

Established
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LINEWAITERS'

GAZETTE



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The (Not So) Great Debate—Which Is More Nutritious: Organic vs. Conventional?

The headlines came fast and furious in early September.
'Organic Not Necessarily Better For You.'
'Save Your Cash? Organic Food Is Not Healthier.'
'Organic Food No More Nutritious Than Non-Organic.'

By Allison Pennell

Researchers at Stanford had released findings of what was being touted as the largest and most comprehensive analysis yet of the health and nutrition research on conventional versus organic foods. The review of 237 studies had found results sure to please the shopper with sticker shock at the price of organic strawberries and beef.

Stanford's findings say there is no major evidence that organic foods had more nutrients than their conventional counterparts, or that conventionally grown were any more likely to be contaminated with bacteria like E. coli or that the pesticide content of conventionally grown foods was harmful, even though researchers conceded that exposure to pesticide residue is far greater in conventionally produced foods. The study reported that research had found "no obvious health



PHOTO BY KEVIN RYAN

Apples to apples: Conventionally grown Gala and heirloom Esopus Spitzenburg from Black Diamond Farms, Ithaca, New York.

advantages" of organic meats either despite its concession that consumption may reduce exposure to antibiotic-resistant bacteria.

As Crystal Smith-Sanger, one of the study co-authors, said in an interview, "Some believe that organic food is always healthier and more nutritious. We were a little surprised that we didn't find that."

The Definition of Healthy

Piffle (or words to that effect), says Allen Zimmerman, the Food Coop's produce buyer and resident guru. "Who started to eat organic for added vitamins alone? That wasn't the reason. Just on the personal health front (which is only a part of the picture), it makes no sense to claim that

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Coop Author Amy Sohn Talks About Life, Love and Parenting In Brownstone Brooklyn

By Taigi Smith

When author Amy Sohn isn't working the checkout line at Park Slope Food Coop, the best-selling author is busy creating stories about the people of Park Slope. Sohn's addictive storylines are honest, raw, shocking portrayals of what goes on behind closed doors in Brooklyn.

Sohn's latest novel, *Motherland*, picks up where her last book, *Prospect Park West*, left off and is full of the sex, satire and cultural commentary her readers have come to love. While Sohn insists her characters are fictional, they feel so real that the storylines left me thinking, "She couldn't have made this up!" *Motherland* is a searing look at the lives of several fictional Brooklyn couples, most of whom are on the verge of divorce or separation. Sohn's characters are complex and addictive, her narratives witty and hilarious.

Motherland, which is available at the Coop, places Park Slope mothers under a microscope and exposes their emotional turmoil for the world to see. In fact, her books have been translated in numerous languages and are available in 12 countries. Sohn's characters in this latest book are homosexual, metrosexual, transsexual and obsessed in ways that may seem strange to people

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PHOTO BY CHARLES MILLER

Amy Sohn

Next General Meeting on November 27

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be on Tuesday, November 27, at 7:00 p.m. at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. The Fourth St. entrance is handicap-accessible.

For more information about the GM and about Coop governance, please see the center of this issue.

*Exceptions will be posted.

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Coop Event Highlights

Fri, Nov 2 • Film Night: A Night of Japanese Films & Food Tasting 7:00 p.m.

Tue, Nov 13 • Safe Food Committee Film Night: As We Sow 7:00 p.m.

Fri-Sat, Nov 16-17 • Blood Drive 11:00 a.m. - 6:00 p.m.

Wed, Thu, Fri Nov 28-30 • See What the PAFCU Offers 4 - 6 p.m., Wed & Thu; 10 a.m. - 12:30 p.m., Fri

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



**New location for General Meeting:
MS 51, 350 Fifth Ave., between Fourth & Fifth Sts.**



Great Debate

CONTINUED FROM PAGE 1

one tomato is as healthy as the next because it has the same nutrients except this one was bathed in a container of Raid and the other was not."

Mark Bittman, whose paper of record, *The New York Times*, did its part to lend initial credence to the study findings, pulled out the metaphorical stops to highlight the disconnect of the study's claims that healthy and nutritious are synonymous.

Apologizing for ignoring the story for a month in hopes that it would go away, Bittman blogged, "The study was like declaring guns no more dangerous than baseball bats when it comes to blunt-object head injuries. It was the equivalent of comparing milk and Elmer's glue on the basis of whiteness." Warming to his subject, Bittman pointed out that, on the basis of the study's parameters, Frosted Flakes are healthier than an apple.

As Crystal Smith-Sanger, one of the study co-authors, said in an interview, "Some believe that organic food is always healthier and more nutritious. We were a little surprised that we didn't find that."

Flawed Research

Even within the narrow parameters of nutrition, a host of scientists are crying foul.

In this month's issue of *Organic Action*, Washington State research professor Charles Benbrook points out that 50% of the studies analyzed by the Stanford researchers didn't use apples to apples comparisons. They didn't compare the same varieties of produce grown in similar locations. If they had, Benbrook says the findings would show that organic food

has been found to be higher in nutrients over all than conventionally grown produce.

Kirsten Brandt, of Newcastle University published a similar review to Stanford's of relevant studies in 2011 and also concluded that organic was more nutritious than conventional. When she looked at Stanford's results, she found that not only had they left out many essential nutrients from their analysis, in one case a spelling error had swayed one of the study's results.

In Brandt's analysis, results showed organics carried far more of the heart-healthy nutrient, flavanols. In the Stanford study, she noticed that the team had actually calculated the difference in total flavonols, a different nutrient, and reported the result with the swap of an "o" for an "a".

And beyond the actual mistake that Brandt points out, the study did not distinguish between the relative merits of nutrients, some of which are more vital to health than others. In a two-year study of tomatoes, for instance, organic tomatoes had twice the level of the antioxidant polyphenols than non-organic tomatoes from the same market.

A third researcher pointed out that the Stanford researchers also got their math wrong, reporting that organic produce had a 30% lower risk of pesticide contamination than conventional when the difference was actually 81% by their own numbers.

What's Left Out

In fact, the Stanford study is as conspicuous for what it leaves out of the health equation as what it includes. Only three of the 17 human studies in the analysis dealt with health outcomes and two of these focused on allergies in children.

So, while investigating a parameter that pretty much nobody on the planet has ever contemplated as a major rationale in choosing organic

food, the study did not analyze the many added ingredients that, according to the USDA, differentiate organic foods from their non-organic counterparts.

Not included in the calculus of "healthy and nutritious" were the effects of ingredients and processes that are prohibited in organic products: antibiotics, artificial growth hormones, high fructose corn syrup, artificial dyes and sweeteners, chemical pesticides and fertilizers, GMO and irradiation.

About Those Pesticides

The Stanford study does concede that "consumption of organic foods may reduce exposure to pesticide residues and antibiotic-resistant bacteria." But it then discounts a wealth of research that shows that any amount of pesticide, in a growing body in particular, is too much.

It is true scientists have yet to agree definitively that all those scary sounding agricultural chemicals and pesticides found on produce, and antibiotics in meat and dairy, do indeed cause cancer. *That is because there have been no long-term studies yet.*

As *Consumer Reports* writes, "It could take many years for the cumulative effects of pesticide buildup in the body from eating conventionally grown food to show up. Cancer risks, for example, are calculated over long periods of exposure to carcinogens. The human studies in the Stanford analysis lasted at most two years."

And while the cancer link may not have been assessed, according to the National Institutes of Health and the Academy of Sciences, ongoing exposure to pesticides renders children in particular more vulnerable to health problems, with a risk of neurodevelopmental damage, in particular. Harvard Medical School published a study last spring linking prenatal pesticide exposure to IQ loss in young children.

A yearlong study of pesticides and children published in the journal *Environmental Health Perspectives* found that kids eating conventional foods had a family of pesticides in their systems related to nerve agents used in World War II. When the same kids switched to organic fruits, vegetables and juices, the pesticides in their systems disappeared within a day.

Given the wealth of research, how can it possibly be justified to say that any



PHOTO BY KEVIN RYAN

'No Pesticides...' stand at Brooklyn farmer's market.

level of pesticides and chemicals is an acceptable level?

Beyond Individual Health

As Michael Pollan writes, "The key issue with organic is not whether it's more nutritious but whether it's better for the environment and safer."

Even if the Stanford study was definitive on its face, it would still be irrelevant, agrees Allen Zimmerman. You can't have a discussion of the benefits of eating organic without looking beyond individual health concerns.

