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Volume HH, Number 16

August 8, 2013

A Farmer Grows in Queens

By Allison Pennell

The first thing I noticed about farmer Bradley Stroll of Fresh Meadow Farm was the accent, which was spectacularly and discernably old-school outer borough.

Beyond that, I wasn't sure what to expect from an interview with one of the Coop's new farm suppliers. But Bradley Stroll had me at the first sentence. (And not just because I would have loved hearing him read a dictionary.) He had me because he reminded me what a wonderful thing it is to find something you really love.

There aren't too many boys from Queens who dream of becoming farmers when they grow up. Bradley Stroll moved around and went to a few different elementary schools in Queens as a kid: PS 175 in Forest Hills and PS 178 in Hollis. Back in those days elementary schools would hand out seeds to students once a year to try their hands at growing something. Stroll remembers he was the kid most excited for that day. He waited on line and went back again to get as many different kinds of seeds as he could.

"I always loved to grow things. I was the kid who got all the seeds and still wanted more." Starting small, he planted his own little 10-by-10 plot to grow things.

Bradley Stroll grew up, lived, married, raised two daughters and launched a successful quiche-making operation in Queens and has spent most of his 50-something years in the city. You've probably eaten one of his and his wife's quiches. The Coop carries them. They're called Food Gems.

Both graduates of Hyde Park's Culinary Institute, the Strolls have been married for 30 years and have worked together as business partners for another 10. One Thanksgiving weekend a few years ago, they decided to go farm shopping upstate. As Bradley puts it, "I don't like the beach. Or sailboats. I don't play golf. I don't do a lot of normal things. But I love to be outside and I need projects. I love to accomplish things. I'd been making pies and quiche my entire adult life and my wife and I decided we'd like to do something else. So we decided we were going to buy a farm."

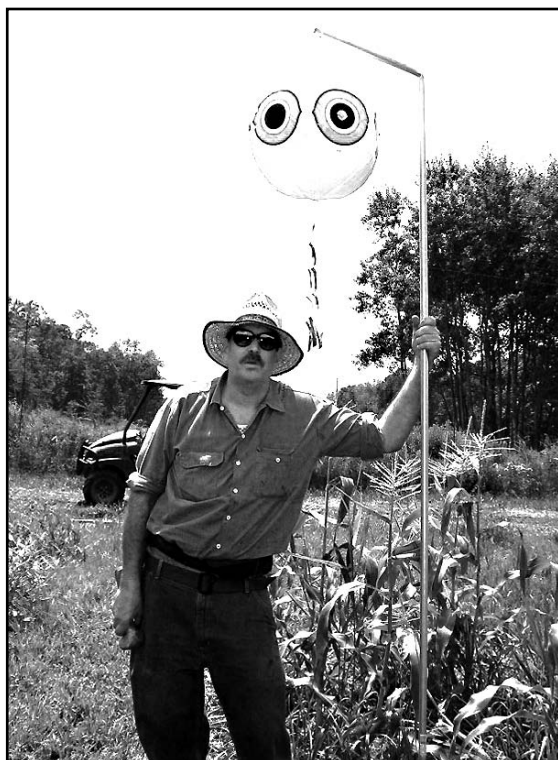


PHOTO COURTESY OF BRADLEY AND CATHY STROLL

Bradley Stroll, with his scarecrow, loves to watch his farm bloom.

"I always loved to grow things. I was the kid who got all the seeds and still wanted more."
—Bradley Stroll

And they did. The Strolls bought the farm (literally but not figuratively) in Middletown, NY, in late 2009, started planting the spring of 2010 and haven't looked back since. It doesn't sound like they have time to even if they wanted to, which they don't.

The Strolls split their time during the growing season between their bakery in Ozone Park and Fresh Meadow Farm. They are up at 3:30 in the morning and work most days long into the evening.

Bradley can't sing his wife Catherine's praises enough. "She's fantastic at everything," he tells me. They first met when Cathy was still a student at the Culinary Institute and Bradley

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Who Dubbed Them Walkers?

By Hayley Gorenberg

My Manhattanite friend Mlikens visiting the Park Slope Food Coop to arriving in another country: One must go upstairs to get a visa, then pass through customs via the entry worker. It turns out we also speak another language in that exquisite, organic land. So many terms are uniquely Coop.

Staff members recently spent a few minutes providing painstaking translation. For example, when the workslot designated to accompany shoppers to outside destinations and return carts was conceived, the shift was termed "cart return." Instantly, the workers became "walkers."

Meanwhile, up in the office, where shifts are recorded using a four-letter code for the computer system, the cart return workers/walkers are called "OUTS." When I asked Membership Coordinator Ellen Weinstat how that code came about, she questioned me back, "Why not? What else would you call it?"

At the Coop, "maintenance" doesn't mean fixing things; it means cleaning,

noted Weinstat. And even Coop natives require frequent explication from Weinstat to address the anagram "FTOP," or the Future Time Off Program. First of all, says Weinstat, it is not a camera setting. (That's an F-stop.) And to

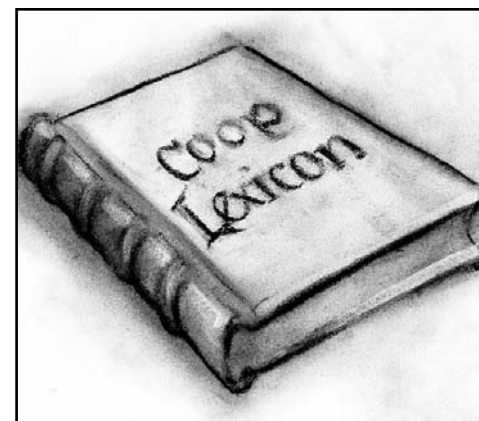


ILLUSTRATION BY CATHY WASYLENKO

address the most common misconception about what the term might mean, "You can't do FTOP with makeups owed, because it's not 'PTOP.'"

