

Established
1973

LINEWATERS'

GAZETTE



Volume GG, Number 26

December 27, 2012

2012: An Annotated Year-In-Review

By Allison Pennell

Park Slope Food Coop members are a varied and talented bunch. We are especially good at standing on line. And in 2012, we stood on line A LOT. Patience is—after all—an underrated virtue. While interminable may be the watch word for the year in food cooperating, learning to wait patiently may be the takeaway of a lifetime for impatient New Yorkers ever ready to get somewhere quick. And this was doubly true at the Food Coop this year.



PHOTO BY LISA COHEN

The Park Slope Food Coop channels Joseph Cornell.

We know what's good for us even if the Daily Show doesn't.

As Samantha Bee of the *Daily Show* put it: "Food shop-

ping...it's kind of a pain in the ass. But did you know that there is a way to make it much, much worse?" Whether it was trying to get an Orientation slot or getting in line at the mushrooms or having to actually lie down by the end

of a General Meeting, we stood it out with grace (proverbially, anyway, and often to the dulcet sounds of dulcimers and drumming). Because we know what's good for us even if the *Daily Show* doesn't.

Tempest in a Neti Pot

In March, after some 5,000+ articles poking fun at us worldwide, almost 2,000 Food Coop members waited in a line to rival one for Radiohead tickets to vote on a referendum advocating a ban on Israeli-made products. There were Broadway sparkly fingers in lieu of applause, a lot of kvetching and passion and ultimately

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The Coop will be closing early for shopping at 5:00 pm on Sunday, February 3, so that we can conduct our annual Coop-wide inventory.

Some shifts will be affected, others will not.

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

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

Coop Event Highlights

Thu, Jan 3 • Food Class:
Healthy Winter Indian Curries 7:30 p.m.

Fri, Jan 4 • Film Night: George Harrison:
Living in the Material World 7:00 p.m.

Tue, Jan 8 • Safe Food Committee Film Night:
The Future of Food 7:00 p.m.

Fri, Jan 11 • Wordsprouts:
Poetry and Prose: A Group Reading 7:00 p.m.

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

What's Local? Coop Discussion Sprouts Anew

By Hayley Gorenberg

We have bought every local Brussels sprout offered to us. Ever," says General Coordinator Allen Zimmerman, who purchases Park Slope Food Coop produce.

It turns out that the Coop membership's appetite for Brussels sprouts provides an ideal opportunity to discuss our ability to buy local, how that value is interpreted by the Coop and where it fits in the mix with other Coop priorities like sustainability, sourcing from family farms and simply servicing our members' tastes.

These days Brussels sprouts are in season. We can buy them loose. We can buy them on majestic stalks, cut down on farms within the 500-mile radius the Coop deems local. And we can buy little green mesh bags of mini-sprouts, transported to our shelves from Holland.

Once Zimmerman has bought out local sprouts, members want more. "They're not going to come from nearby," he said. "I

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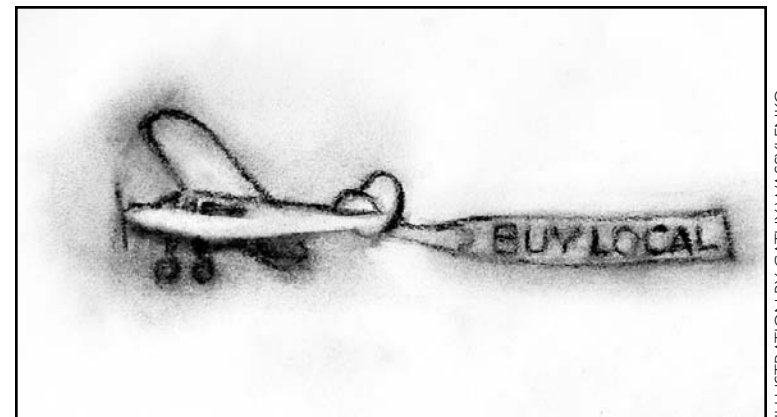


ILLUSTRATION BY CATHY WASSYLENKO

Next General Meeting on January 29

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The January General Meeting will be on Tuesday, January 29, 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.

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



2012 in Review

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the Food Coop voted not to vote on voting to ban Israeli-made SodaStreams, tabouli and paprika at that month's General Meeting.

As one speaker summed up, "this doesn't feel good right now but neither does an enema." The kerfuffle prompted Glenn Beck, Alan Dershowitz and Andrea Peyser to all take a pledge not to become Food Coop members. Surely a plus. And in the end, writer and Food Coop member Amy Sohn came away "feeling like the Coop is a utopia within the dystopia of Park Slope. It's the only place in my neighborhood where I see very different people bonding, connecting, disagreeing, getting into it, engaging with each other."



Coop members are good at standing on line.

We Sat Through Other LONG but Entertaining Meetings

Chadwick Matlin, a member and *Reuters* reporter, went viral in a bravura 75-tweet opus to a mid-winter monthly General Meeting. Not even the big aforementioned GM but just a regular old, garden-variety one debating plastic produce bags and whether to ban personal shopping carts.

We Made the Mundane Beautiful

I swear, the cardboard boxes at the front should be in a museum.

Breaking Up Was Hard to Do

Divorce stinks. But perhaps the only silver lining in the ordeal if you're a Coop member is that you can at

least get out of a monthly shift. Or not, as member Adriana Velez found out to her cost this year. When her marriage broke up, Adriana's ex-husband came in to close his membership, and she came in to take him off her household membership record. What should have been a simple task became a saga for a single mom with a full-



PHOTOS BY LISA COHEN

Ora Wise speaks out about the boycott referendum.

time job because the Office didn't believe them.

In what Adriana terms an Orwellian moment, "someone" had suggested that they weren't actually separated, despite the fact that they really were. As Velez recounts:

"I was told I'd need to bring in my separation agreement. I told them I didn't have a separation agreement. Those things take months to work out, even if it's an amicable split and you're working with a mediator. I guess the pinnacle was when my ex came in with a copy of his signed lease for another apartment and was met with skepticism. The whole process was disorganized and totally demoralizing, and they really need to come up with a better way of handling it. I cannot imagine I am the first member to get divorced. I know that people lie and they make it a pain in the ass for the rest of us but a member who is going through a divorce should be treated like someone who is in crisis and needs support, not treated like someone who is trying to pull a fast one on the Membership Office."

Joining Is Even Harder

It took new member Michael Lovaglio two years to get into an Orientation. My new neighbors tried for two months running without success to get an online Orientation slot in order to join. Every time they'd go online to register, they'd get the dreaded "Sorry there are no sessions available at this time" message.

There is a trick. And I'm going to tell you what it is as a New Year's gift. You can thank dopaminejunkie.org for posting the detailed instructions because per my neighbors, they worked like a charm.

There are three Orientation slots per week. Set up an account in advance for each would-be member. Mark your calendar to remind you to get to the site at exactly two weeks and three minutes before the designated Orientation. So, if Orientation is on April 15 at 7:30 p.m., you have to get to the Web page on April 1 at 7:27 p.m. and start hitting refresh. At exactly 7:30, any remaining slots will be opened to the public. Hopefully, all that refreshing and reloading will get you in.

Sandy Struck

In frenzied anticipation before Sandy shut down the city and the Food Coop (for only the second weather-related time in its almost 40-year history), members cued outside for up to an hour before eventually getting numbers and sitting in a waiting area upstairs in the orientation/meeting/courtroom to get to the shopping floor to wait on epic lines to buy their survival kombucha and kohlrabi. Sales were up for the day almost 10% beyond normal, contributing to a record \$999,179.42 for the week ended October 28.

As *Gothamist* spies put it: "Behold what Mother Nature hath wrought. It's like the DMV if the DMV were a

CONTINUED ON PAGE 12

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 two openings on the Board. Each position is for a term of three years.

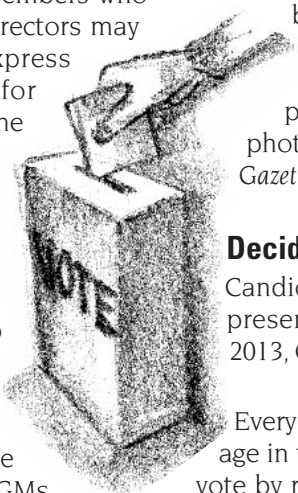
Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Friday, March 1, 2013. Please submit a statement of up to 750 words to GazetteSubmissions@psfc.coop. Please include a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing.

Deciding and Voting

Candidates will have the opportunity to present their platform at the March 26, 2013, General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 25, 2013.



What's Local

CONTINUED FROM PAGE 1

bring to our offerings my preference of local Brussels sprouts. But it isn't up to me to decide what members want, and members really want all kinds of Brussels sprouts. I'm not going to say, 'it's local only for you people!'"

Brussels sprouts may be the perfect example to explain what might seem preposterous.

Several years ago just before Thanksgiving, Zimmerman brought in the mini-sprouts from Holland, and they were "wildly popular." So the little green intercontinental travelers have become a Coop mainstay. As a result, Zimmerman deemed Brussels sprouts "the perfect example for me to explain what might seem preposterous."