"As a person who has had cancer twice, believe me I care," says Zimmerman. "But my personal concerns are secondary to the health of the planet."

Left undiscussed, says Zimmerman, are the values that go into growing organic, let alone the deleterious effect of conventional growing practices on sustainability of the soil and the water below (which we all drink) and the massive energy consumption of fossil fuels conventional farms use.

You can add to that reports show that 10-20,000 agricultural workers in the U.S. are diagnosed with pesticide poisoning each year.

While the study acknowledges that the risk for creating antibiotic-resistant bacteria was a full 33% higher among conventional meats than organic alternatives, it dis-

counted the finding by saying that bacteria—antibiotic-resistant or otherwise—would be killed during cooking.

But, again, the study researchers miss the point. The big concern, say experts like entomologist Coby Schal of North Carolina State, is not that people will become resistant to antibiotics by eating improperly cooked bacon, but that the bacteria will be transferred to humans from the common farm flies and roaches that live on farms and then find their way to a picnic blanket or kitchen floor near you.

As Michael Pollan writes, "The key issue with organic is not whether it's more nutritious but whether it's better for the environment and safer."

The Definition of Significant

The study found higher levels of antioxidants and less pesticide residue in organic foods. It found less antibiotic-resistant bacteria in organic foods. It didn't weigh in at all on the health benefits of conventional production ingredients and methods like artificial growth hormones, high fructose corn syrup, artificial dyes and sweeteners, GMO and irradiation. It then said that none of that may be significant.

You be the judge. ■

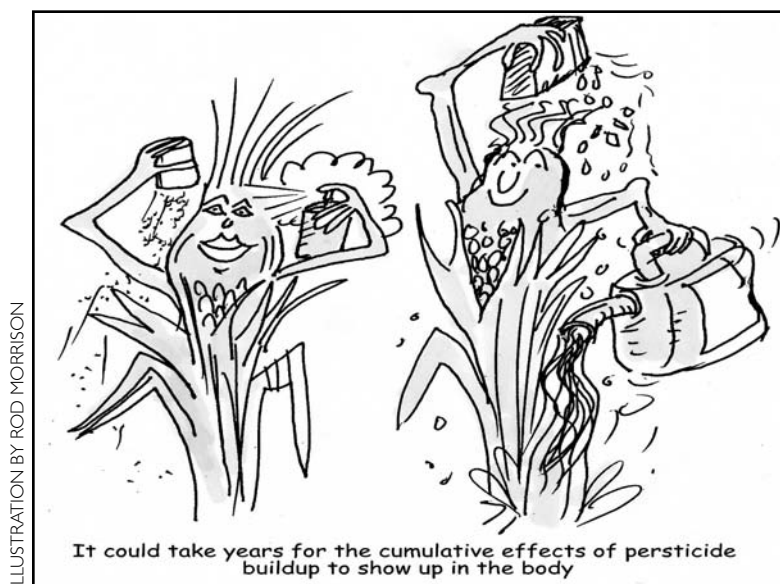


ILLUSTRATION BY ROD MORRISON

What Is That? How Do I Use It?

Ask Me Questions About Coop Foods

Monday, November 12, 12 to 2:45 p.m.

Monday, November 19, 12 to 2:45 p.m.

Monday, November 26, 12 to 2:45 p.m.

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

Look for tour leaders in produce aisle.

Amy Sohn

CONTINUED FROM PAGE 1

who live outside this small bubble we call Brooklyn. The Park Slope of which Sohn writes is filled with marital infidels who cheat, lie and troll the internet for sex. Her Brooklyn is filled with women who want to love and be loved, even if that means finding fulfillment from men other than their spouses. I contacted Amy Sohn in hopes of learning more about what makes this author tick. I was especially curious about how women in Brooklyn had responded to *Motherland*. We met at Joyce Bake Shop in Prospect Heights for what turned out to be a lighthearted, honest conversation about relationships, parenting, sex, and the Park Slope Food Coop.

TS: Where do you get your storylines?

AS: When you walk around the neighborhood, there are all these people you know by face, but not by name. You see them often enough that you

meds—and in *Motherland* she's not addicted to any. There are two married moms who cheat in this novel and one does it with a Manhattanite, while another does it with a non-dad. Mothers have written me to say they couldn't put it down, to ask how I come up with my nicknames like "Sojew" and "Connecticut Muffin top." Some want to know who I base my characters on, while others are spreading rumors that they themselves are my subjects! When you see how challenged and dysfunctional my subjects are, you really have to scratch your head at the idea that people would claim to be my source material. One friend (a Coop member) mistakenly thought she was in the novel and when I told her that I had finished the book months before I knew her, she said, "Now that I know I'm not in it, I'll read it."

TS: You write about these obsessed, neurotic helicopter mothers. Have people in the neighborhood found your book infuriating?

obsessed with something, be it her dog, her baby, her car, school or grocery list. We definitely have people who are obsessed with food and how to feed their children. Part of this obsession is due to status-consciousness—people are looking over their shoulders to see what the Joneses are doing. We also have a lot of mid-life parents, and I contend that they have more anxiety than younger ones—not that I wish I had been a mother at 25 when the guys I dated were chain-smoking, alcoholic narcissists who left my apartment before breakfast to go "build shelves." Interestingly, few Slopers seem obsessed with perfecting their marriages the way they want to perfect their children. In a hierarchy of work, marriage, and children, work and children come first for many, and marriage sadly comes last. I except all of the fancy French couples who have found their way into the neighborhood. They put sex above all.

Amy Sohn's fictional Brooklyn is filled with marital infidels who cheat, lie and troll the internet for sex.

TS: How do you feel about the Park Slope Food Coop?

AS: I love the Coop. The Coop draws from a wider community than the 11215 zip code. It's less homogenous. It is more in your face because it is so crowded all the time. You get in fights and people yell at you and you yell back at them.

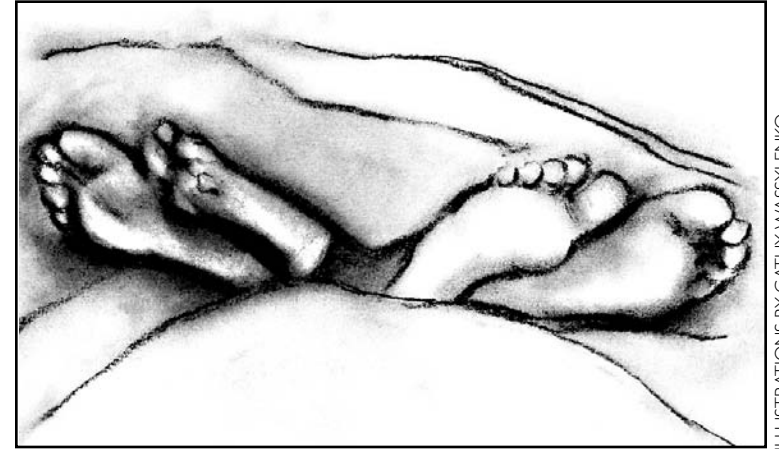
TS: Is it a place people go to take out their aggressions for an hour or so?

AS: I don't think they go with that intent, but because it's so crowded, they can't help it. I feel like the Slope in general, people put on a kind face, but then they go home and gossip and blog, but in the Coop, they just tell you to your face, "Get the hell out of my way." I've had an opportunity to read there and so far I've said no, but I think I might change my mind and say yes.

TS: In your book, you use descriptions like "schlubby" and "formerly athletic." Are these accurate descriptions of Park Slope Parents or insults?

AS: Man-titted. Bald. Those are both from *Motherland*.

TS: The Brooklyn you write of is full of illicit sex, gay sex, interracial sex, extramarital sex, rooftop sex. These interludes stand in stark contrast



ILLUSTRATIONS BY CATHY WASSYLENKO

to the overtired, overweight, overworked, stressed-out mothers I see roaming the streets of Park Slope on Saturday afternoons. When and where is all of this illicit, hot sex taking place?

AS: Some in bedrooms, a lot on business trips and, come on, on the Internet. I think what distinguishes my generation of cheaters from others is that it includes a very wide swath of cheating, from "emotional affairs" to inappropriate Facebooking, to makeout sessions in bars, to paid sex, to sexting, to video sex. The old in-and-out with an attractive peer who is not your spouse is less common. My generation is more Clintonian about these things, finding ways to be unfaithful without being unfaithful.