The peculiar Coop lexicon also reworks terms that have more common meanings elsewhere in the food industry and the world. Our checkout workers and cashiers work differently from those in other grocery stores. Our GM means "general meeting" rather than "general manager."

Weinstat, who claimed, "I

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Next General Meeting on August 27

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

Coop Event Highlights

Fri, Sat • See What the PAFCU Offers
Aug 9-10 4 - 6 p.m., Fri; 10 a.m. - 12:30 p.m., Sat

Tue, Aug 13 • Safe Food Committee Film Night:
Forks Over Knives 7:00 p.m.

Thu, Sep 5 • Food Class: Healthy Indian Cuisine 7:30 p.m.

Fri, Sep 6 • Film Night: Darkon 7:30 p.m.

Tue, Sep 10 • Safe Food Committee Film Night:
What's For Dinner? 7:00 p.m.

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

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A Farmer Grows in Queens

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was picking the brain of one of his old professors in advance of starting his quiche business. That teacher pointed to Cathy and told Bradley to “take that girl with you; she’s the smartest one I’ve seen in a long time.”

According to Bradley, she still is. (One more reason I’m starting my fan club.) Cathy Stroll, by her husband’s account, single-handedly built a greenhouse and a 40-foot-wide by 72-foot-long in-ground growing tunnel that allows them to extend their growing season through the first few frosts. She may have had some help from all the wonderful friends and neighbors they’ve made in just a few years in Middletown.



Nothing like organic iceberg for sandwiches and tacos.

In a state where it’s expensive and challenging to be fully organic, Fresh Meadow is both USDA-certified and GAP organic, which means they follow the most stringent standards for farm sanitation and food handling. Per Stroll, there are a lot of rules that have to be followed but it hasn’t been a huge hurdle to overcome. Instead of pressure-treated lumber, they use rough-cut oak from a local sawmill when

building. Being established and longtime business owners, they are good at record keeping, which is key to growing certified organic. And they’re sanguine about the perseverance sustainable agriculture can take.

Bradley and Cathy Stroll are learning that farming is almost impossible to predict.

“Corn is one of the hardest things to grow certified organic. You have to use untreated seeds, which can rot easily if it’s too wet. That’s part of the game. So you know that and if you have to replant four times, so be it.”

While Fresh Meadow Farm is still in the startup phase and not yet turning a profit, it’s off to a promising start. Plus, the Strolls love their new life. They’ve been bowled over by the generosity of their new neighborhood. Bradley states, “We’ve made so many good friends here in such a short time, people who would do anything for us, who don’t want to get paid, just want to help us make a go of it.”

On top of quiche, the Strolls now supply the



The Strolls make their own cole slaw, potato salad and roasted corn salad.



PHOTOS COURTESY OF BRADLEY AND CATHY STROLL

New potatoes, herbs and more.

Food Coop with baby bok choy, small potatoes, lettuces and herbs like fresh mint. If we ask nicely, maybe the Coop can get the Strolls to send down some of their homemade potato salad, coleslaw, soups and pickles too.

Bradley and Cathy Stroll are learning that farming is almost impossible to predict. Farmers don’t get to set the pricing for their wares, which was a bit of a shock. And then there’s the weather. When I asked Bradley how many years he anticipated it would take to turn a profit, it all came down to the weather. If all goes swimmingly (and by that, I mean NOT), it could be a few years. If the weather is uncooperative, it could take another eight to nine years.

But he doesn’t care because, as Bradley says, nobody goes into organic farming for the money, or any other reason than that they really, really love it.

“I’ve worked hard all my life. But when you drive that tractor across a green field and you watch the soil turn black behind you, you feel like, ‘Oh my God, look at that black dirt.’ I’m not a lazy person but there’s a different level of satisfaction in that accomplishment.”

These days, Bradley Stroll often eats his lunch under an old birch tree that grows between two fields. He says it’s better than any restaurant, sitting under his tree looking at his farm in bloom. ■

All Welcome to Join!

Friday, August 9, 4-6 p.m.;
Saturday, August 10, 10 a.m.-12:30 p.m.

You wouldn't believe what People's Alliance Federal Credit Union has to offer!

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 Account

Any new member to open an account, any existing member to add a PAFU product, or any member to refer a new member to the credit union will be entered to win a Drive Away Vacation Package.



**People's Alliance
Federal Credit Union**

VALET BIKE PARKING IS HERE ON SUNDAYS!

strollers & scooters & carts too!



Every Sunday, April 7–November 24, 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**

Alphawords

“Aegilops” (an eye condition, or a kind of wild grass) is the longest word in the English language with its letters in alphabetical order and with no repeating letters. Below are 20 more words with their letters in alphabetical order, all of them much less obscure.

- | | |
|-----------|--------------------|
| A _ _ | Direction |
| B _ _ | A good seat |
| C _ _ | Hue's partner |
| D _ _ | Morse component |
| A _ _ _ | Help out |
| B _ _ _ | Sing it out |
| C _ _ _ | Kind of mouse |
| D _ _ _ | Say it ain't so |
| F _ _ _ | Talkie |
| G _ _ _ | Radiance |
| H _ _ _ | What this is |
| K _ _ _ | Gordian, for one |
| L _ _ _ | At sea |
| M _ _ _ | Not all |
| A _ _ _ _ | Proficient |
| B _ _ _ _ | Subordinate |
| D _ _ _ _ | Look or Laundry |
| F _ _ _ _ | Ladies' spot |
| G _ _ _ _ | Something given up |
| B _ _ _ _ | Specimen |

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

Who Dubbed Them

CONTINUED FROM PAGE 1

even think in Coop jargon," wishes we would change at least one bit of Coop nomenclature. The "overnight" cleaning crews work Sunday night, 8 p.m. to 2 a.m., every three months. The squads clean things one can't address while the store is open: they muck out the bottom of the elevator shaft and take apart produce cases for deep sanitizing. They are commonly called "The Commando Crew." Weinstat asks, "We can't change things from the '70s like 'squad leaders' and 'squads,' but why do we need more military terms?"