PSFC Defines Local

The Coop's posted statement on the 500-mile radius it deems local explains, "If you live in New York City, 'home' is one of the largest metropolitan areas on the planet, and local agriculture will necessarily encompass a large area.... At the Coop, we define local as within 500 miles, because 500 miles is approximately a one-day truck-drive away. Arugula picked at dawn on a Monday can be packed, trucked and on our shelves by 8:00 a.m. the next day."

Zimmerman expounded on why that radius makes sense. Fresh food has a longer shelf life and food trucked from nearby takes less of an environmental toll during transportation, he noted. "Carbon footprint was never really part of my thinking earlier in my involvement in produce but something that comes from

500 miles away as opposed to 3000 miles away is going to have a smaller impact of the environment."

To address why 500 miles nonetheless makes sense in defining "local" for New York City, Zimmerman said, "We have to go a significant distance before we get to our first farm. Half the radius around us is the Atlantic Ocean in the first place. In San Francisco, their farthest farm is probably closer than our nearest farm."

To those who feel like we're pushing the boundary with [500 miles], Zimmerman would say that probably nearly half of our local produce comes from less than 100 miles away. A huge portion of the rest comes from between 250 to 300 miles away. Hepworth Farms is about 80 miles away. "But by going 500 miles, we are able to buy some green things from Chesapeake, Maryland," says Zimmerman. "People in Brooklyn might call that regional, not local but they're part of our immediate world. I can easily and comfortably drive to Maryland in a day." He concluded, "It really is fresher. It is closer to the harvest."

Value Meter?

Buying local is but one in a range of concepts vying for Zimmerman's and our members' list of priorities. "I don't get out of bed to buy local produce," he said. "I get out of bed to support our members. The first thing I do to support our members is to buy local, but I'm not going to make it my crusade to impose values on what people want. I have to use intuition and feelings I get when I talk to people and extrapolate what members' values are. I don't have a value meter but I have a pretty good sense of what

people want."

Buying local, buying from small family farms—these values sometimes outstrip members' desire to buy organic, Zimmerman said.

And PSFC can source some in-season crops locally in their entirety. For lettuce, greens, tomatoes, peppers, and eggplant, farmers local to the Coop can easily satisfy demand.

But when the weather turns cold, that produce must come from warmer climes. Berries are a prime example of a food where year-round demand has risen dramatically—and well beyond the local growing season. "We can't sell strawberries one month a year only," said Zimmerman. He pointed out that more and more members prize berries for their antioxidants. "I don't treat food as medicine, but many of our members do," he said. "They want to get their antioxidants from produce. It has led to an escalating desire for berries."

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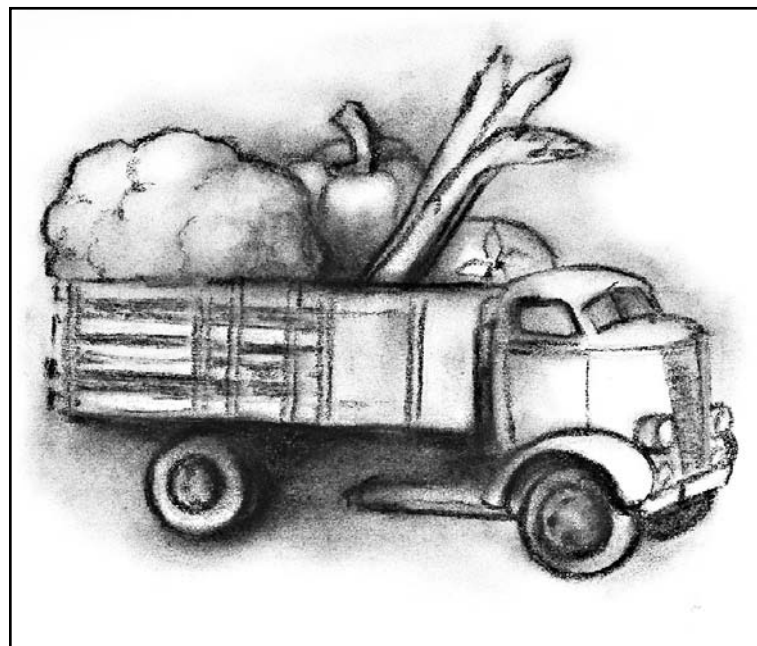


ILLUSTRATIONS BY CATHY WASSYLENKO

PSFC Construction Committee Needs Another Welder

The PSFC Construction Committee has an opening for an additional welder. The job includes picking up a variety of items in need of repair (u-boats, hollywood carts, street carts, conveyor stands, loading-zone signs, etc.) in your own vehicle, taking them to your own shop, repairing them and returning them to the Coop, and, of course, reporting your hours to General Coordinator Mike Eakin, or his backup. The Coop reimburses for supplies and excess electric-demand charges.

E-mail: mike_eakin@psfc.coop



Need to top off your FTOP?

Use your talents to help create a just and sustainable food system in Brooklyn!

"Like" the Brooklyn Food Coalition on Facebook and stay tuned for updates on how to earn FTOP hours.

www.facebook.com/BrooklynFoodCoalition

Scan me!



**FOKLYN
FOOD
BROOKLYN
COALITION**

Eat Your Way Toward a Stress-Free 2013

By Taigi Smith

With the start of a New Year fast approaching, many of us are full of the joy and anticipation that comes when we are given the opportunity for a new beginning, a fresh start or a second chance. The beginning of the year is an exciting time when we are able to make promises—not to others—but to ourselves. I will work less. I will spend more time with my children. I will use all of my vacation time. I will be on time for my shifts at the Coop. I will tip more. I will be nicer to my fellow shoppers at the Coop. I will reduce the amount of stress in my life. I will be less anxious. I will relax. I will be better. Do better. I vow. I resolve. I. Will. Stress. Less. In 2013, I will relax. And, thankfully, for me...the Park Slope Food Coop is bustling with items that will help me keep this resolution.

If you are reading this article, chances are you're anxiously standing in a long line at the Coop. You are looking at your watch, grumbling, yelling at your kids and feeling your Cortisol level slowly rise. Your heart is beating faster too. That's your blood pressure rising. You're probably annoyed that the line isn't moving fast enough or that the person in front of you has left her cart unattended. Doesn't she know the rules? And then someone bumps you with his or her cart. But that's after you realize that the Coop is completely sold out of that must-have item on your list.

You are literally surrounded by healthy foods and natural products that nature has intended to help bring down your blood pressure.

Relax. Here's the good news. You are literally surrounded by healthy foods and natural products that nature

has intended to help bring down your blood pressure, lower your cortisol, and get those anti-stress chemicals—like serotonin—flowing again.

Take a breath and a walk down the herbal tea aisle. This aisle is a literally a treasure trove of natural stress-fighting remedies. Forget the Prozac and reach for a cup of lavender tea instead. Lavender is known for its ability to reduce stress induced headaches, anxiety, and nervous exhaustion. While you're at it, pick up a bag of loose skullcap. This herb is known to reduce muscle spasms, calm nerves and reduce headaches. Skullcap is also known to bring down irritability associated with PMS.

The next time you're pushing and shoving your way through the fruit and vegetable aisle, take a moment to appreciate that you are standing in Nature's Day Spa.

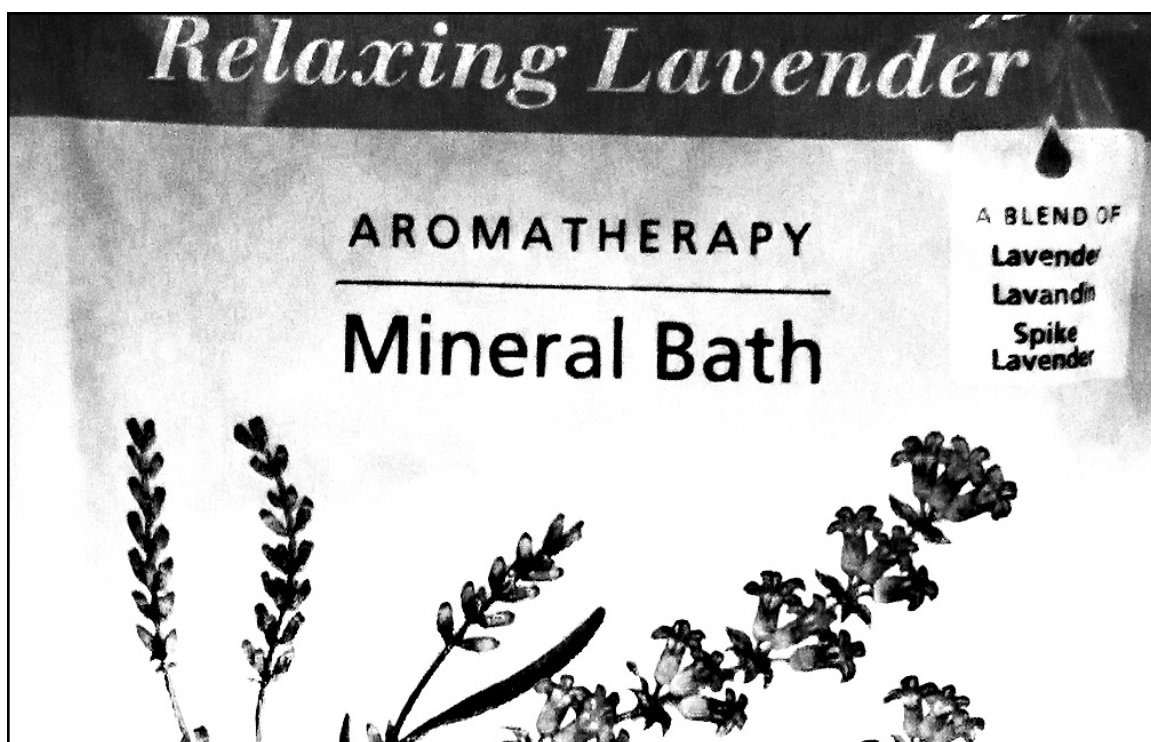
While you're de-stressing in the tea aisle, don't forget to pick up bags of loose chamomile, mint and ginseng teas. Ginseng is one of the most popular ingredients in herbal teas due to its ability to clear out mental exhaustion and stress, according to some experts. Ginseng is also rumored to lead to a deeper, more restful sleep.