TS: The Park Slope parents you write of are a group of sex-starved, angst ridden, obsessed weirdos. They are also struggling to be better—better spouses, better parents, and better individuals. What is the takeaway here? What point are you ultimately trying to make?

AS: I would not call my characters weirdos. The difference between them and real Park Slope residents is that we are privy to their problems and predilections when in life, at school drop-off, we are forced to guess. You are right that they want to be happier. The tragic flaw for more than one of my characters is that they believe they have a right to happiness. That is definitely a Generation X character trait, to believe that in marriage you are owed total fulfillment. In their search for happiness, some end up in new situations that may be worse than the ones they were in. I think it is an easy mistake to make, to think that new equals better when it comes to a romantic partner. But the truth is that any long-term relation-

ship will one day be less exciting as the dopamine fades. Whether my characters will find greater fulfillment is an open question and perhaps subject of a future sequel. It was important to me that they not have the more cowardly novelistic arc of "cheat and then go back." I have seen novelists use this device as a safe way of "resolving" problems and I feel that it doesn't reflect reality and can be disappointing to the reader. Let's let them live it up even if they are in for a rude awakening after the novel ends.

TS: In *Motherland*, one of your characters is a young erotic masseur. He gains quite a following amongst Brooklyn women by paying special attention to their feet...

AS: Wouldn't every aspirational Park Slope family love to have one erotic masseur practitioner of each gender living with the family along with the nanny and cook? Then both husband and wife could be serviced nightly. We would see a lot less animosity, I am sure. No one would argue about loading the dishwasher if everyone had his or her erotic needs met on demand and with nothing but money expected in return.

As our interview concludes, it occurs to me why Amy Sohn is so successful. She is brutally honest, witty, humble and down-to-earth—just like her books. *Motherland* is currently available at the Park Slope Food Coop. ■



almost feel like they're friends and you just imagine things about them. Something that I think is unique to New York City is that you are privy to each other problems and dramas in a way you wouldn't be in a place where there are houses and you can't really hear your neighbors. A lot of people come up to me and say, "I don't cheat, my husband doesn't cheat," and I don't think they're lying, but I think they're saying that because they're kind of threatened by the world that I'm portraying.

TS: The Brooklyn—specifically Park Slope and Prospect Heights—you write about is a neighborhood filled with catty, insecure mothers addicted to prescription drugs and hankering for a good time with the father next door...How have moms in the neighborhood responded to your latest book, *Motherland*?

AS: Only one of the moms in my novels uses prescription

AS: I'm a little insulated from the criticism because I don't read most anything in online forums. In general, I find that the people I'm writing for, women and men, are people who have a sense of humor about our neighborhood or this generation of parents. I'm writing for people who have a sense of humor. There's no character that's a super-control freak mom and that works out really well for her [laughs]. That's how I think that life is. You think that you can control everything and then you learn that you can't control if your husband is going to walk out on you.

TS: Are the residents of Park Slope obsessed? It could be argued the members of the Coop are obsessed with organic vegetables and Park Slope moms are obsessed with Ergo carriers and breastfeeding...your thoughts?

AS: Yes, it's a neighborhood where everyone seems





ENVIRONMENTAL COMMITTEE REPORT

Why the Coop Should Stop Providing Free Plastic Bags

By Judy Thurmond

When people think about the environment, attention may first turn to such topics as endangered wolves, declining forest acreage or climate change. Plastic may not even make the list. Yet the Environmental Committee has found that our overuse of disposable plastics constitutes one of the most harmful actions humans take against the environment.

Our awareness of the massive ill effects of plastic use, gained over years and with much research, coupled with discovering how relatively easy it is to change our plastic behavior, drives the Environmental Committee's proposal that the Coop stop providing free plastic bags on the shop-floor.

Below is a statement of why we, as a cooperative, should stop supplying ourselves with plastic bags for food. The reasons come under four headings: health, environment, social justice, and financial.

The **health implications** of combining food and plastic result from the leaching of estrogenic chemicals, the most common endocrine disruptors, from almost all plastics, including those marketed

as BPA-free. When plastic bags or packaging hold foods, escaping chemicals get into food and eaters.

One study performed a "fresh foods intervention" (participants ate nothing canned, or packaged in plastic), demonstrating a startling reduction in BPA (down 66%) and DEHP (over 50%) in their bodies in just days, confirming that plastic food packaging is a major source of these potentially harmful chemicals. (To read more, do a Google search for NCBI, then choose the first item on results list, EHP Food Packaging Dietary Intervention.)

Estrogenic chemicals produce many health problems, including disturbed reproductive capacity and increased rates of some cancers. Fetuses and the young are most at risk from exposure to estrogenic chemicals. It is known that estrogenic chemicals alter cell structure and function. (For more info, search the web for EHP Plastic Products Estrogenic Chemicals.)

The FDA's approach has long been to allow low levels of estrogenic chemicals in foods when a single dose is not considered harmful. Scientists, however, have learned that the effects of these chemicals are cumulative, but the FDA still does not consider cumulative exposure, nor

does it consider how interactions of multiple chemical additives affect the body. (For more info search the web for: Washington Post trace chemicals worry.)

Furthermore, the petrochemical industry is not required to disclose ingredients of the plastics that touch our food. And many of the chemical plants that rank high in carcinogenic emissions do plastic recycling or production.

In summary, there are known serious health consequences associated with some ingredients in plastic food packaging. We can't know which chemicals are in which plastics; this information is not disclosed to consumers due to US trade secrets laws.

The **environmental devastation** caused by our plastic is immense and multi-faceted. Manufacturing disposable plastic, made from non-renewable natural gas and petroleum products, is unsustainable. More plastic was produced in the first decade of this century than in the entire 20th century; we're drowning in it. Our oceans and wildlife they once supported are also "drowning" in plastic. Just as plastic has health consequences for humans, the plastic trash clogging the oceans poisons the water and kills wildlife. While a plastic bag will "break down," no longer be

a bag, the tiny shreds and bits of plastic continue to exist, leaching and bioaccumulating toxins.

The hope that the environmental havoc caused by plastic can be solved by recycling is misinformed. Glass and metal break down into natural constituents; plastic cannot. Glass and metal thus can be recycled; plastic cannot. The best outcome of so-called plastic "recycling" is re-use plus delaying the inevitable deposit of that plastic into soil or water.

Social injustice as it pertains to plastic means poverty-stricken people with little political clout or financial means are harmed by our indulging our plastic habit. Our overuse of plastic has more concentrated negative effects on people living and working in areas where plastics are manufactured, recycled, or trashed, than it does on others.

In urban dumps in South America, endless mounds stuffed with trashed plastic and food waste, homeless children scavenge for scraps to keep from starving. In plastic recycling yards in Asia, again, children are working amid the chemical stench to turn our old plastic bags into some new plastic item. These places, ugly result of our plastic habit, are not safe.

Toxic air, water and soil and a high cancer death rate are typical of places like Cancer Alley, LA, where petroleum refineries and manufacturing plants are concentrated. Closer to home, people in the South Bronx, exposed to most of New York's trash and recycling, suffer from some of the highest asthma and cancer rates in the city. (For more info, search the web for NYC gov asthma facts. Also search cceh research Manhattan Bronx.)

The **financial** benefit to the Coop of not providing plastic

bags will be annual savings of almost \$23,000. The argument that there will be more theft if the Coop phases out the bags doesn't hold up. The Coop, like most retail establishments, already has a theft problem. This needs to be addressed, but plastic bags are not the solution.

Consider also the larger financial picture. Who gains from our plastic habit? Those who extract petroleum products, and the manufacturers/suppliers of plastic. Who loses? Everyone else: those whose food touches plastic, people who live/work in plastic-industry areas, wildlife, the planet.

What, then, do we have? Plastic, an unsustainable petroleum product largely unnecessary for food packaging, when manufactured and used in current huge quantities, undermines human health, poisons the environment by releasing toxins into soil, water, and air, kills birds, turtles, and other wildlife, and pollutes oceans, city streets, and indeed the entire planet.

Are these consequences an acceptable cost to pay so that we don't have to remember to carry bags with us when going shopping? Resoundingly, NO.

Please support the Proposal to Phase Out Plastic Bag Rolls, and, if you haven't already, examine and then reduce your own use of "disposable" plastics. The proposal enacted will be a small but meaningful step toward improving our health, our environment, the well being of people who live or work in plastic producing or recycling areas, and the society we live in. ■

*This article restated the main points supporting the Environmental Committee's Proposal to Phase Out Plastic Bag Rolls. See our blog for the full proposal, also for the blog version of the present article, containing links to information presented here. www.ecokvetch.blogspot.com.