We also speak another language in that exquisite, organic land. So many terms are uniquely Coop.

Receiving Coordinator Peter Wohlsen enjoys the Coop idiom as well, starting with his own semi-private adjustments, like the somewhat grandiose moniker "Director of Yogurt" adorning his e-mail signature. Wohlsen buys all our yogurt so he feels he's a good spotter of yogurt trends. He works with distributors who furnish the Coop's maple syrup and some of the sauerkraut, and has, at times, delved into tofu and pickles. Wohlsen decoded some of the less-visible aspects of the Coop, including the range of

cold-storage cases on the shopping floor and below—whose identities stump even Coop regulars. Produce is stored downstairs in color-coded green and yellow refrigeration rooms, apparently referencing the color of the growing leaves and some of their fruits. "The yellow cooler is quite a bit warmer than the green cooler, 30s versus 40s. It's kind of a nice cooler to be in," he said. "It smells sort of citrusy, and it's fairly warm."

The basement freezer is the only room that's kept at -15°. Keeping track of which ones cool versus freeze can be tricky, and as Wohlsen says, "You don't want frozen yogurt. You don't want frozen eggs." A

confuse people."

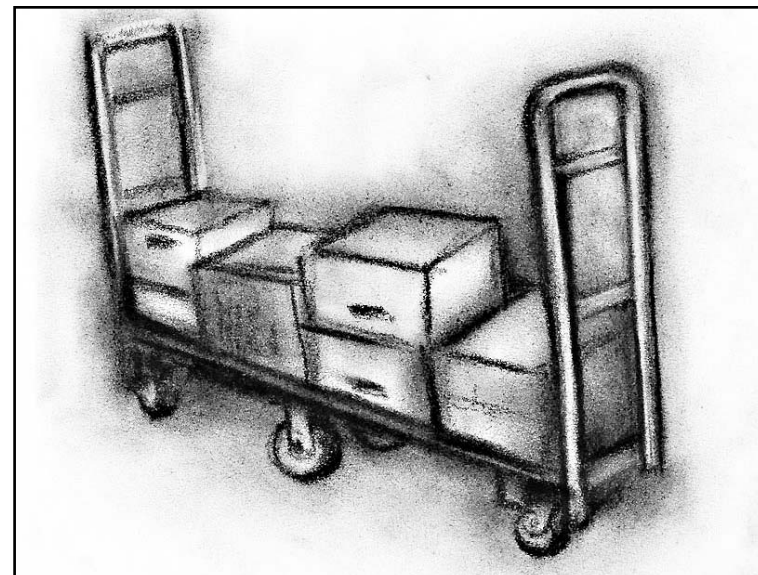
Playfulness aside, Wohlsen does believe in understandable names at the Coop. He points out that without clear designations, members working shifts in the basement may be confused, as are people picking up particular products from the basement.

No one is quite sure why we call those flat carts Hollywood carts.

Meanwhile, on the shopping floors, for years members plucked items from "the cheese case." But two cases now hold cheese, so a distinction is required. There is the possibility of designating one the "packaged-cheese case," as it contains cheese in pre-measured, prepackaged, standard amounts, like sticks of string cheese and balls of mozzarella—versus the original "cheese case" it faces, stacked with wedges of varying sizes and prices. But those potential names slice the distinction fairly fine.

It turns out that the workers from the HVAC company who service the cases when they malfunction have coded them. The one with our packaged cheese products is "G18." Does it perhaps sound like a United Nations designation? In any case, Coop staff found out and started using the moniker. "We thought that was hilarious, and that's what stuck," said Wohlsen. He conceded that the G18 case is entirely inscrutable to shoppers. "We know that members aren't going to really know that."

Then there's "the dairy case" on the shopping floor, where milk is indeed sold, "but milk really is just the first door. It's also the case where we sell



ILLUSTRATIONS BY CATHY WASSYLENKO

vegan meats and cheese, so to call it 'the dairy case' is almost like an oxymoron." It also has juice, fresh nondairy milks, sandwiches of fake meats and fake cheeses.

A concatenation of terms rounds out Wohlsen's list of Coop favorites:

A "U-boat" is a cart with high ends shaped like the letter U. As for the flat "Hollywood cart," typically used for stocking... "No one is sure why we might call it that," Wohlsen said, guessing that similar carts are perhaps used on film sets.

"Sticking an aisle" occurs when someone evaluates what's low or missing on the shopping floor, assesses that

an entire case will fit and goes to the basement to "put a sticker on something like unsalted crunchy organic peanut butter," Wohlsen said. The numbered sticker indicates the aisle where the item is stocked. Then receivers get a directive to "pull the aisle," meaning they go to the basement, find boxes with a particular aisle number and load the cases on a U-boat to send up by elevator. Once the U-boat of goods arrives on the shopping floor, the verb of sending up becomes a noun, and the load is called, in Coop language "a send-up." Although not the comedy kind. Or maybe it is—at least for people trying to learn the Coop lingo. ■

new designation of "blue freezer" is likely to come.

While all the color-coded areas below ground are considered "coolers," cold displays on the shopping floor are called "cases." That should help distinguish the yogurt case from the yogurt cooler—except that now the yogurt cooler built to hold yogurt has expanded "so it's a giant room that has everything in it." What to do? Explore more of the rainbow, it would seem. "It's probably going to become 'the purple cooler,'" Wohlsen predicted. Why? "We arbitrarily picked purple, because purple is the color of royalty, to elevate all of the things that are in that cooler. There's actually no good color to encompass everything in that cooler. It should be 'the rainbow cooler,' but that would

Please protect your feet and toes while working your shift at the Coop by not wearing sandals or other open-toed footwear.