While you may crave a cup of coffee for the extra boost of energy it may provide during stressful or tiring situations, you may want to grab a cup of herbal tea instead. Coffee, while it may temporarily boost concentration, contains caffeine, which at times can boost stress hormones and raise blood pressure. Caffeine can also interrupt sleep and reduced levels of sleep are also linked to stress.

Don't leave the bulk food aisle without loading up on almonds and pistachios.



The Coop offers natural solutions to melt away stress.



Almonds are loaded with magnesium, vitamin E, B12 and zinc, which are all said to be natural stress relievers. And some evidence shows that eating a handful of pistachios, walnuts or almonds everyday may lead to lower cholesterol levels, ease inflammation around the heart and help protect the body against the effects of stress.

The next time you're pushing and shoving your way

through the fruit and vegetable aisle, take a moment to appreciate that you are standing in Nature's Day Spa—albeit a crowded spa with no thick white towels or massage rooms. But, who needs a fancy spa when you can grab a head of broccoli, a few oranges, a ripe avocado and a carton of blueberries? Broccoli, which is high in Vitamin B and folic acid, has been shown to reduce stress, anxiety, panic and depression. Folic acid, which is essential during pregnancy, is said to help the body produce dopamine, a neurotransmitter associated with pleasure, while B12 has been found to help the body produce GABA, another neurotransmitter associated with calm and tranquility.

The vitamin C in oranges will not only help fight off a cold this winter, but it may also help reduce levels of

stress hormones while helping to rebuild the immune system. One study found that people who took vitamin C before a stressful task returned to normal more quickly, meaning their cortisol levels decreased faster than people who didn't take vitamin C.

Potassium has been shown to reduce blood pressure. In addition to their rich, creamy texture and high amounts of good fat, avocados are high in potassium. Blueberries are known to be full of antioxidants and vitamin C, both stress fighters. In fact, vitamin C is reported to fight stress by battling free-radicals, those nasty little chemicals that are linked to stress and cancer. That alone should be all we need to say, "Bring on the Oranges."

Don't stop there. Pick up a bunch of asparagus, which

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MEMBER SUBMISSION

Threats to Urban Street Trees

By Toby Willner

As a follow up to the proposal discussed during the December 18th General Meeting concerning adopting the trees near the Park Slope Food Coop (see below), here is some vital information.

Deicing Salts

Deicing salts can do tremendous damage to street trees. High salt levels in soil decrease the availability of water to roots, causing a "chemical drought." Moreover, chloride ions are readily taken up by plant roots and can accumulate to toxic levels in the leaves, resulting in marginal leaf necrosis or "scorch." Sodium can also have a detrimental effect on soil structure,

leading to increased soil compaction. Salt spray from dissolved road salts can desiccate leaves directly.

Barriers to Root Growth

Barriers to root growth, resulting in de facto containerization of street trees is common. Utility pipes, asphalt and concrete curbs, rubble in the soil and underground subways and basements, as well as soil compaction, all serve to limit the amount of soil tree roots have to acquire water and nutrients. Compaction may limit root growth directly by mechanical impedance, or indirectly by reducing soil pore space and thus oxygen diffusion to the root zone.

Waterlogged Conditions

Waterlogged conditions often follow soil compaction, aggravating damage to root systems.

Urban Soil

Urban soil can contain anything from good topsoil to brick rubble and builders' fill. Because many of these materials contain limestone, tree pit soils are often alkaline, which limits the availability of certain nutrients such as iron and manganese, resulting in chlorosis. Pin oak is particularly sensitive to high pH soils.

Toxic Substances

Toxic substances, from unclean or "greywater," which is sometimes used to water trees, can be lethal.

Reradiated Heat

Reradiated heat is heat from buildings, asphalt, car tops and concrete. The hotter the air temperature around tree canopies, the faster trees lose water and deplete their already limited underground supplies.

Wind

Wind increases leaf desiccation as it speeds through "urban canyons" between buildings.

Light Patterns

Light patterns, altered by tall buildings, cause false horizons. Trees on the north side of a city block receive far less sunlight than those on the east, west or south sides.

Air Pollution

Air pollution, primarily

PROPOSAL:

The PSFC shall adopt, through Million Trees NY, the trees on the Coop side of Union St. (Sixth-Seventh Aves.) and create a tree stewardship and gardening squad (a.k.a. Union Street Greening Squad) to care for the trees and cultivate bed gardens.

There are currently four trees on the block. Requests for additional trees have been submitted and the outcome of these requests should be known by June 2013.

The work squad would operate as an FTOP. Work shifts would include:

- Semi-annual (Spring/Fall) large-scale gardening days, involving sizable work crews.
- Tree steward trainings.
- Garden maintenance (soil amendment and aeration, watering, weeding, trash removal).
- Design/construction of tree guards.
- Procurement of donated materials.
- Fundraising to enlarge tree beds, etc.
- Squad leader to plan and liaison with Million Trees NY, Brooklyn Forestry, etc.

Partial list of resources for services and materials:

- Free garden supplies (tools, mulch etc.): Million Trees, Brooklyn Forestry.
- Free tree guard workshop and construction materials: Build It Green.
- Tree steward trainings: several certified trainers among our membership have offered to conduct trainings.
- Free flower bulbs: Brooklyn Botanical Gardens.
- Water-PSFC, fire-hydrant access already approved by Fire Dept.

ozone, SO₂ nitric oxides and peroxyacetyl nitrate, can be a problem.

trucks, bicycles and urban construction. Vandalism also causes damage. ■

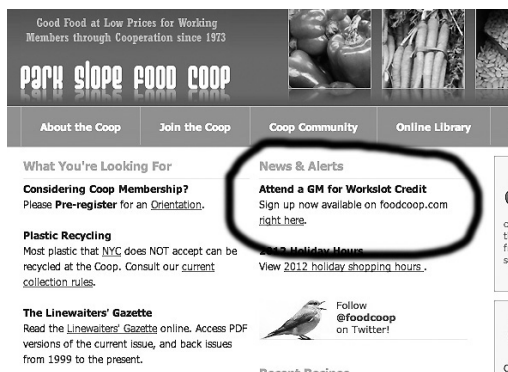
Physical Injury

Physical injury: Trees planted too close to curbs suffer regular injury by cars,

Sources: Taking Charge of Your Street Tree, by Nina Bassuk. The Town and City Gardener: 1992. Vol. 48.



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

PLOW TO PLATE

The three-year-old Plow-to-Plate film series holds monthly screenings at the Coop and is looking for someone who is interested in documentary films about food issues.

Responsibilities include choosing films and coordinating with others on the team.

Great opportunity for a person with energy and dedication to coordinate screenings.

Please e-mail Margaret Maugenest if you are interested: mmaugenest@aol.com

FROM THE ARCHIVES

General Meetings

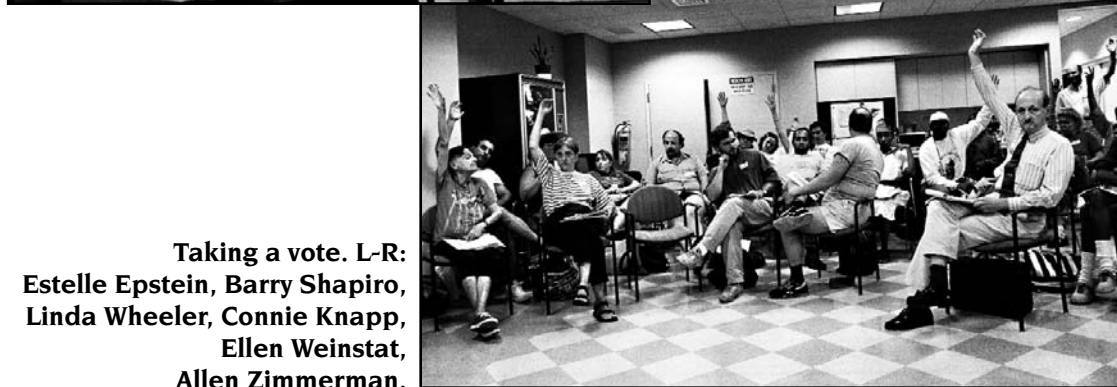
General Meetings have been a key part of the Coop's democracy since its inception. When the Coop first started, meetings were held on a weekly basis and then later switched to monthly. These photos highlight a meeting from August 30, 1994, when it was held at the Greater NY Savings Bank Meeting Room. Here, Coop members voted on the issue of cash for workslots, member "pensions," and quarterly squad votes, and they participated in a broader discussion on Coop "propaganda." Let's keep the conversation going—what are your memories of General Meetings past?