What's a Name in

Below is a list of popular boys names, embedded within common English words. The remaining letters have been removed, and need to be filled in.

For example, if the clue was "____BILL____," the blanks could be filled in to make the word "HILLBILLY."

Can you find all the words? Alternative solutions are possible for some clues.

_ R O N _
_ T O M _
_ _ _ T R O Y
_ A L L A N _
_ _ _ D A N _
_ R E N E _
_ _ _ _ L E O _
_ _ _ H E R M A N
_ _ _ G R E G _
_ _ _ G E N E _
M A R I O _
V I C T O R _

Puzzle author: Stuart Marquis.
For answers, see page 11.

The Agenda Committee is urgently seeking new members!
Join the Committee and help set the monthly General Meeting agenda.

Requirements:

- ◆ Attend monthly Committee meetings on the first Tuesday of the month at 8:00 p.m.
- ◆ Attend at least five General Meetings per year
- ◆ Have a cooperative spirit and willingness to work in a collaborative committee environment
- ◆ Be interested in the ongoing business of the Coop
- ◆ Have a good attendance record

If interested, contact Ann Herpel at 718-622-0560 or ann_herpel@psfc.coop. The Committee will interview applicants before submitting candidates to the GM for election. We are seeking an applicant pool that reflects the diversity of the Coop's membership.

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, 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 1995-99 and 2001 to the present, with article titles, issue dates, and page numbers (subjects for the year 2000 are being added).

Many of the Gazette issues referenced in these indexes are available as PDFs on the Coop's website.



Coop Members Build Local Youth Orchestras

By Hayley Gorenberg

There's a joyful noise in Brooklyn, and that crescendo you hear follows the baton of Coop member Kelly Howard.

Howard is the Music Director of the Brooklyn Youth Music Project (BYMP), a collection of 80 Brooklyn youth and their string instruments, percussion and brass. Howard, who teaches violin in Windsor Terrace, has devoted much of the past four years to growing youth symphonies that rehearse at Old First Reformed Church in Park Slope and draw kids from across the borough—and even a handful from Staten Island and Manhattan—to learn and perform orchestral classics.

The project began in Howard's home. "I used to do it in my living room for years," she said. "We packed in every week. People perched on the edge of the couch. The barking dog, the doorbell ringing, it was hilarious. There were 20 kids in my living room, and there were more kids who wanted to participate."

performing colleagues, and relying on peer recruitment, as well, she said. "The kids spread the word, which is fun." BYMP added a jazz program this fall, and aims to increase its two-week summer music camp in early July to serve 100 students.

Coop member Susan Buchsbaum has been a key board member of BYMP. Her son, David Gratz, currently plays violin with the advanced orchestra. (An intermediate orchestra performs in its own right and serves as a feeder for the advanced group.)

Buchsbaum is obviously enthusiastic about BYMP's processes. She described rehearsals as "a fun thing... Kelly will be really hard on people: 'you're not doing this!' And then something will happen, it's a flub, and brings the house down. It's a mixture of humor and being firm and expecting a lot of kids. Kelly doesn't talk to them like little kids. She treats them as colleagues, as if they're professional musicians."

She continued, "There's

formers to the staff. The experience of being backstage in the green room, before three shows at BAM packed with school groups, was a real treat, said Buchsbaum. "And the kids in the audience were totally into it. It knocked their socks off."

BYMP adjusted the outlook of BAM staff as well, Howard said. "BAM staff treated them like they were professionals and were awed by the way they played. The sound guy pulled me aside and said, 'I've got to reset the mikes. I just figured they wouldn't sound that good, so didn't turn them up in the mix.' So they redid the whole miking. The kids were so pleased with themselves; they were the consummate performers."

"Kelly doesn't talk to them like little kids."

She treats them as colleagues, as if they're professional musicians."

—Susan Buchsbaum,
BYMP Board Member
and Food Coop Member

Howard has a wider vision for the role of music in young people's lives. "It's giving them skills and tools that will help not only their musical growth but will also help them grow as a human being. It's not just to be a musician, it's about learning to create something collaboratively and really grow."

All that Jazz

The newest BYMP endeavor, its Jazz Initiative, includes two ensembles led by Owen Howard, Kelly's spouse and a JUNO-nominated percussionist. (His "Drum Lore" was recently nominated as "Traditional Jazz Album of the Year.") The intermediate jazz group is "learning about form, the jazz theory behind it, how to improvise, create a solo," said Kelly Howard. The more advanced players "have deeper understanding, so they're playing more complicated pieces, learning how to solo and trade solos—all those things that look effortless—but it's not effortless, you have to really know."

She looks forward to building and expanding the jazz program to work with great Brooklyn jazz artists. "There are so many here!"

BYMP also plans a year-round chamber music component.



PHOTO BY LISA COHEN

Coop member and BYMP music director Kelly Howard.

Summer Music

The BYMP summer program runs at the Hannah Senesh Community Day School in Brooklyn Heights.

In addition to ensemble work, the camp incorporates a dance component for younger participants, and everyone sings. "It's very intensive; there's not a lot of down-time," said Buchsbaum.

Howard emphasized that introducing dance and song enhanced the instrumental program. "It's all part of being a whole musician—being able to internalize music and express it physically," she said. "It's great to play an instrument, but you are an instrument, so if you can use your voice it makes you a better musician."

More Work

Buchsbaum got involved supporting Howard's orchestral leadership before BYMP existed. Drawn to the group as a parent of student musicians and as a friend of Howard's, Buchsbaum said, "I was interested, and it was a great organization to be a part of and to help bring from the ground up."

Buchsbaum works steadily on fundraising, so that BYMP can provide partial and full scholarships for kids in need. The goal is that all who meet audition standards are part of the orchestra. "No one is turned away," she said.

"The way it's growing and continuing to grow—we need funding!" said Howard. Modest tuition doesn't cover cost of facilities, instruments, leadership and coaching. BYMP has had some funders and a backer who have helped since its inception, and has received some grants support from the New York City Department of Cultural Affairs. It holds a couple of fundraising events each year, and suggests a donation at concerts. Buchsbaum is at work building a development portfolio for BYMP. To all patrons of the arts, Buchsbaum offers what she called a "shameless plug." She urged, "They should give!" The group is outgrowing venues, and must be sustainable.

To that end, BYMP is expanding its advisory board, and it's also seeking more awareness and publicity, including through social media. Concluded Howard, "I don't want to be Brooklyn's best-kept secret anymore." ■

For more information, or to support the Brooklyn Youth Music Project, visit www.bymp.org.

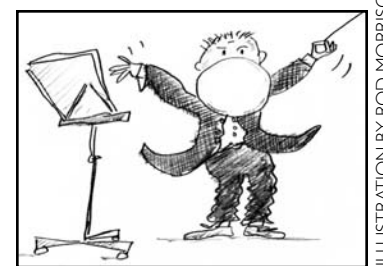


ILLUSTRATION BY ROD MORRISON

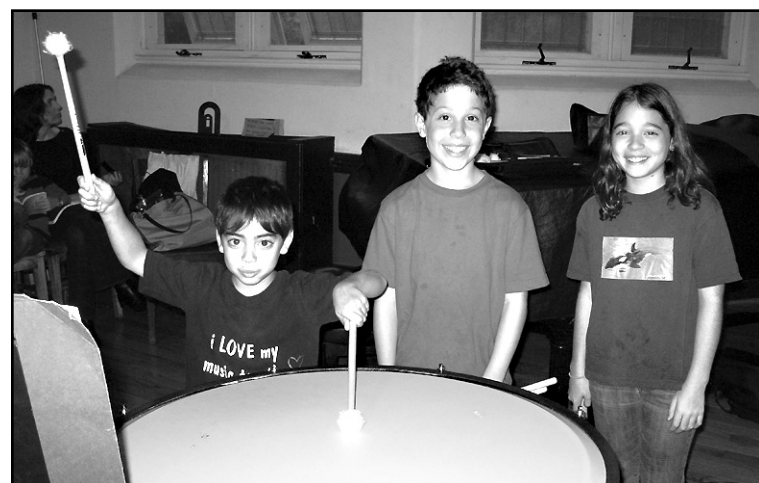


PHOTO BY LISA COHEN

David Gratz (center), son of Coop member Susan Buchsbaum, plays percussion with the Intermediate Orchestra.