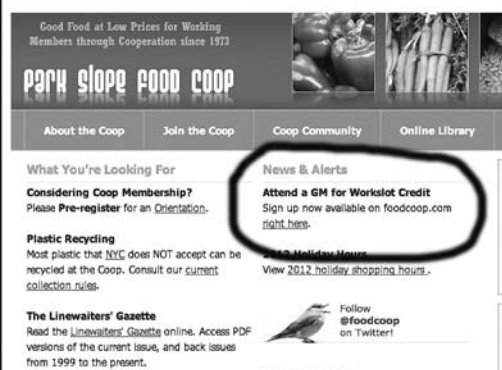


*Thanks for your cooperation,
The Park Slope Food Coop*

No New Member Orientations will be held from Sunday, August 4 thru Monday, September 2.

Orientations will resume on the normal schedule as of Wednesday, September 4 at 10 a.m. (Seats for that Orientation will be available on foodcoop.com as of Wednesday, August 21 at 10 a.m.)

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**

A Frank Discussion with Gazette Critic David Barouh

By Taigi Smith

If the *Linewaiters' Gazette* were giving a harshest critic award, first prize would undoubtedly go to PSFC member David Barouh. Over the years, Mr. Barouh has written numerous articles and letters criticizing the editors, writers and practices of the *Linewaiters' Gazette*. Whether his literary activism will actually change the paper remains to be seen, but one thing's for sure—David Barouh is determined to have his voice heard. He cares passionately about the paper and has even sifted through the Coop's archives—going back as far as 1977—to find factual fodder for his letters. In an effort to learn more about Mr. Barouh's views on the *Gazette*, I contacted him and asked for an interview. And guess what? He said yes!

Gazette: How long have you been a member of the PSFC?

David Barouh: Seventeen years. I joined in 1996.

Gazette: What shift do you work?

DB: FTOP. I was on the Environmental Committee (EC) for about 11 years. I wrote a bunch of Committee Reports for the *Gazette* and was part of the successful efforts to discontinue selling bottled water and to stop providing the plastic T-shirt bags. Now I work receiving sometimes and I am one of several FTOP people who go to the Mid-Atlantic Food Coop Alliance (MAFCA) meetings to represent the Coop.

the *Gazette*, at least as a regular member.

Gazette: You've had a longstanding issue with the *Linewaiters' Gazette*. Can you tell us a little about that?

DB: My main issue is how the *Gazette* handles submissions from members, and the power the editors exercise over them. But let me say first that I'm not against editing. The best writers in the world have editors. Editors make writing better. At least they should. There are editors I've never had a problem with. The problem is, our editors do very little editing. What they do is scan articles for violations of their policies, their word counts and what they consider inappropriate content. There's a word for that. It's censorship.

Gazette: When you say censorship, what are you talking about specifically?

DB: In my own case, several of my Environmental Committee Reports over the years were edited, not just for grammar and spelling, not even for stylistic reasons—but for content, and always without any consul-

the overwhelming corporate and military destruction of the environment. I had illustrated that abuse in the first part and outlined what a political revolution might look like in the second. The second part was rejected outright by the next team's editor. The editor never bothered to read part one—forget about context—and decided part two didn't make sense.

Gazette: You've written numerous letters and published several articles in the *Gazette*, which were quite critical yet well researched. Where do you find the time to scour the *Gazette's* archives?

DB: I just made time. After enough experiences, I'd had enough and had to do something. But I had to know what the real story was or I'd be eaten alive by the coordinating editors at a GM.

Gazette: Speaking of GMs, you have applied to have an agenda item brought before the GM. Tell us about your proposal. Are you pushing for a major *Gazette* overhaul?

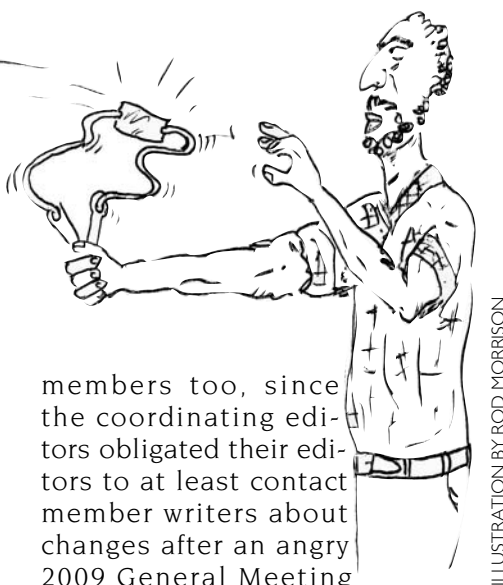
DB: It's not a proposal. As of now, it's a discussion. The Agenda Committee wants a discussion first, although the Coop has discussed the *Gazette* often in the past and these issues have been brought up again and again—and not by me. So I have no choice. My discussion, whenever it comes up, will focus on the 1977 General Meeting Resolution and how the *Gazette* has been violating it for most of that time. They'd just change text they didn't like—no consultation, no nothing. You'd find out when you saw it in print.

The coordinating editors always roll out the same excuse. Tight schedule, tight deadlines. Even without considering the 1977 resolution. That's baloney! The *Gazette* is bi-weekly; they have plenty of time and plenty of ways to contact writers and say what their concerns are, especially these days with e-mail, texting, cell phones and all of that.

Gazette: As a writer at the *Gazette*, I've never encountered that. We are consulted by our editors, we talk things through and if necessary, we make revisions. It's very similar to how I work in the professional world, except the editors at the *Gazette* are nicer. They actually care about how writers feel.

DB: That may be the case for the reporters, but for members—at least until 2009—it was a different story. You'd just see the changes they made when the story was printed. That's not caring about writer's feelings.