Please send your comments, questions, and memories to archivecommittee@psfc.coop.

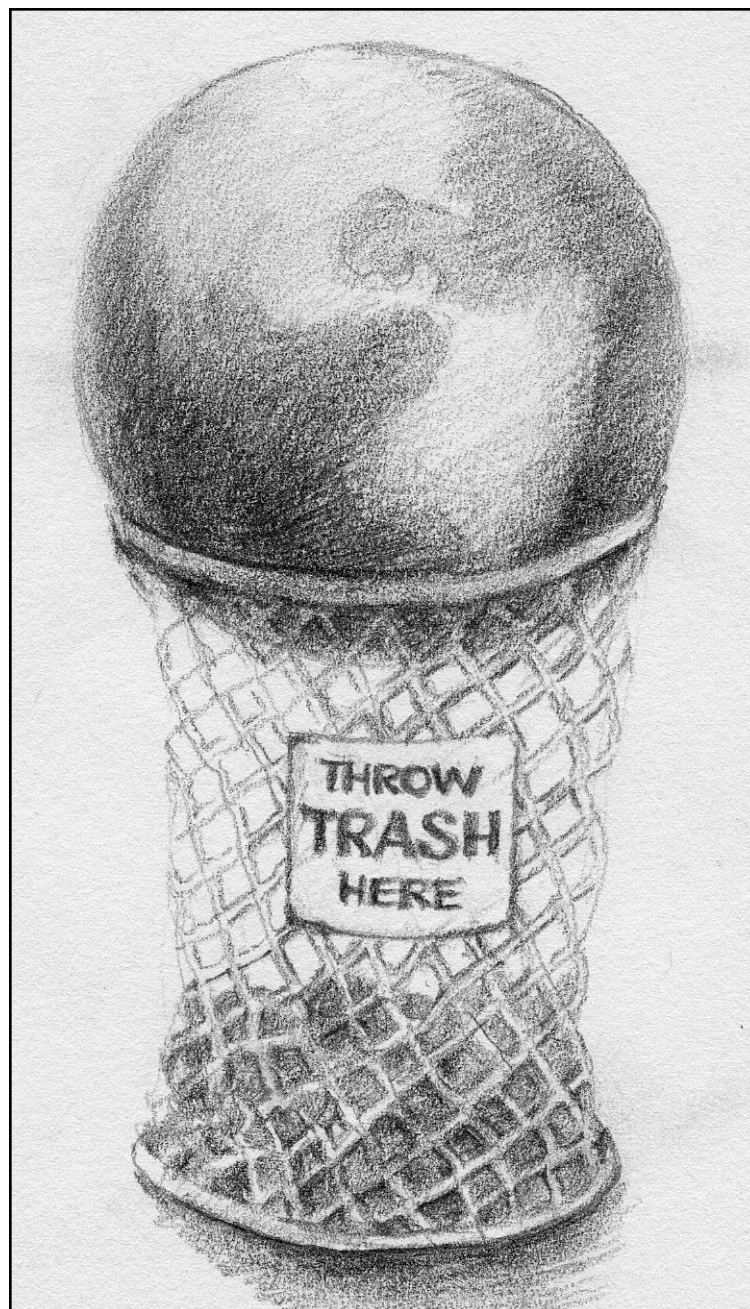
—Archives Committee



Chairing the meeting. Wandajune Bishop chairs her first General Meeting. Paul Sheridan (left) is a member of the Board of Directors.



Taking a vote. L-R: Estelle Epstein, Barry Shapiro, Linda Wheeler, Connie Knapp, Ellen Weinstat, Allen Zimmerman.



PHOTOS © 1994 JUDY JANDA

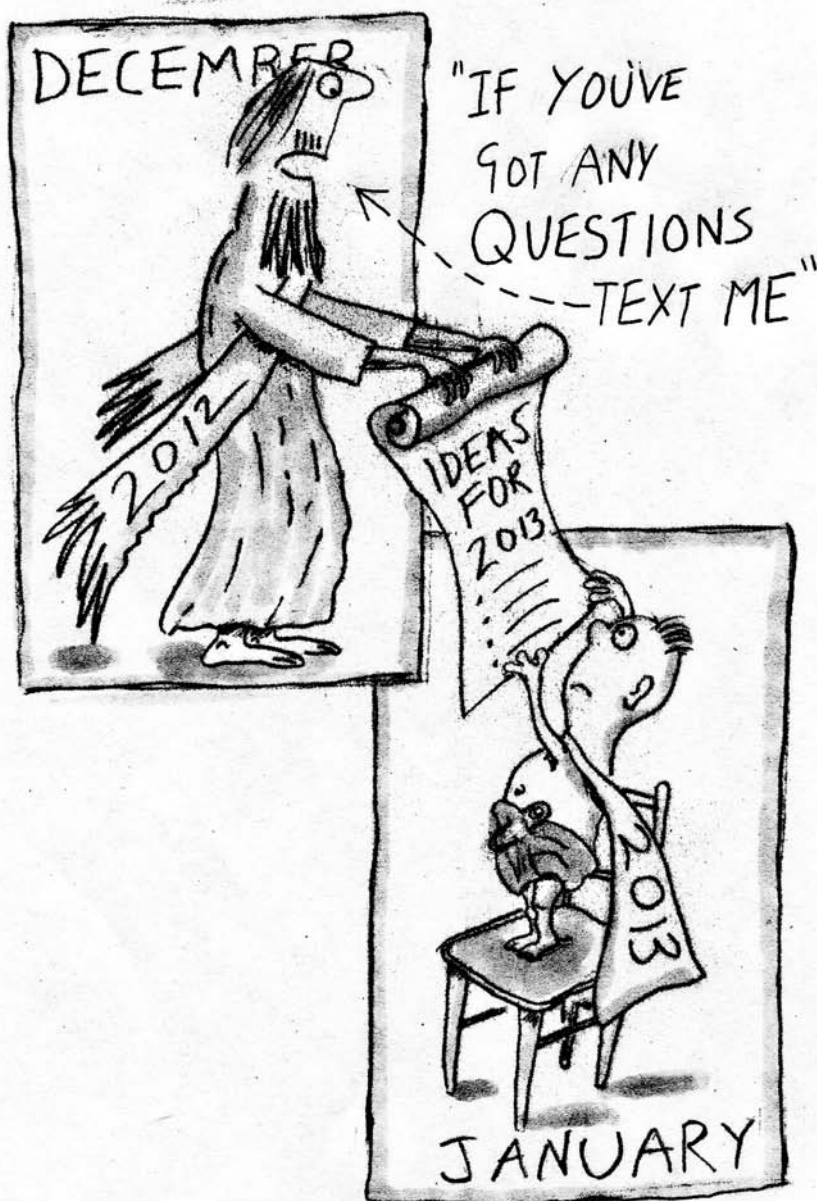


ILLUSTRATION BY ROD MORRISON

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Attention Writers: Wordsprouts Wants You!

Are you a novelist, poet, playwright, songwriter, essayist, journalist, or blogger?

Are you looking for a forum where you can promote your work or get feedback?

Do you want to moderate a panel or teach a writers' workshop?

Do you want to meet fellow Coop writers?

Wordsprouts, the Park Slope Food Coop's reading series, is looking for writers who are members of the Coop. Even if you're not ready to commit to an upcoming event, drop us a line and let us know you're out there!

E-mail paulabernstein@gmail.com.

COOP HOURS

Office Hours:

Monday through Thursday
8:00 a.m. to 8:30 p.m.

Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:

Monday–Friday
8:00 a.m. to 10:00* p.m.

Saturday
6:00 a.m. to 10:00* p.m.

Sunday
6:00 a.m. to 7:30* p.m.

*Shoppers must be on a checkout line
15 minutes after closing time.

Childcare Hours:

Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS'
GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members.

SUBMISSION GUIDELINES

All submissions must include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words. Editors will reject articles that are essentially just advertisements for member businesses and services.

Committee Reports: Maximum 1,000 words.