She found a backer to help expand, joined with the Brooklyn Heights Music Society for three years, and then broke away to start a separate nonprofit. The little group of string players in the living room have come a long way: they've now got performances with Dan Zanes at the Brooklyn Academy of Music and Celebrate Brooklyn under their belts.

"It's a full orchestra," said Howard. "These kids really stretch. They reach and play music that's really demanding. The bar is raised higher after every concert. They reach a new level of playing."

To grow the brass, woodwind and percussion sections of the BYMP orchestras, Howard is reaching out to music directors at public and private schools, teaching and

something very 'Brooklyn' about it. Everyone's a good sport, really collaborating. People are working together, enjoying making music with each other. It's something that people join because they want to join, so you have kids who are motivated and want to be part of something that's bigger than themselves."

All that excitement has a happy byproduct, said Buchsbaum. "Being in the orchestra breathes life into practicing. They want to make sure they can live up to their part of the bargain and be there for their teammates."

Both Buchsbaum and Howard described the concerts with Dan Zanes and Friends as having made a big impression on everyone involved, from the young per-

The Brooklyn Youth Music Project's next concerts take place the afternoon of January 13, 2013, at Roulette (509 Atlantic Ave. at Third Ave.). The program slate includes:

For the intermediate orchestra: *Dark Adventure* (Ford); *Rosamunde Overture* (Schubert); *Medieval Legend* (Story); *Le Rejouissance*, from *Royal Fireworks* (Handel)

For the advanced orchestra: *Country Gardens* (arr., Grainger); *Marriage of Figaro* (Mozart); *Poem* (Tatgenhorst); *Celebration* (Meyer)

In true improvisational style, the jazz program won't decide performance repertoire until December. Quipped Owen Howard, "It's jazz, man!"

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, Nov 16, 8:00 p.m.

The Brooklyn Society for Ethical Culture
and the Park Slope Food Coop present:



PROSPECT CONCERTS



Come join **Barry Bryson**, bandleader and trumpeter of the Swing Street Orchestra, and fabulous Coop jazz musicians for a night of big-band swing-dance music.



Marje Wagner

Barry Bryson—Trumpet/Leader

Lisa Parrot—Alto Sax

Jenny Hill—Tenor Sax

Peter McGuines—Trombone

Cynthia Hilts—Piano

Alexis Quadrado—Bass

Rob Garcia—Drums

Stefan Bauer—Vibes

Todd Isler—Percussion

Dave Phelps—Guitar

Marje Wagner—Vocal



There will also be free dance lessons with professional dance instructor **Arturo Perez**, who will be partnered by **Carolynn Murphy**.



www.ProspectConcerts.tumblr.com

53 Prospect Park West [at 2nd Street] • \$10 • 8pm [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
NOVEMBER 10
10:00 A.M.–2:00 P.M.

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

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

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

PLASTICS

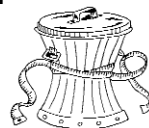
What plastics do we accept?
Until further notice:

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

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

PLASTIC MUST BE COMPLETELY CLEAN & DRY

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



This Issue Prepared By:

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WORKSLOT NEEDS

Plastics Recycling

Saturday or Sunday, mornings

Join in the Coop's effort to be a better environmental citizen. Work outside in front of the Coop with other members of the Recycling Squad, accepting returned plastic containers, making sure they are clean and meet the Recycling Squad criteria. Stack and pack plastic for recycling. Must be reliable and willing to work outdoors in all kinds of weather.

Plastics Recycling Baler

Thursday, 7:30 to 10:15 p.m.

Saturday and Sunday, 12:30 to 3:15 p.m.

Baler will work as a member of the Environmental Issues Plastic Recycling Committee. Work includes operating the baler machine in the

Receiving area—NO OPEN-TOED FOOTWEAR SHOULD BE WORN WHILE WORKING IN THIS AREA. Worker must be able work with Receiving Staff to coordinate the use of the baler and shared workspace, and must be able to follow detailed safety instructions. Some strength and lifting required. Training will take place on first scheduled shift. You will need to contact Cynthia Pennycooke, Membership Coordinator, via phone Mon–Fri 8 a.m.–12:30 p.m. in the Membership Office, or e-mail cynthia_pennycooke@psfc.coop prior to being assigned to this shift.

Bathroom Cleaning

Monday, 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.

Store Equipment Cleaning

Monday, 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 checkout 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.

CONTINUED ON PAGE 12

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the three 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 11 a.m. and 5 p.m. Channels: 56 (Time-Warner), 69 (CableVision), 84 (RCN), 44 (Verizon), and live streaming on the Web: www.bricartsmedia.org/community-media/bcat-tv-network.

General Meeting Info

TUE, NOVEMBER 6

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Nov 27 General Meeting.

TUE, NOVEMBER 27

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Nov 15 issue: 12:00 p.m., Mon, Nov 5

Nov 29 issue: 12:00 p.m., Mon, Nov 19

CLASSIFIED ADS DEADLINE:

Nov 15 issue: 7:00 p.m., Wed, Nov 7

Nov 29 issue: 7:00 p.m., Wed, Nov 21

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, November 27, 7:00 p.m.

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

Location

MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. Fourth St. entrance is handicap-accessible.

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.) • Meet the Coordinators

• Enjoy some Coop snacks • Submit Open Forum items

• Explore meeting literature

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

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

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

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

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up required:

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

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

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Signing in at the Meeting:

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

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

• Being Absent from the GM:

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

Park Slope Food Coop Mission Statement

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



park slope
FOOD COOP

calendar of events

nov 1
thu 7:30 pm

Food Class: Seasonal Recipes To Boost Immunity



Autumn's harvest is bursting with immune-boosting fruits and vegetables. Join chef Maggie Callahan as she showcases three delicious seasonal recipes that will decrease inflammation and boost the immune system. Maggie is a private chef and cooking instructor, baker and a graduate of the Natural Gourmet Institute for Health and Culinary Arts. She specializes in preparing clean food for both adults and children. She is currently in the process of becoming a certified Nutritional Therapy Practitioner and spends a great deal of time researching nutrition's role in good health. Menu includes: warm brussel sprout salad; autumn vegetable and bean stew; spiced pear and cranberry muffins..

Materials fee: \$4. Food classes are coordinated by Coop member Susan Baldassano.

nov 2
fri 7 pm

Film Night: A Night of Japanese Films and Food Tasting



Two films will be shown. *Green Mountain Girls Farm: Sustainability in Action* (length 18:05), showcases a sustainable farm in Vermont, started by two women who used to work for environmental groups, then decided to grow food for their immediate community as part of their environmental act. The farm practices relational farming, inviting visitors to share and enjoy their farm and its products—connecting people to farms so they can source high-quality, healthy, well-raised food. Screening will be accompanied by samples of their pasture-raised, healthy meats and vegetables as well as cheese and caramel produced by others who belong to their neighboring cooperative called Floating Bridge Food and Farms Cooperative. The farmers will be present to discuss how they sustainably raise poultry, pork, goat, vegetables, eggs and milk on their diversified farm in Vermont. Filmmaker Iki Nakagawa was born in Tokyo and moved to NYC in 1989. Her work has been presented in Europe, the U.S. and the Middle East. She's produced many videos about sustainable practices including some about the PSFC. *Cold Shutdown: Fukushima One Year After* (length 36:00), showcases the Fukushima Dai-Ichi disaster, the biggest nuclear catastrophe since Chernobyl, which has contaminated thousands of square miles of Japan with fallout. Faced with a government urging them to stay put and keep quiet, ordinarily calm Japanese citizens must take matters into their own hands. *Cold Shutdown* is a short visit with the citizens of Fukushima Prefecture as they struggle to protect the lives of their children and themselves, setting up radiation testing sites and food distribution centers and occupying the grounds of the Ministry of Trade in Tokyo. Filmmaker Martin Lucas is an artist, educator and media activist living in Brooklyn. To book a Film Night, contact Faye Lederman, squeezezone@hotmail.com.