It's like that more often now with



members too, since the coordinating editors obligated their editors to at least contact member writers about changes after an angry 2009 General Meeting really let them have it over their practices. That helped, even if it was a couple of decades overdue. But it wasn't enough.

Gazette: If you could change two things about the *Gazette*, what would they be?

DB: I'd require the *Gazette* to abide by a 1977 General Meeting Resolution that says editors must get permission—I repeat, permission—from writers to edit their content. If the editors think this or that sort of content should not be allowed in the *Gazette*, fine—let them get it approved by the General Meeting. The respect policy is a good example. Perfectly good policy—but never approved by the GM. But even if it had been approved by the GM, the editors shouldn't be the final judge of what violates such policies. If a member writer thinks the editors are incorrect in invoking such a policy or interpreting it too broadly, then an independent panel of members should judge the case. The paper belongs to all of us. The editors don't own it—they're doing their workslot.

And one last thing: the coordinating editors have been in their positions too long without having to justify continuing. Their positions ought to be elective, with fixed terms, and they should have to stand for reelection if they want to continue. The *Gazette* is a key Coop institution. It's not always a good thing to concentrate knowledge of the workings of an organization in too few people. Knowledge of how to do jobs needs to be distributed among more people—especially in a Coop.

Gazette: Why are you so passionate about the *Gazette*? Why do you care so much?

DB: Nobody likes to see their time and effort abused like the *Gazette's* editors seem to feel entitled to do. But it's not just me. Lots of people have had their articles screwed over. And there's never any recourse. I'm constantly coming across issues it would be great for reporters or members to cover in the *Gazette*. There wasn't one story about Prop 37! Nothing about Washington State's



David Barouh

Gazette: What do you like most about the Coop?

DB: Most everything: the commitment to quality organic foods and the environment, the cooperative nature of the business, the people, the interactions. The most insignificant interactions are always more personal here.

Gazette: What do you dislike most about the Coop?

DB: I thought for a long time about this question because I didn't want to just say the *Gazette* right off the bat—but it's the *Gazette*. Or let me amend that—I actually like the *Gazette* for the most part. I read it. What I dislike most is the experience of submitting something for

tation, notice—nothing. They would cut out key, crucial points and take no consideration for how that affected the surrounding text. They even went inside quotation marks once to change a direct quote and make it inaccurate. I've talked to lots of people about this now, and many of them have had similar experiences with the *Gazette*.

The last article I wrote for the Environmental Committee was in 2010. It was supposed to be a two-part article about whether people could turn around our environmental crisis by the consumer choices they make. I argued that they couldn't, that it would take something like a political revolution to turn around

GMO labeling proposal or the ones that two New England states have just passed. I've never seen an article about hemp in the *Gazette*. If I were still on the EC, I'd have done one by now. But I just couldn't take the editors cutting the heart out of some of my articles any more. Since 2009, at least you know when the ax is going to fall, but you still can't stop it.

Also, the word counts for members are too restrictive. You can't do really good work on these issues with 750 words, or even 1,000 for a Committee Report. We should just chuck the word counts. If the paper was less restrictive and more dynamic, maybe more members would be inspired to take up the issues if the reporters don't.

Gazette: Have you always pushed for reform?

DB: No, not at all. I'm actually very averse to rock-

ing boats. It took a lot with the *Gazette*, and over a long period of time. I got somewhat active as a member of the EC, pushing the bottled water issue and the plastic T-shirt bags.

Gazette: Why not join the ranks of the *Gazette*?

DB: The *Gazette* prefers having all professionals. I'm not so sure that's a really great thing in itself, but that's another story too. I'm not a professional writer or in the biz. I liked writing articles for the EC but there it was as the spirit moved me rather than by deadlines, etc. I'm also not sure I could cut it as an editor, although on the EC we always reviewed and edited each other's articles. But I like doing some of the other jobs too. The main reason I left the EC was because I got too frustrated being at the editors' mercy. ■

SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *Forks Over Knives*

By Adam Rabiner

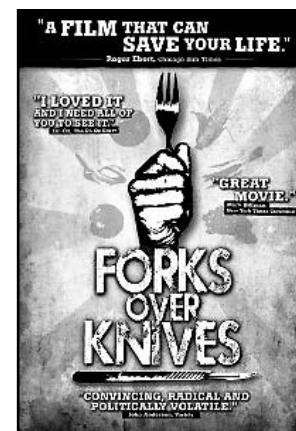
Forks Over Knives is not particularly polemical, as far as films about the food system go. It does not rail against fast-food culture, corporate control of the food system or the co-option of the U.S. Department of Agriculture. Instead it passionately and repeatedly makes a singular point, arguing that most of Americans' (and increasingly the world's) health problems are directly caused by our heavy meat and dairy consumption and that a whole-foods, plant-based diet will make us healthier, happier and even a bit hornier. The answer to our woes is not a pill, but fresh spinach!

The movie grounds these claims in the life work of two esteemed mavericks: T. Colin Campbell, a nutrition scientist at Cornell University who earned his Ph.D. in biochemistry, nutrition and microbiology and Caldwell B. Esselstyn, Jr., a cardiologist and clinician at the Cleveland Clinic. The duo worked independently until they met in 1990. Campbell focused on hard science (his massive 30-year epidemiological China Study showed strong correlations between animal-based diet and cancer and other "Western" diseases while the opposite was true for those who ate a plant-based diet). Meanwhile, Esselstyn's clinical studies were showing that patients with severe heart disease, to the point of being on death's door, got better without surgery or pills when he put them on a strict plant-based diet (later eliminating dairy as well). Most are still alive 20-plus years later.

A lot of *Forks Over Knives* is about myth busting. The first myth, one that was bought into for a time by Campbell and Esselstyn, both children of dairy and beef farmers born months apart in 1934 and 1933, was that meat and milk, which contain protein and calcium—nutrients essential for life and to prevent osteoporosis—are good for you. It turns out, according to the movie, that plants contain just the right amount of protein for humans to thrive, too much meat triggers cancer and milk may accelerate, not prevent, bone decay.