Editor-Writer Guidelines: Except for letters to the editor, which are published without editing but are subject to the *Gazette* letters policy regarding length, anonymity, respect, and fairness, all submissions to the *Linewaiters' Gazette* will be reviewed and if necessary edited by the editor. In their review, editors are guided by the *Gazette's* Fairness and Anonymity policies as well as standard editorial practices of grammatical review, separation of fact from opinion, attribution of factual statements, and rudimentary fact checking. Writers are responsible for the factual content of their stories. Editors must make a reasonable effort to contact and communicate with writers regarding any proposed editorial changes. Writers must make a reasonable effort to respond to and be available to editors to confer about their articles. If there is no response after a reasonable effort to contact the writer, an editor, at her or his discretion, may make editorial changes to a submission without conferring with the writer.

Submissions on Paper: Typed or very legibly handwritten and placed in the wallpocket labeled "Editor" on the second floor at the base of the ramp.

Digital Submissions: We welcome digital submissions. Drop disks in the wallpocket described above. The email address for submissions is GazetteSubmissions@psfc.coop. Receipt of your submissions will be acknowledged on the deadline day.

Classified & Display Ads: Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

Printed by: Tri-Star Offset, Maspeth, NY.

Friday, Jan 18, 8:00 p.m.

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



PROSPECT CONCERTS

David Roche is a talented singer/songwriter who hails from an artistic family of musicians and writers. He's been writing songs slowly but steadily for damn near half a century. He is a long-time Food Coop member and New York Giants fan. You can hear the songs from his last album *Harp Trouble In Heaven* at www.davidroche.net.



Professor Louie and Fast Eddie, the Poets of the Street, were both born, bred and buttered in Brooklyn. They have played more rallies, benefits, meetings, demonstrations, street fairs, community gardens, block parties, occupations and Food Coop anniversaries than they, or anyone else, can remember. Louie's mother, Rose, philosophized: "That boy always has something to say." They have four CDs out on the Free Brooklyn Now label and you have to hurry, there are only a billion left.

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...

Last Sunday
DECEMBER 30
10:00 A.M.–2:00 P.M.

Second Saturday
JANUARY 12
10:00 A.M.–2:00 P.M.

Third Thursday
JANUARY 17
7:00 P.M.–9:00 P.M.

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

PLASTICS

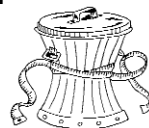
What plastics do we accept?
Until further notice:

- #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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Index: Len Neufeld

WELCOME!

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

Andrew Arnett	Sean Campbell	Lisa Fencik	Kathryn Liszer	Gabrielle Revere	Sarah Souli	Jeanne Marie Wasilik
Gleb Bakouline	Susan Caplan	Matthew Foley	Sara Marcos	Ned Riseley	Jessica Stover	Andrew Willgress
Jorge Baxter	Heriberto Castro	Joshua Frankel	Caitlin Naramore	Mayya Rojkova	Mary Sundquist	Eric Wilson
Mark Bechtel	Adriana Cepeda	Lianne Friedman	Ari Nathanson	Pardis Saberi	Ryan Sundquist	Carolyn Winik
Katrin Bergauer	John Chambers	Kosuke Fujitaka	Chris Nenno	Mary Saunders	Lesley Thayer	Eva Wohlen
Markus Bergauer	Jovan Clay	Aneta Glinkowska	Eric Olliff	Elena Scopelliti	Karina Totah	Vikii Wong
Tanya Berjan	Nick Collins	Lisa Goldman	Kiril Orenstein	Chloe Sehr	David Tradewell	David Zimmerman
Eve Biddle	Bryan Coppede	Nicole Gonsalves	Andy Orr	Ellen Shadburn	Kate Tradewell	
Benoit Bofia	James Coyle	Brendan Gray	Yuval Orr	Katya (Yekaterina) Shubova		
Neith Claire Borja	Betsy Crenshaw	Jazmin Guerra	Zoe Papalaskaris	Mary Kate Sickel		
J.P. Bowersock	Naomi Dimon	Cynthia Lamb	Bethany Pinto	Ian Simon		
Emily Grace Bragdon	Emily Dodd	Ihn Lee	Mark Pinto	Lucas Simpson Radcliffe		
Nancy Brown	Laura Dodd	Joshua Lee	Stephanie Propper	Elena Snyder		
Michael Campbell	Kieran Dwyer	Cori Linares	Jenny Rempel			



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

WED, JANUARY 2

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the Jan 29 General Meeting.

TUE, JANUARY 29

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jan 10 issue: 12:00 p.m., Mon, Dec 31
Jan 24 issue: 12:00 p.m., Mon, Jan 14

CLASSIFIED ADS DEADLINE:

Jan 10 issue: 7:00 p.m., Wed, Jan 2
Jan 24 issue: 7:00 p.m., Wed, Jan 16

ALL ABOUT THE
GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings, to which all members are invited, have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available on the Coop Web site, foodcoop.com, at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday,
January 29, 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

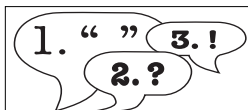
The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values 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

jan 2
wed 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at foodcoop.com. **The next General Meeting will be held on Tuesday, January 29, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.**

jan 3
thu 7:30 pm

Food Class: Healthy Winter Indian Curries



Explore the cuisine of India with a focus on winter curries. We'll discuss the health benefits of certain Indian spices such as fennel, cumin, ginger and saffron and how to use them in cooking delicious, satisfying dishes. Chef **Mukti Banerjee** grew up in Bengali, India, and learned her craft from her mother, aunts and grandmothers. She has the desire to share her knowledge and passion for this cuisine, which is based on Ayurveda principles. Chef Mukti is interested in empowering others to cook for themselves and eat a healthier diet. She is a cooking instructor available for hire. *Menu includes: chickpea masala; kai dal (black lentils); aloo paratha (potato-stuffed bread).* **Materials fee: \$4. Food classes are coordinated by Coop member Susan Baldassano.**

jan 4
fri 7 pm

Film Night: George Harrison: Living in the Material World



George Harrison: Living in the Material World (Part I) focuses the imaginative and inspired eye of one of cinema's most pre-eminent filmmakers on one of the world's most influential men. The film takes viewers on the musical and spiritual voyage that was George Harrison's life, much of it told in his own words. The result is deeply moving and touches each viewer in unique and individual ways. The film will be screened in two parts. We will screen the first part today and the second part will screen Friday, February 1, at 7 p.m. **To book a Film Night, contact Faye Lederman, squeezestone@hotmail.com.**

jan 5
sat 7 pm

It's Your Funeral

Planning for your own demise now (as opposed to later) is a practice that can enable you to live in the moment, face your own mortality with courage—and create an end-of-life service that reflects your values. Join Coop member **Amy Cunningham**, former journalist and graduate of the American Academy McAllister Institute of Funeral Service, in a conversation about fascinating advancements within the funeral business. The talk will cover how to plan a low-cost, back-to-basics funeral or memorial service, as well as offer information on green cemeteries near New York City, cremation pros and cons, wicker caskets, biodegradable urns, blended-faith/alternative ceremonies, and more. You'll get a glimmer of what funerals of the future might look like—and leave with planning literature for yourself or for someone you love.

jan 6
sun 7 pm

Why Your Blood Type Matters

Join Coop member **Dr. David Levi** as he gives a talk addressing the how's and why's of the Blood Type Diet. He'll explain what a blood type is and why eating according to your blood type is so important. Are you a Secretor or Non-Secretor? Find out

what this means and why it's integral to your health. Learn what a lectin is and how avoiding the right ones will change your life. This is a can't-miss lecture for veterans of the Blood Type Diet and those seeking to explore the world of Dr. Peter D'Adamo. Dr. David Levi is a naturopathic doctor currently practicing in Williamsburg. During his in-residence at the University of Bridgeport College of Naturopathic Medicine, Dr. Levi was under the clinical mentorship of Dr. Peter J. D'Adamo (well known for his *New York Times* best-seller *Eat Right 4 Your Type*) and continues to work closely with him.

jan 8
tue 7 pm

Safe Food Committee Film Night: The Future of Food



The Future of Food has been a key tool in the American and international anti-GMO grassroots activist movements and played widely in the environmental and activist circuits. Applauded by technology writers, food policy experts and environmental activists, the film has been shown around the world—from a plaza in Oaxaca, Mexico, to the Jerusalem Cinematheque, and in citizen screenings all over the world—from India, Kenya, and Bulgaria, to Brazil and Indonesia. It showed to a sold-out audience of 1,500 at the Castro Theatre in San Francisco, where it was introduced by Alice Waters, as well as sold out at premieres in Paris, Amsterdam, and London. *The Future of Food* has been featured at numerous film festivals and even earned an Oscar Best Documentary nomination. As many of the large agro corporations use the genetic-engineering technology to position themselves as the answer to the world food crisis and further consolidate the seed supply, *The Future of Food* proves to be an essential educational tool.