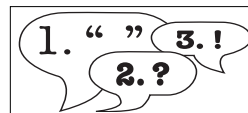
nov 4
sun 12 pm

A Workshop on Research

Are you frustrated by how long it takes to find useful information about a given topic? Overwhelmed by the Internet and all the data out there? Unsure when to trust a source? Unable to translate your information needs to concrete queries? Learn about the current information environment and how to navigate its layers for more fruitful searching sessions. Whether you're a student, a community activist, an independent journalist or just someone who wants to be more efficient, come for research tips and tricks (and bring your own to share)! Arpita Bose is a medical librarian and director of a hospital library in Brooklyn. She has taught numerous workshops in consumer health for librarians in New York, New Jersey, Delaware, and Pennsylvania. Melissa Morrone is a public librarian in Brooklyn. She has presented and conducted workshops at a variety of venues.

nov 6
tue 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at foodcoop.com. **The next General Meeting will be held on Tuesday, November 27, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.**

nov 11
sun 12 pm

The Benefits of Art Therapy For Your Child

It takes courage to get help for your child. This workshop will make it easier for parents and caretakers to find it. Learn how art therapy can: be a non-threatening way to visually communicate what is too hard to put into words; bypass shame, blame or criticism and go directly to identifying feelings and thoughts; create a bridge between feelings and words, helping children to "draw out" their feelings instead of "acting them out"; and increase coping ability, frustration tolerance, socialization and academic achievement. Coop member Sarah Zahnstecher is a NYS-licensed Creative Arts Therapist who works in private practice and has been practicing for more than 25 years. Adults only shall attend this workshop.

nov 13
tue 7 pm

Safe Food Committee Film Night: As We Sow



According to the farmers in rural anthropologist Kendall Thu's case studies, the hog industry and the market forces of consolidation, corporate control and agribusiness were turning once proudly independent farmers, those who could survive at all, into "serfs on the land" and "wage-earning hog janitors." Why should the displacement and disappearance of family farms matter to people outside of the isolated rural countryside of America's heartland? *As We Sow* searches for answers from people on the front lines of what some call "the last farm crisis."

nov 16
fri 8 pm

Swing Street Orchestra



Come join Barry Bryson, bandleader and trumpeter of the Swing Street Orchestra, and fabulous Coop jazz musicians for a night of big-band swing-dance music. Musicians include: Barry Bryson—trumpet/leader; Lisa Parrot—alto sax; Jenny Hill—tenor sax; Peter McGuines—trombone; Cynthia Hilts—piano; Alexis Quadrado—bass; Rob Garcia—drums; Stefan Bauer—vibes; Todd Isler—percussion; Dave Phelps—guitar; Marje Wagner—vocal. There will also be free dance lessons with professional dance instructor Arturo Perez, who will be partnered by Carolyn Murphy.

Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45.

Prospect Concerts is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture.

To book a Prospect Concert event, contact Bev Grant, 718-788-3741.



For more information on these and other events, visit the Coop's website: foodcoop.com

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

nov 1–dec 6 2012

nov 16-17
fri-sat 11 am–6 pm

Blood Drive

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

nov 18
sun 12 pm

Workshop for Grandparents

Grandparents play an essential role in the lives of their children and grandchildren, but the details of sorting through family dynamics is not always easy. Share stories and hear helpful perspectives that can make things go well. **Sharon C. Peters**, M.A., is the founder and director of Parents Helping Parents on President Street in Park Slope. She has worked with hundreds of individual families for more than 15 years and has led many parent workshops for schools and organizations.

nov 24
sat 12 pm

What the Tooth Fairy Never Knew!

This workshop on nutritional, homeopathic, preventive dentistry is geared for those who want to take responsibility for improving or maintaining their dental health; and, to learn about the connection between dental problems and systemic diseases. You will be taught how to analyze oftentimes undiagnosed etiologies of dental diseases, TM joint problems, headaches and loosening teeth. Dental controversies like mercury fillings, root canals and placing nickel on your children's teeth will be included in this symposium. Dr. **Stephen R. Goldberg** DDS, is a Nationally Certified Clinical Nutritionist (CCN), Acupuncturist and Oral Myofunctional (Swallowing) Therapist.

nov 25
sun 12 pm

Exploring the Link Between Diet & Disease

Have you ever wondered how the foods we eat affect our health? Come join us for a discussion on why some foods promote disease while others can actually help protect us from certain cancers and chronic illnesses like diabetes and heart disease. You will leave with a better understanding of what you can do to take charge of your own health! **Joy Roberts**, L.Ac., has been a Coop member since 2008. She is an acupuncturist and nutrition educator with a private practice in Carroll Gardens.

nov 27
tue 7 pm

PSFC NOV 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: MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. Fourth St. entrance is handicap-accessible.**

nov 27
tue 7 pm

Are You New to Medicare?

Come learn about the basics of the Medicare program—Medicare Parts A and B, Medicare managed care, and Part D drug coverage. What services are covered by Medicare? How does Medicare interact with other health coverage? How much will you need to pay for Medicare coverage? When do you need to sign up for Medicare? **Michelle Berney**, M.P.A., is a consultant with the New York City Department for the Aging's HIICAP program (Health Insurance Information Consumer Assistance Program). She specializes in Medicare and its related programs. She has worked in the public benefits field for more than 12 years and has been a Coop member for seven years.

nov 28-29
wed-thu 4–6 pm

See What the PAFCU Offers

Representatives from People's Alliance Federal Credit Union will be at the Park Slope Food Coop in the Meeting Room to sign up members for credit union membership. Learn about: \$5 minimum savings balance; loans starting at 2.99%; holiday club account; debit/Visa cards; mobile/text message banking; no-fee checking; Internet banking; kids' accounts; vacation club accounts. Any new member to open an account, any existing member to add a PAFCU product, or any member to refer a new member to the credit union will be entered to win a Drive Away Vacation Package. Stop by for a chance to win a surprise gift.

nov 30
fri 10 am–12:30 pm

See What the PAFCU Offers

Representatives from People's Alliance Federal Credit Union will be at the Park Slope Food Coop in the Meeting Room to sign up members for credit union membership. Learn about: \$5 minimum savings balance; loans starting at 2.99%; holiday club account; debit/Visa cards; mobile/text message banking; no-fee checking; Internet banking; kids' accounts; vacation club accounts. Any new member to open an account, any existing member to add a PAFCU product, or any member to refer a new member to the credit union will be entered to win a Drive Away Vacation Package. Stop by for a chance to win a surprise gift.

nov 30
fri 7 pm

Wordsprouts: Memoir-Writing Workshop with Minkowitz



Take a free memoir-writing workshop with award-winning memoirist **Donna Minkowitz**. Author of *Ferocious Romance: What My Encounters With the Right Taught Me About Sex, God and Fury* (Free Press), Donna Minkowitz has taught memoir writing and creative nonfiction since 1998, at the 92nd Street Y, The Kitchen, the World Fellowship Center, and the In Our Own Write program of the Lesbian and Gay Community Services Center. A former columnist for *The Village Voice*, Minkowitz has also written for *The New York Times Book Review*, *Salon*, *New York* magazine, *Ms.* and *The Nation*. You can read her blog and the first chapter of her second memoir at donnaminkowitz.wordpress.com.

To book a Wordsprouts, contact Paula Bernstein, paulabernstein@gmail.com.

dec 1
sat 11 am

Preparing for Parenthood

How to become the parents you want to be for your new baby: two doulas share their knowledge. You have just learned that you are pregnant. Now what? We give practical advice on everything from what to buy to breastfeeding. We want expectant parents to feel empowered and ready for the birth and beyond. Come join us and bring all your questions! **Pamela Smith** and **Lisa Cohen** are both certified postpartum and birthing doulas. They are also certified lactation counselors who have worked with hundreds of families.

still to come

dec 1 Ban Fracking Fluids & Pipelines in NYC

dec 1 Effective Tools for Transformation

dec 2 Creating Your Health Through Foods of the Season

dec 2 Meet Your Mind

dec 4 Agenda Committee Meeting

dec 6 Food Class: Healthy Hanukkah Treats

LETTERS TO THE EDITOR

THANK YOU

DEAR JOE HOLTZ,

Heartfelt thanks to the entire Park Slope team for your very generous contribution. We are humbled by your steadfast support and energized by our partnership with the Coop grocer community. Your support gives us the moral authority to speak out for organic integrity and organic/local farmers. Thank you for all you do for the good food movement!

Most sincerely,
Mark Kastel
Cornucopia Institute

HOOKS PLEASE

EDITOR:

I am one of those folks who uses a cart to lug my groceries home. On the back of the large shopping carts, there are two "S" hooks where my cart can attach. However, lately, it seems like I have to pull out two or three shopping carts just to find one with two working hooks. Maybe we cannot solve all the problems in the Middle East. But, can we at least put some decent hooks on the back of the shopping carts. Would that be too much to ask?