Another myth is that a vegan diet will leave you thin, pale, anemic, hungry and weak. To counter this, the film introduces you to Mac Danzig, a buff, tough, mixed martial arts Ultimate Fighter Champion who gave up milk in his late teens and later eliminated fish and chicken from his diet.

Finally, *Forks Over Knives* argues that a vegan diet is not hard to adopt. While one of Esselstyn's patients, San'Dera Nation, did indeed occasionally long for a Subway sandwich, by and large those on this strictly regimented diet, including writer/director Lee Fulkerson, stay dedicated to it and find it simple and easy to follow, motivated by the fact that they have more energy (sexual and otherwise), feel better physically and mentally, have lost weight and look better, are off their meds, are living longer and finally—an important point—are in control of their health and not limited by it. As Nation implores,



"Eat to live, don't live to eat."

Between Campbell's body of scientific research linking protein to cancer, Esselstyn's clinical results with real patients and the vivid testimonials of those appearing in the film, a strong

case is made for adopting the vegan diet, or at least cutting down on the summer barbecues. Shoppers at the Park Slope Food Coop should be glad that it carries few refined and processed items, a limited selection of animal-based foods and a wide selection of dairy and meat alternatives. Those moved by this film's passion (and convincing arguments) have a plethora of fresh plants, vegetables, fruits, grains and other food choices to select from. So go grab your fork, leave your knife behind, and bite in! ■

Forks Over Knives will show on Tuesday, August 13, 7 p.m., Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.

Attention Web Developers

Do you want to help build the new PSFC website and fulfill your Coop work requirement at the same time? The Coop IT staff is doing a survey of our membership to determine the popularity of various web technologies. Based on the results of the survey we'll be working with members to begin new development on foodcoop.com. If web development work for the Coop sounds good to you, please take the survey by either scanning the QR code above, or visiting: <http://websurvey.foodcoop.com/>



JOIN US! and earn FTOP

Lefferts Community Food Co-op is a new co-op in the Prospect Lefferts Gardens area that is working toward retail hours, renovating our space, and launching our membership campaign.

We urgently need an **experienced bookkeeper** on a FTOP/volunteer basis to advise us and help establish a proper accounting system (Quickbooks). Must be familiar with retail accounting conventions and financial statement preparation

If you are interested, please contact us at: info@leffertsfoodcoop.org

Join us at:

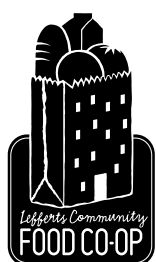
Meetup Group: www.meetup.com/plgfoodcoop

f [leffertsfoodcoop](https://www.facebook.com/leffertsfoodcoop)

@leffertsfood

www.leffertsfoodcoop.org

www.leffertsfoodcoop.org



The Environmental Committee Is Looking for New Members.

The Environmental Committee works on a broad range of issues related to food, energy and the environment, with an emphasis on issues that impact the Coop.

We particularly need people who are good at putting ideas into action. We will accept people with a broad range of experience, but leadership and/or organizational abilities will be put to good use.

To be considered for a spot on the committee you must have been a Coop member for at least 6 months and have a good attendance record.

Work for the environment while fulfilling your Coop workslot!

For more information contact the Environmental Committee at ecokvetch@yahoo.com.



COOP HOURS**Office Hours:**

Monday through Thursday
8:00 a.m. to 9:00 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.

LOOKING FOR MEMBERS TO FILL A NEW WORKSLOT

Revolving Loan Management Committee

On January 31, 2012, participants in the General Meeting overwhelmingly approved the Coop's new **Revolving Loan Program**. This initiative allows the Coop and our individual members to donate money into a fund that will make loans to start-up coops using the PSFC model.

As part of that resolution, a committee was formed to develop, oversee and report on the loan program. The committee is seeking two new members. The selection process involves an interview for those who express interest and a vote for candidates at a future GM, probably in September or October.

Committee members must:

1. Agree to be interviewed by the Loan Committee;
2. Be able to attend monthly meetings;
3. Be willing to do additional work (beyond 2.75 hours/four weeks) as needed;
4. Be committed to the loan program; and,
5. Have expertise in a relevant area, such as non-profit management, finance and lending, coop development, grocery store management, law.

Committee members will receive work credit.

Once the interviews are completed, candidates seeking committee placement will write a statement to be published in the *Linewaiters' Gazette*, and will stand for a vote at a General Meeting.

To sign up for an interview, please send a statement of interest and your resume to loancommittee@psfc.coop and we will contact you.

SUMMERTIME



...and the living is easy.
But don't forget your Coop shift!

If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use
the Shift Swap at www.foodcoop.com!

Your co-workers will love you for it!

If you plan on being away for eight weeks or more, contact the Membership Office to take a leave of absence.

RETURN POLICY

park slope
FOOD COOP

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.

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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.