jan 11
fri 7 pm

Wordsprouts: Poetry and Prose: A Group Reading



Susan O'Neill is the author of *Don't Mean Nothing* (Ballantine Books, UMass Press and, more recently, Serving House Books), a fiction collection based on her hitch as an Army operating-room nurse during the Vietnam war. She's been the co-editor of *Vestal Review*, an ezine/print literary journal for "flash fiction," since it began about 12 years ago. **Richard Roundy's** recent publications include a review in *Rain Taxi*, fiction in the current issue of *Big Bridge*, and poetry forthcoming in the *English Journal*. His work has been published in *Shiny, Verse, The Hat*, and *The Poker*, among others. He lives in Windsor Terrace with his wife and children and has been a Coop member for about 10 years. **Pat Smith** received his MFA from New York University's Tisch School of the Arts. His play, *Driving Around the House* (1985), has been produced around the U.S. and is published by New Rivers Press. Recent poems have been published in *Psychic Meatloaf, Haggard and Halloo, Apeiron, The Bakery, Eclectica* and *The Brooklynier*. He curates poetry events for the Brooklyn Reading Works at Park Slope's Old Stone House. **To book a Wordsprouts, contact Paula Bernstein, paulabernstein@gmail.com.**

jan 12
sat 11 am

Reclaiming Legal Standing To Ban Fracking

Concerned about fracking and the future viability of New York State's food shed and eco-systems? Heard reports that fracking contaminates water and pollutes air? Worried about effects another Hurricane Sandy could have on the Rockaway Pipeline? Concerned that Spectra, whose pipeline was prematurely installed in the densely populated West Village, has a dismal safety record? Want to learn how to protect your borough and the rest of NYC? The Community Environmental Legal Defense Fund has guided numerous communities through the process of banning corporate practices by stripping corporate personhood from corporations and returning legal standing to the people where it belongs. The aim of this workshop is to place a Citizens' Initiative based on the work of CELDF on the ballot for the November 2013 election. Coop member **Alice Joyce** has been working to ban fracking since 2013.

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.

jan 2–feb 7 2013

jan 12
sat 2 – 5 pm

Auditions for Our Coop Kids' Variety Show



Auditions for Coop members ages 4-18, in the Coop second floor meeting room. To reserve an audition spot contact: Martha Siegel, 718-965-3916, msiegel105@earthlink.net. You must audition to be in the show. Polished act not required for audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). **Another audition date is Sunday, January 20, 10:30 a.m.-1:30 p.m.** **Performance date is Saturday, March 9, 7:00 p.m., at the Old First Church.**

jan 18
fri 7 pm

Meet Your Mind

The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. Meditation opens and calms the mind. This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique. **Allan Novick** has practiced meditation since 1975. He is a meditation instructor at the New York Shambhala Center and Nalandabodhi New York. He has been a Coop member for many years and has recently retired from his position as a school psychologist.

jan 18
fri 8 pm

David Roche and Professor Louie & Fast Eddie



David Roche is a talented singer/songwriter who hails from an artistic family of musicians and writers. He's been writing songs slowly but steadily for damn near half a century. He is a long-time Food Coop member and New York Giants fan. You can hear the songs from his last album *Harp Trouble In Heaven* at www.davidroche.net. **Professor Louie and Fast Eddie**, the Poets of the Street, were both born, bred and buttered in Brooklyn. They have played more rallies, benefits, meetings, demonstrations, street fairs, community gardens, block parties, occupations and Food Coop anniversaries than they, or anyone else, can remember. Louie's mother, Rose, philosophized: "That boy always has something to say." They have four CDs out on the Free Brooklyn Now label and you have to hurry, there are only a billion left.



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.

jan 19
sat 11 am

Detoxification

A time-honored tradition, internal cleansing is an intrinsic part of getting and staying healthy. And with estimates of more than 500,000 toxic chemicals and substances in our environment these days, who isn't concerned with the possibility of toxic overload? Whether you want to lose weight, clear your skin, reduce bloat, ease pain—just about any symptom can benefit from a cleansing program. Join **Diane Paxton**, MS, LAc, of Inner Fire Integrative Health Services, as we share information on vital detoxification protocols for everyone: colon cleansing; ion-detox foot spa; 21-day purification program; elimination diets. Long-time Coop member Diane

Paxton is a licensed acupuncturist, nutritionist, and colon hydrotherapist with more than 20 years of experience detoxifying people in New York City.

jan 19
sat 2 am

Anti-Aging: Facial and Whole-Body Rejuvenation

Learn how to: use natural oils and acids that promote cellular renewal and regeneration in your skin; give your face a youthful glow by stimulating collagen production; practice facial massage techniques that relax smile lines and lift sagging jowls; implement three essential beauty routines; improve digestion and minimize inflammation, the number-one cause of aging; eradicate cellulite and minimize wrinkles; and promote longevity and awaken your natural beauty. To register for this event (which is open to all), call **Mary Hart** of Healing Heart Acupuncture (917) 797-7445 or e-mail **Rebecca Curtis** at GreenGemHealth@gmail.com. Rebecca Curtis, M.A., M.F.A., CHN, AADP, is a certified holistic nutritionist and the founder of Green Gem Holistic Health. Mary Hart, M.S., L.Ac., is a nationally board-certified acupuncturist and the founder of Healing Heart Acupuncture.

jan 20
sun 10:30 am – 1:30 pm

Auditions for Our Coop Kids' Variety Show



Auditions for Coop members ages 4-18, in the Coop second floor meeting room. To reserve an audition spot contact: Martha Siegel, 718-965-3916, msiegel105@earthlink.net. You must audition to be in the show. Polished act not required for audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). **Performance date is Saturday, March 9, 7:00 p.m., at the Old First Church.**

jan 20
sun 7 pm

Creating Health with the Foods of the Season

Many of us strive to eat healthy, tasty and deliciously, however, to achieve optimal health, balance with the season and our environment and lifestyle, we need to understand more about the nature of food. The key is the understanding of the Energetics of Foods. The Chinese Medicine 5 Elements System, along with its underlying Yin/ Yang Theory, assists us in determining what food choices we should make. Join us for this discussion on the Water Element. **Dan Becker** is a dietary health counselor and holistic chef. He has studied with many of the leading macrobiotic teachers throughout the U.S. Additionally, he spent four years in China studying Traditional Chinese Medicine at the Nanjing University of Traditional Chinese Medicine. He has been consulting on diet with natural foods for more than 20 years.

jan 26
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.

still to come

jan 27 Workshop on Research

jan 29 PSFC JANUARY General Meeting

feb 1 Film Night: George Harrison, part 2

feb 2 Infant Massage

feb 5 Agenda Committee Meeting

feb 7 Food Class: Gluten-Free Valentine's Day Treats

2012 in Review

CONTINUED FROM PAGE 2

Kafkaesque nightmare with 78% cacao chocolate bars."

Sandy shut down the city and the Food Coop for only the second weather-related time in its almost 40-year history.

The Year in Albert

Few self-respecting Food Coop members haven't heard of Albert Solomon, the representative democracy advocate and the Gazette's most dedicated letter writer. Despite being

beaten out by one Mary Buchwald for the LWG's most prolific correspondent of 2012, Albert did have an eventful year. He briefly took over the floor for a sit-in parliamentary protest during the Israel Kerfuffle Vote Meeting and was exhorted not only by the meeting chair ("Albert, do you see the red light?") but eventually by all 1,800 chanting attendees to sit down. He used words like simulacrum, shibboleths, anarcho-syndicalism, and deceptarchy. He ran (and lost) for the 17th time for Coop Board of Directors on a platform inveighing against participatory democracy by a

bunch of EST-loving shirkers looking for an easy shift credit. He said stuff like "people who shoot fish in a barrel shouldn't live in glass houses." He recommended a piano recital of Tschudy playing Scriabin. He apparently got removed from his childcare slot in part for a loving patch on the tuqus (a.k.a. slap on the butt), according to one of his many letters. If not a national treasure, he is ours.

Celebrities Came and Went

Actor Adrian Grenier left us for Fort Greene's new Food Coop, Maggie G. went on maternity leave, John Turturro was too scared of us to set foot in the Coop and sent his wife instead and Dan Zanes had the best playlists on his shopping shift.

We Sold A LOT of Food

Weekly sales records went over \$1,000,000 for the first time in Food Coop history the week before Thanksgiving.