David Meltzer

THE FLOOD OF NOAH:
SEVEN COLORS OF THE
RAINBOW

EDITOR:

The flood of Noah, as brought in the bestseller known as the *Bible* (together with its oral tradition) is also a parable.

It's not a kid's fairy tale. It's more than history. It has a message to

humankind: when the raging waters of life threaten to swallow, turn to the source of life. Enduring values make life worth living.

On March 26, 1991, the 102nd U.S. Congress declared (House Joint Resolution 104 ENR):

"Congress recognizes the historical tradition of ethical values and principles which are the basis of civilized society and upon which our great Nation was founded ... ethical values and principles that have been the bedrock of society from the dawn of civilization."

The Noahide Code, with its seven laws for living, presents an ancient and timeless code for a truly natural life. It has been practiced since time immemorial.

This information is crucial for our generation.

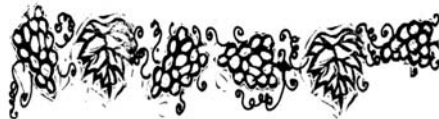
Source: www.asknoah.org.

Malka Stern

GREEN GROWS GOLD

Let's fall for autumn
With coffee and crullers,
Berries and cherries,
Exploding with colors.
Both scarlet and gold
Are fluttering by,
A glorious way
For leaves to die.
Yet like earth itself,
The trees stand strong,
And regrowth's sure
Before too long.

Leon Freilich



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 first-hand observation.

2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

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

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

Respect

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

BDS TOPICS:

HISTORIC LETTER TO
CONGRESS: CHRISTIAN
LEADERS QUESTION
UNCONDITIONAL
MILITARY AID TO ISRAEL

COOP MEMBERS:

On October 5, 2012, 15 high-ranking officials from U.S. mainline Christian churches and organizations expressed grave concern about deteriorating conditions in Israel and the occupied Palestine territory. They cited the 2011 *State Department Country Report on Human Rights Practices* detailing widespread Israeli human rights violations committed against Palestinian civilians; many involved the misuse of U.S.-supplied weapons.

Urges Investigations and Hearings. Immediate investigations are called for into possible violations by Israel of the U.S. *Foreign Assistance Act* which prohibits assistance to any country which engages in a consistent pattern of human rights violations; and U.S. *Arms Export Control Act* which limits the use of U.S. weapons to "internal security" or "legitimate self-defense."

It calls for Congressional hearings to examine Israel's compliance and to issue regular reports on Israel's compliance and the withholding of military aid for non-compliance.

Israel's pattern: Human Rights Violations Against Palestinians: The annex to the letter provides examples of Israel's consistent pattern of human rights violations against Palestinians, some relating to U.S. military support:

- Killings of non-combatant civilians: at least, 2,969, from December 2000 to December 2009, this includes 1,128 children under 18.5; many connected to weaponry the U.S. underwrites;
- Suppression of legitimate political expression and protest using U.S.-supplied tear gas;
- 24,813 home demolitions and

forced displacement since 1967; in 2011 nearly 1,100, 80% more than in 2010;

- Use of prohibited weaponry (international humanitarian law) in densely populated civilian areas: white phosphorus and flechette shells in Gaza and Lebanon;

- Restricting Palestinian movement: Israeli-only roads, 500 checkpoints and roadblocks in West Bank; Separation Wall; blockade of Gaza.

Israel's Pattern: Disregard of U.S. Policies on Settlements. Since 1967, Israel has ignored repeated demands by the U.S. government to halt all settlement activity. Israel expanded its settlements in the West Bank and East Jerusalem that under international law and U.S. policy should belong to a future Palestinian State. Since the Oslo peace process in 1993, the number of settlers has doubled. Rights violations have resulted: separate and unequal legal systems for Palestinians and settlers; land and resource confiscation to benefit settlers; violence by settlers toward Palestinians, showing a dramatic rise this year.

The letter requests that Congress hold Israel accountable to these standards by making the disbursement of U.S. military assistance contingent on the Israeli government's compliance with applicable U.S. laws and policies.

Mainline U.S. Christian churches and organizations: partial list: Presbyterian, Evangelical Lutheran, United Methodist, American Baptist, American Friends Service Committee, United Church of Christ, Maryknoll Office for Global Concerns.

Upcoming: Tree of Life Conference on Israel and Palestine: "Voices of Hope & Peace from the Holy Land" with Jewish Israeli and Palestinian Peacemakers speaking about what's going on and what we can do about it. November 10, 2012: 1:00-6:00 pm. 7:00 pm, Concert of Middle Eastern Music. St. Michael's Church, 225 West 99th Street at Amsterdam Avenue, NYC. Details: www.tolef.org.

Mary Buchwald
Brooklyn For Peace
PSFC members for BDS
www.psfcbds.wordpress.com

To receive workslot credit for attending the monthly General Meeting, members must sign up in advance in one of the following three ways:



◆ On the Coop's website (www.foodcoop.com)

◆ Add your name to the sign-up sheet in the ground-floor elevator lobby

◆ Call the Membership Office



LETTERS TO THE EDITOR

ARAB SPRING AND THE ISRAELI ENEMY
ABDULATEEF AL-MULHIM (CONTINUED)

EDITOR:

These dictators' atrocities against their own people are far worse than full-scale Arab-Israeli wars.

In the past, we talked about why some Israeli soldiers attack Palestinians. We saw Israeli planes and tanks attack Arab countries. Do these attacks match current atrocities being committed by some Arab states against their own people.

Syrian atrocities are beyond anybody's imaginations. Iraqis are destroying their own country. Tunisia's dictator stole 13 billion dollars from the poor Tunisians? And how can a child starve in Yemen, their land is the most fertile in the world? Why would Iraqi brains leave a country that makes 110 billion dollars from oil export? Why do Lebanese fail to govern one of the tiniest countries in the world? What made the Arab states start sinking into chaos?

On May 14, 1948 the state of Israel was declared. Just one day after that, Arabs declared war on Israel to get back Palestine. The war ended March 10. Lasting over nine months. The Arabs lost the war and called this war Nakbah (catastrophic war). The Arabs gained nothing and thousands of Palestinians became refugees.

In 1967, the Arabs led by Egypt under Gamal Abdul Nasser, went to war with Israel and lost more Pales-

tinian land and made more Palestinian refugees, now at the mercy of the countries that host them. Arabs never admitted defeat in both wars and the Palestinian cause got more complicated. Now, with the never ending Arab Spring, the Arab world has no time for the Palestinians refugees or Palestinian cause, because many Arabs are refugees themselves, under attacks from their own forces. Syrians are leaving their country, not because of the Israeli planes dropping bombs on them. It is the Syrian Air Force dropping the bombs. Iraqi Arab Muslims, most intelligent brains, are leaving Iraq for the West. In Yemen, world's saddest human tragedy is being written by the Yemenis. In Egypt, the people in Sinai are forgotten.

If many Arab states are in such disarray, then what happened to the Arabs' sworn enemy (Israel)? Israel now has the most advanced research facilities, top universities and advanced infrastructure. Many Arabs don't know that the life expectancy of the Palestinians living in Israel is far longer than many Arab states and they enjoy far better political and social freedom than many of their Arab brothers. Even Palestinians living under Israeli occupation in the West Bank and Gaza Strip enjoy more political and social rights than some places in the Arab World. Wasn't one of the judges who sent a former Israeli president to jail an Israeli-Palestinian?

The Arab Spring showed the world that the Palestinians are happier and in better situation than

their Arab brothers who fought to liberate them from the Israelis. Now, it is time to stop the hatred and wars and start to create better living conditions for the future Arab generations.

This article is exclusive to Arab News.

Al Ettlinger

NEW PRISM ON THE OCCUPATION

EDITOR:

In response to Jesse Rosenfeld's lighthearted look at BDS in the October 4 Letters to the Editor.

As you may or may not recall, Jesse Rosenfeld posited a world in which a Palestinian potter by the name of Mazen Fakhoury is summoned before the politically correct PSFC-Boycott Divestment and Sanctions Citizen Identification Bureau and charged with slave-like obedience to the Israelis.

The story would be much more instructive if it was based on reality. We have a Palestinian potter who sells his beautiful work to an Israeli souvenir shop. Since Israel controls the borders, currency, imports, and exports, Mr. Fakhoury must buy his raw supplies from the Israelis and can only sell the finished product back to Israelis. Monopolies are never kind to small artisans, so his cost of production is artificially high. Israeli souvenir shops have a monopoly on his pottery so they don't pay him much but they sell his work at a big profit.