Abdul-Qawiy Abdul-Karim
Will Adler
Priya Ahuja
Khaleed Alston
Benjamin Altman
Charles Alvarez
Erin Anderson
Sofya Aptekar
Shira Arcus
Lianne Arnold
Ngonda Badila
Rebecca Benson
Daniel Bonallack
Robert Bowles
Sheila Bowles
Rachel Broadman
Aaron Cahan
Kate Caldwell
Matthew Caldwell
Chris Carleton

Katherine Carleton
Jocelyn Castillo
Joaquin Causil-Baggott
Leemor Chandally
Elaine Su Hui Chew
George Chkhartishvili
Claire Clement
Tony Clement
Jamie Cobb
Tesandra Cohen
Betsy Conrad
Joshua Copp
Marc Corliss
Stephanie Corliss
Katharine Critchlow
Graham Dallison
Torz Dallison
Nick Dawson
Ricardo De Oliveira
Thomas Deckert
Rebecca DeCola

Jenn Eakin
Lisa Eisenstadt
Michael Eisenstadt
Jonathan Elmore
Kimberly Elmore
Alex Evans
Valerie Farnum
Alaina Ferris
Gabria Fischer-Shay
Jessica Fishken-Harkins
Carlene Fowlkes
Adam Frelander
Dylan Gary
Ian Gendler
Yana Gendler
Emily George
Mike George
Tavia Gilbert
Yelena Girdo
Erin Gleason
Jonah Goeneboer

Carolina Gonzalez
Rachel Gordon
Stephanie Guitard
Luke Hansen
Christine Hawkins
Chris Henrick
Andrew Heyman
Daphna Hoffman
Ana Hurka-Robles
Thomas Hylton
Nawaz Jadavji
Olivia Janssen
Conall Jones
Milinda Kakani
Zachary Katz
Rivka Katzman
Oak Kerig
Paul Ketchum
Caroline Kim
Anna King
Justin King

Eeva Kukkari
Natalia Kolotova
Wendy Lai
Pete Lancot
Garry Lauerman
Katrin Lewinsky
Sheena Lidgett
Ryann Liebenthal
Jule Light
Peter Lopez
Scott Malone
Bridget Marrotte
Stephen Mc Farland
Kate McCabe
Liam McDermott
Darren McDowell
Meghan McFarlin
Lesley McTague
Teresa McWalters
Morgan Meinel

Candace Soledad Mendez
Catherine Merrick
Sheila Mills-Lamptey
Juliet Moretti
Graciela Murnik
Veena Muthusamy
Talia Oren
Matthew Orio
Victor Passarello
Cheryl Paswater
Maddie Pesavento
Caitlin Petruccio
Brielle Pettinelli
Sia Pickett
Elena Pokouchalova
Elanna Posner
Alexander Rau
Maya Reiss
Linda Rislin
Jenna Rodriguez

Mallory Romero
Jennifer Sandman
Alyssa Sankin
Richard Santoso
Beth Schneider
Lisa Schorr
Sarah Schrag
Paul Scoltz
Bretton Scott
Stacey Scott
Jesse Shapiro
Kevin Shay
Abigail Simon
Meghan Sims
Harriet Smith
Emily Socolov
Kendall Speten-Hansen
Julie Stein
Danielle Stetzel
Ted Stetzel
Katherine Taylor

Sophie Taylor
Allison Towle
Kezia Tyson
Kim Vioria
Heather von Rohr
Melissa Walford
Mary Weatherburn
Sarah White
Adam Wilson
Laura Wilson
Emma Woodoff-Leith
Lynsey Woodruff
Laina Yoswein
Emma Yovanoff



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, AUGUST 27
GENERAL MEETING: 7:00 p.m.

TUE, SEPTEMBER 3
AGENDA SUBMISSIONS: 7:30 p.m.
Submissions will be considered for the September 24 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:
Aug 22 issue: 12:00 p.m., Mon, Aug 12
Sep 5 issue: 12:00 p.m., Mon, Aug 26

CLASSIFIED ADS DEADLINE:
Aug 22 issue: 7:00 p.m., Wed, Aug 14
Sep 5 issue: 7:00 p.m., Wed, Aug 28

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings 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 at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, August 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 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 at 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) • Meeting evaluation • Board of Directors vote • 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.

8 August 8, 2013

Park Slope Food Coop, Brooklyn, NY

park slope
FOOD COOP

calendar of events

aug 9
fri 4–6 pm

See What the PAFCU Offers

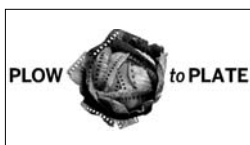
Representatives from People's Alliance Federal Credit Union will be at the Park Slope Food Coop in the Meeting Room to sign up members for credit union membership. Learn about: \$5 minimum savings balance; loans starting at 2.99%; holiday club account; debit/Visa cards; mobile/text message banking; no-fee 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.

Representatives from the PAFCU will also meet at the Coop on August 10.

aug 10
sat 10–12:30 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.

aug 13
tue 7 pmSafe Food Committee Film Night:
Forks Over Knives

Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

aug 27
tue 7 pm

PSFC AUG 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.**

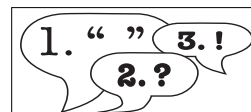
aug 30
fri 7 pm

Cheese Class

We invite Coop members to learn more about the wonderful cheeses the Coop has to offer. This event will be limited to 30 people on a first-come, first-seated basis. Our guest speaker will be Sergio Hernandez of Bklyn Larder. He personally selects all the cheeses, meats and grocery items and tastes and develops recipes for all the prepared foods sold at the counter. Sergio started working with food at 15. His culinary career took him to Vermont by the time he was 22, where Sergio gained a whole new appreciation for seasonality, local farms and small-production dairy and cheese. Sergio moved to New York City in 2004, and met the owners of Franny's. The trio immediately connected and Sergio became their first general manager at this now-celebrated Park Slope eatery. This workshop is brought to you by Coop member **Aaron Kirtz**, who has worked in the cheese industry since 2003, and sells cheese to the Coop via Forever Cheese.

sep 3
tue 7:30 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, September 24, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.**

sep 5
thu 7:30 pmFood Class: Let Me Teach You
Healthy Indian Cuisine

A demonstration of healthy, vegetarian Indian cuisine and a discussion of some of the health benefits of the ingredients, including Ayurvedic principles. Learn the basics of incorporating and balancing Indian spices. Chef **Mukti Banerjee** grew up in Bengali with both North and East Indian food and cultural traditions. She desires to share her passion for Indian food and to empower her students to cook healthy Indian cuisine. Chef Banerjee feels she is honoring and paying tribute to her teachers: her mother, aunts and grandmothers. She decided to create Mukti's Kitchen upon the insistence of her appreciative friends and family. *Menu includes: mixed vegetable korma; vegetable pulao; chan dal with coconut.*

ASL interpreter may be available upon advance request. Please contact Ginger Jung in the Membership Office by August 22 to make a request.