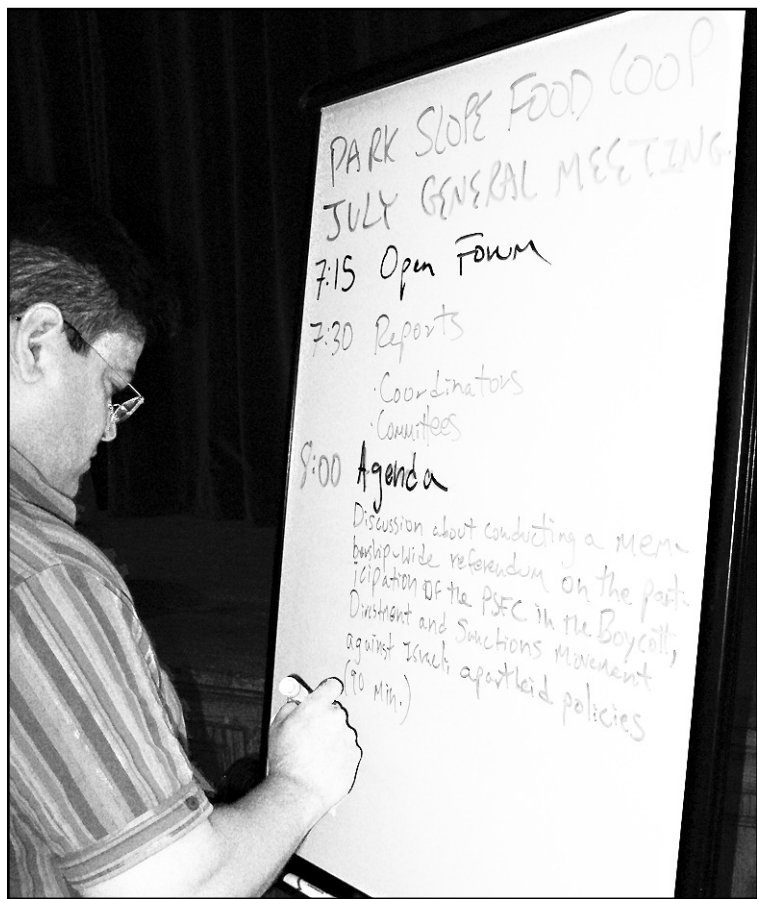


PHOTOS BY LISA COHEN

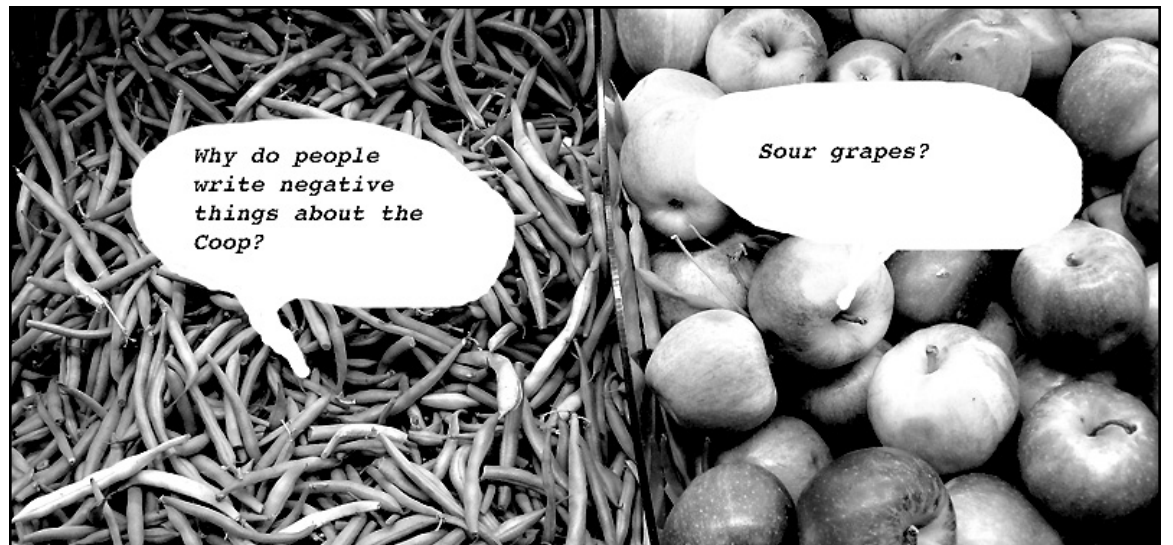
Before Hurricane Sandy, kombucha was a must-have item.

Hence, those lines. And that boost to our new skill set:

waiting patiently. See you next year! ■



The July GM introduces a discussion to discuss the referendum to boycott Israeli products.



Hard to believe, but not everyone has praise for the Coop.

Sudoku

Sudoku is a puzzle. You are presented with a 9x9 grid of squares, and that grid is divided into 3x3 zones. You solve the puzzle by filling the empty squares with single-digit numbers so that every zone, column and row uses each of the numbers from 1 to 9.

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

Puzzle author: James Vasile. For answers, see page 15.



What Is That? How Do I Use It?

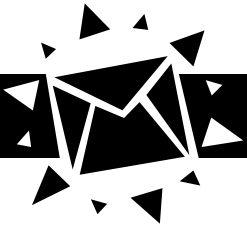
Ask Me Questions About Coop Foods

Monday, January 7, 12 to 2:45 p.m.
Monday, January 14, 12 to 2:45 p.m.

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

Look for four leaders in produce aisle.





LETTERS TO THE EDITOR

UBIQUITOUS HANDFULS

*The hands are always busy everywhere,
Caressing, stroking, twitching, clicking with
flair,
Ten nonstop fingers flying as fast as they
dare,
Heating up each mind, heating the air,
Chasing side to side like a rabid hare,
Attention total, none at all to spare,
The world be hanged, there is no other affair,
To stop invites inevitable despair—
Hands grasping e-devices with utmost care!
And where are the prayer beads of yesteryear?*
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, factual 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 TOPICS:

INTERPRETING THE
BDS VOTE NUMBERS

There are lies, damned lies, and statistics—Mark Twain

Barbara Mazor's 11/29/2012 letter ("The Gazette and BDS") cited a correct statistic about the Coop's 3/29/2012 BDS vote. Nonetheless, it was a perfect example of Twain's famous saying.

She said: "The BDS proposal obtained the support of less than 4% of the membership" and, therefore, the membership "overwhelmingly rejected the discussion." The fallacy is obvious. 1,658 members voted, approximately 10% of the membership. 1,005 (60.6%) were against, and 653 (39.4%) were for. So while it's true that only about 4% of the *entire* membership voted for the proposal, left unsaid is that only 6% voted against—not the overwhelming rejection implied.

And it should not be assumed that the 60% represented uniform sympathy for the Israeli government's position, and even less so that many believed anti-Semitism motivated the boycott backers, perhaps the most absurd of all the anti-boycott advocates' claims. One would be hard-pressed to find actual expressions of anti-Semitism and hate in the pro-boycott letters (all available for review in the *Gazette* archive on the Coop's website) as opposed to the *ubiquitous* accusations of them in the anti-boycott letters. What's obvious from those letters is that any and all questioning of the Israeli government's actions should be viewed as anti-Semitism and hate, a sort of presumptive reading between the lines and pop-psychanalyzing.

More likely the boycott's defeat reflected the fatigue and burnout over the drawn-out debate, the desire that the issue just go away and the specter of ongoing in-your-face advocacy of the type we saw just prior to the vote.

The obvious fallacy in the letter's presentation of the vote numbers should have generated some clarifying editorial comment by the *Gazette*, or just a more complete presentation of those numbers by the editors, without further comment. This

would have been helpful to those not familiar with the vote numbers and thus susceptible to such a false impression.

David Barouh

PALESTINIANS RESIST
ISRAELI OCCUPATION
IN THE WEST BANK
AND GAZA

TO THE EDITORS:

West Bank: October 16, 2012: Palestinians Block Israeli-only Road 443. Fifty Palestinians joined by a number of international activists blocked Road 443 (known as Modi'in) that passes on West Bank lands connecting Tel Aviv to Jerusalem. The road was blocked for 30 minutes to Israeli and settler traffic.

The action, organized by the Popular Struggle Coordination Committee (PSCC), was in response to increasing settler terrorism against Palestinians and their properties during the current olive harvest season, including the torching, uprooting or settler fire to olive trees, the theft of harvested olives and the attacking of Palestinian families while picking olives. The non-violent protesters held Palestinian flags and a banner in Hebrew and Arabic: STOP SETTLER TERRORISM.

Mohamad Khatib from PSCC emphasized: 'We organized this action to stress that as long as Palestinians suffer under the daily practices of the occupation and settler terror, Israeli daily life can't continue as normal. Responding to the roadblock, Israeli soldiers injured five activists using pepper spray, sound grenades and brute force.'

West Bank: October 24, 2012: Palestinians Protest the Israeli-owned Rami Levy Supermarket. Upwards of 100 protesters including activists from the International Solidarity Movement marched through the store and back out into the parking lot waving Palestinian flags, chanting "Occupation No More," "Out, Out Settlers," "Free, Free Palestine," and carrying signs that said "Boycott the Occupation and Its Products." The action, planned by PSCC, promoted the point that Israel must leave the West Bank.

Abir Kopty, a PSCC spokesperson, said the action targeted the popular chain because it has four branches in the West Bank. As long as the Pales-

tinians get no justice, settlers and Israelis will not lead normal lives. In response to the charge that the demonstration was against coexistence, she replied that 'you cannot have coexistence while there is occupation.' The Rami Levy chain benefits from settlements and the occupation and Palestinians should boycott them. 'They are one of the symbols of the injustice and colonization on our land.'

The border police and soldiers dispersed the protesters using shock grenades. Several protesters were injured (two taken to hospital), four arrests (two Palestinians and an American and Polish activist).

