would manage donations through a web interface and reply to donors with a letter stating the tax-deductible donation was received.

Under this proposal, the PSFC would begin making loans (through the non-profit) to local start-ups that structure their coop like ours—members are required to work and the coop would not be open to the public—by late 2012 or early 2013. By supporting only those coops that adhere to our model of total membership, the loan program would counter some bias against our model in regional and national food coop organizations and publications. Holtz and others

believe the PSFC model is the most equitable and financially sound. And the successful development of new cooperatives in Brooklyn would hopefully reduce the burden of the PSFC to provide high quality and affordable groceries to the larger Brooklyn community. There are groups now operating or planning coops in the neighboring communities of Bay Ridge, Bedford-Stuyvesant, Fort Greene/Clinnton Hill, Bushwick and Prospect Lefferts Gardens. If the loan program is successful, as loans are paid back and as the fund grows, we could make more and possibly larger loans. Additional Brooklyn and other city neighborhoods could be encouraged to develop new coops.

This revolving loan program will go before the GM at the January meeting. If it is approved, we would elect a loan committee that would be responsible for developing eligibility criteria and loan terms and would work with the foundation that manages the funds. Over time, this program could make larger loans and help more coops get started on the path to their own crowded holiday aisles. ■





## LETTERS TO THE EDITOR

A PLEA FOR A MORE  
DEMOCRATIC COOP, PT. 2

## TO THE EDITORS:

I am a longtime member of the Chair Committee, which facilitates the monthly General Meeting (GM). Recently I chaired the GM Rules Revision Committee, which submitted new rules of conduct that the GM approved last May. I am now leaving Brooklyn, and as I bid farewell to our Coop, I want to address two nagging issues in the hope that the members and staff will have a more democratic organization after I am gone. In my previous letter, I proposed that the GM no longer allow closed nominations for committees. This week I will address the issue of General Coordinator endorsements for elections to the Board of Directors.

The Coop currently has an excellent board, and an excellent staff of General Coordinators (GCs). I know all of them and consider several good friends. Our system of governance is likewise excellent. The GM, at which members consider and debate Coop policy, with the board holding a rarely-exercised veto power, works well. It is by no means a fast process, nor certainly a perfect one, but it is appropriate for our organization. I do not advocate changing it.

It is one unofficial aspect of the annual board elections, however, to which I object, and which I hope will be reconsidered. This is the annual endorsement of board candidates by the GCs. They consistently endorse incumbents, and because the membership trusts the GCs to do what is best for the Coop, the incumbents are overwhelmingly reelected. The result is a virtual elected sinecure. Only twice in the last seven years

has a board seat changed hands: once when an incumbent died and more recently when an incumbent resigned.

The motivation for this practice appears to be from only the best of intentions. The GCs wish to keep in place board members who have proven that they respect our town-hall system. Legally, after all, the board has ultimate power over the Coop and its staff. A board filled with people who opposed our system could quickly undermine it by meeting separately from the GM and passing whatever policy they desired. They could allocate funds, acquire debt, abolish or create committees, raise or lower prices and terminate employees, all without any say from the membership—at least until the next election, when the damage might be irreparable.

But what may be right in practice is wrong in principle. By endorsing candidates for the board the GCs create the appearance of a conflict of interest. Their considerable influence results in incumbents beholden to them and likely dissuades other members from pursuing candidacies.

And so while this letter is addressed to the membership, its plea is to the General Coordinators. The GCs have freedom of speech as individuals and as a group. It is my earnest desire that they choose—as a group—to end their policy of endorsing candidates in board elections. The sky will not fall. The members will continue choose the best candidates. And we will have a more democratic Coop.

David Hamilton Golland, Ph.D.  
Assistant Professor of History  
Governors State University  
[www.davidgolland.com](http://www.davidgolland.com)

## 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](mailto: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.

## BDS LETTERS

LETTERS COLUMN HAS  
BEEN HIJACKED

## TO THE EDITORS:

I used to look to the letters column for important discussion about the Coop. No longer. It has been hijacked by the pro and anti BDS people who believe their message is the only important one we should hear. But I can think of at least two issues which should be discussed in the letters column. One is the issue of fair trade.

There are now two separate bodies that give this certification and they have different agendas. Can we please discuss this? The other is the extreme crowding of the Coop due to the influx of new members. The only thing that makes this bearable is the extreme politeness and cooperative spirit of everyone. But we need to discuss this and the letters column is the place to do this.

In cooperation,  
Thomas Glynn

ISRAELI LAW  
DISCRIMINATES

## TO THE EDITORS:

By a vote of 6 to 5, the Supreme Court of Israel on January 11, 2012 voted to uphold the controversial law: Palestinians from the West Bank and Gaza married to Arab Israeli citizens will not be able to obtain Israeli citizenship or residency. The ruling affects over 100,000 Palestinians married to Israeli citizens. Their option is to constantly apply for temporary permits to be with spouses, never knowing whether the permit will be granted.