Our imaginary Mr. Fakhoury

doesn't make much money from the pottery, but his family has owned land for generations on which they have olive trees and sheep. The family makes a modest living from the farm—it's difficult to make a lot of money under the occupation—but they survive as they have for generations. They're OK, that is, until Israeli settlers claim the land and the bulldozers come and smash the olive trees. The family is destitute. Mr. Fakhoury's son, Ahmad, sees no future, hates the Israelis and joins a radical Islamist group. His daughter, Fatima, marries young, but the husband has some money and she will eat.

Now imagine Palestine without the occupation. Mr. Fakhoury makes a modest living as a potter and sends some of his nicer pieces to be sold in Europe. His genius is recognized at last and his pottery is sought the world over. The small Israeli souvenir shop becomes famous among connoisseurs of Palestinian pottery for their vast collection of Fakhoury pieces. They make tons of money. Fatima, the daughter does brilliantly at a Palestinian medical school, does post-graduate research at Johns Hopkins, and makes a major contribution toward the understanding Alzheimer's disease. Ahmad, the son, isn't such a great student and he's not much of a potter either. He is, however, a pretty good businessman and before you know it, olive oil from the Fakhoury land is sold at the Park Slope Food Coop.

Freedom, hope, justice—they're all part of the sure path to peace.

Deborah Kapell

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.

VALET BIKE PARKING IS HERE ON SUNDAYS!

strollers & scooters & carts too!



Every Sunday, April 1–November 18, from 3:30–8 p.m.,

Coop members can leave their bikes with our valet parking service, which is like a coat check for bikes. Working members will check in and watch your bike for you.

Just drop off your bike, stroller, scooter or personal cart, do your shopping or your shift, and hop back on.

No locks, no worries, no theft.

Service operates rain or shine.

Look for us in front of the yellow wall.

(Note: no bike check-in after 7:30 p.m.)

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



PSFC Shop & Cycle Committee



Puzzle Answers

iRONy
aTOMIC
desTROY
gALLAnt
munDANE
fRENetic
chameLEOn
fisHERMAN
conGREGate
deGENERate
MARIONette
VICTORious



CLASSIFIEDS

BED & BREAKFAST

THE HOUSE ON 3rd ST. B&B - serving the Slope for over 20 yrs. Parlor floor-thru apt. sleeps 5 in comfort & privacy, queen bed, bath, double living room, kitchenette, outdoor deck. Visit our web site at house-on3st.com. Click our FB link or call Jane at 718-788-7171. Ask about bargains for last minute bookings. Let us host you!

COMMERCIAL SPACE

PROFESSIONAL OFFICES available for Health Practitioners; e.g. Nutritionist, Medical Doctor, Psychotherapist, Massage Therapist, Podiatrist, Dentist, Reiki, Shiatsu, etc. Be part of an Holistic center in SOHO. Doctor will introduce all patients. Non-medical spaces also available. For information, please call 212-505-5055.

MERCHANDISE WANTED

SELL IRIS RECORDS your CDs/LPs/DVDs! Appointments day/night at your home. We pay cash and do the heavy lifting. We also appraise collections for estates/divorces. Email Stephen at recordriots@gmail.com or call 609-468-0885 for more information.

SERVICES

ATTORNEY—Personal Injury Emphasis—34 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consulta-

tions. Prompt, courteous communications. 23-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

PAINTING & WALLPAPERING- 25 yrs exp. doing the finest prep + finish work. One room or an entire house. Free estimates + full insurance coverage. Call Fred Becker @ 718-853-0750.

HAIRCUTS HAIRCUTS HAIRCUTS Color, high lights, low lights in the convenience of your or mine. Adults \$35.00-\$40.00, kids \$15.00. Call Leonora 718-857-2215.

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

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.



DENIED A CREDIT CARD, mortgage, car or turned down for a job due to your credit? Paying more for car insurance due to your credit? The legal credit experts can help! After we do a credit review and audit, we ONLY get paid WHEN we repair or remove items from your credit report! Results guaranteed! Call 516-668-7467.

SERVICES HEALTH

MD-SUPERVISED WGT LOSS program to burn fat, save muscle, prevent diabetes. Low dose allergen therapy for inhalent, food & chemical allergy. Bio-identical thyroid & hormone replacement. Non-drug treatment for depression, anxiety, insomnia. Call Dr. Ordene @718-258-7882. Insurance reimbursable, Medicare accepted.

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.

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.

Marathon Running Shoe in Sterling Silver

The perfect gift for the runner. Solid Sterling with a Sterling Chain

\$69.95

www.loverings.biz/running-shoe
347-351-5081



COMMUNITY CALENDAR

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

SAT, NOV 3

11 a.m. Damo I Jin—a 'tendon-changing' form of Chi Kung ("life-force energy practice")—continues in Prospect Park, through the Fall. Newcomers are welcome to join the class any Saturday. For more information, contact quicksilverdance@yahoo.com or 212-946-1537.

11 a.m. PROSPECT PARK 5K FUN RUN/WALK/BIKE—Begins at 15th Street/Prospect Park West entrance...rain or shine, to benefit Helping Hands Food Pantry, 116 6th Avenue at Park Place. For more info and registration form, contact: helping-handsfp@yahoo.com.

8 p.m. SAGE Singers; Linq and 11/10: Such As Us; Amalgamated Muck Tickets are \$18, \$10 for members. Nobody will be turned away. Peoples' Voice Cafe at the Community Church of NYU, 40 East 35th St. NY, NY www.peoplesvoicecafe.org

SAT, NOV 10

10 a.m.-2 p.m. THE GREAT PUMPKIN SMASH at the Old Stone House and MS 51. Learn about compost, gardening and other environmental issues when you bring your jack-o-lantern to our compost system. Smash it up, mix it with leaves and help the gardens. Outdoors. free. Rain or Shine. Visit

oldstonehouse.org/education/ for details. Volunteer contact: permie@earthlink.net.

10 a.m.-6 p.m. Indoors at the Old Stone House: music. food. barter. environmental education. community. Outdoors: compost training, herbal studies, mud plasters, stone setting, saw skills, forage & more. To volunteer contact permie@earthlink.net To register visit: www.theoldstonehouse.org/education/ \$10 donation.

1-6 p.m. Tree of Life Conference on Israel and Palestine: "Voices of Hope & Peace from the Holy Land" with Jewish Israeli and Palestinian Peacemakers. 7 p.m.: Concert of Middle Eastern Music. St. Michael's Church, 225 West 99th Street at Amsterdam, NYC. Students free, \$20 entire event, \$10 concert only. www.tolef.org.

THU, NOV 29

6:30 p.m. Don DeLillo, Nicole Krauss, and Rick Moody invite you to the Archipelago Books Benefit Auction, at Gasser Grunert Gallery: 524 W. 19th Street. Support international literature in translation and bid on items, including Met Opera tickets, signed first editions, restaurant gift certificates, etc. For more info and tickets (\$25 in advance, \$35 at the door): www.archipelagobooks2012.auction.tumblr.com.

CONTINUED FROM PAGE 7

Shopping Floor Set-up & Cleaning

Monday thru Friday, 6 to 8 a.m.

Are you an early riser with a love of cleaning and organizing? Work under the supervision of a staff person to set up and clean the shopping floor check-out stations. Must like to clean, be meticulous, detail oriented and able to work independently. Great opportunity for someone who wants to work when the Coop is not crowded. Please contact Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or through the Membership Office at 718-622-0560.

General Meeting Set-Up & Breakdown

Tuesday of the General Meeting

Workslot meets the last Tuesday of each month for the General Meeting and consists of 2 parts—set-up and breakdown. The squad meets at the Coop at 6:00 p.m. to pick supplies for the GM and takes supplies to the Garfield Temple at

Garfield and 8th Avenue. The squad sets up chairs and arranges the supplies at the GM. 2) At 9:30 p.m. the squad returns to the GM and collects all materials and bring them back to the Coop. Workslot requires good attendance because you will be working with a small team. Living in close proximity to the Coop and the Garfield Temple at Garfield and 8th Avenue is a plus. If you are interested please contact Adriana at adriana_becerra@psfc.coop or 718-622-0560 for more information.

Office Data Entry

Tuesday, 4:30 to 7:15 p.m.

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