Gaza: Fall, 2012: BDS Student Campaign at the Islamic University of Gaza (IUG). Malaka Mohammed, an English literature student and president of the English Language Club (15 female members), initiated the first campus-based Boycott, Divestment and Sanctions (BDS) campaign to boycott Israeli goods at IUG. The campaign aims to discourage students from buying delicious treats from Israel by hanging posters on campus: "To Boycott is Dignity. It Is Power," "The Jailer Never Frees the Occupied, the Occupied Fights for Freedom. Start With Boycotting."

One poster contained what Mohammed described as the campaign's motto: "To Boycott Is to Resist and to Resist Is to Boycott." The Club got support from the student council, the cafeteria and vending machine owner to end selling Israeli products.

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

ISRAEL/PALESTINIAN
CONFLICT SUBMISSIONS

TO THE EDITORS:

I feel the Coop should stop publishing submissions relating to the Israel/Palestinian conflict and the BDS movement. I feel we can read about the Middle East in a myriad of other publications (and I do) and would like to think of the *Linewriter's Gazette* pertaining to Coop and local issues. I would like to hear more from the 15,000 other members and what goes on in their lives.

Sandra Catania



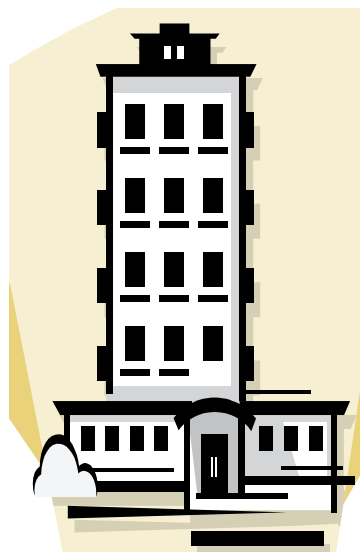
Read the *Gazette* while you're standing on line OR online at www.foodcoop.com

CLASSIFIEDS

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STUDIO APT. for SALE, Prime Park Slope. Lincoln Pl. bet. 7&8. Bright top-floor walkup studio w/ hardwood floors, built-in bookshelves, modern bath & kitchen. Friendly, beautifully maintained 10-unit brownstone coop. Laundry & storage in basement. Seller is a Food Coop member. Asking \$259,000. call 718- 857-0090.

STUDIO APT. FOR SALE. Prime Park Slope, Union Street between 8th Ave. and PPW, 4th Floor Elevator Coop Building with live-in Super. Laundry and bike room in the basement. Renovated kitchen and full bathroom. Asking \$285,000. Call 718-622-0377.

MERCHANDISE
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MAYAN PALACE time share 2 weeks studio. 6 other Mexican locations to choose from. Maintenance \$453 per year. 2 queen beds. Look at Mayanpalace.com. For sale \$2,500. Call Donnie 718-768-1797.

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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.

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AVAILABLE

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.

Improve your SAX-Life! Learn to play saxophone (clarinet/flute). Teacher with 25 years of experience teaching and performing Funky Jazz and Bossa Nova in Europe, Japan and NYC, offers a creative and fun approach for learning music! All levels and ages are welcome! Or hire my Band for your next party? www.TheUnited-Notions.org.

SERVICES
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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.

ADVERTISE ON THE WEB

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

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.



— Say bean fields with sunflowers —

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, JAN 5

8 p.m. John Flynn; Reggie Harris at Peoples' Voice Cafe; Tickets are \$18, \$10 for members. Nobody will be turned away. Peoples' Voice Cafe at the Community Church of NYUU, 40 East 35 St. NY NY www.peoplesvoicecafe.org.

SAT, JAN 12

12:30-2:30 p.m. FREE 5-Week Pre-Teen Self-Defense Class for pre-teen girls and transyouth ages 10-12. Next class will take place at CAE 327 7th street Bklyn NY 11215 starting Jan 12. RSVP to info@caeny.org.

3-5 p.m. Free Classes for adult survivors of domestic violence and sexual assault, on a sliding scale for everyone else. Email us to register for our 5-week self-defense course at

CAE 327 Seventh St. Bklyn NY starting Jan. 12. info@caeny.org or 718-788-1775.

SUN, JAN 27

4 p.m. BPL Chamber players present Alan R. Kay, clarinet Eliot Bailen, cello Margaret Kampmeier, piano; Admission is free; Dr. S. Stevan Dweck Center for Contemporary Culture at the Central Library 10 Grand Army Plaza, Brooklyn.



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

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

Stress-Free

CONTINUED FROM PAGE 4

is high in folic acid and shown to be a natural mood stabilizer. When you go into stress mode, your body releases hormones that affect your mood. Cortisol, the stress hormone, is released when we're under pressure or reacting to stressful situations, but thankfully, vegetables like asparagus and spinach contain high levels of folic acid and vitamin B that can help steady our moods by assisting the body in the production of serotonin—the hormone associated with relaxation, deep sleep and good moods. And keep in mind, relaxing a clenched jaw by munching on carrots, celery, or an organic apple can immediately release tension.

Full of intoxicating salves, and balms, and oils, and potions, the Coop toiletry aisle can provide you with everything you need for an evening or day of relaxation. If you can't go to the spa, then bring the spa to you! Unwind in a hot bath filled with Aura

Cacia bath salts or natural bubble bath. Grab a yoga mat from the Coop and bring down your anxiety with deep breathing, meditation and a few yoga poses. Finish your evening by slathering yourself (or your partner!) down with one of the many wonderful essential and massage oils that dot the shelves of the Coop. There are literally dozens of essential oils lining the shelves of the Coop, and most of them are associated with stress relief.

Relaxing oils include lavender, sandalwood, rosewood, patchouli, fennel, sage, ylang ylang...and the list goes on. I'm a sucker for the Aura Glow Organic Rose and Jasmine oils sold at the Coop. I rub it on my skin, put it in my hair, and even massage the baby down in it after baths. Essential oils are literally relaxation in a bottle, and the bonus is, they make you smell good. And what better way to de-stress in 2013 than by having a total stranger tell you how good you smell? It's especially nice when that stranger happens to be smiling—and standing in line with you at the Coop.

Here's to a happy, healthy and stress-free New Year! ■






The Coop offers natural solutions to melt away stress.

PHOTOS BY KEVIN RYAN

Solution to this issue's sudoku puzzle

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





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EASES MILD TENSION*

100% NATURAL ~ HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.02 OZ (29g) - CAFFEINE FREE



☆☆☆☆ **EXCITING WORKSLOT OPPORTUNITIES** ☆☆☆☆

Entrance Desk

Tuesday, 5:45 to 8 a.m.

Supervised by Membership Coordinators, you will be staffing the entrance desk in hours of the week-day before the Coop is open to shoppers. Primarily you will be checking in working members, informing them of their member and household status, and handing out entrance desk slips to members who need them. Entrance workers provide an essential member service and must be welcoming, polite, able to read and interpret information on the entrance desk screen, able to clearly convey information about member status directly to members. Entrance workers also provide a key security function, and must remain alert throughout the shift, which

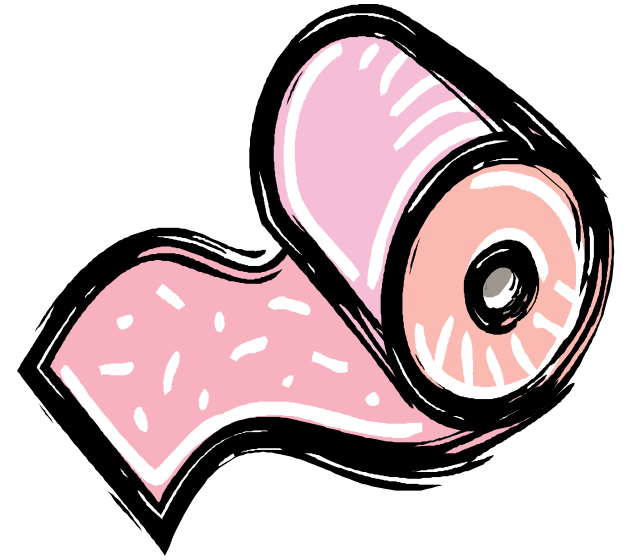
may have slow periods. Therefore reading, writing, talking on the phone, texting, etc., is not allowed. Punctuality and good attendance will be essential, as you will be the only entrance worker scheduled at this time of day. Membership Coordinators will be present to train you on your first (and second) shift, and then to support you and answer questions going forward.



Plastics Recycling

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.



Bathroom Cleaning

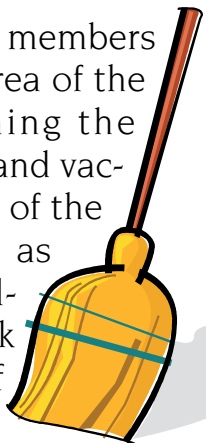
Tuesday, 12 to 2 p.m.

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 check out 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.



Winter Holiday Hours

New Year's Eve, Monday, 12/31 • • • 8:00 a.m. – 5:00 p.m.

New Year's Day, Tuesday, 1/1 • • • 10:30 a.m. – 5:00 p.m.

**The Membership Office will be CLOSED on
Tuesday, January 1.**