An attorney from the Association for Civil Rights in Israel said, "It is a dark day for the protection of human rights and for the Israeli High Court." The Arab-Israeli civil rights group, Adalah, said, "The ruling proves how much the situation regarding the civil rights of the Arab minority in Israel is declining into a highly dangerous and unprecedented situation."

Background: Citizenship  
and Entry into Israel Law

In 1952, the law provided for natu-

ralization as a path to citizenship which included marriage to an Israeli citizen. In 2003, during the second Intifada, an amendment largely excluded Palestinians from the path to citizenship or residency. It's been extended annually and challenged in the courts nearly 10 years. A 2005 amendment allowed women over 25 and men over 35 to apply for temporary permits to live in Israel.

## Marriage law: example of Apartheid

When the law was upheld in 2006, Israel's Chief Justice, Aharon Barak declared: "...the law is a violation of the right of Arab citizens in Israel to equality." One of the founders of B'T-selem and Knesset member stated that with the ruling "the Supreme Court could have taken a braver decision and not relegated us to the level of an apartheid state." Renewed again in June 2008, Amos Schocken, publisher of Israeli daily Haaretz, wrote that the law "severely discriminated when comparing the rights of young Israeli Jewish citizens and young Israeli Arab citizens" who marry and that "Its existence in the law books turn Israel into an apartheid state."

Israeli law opposes  
international law

Family reunification is an important principle in international law. The *Convention on the Rights of the Child* sets forth a child's right to live with both parents. The *Convention on the Nationality of Married Women*, Israel signed onto, "requires signatory states to enable every foreign woman married to a citizen of the state to obtain the citizenship held by her husband, at her request, through special and preferred citizenship procedures."

BDS Movement: international  
pressure on Israel to change its  
policies

One of the goals of the BDS movement is to pressure Israel to recognize and uphold the fundamental human rights of Arab Israelis to full equality. The *Citizenship and Entry into Israel Law* infringes international law, the rights of Arab citizens and over 100,000 Palestinians married to Israeli citizens.

CONTINUED ON PAGE 12

## 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

CONTINUED FROM PAGE 11

References: IMEMC.org/12/12, Los Angeles Times, 1/12/12, B'Tselem: Separation of Families—International Law, Al Akhbar English 1/12/12

Mary Buchwald  
Brooklyn For Peace

### BOYCOTTING ISRAELI GOODS TO THE EDITORS,

I am writing to you to express my deep concern over the Coop's involvement in buying goods from Israel. We understand that every nation has its political problems but the overtly shameless violation of human rights anywhere in the world is not something that should be condoned, much less supported by any organization in this country. While the good quality of certain products may be missed, I strongly feel that it is a very small price to pay for taking a moral stand in support of humanity.

Sincerely,  
Tamara Parvizi

## CLASSIFIEDS

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**PET NANNY.** Retired social worker, 35yrs. 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.

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## COMMUNITY CALENDAR

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

### FRI, JAN 27

6-7:30 p.m. Community Bookstore in Park Slope, 143 7th Ave (between Carroll and Garfield). Come celebrate the publication of *The Darlings in Love*. Wine! Cheese! Cookies! Reading. Bring your friends and family.

### SAT, JAN 28

8-9:15 a.m. New Body Boot Camp & Wellness will be offering a free boot camp class to help raise money for C.H.I.P.S. the soup kitchen and shelter damaged in a fire late last year. Donations of any amount will be accepted in exchange for a butt-kicking workout. New Body Boot Camp & Wellness Studio; 552 Union St. @ 3rd Ave.



12-2 p.m. Sustainable Flatbush's Community Meal: Healthy Eating on a Budget. Enjoy a delicious vegetarian meal prepared by chefs David Cohen and Alissa Bilfield. We are asking for donations of soup bowls for the church's food program, they currently use Styrofoam bowls. If you can spare a reusable bowl, please bring one to donate! Flatbush Reformed Church; 890 Flatbush Avenue, Brooklyn, NY.

### SUN, JAN 29

4 p.m. Central Library, Dr. S. Stevan Dweck Center for Contemporary Culture; BPL Chamber Players: Jerry Grossman, violoncello; Korliss Uecker, soprano; Diane Walsh, piano. Free Admission.

### WED, FEB 1

7:30-10 p.m. FOLK OPEN SING: Come sing with us the first Wednesday of every month. Bring voice, instruments, friends. Children welcome. Cohosted by the Folk Society of NY, the Ethical Culture Society & the Good Coffeehouse. At the Ethical Culture Society, 53 Prospect Park West. Info: 718-636-6341.

### SAT, FEB 4

8-10:30 p.m. People's Voice Cafe Kim & Reggie Harris: Jon Frommer. At The Community Church of New York Unitarian Universalist, 40 East 35th St. (betw. Madison & Park) For info call 212-787-3903 www.peoplesvoicecafe.org. Suggested donation: \$15-18 general/\$10 members.

### 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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## Stepping Out: Answers

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