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

sep 6
fri 7 pm

Film Night: Darkon



Darkon is a documentary feature that follows the real-life adventures of an unusual group of weekend "warrior knights"—fantasy role-playing gamers whose live-action "battleground" is modern-day Baltimore re-imagined as a make-believe medieval world named *Darkon*. These live-action gamers combine the physical drama of historical re-enactments with character-driven storylines, inspired in part by such perennial-favorite fantasy epics as the legends of King Arthur, *Lord of the Rings*, and the saga of *Conan the Barbarian*. As role players, these gamers create alter-egos with rich emotional, psychological, and social lives. They costume themselves and physically act out their characters' exploits, both in intimate court intrigue and camp-outs, and in panoramic battle scenarios involving competitive strategies, convincingly real props, and full contact "combat." SeeThink Films is an award-winning production company based in New York. SeeThink is currently developing a slate of narrative films based on original screenplays. SeeThink partners are: Andrew Neel, Luke Meyer, Tom Davis and Ethan Palmer.

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

sep 7
sat 8 am–9 pm

A Portrait of the Coop at 40

If you visually present to the world in some strong or mannered or prescribed way, if you feel that you, in some way, enrich the diversity of our community by sending out some kind of visual signal, either through some innate physical quality or as a result of experiences you have lived through or through aesthetic choices made consciously by you, please volunteer to be photographed as part of the making of a record of our diverse membership as we celebrate 40 years of the Park Slope Food Coop. You will receive a high-resolution digital copy of your portrait. Coop member **Martyn Gallina-Jones** is a British photographer who moved to Brooklyn in 1984, assisted Arnold Newman, Annie Liebowitz amongst others, and began his own career in 1990.

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.

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

aug 9—sep 29 2013

sep 8
sun 7 pm

Tai Chi Chuan for Beginners

Tai Chi is a meditation, health exercise and martial art all in one and is well known for reducing stress and increasing overall physical and emotional vitality. This workshop will explore Tai Chi through simple exercises that develop relaxed, calm alertness and increased energy. No movement experience necessary; workshop is designed for any level of fitness ability. Numerous studies indicate that Tai Chi improves balance, blood-lipid levels, better sleep patterns, nutrient digestion and even increased resistance to shingles. Other studies note that it reduces falls, anxiety levels, as well as fibromyalgia pain and fatigue. Long-time Coop member **Tom Daly** began studying Tai Chi in 1982 with Maggie Newman, a senior student of Professor Cheng Man-Ch'ing. Tom began teaching his own classes in 1990 and currently teaches private group classes at Chelsea Studios.

sep 10
tue 7 pm

Safe Food Committee Film Night: What's For Dinner?



What's For Dinner? follows the rapid rise of animal-product consumption in China, where consumption of pork—the country's most popular meat—has doubled over the past 10 years. Since China opened its doors to foreign agribusiness, both Western and home-grown fast food chains are now commonplace in urban areas, and contribute to a \$28-billion-a-year business in the country. Can people in the developing world eat as much meat and dairy as people in the industrialized countries without destroying the planet? And do they really want to? *What's For Dinner?* sheds new light on the climate, public health, food security, workers' rights, and ethical concerns.

sep 14
sat 10:30 am

How to Ace the SAT

The SAT is a super-important test that influences a high school student's future. But fortunately, there are many ways to prepare for the test and send your student's scores through the roof. Strategies include deciding which questions to omit, multiple-choice strategy, fun vocabulary-building games, essay structure, and much more. Children and friends of Coop members are warmly welcome! **Nataliya** is a Coop member and has been an SAT tutor for years, producing great results and instilling confidence in high schoolers. She currently teaches SAT Prep in the City University of New York.

sep 14
sat 1 pm

BodyTalk: The New Language of Health

BodyTalk utilizes state-of-the-art energy medicine to optimize the body's internal communications. This extremely gentle hands-on modality helps the body to operate more efficiently and more effectively respond to any kind of injury or illness. Please join Jean Chuang Menges, Advanced Certified BodyTalk practitioner and licensed acupuncturist, for a free hands-on workshop to experience the incredible benefits of this exciting healthcare phenomenon. Participants will learn a simple, quick and powerful BodyTalk Cortices Technique to help balance the brain, reduce stress, relieve pain, improve sleep, and boost mental focus and clarity. You will also learn how the BodyTalk Access Health Routine can benefit yourself and others and receive a full Access session. Talk moderated by Coop member and BodyTalk Access Technician **Stephanie Krause**.

sep 14
sat 4 pm

Wordsprouts: Back-to-School Discussion



The Park Slope Food Coop's Reading Series

Children are most welcome! **Lauren Thompson** is the author of more than 30 children's picture books, including the *New York Times* bestseller, *Polar Bear Night*, and the popular *Little Quack* and *Mouse's First* series. She was also a children's-book editor for 18 years before leaving office life to write full-time. **Adam Marcus** has been a member of the PSFC since 1999. He has been a New York City Teaching Fellow with for the NYCDOE for 12 years. In 2009, he took over the defunct school library program at P.S. 32K and raised \$500,000 to renovate and expand the space into a vital working library. He has taught pre-K, kindergarten (in his school's Asperger program), and grades 3-5. **Erin Clarke** is an executive editor at Alfred A. Knopf Books for Young Readers, an imprint of Random House Children's Books. She works on a wide range of projects, from picture books to young-adult fiction. Books she has edited include the #1 *New York Times* bestseller *The Book Thief*, by Markus Zusak, and the #1 *New York Times* bestseller *Wonder*, by R. J. Palacio. To book a Wordsprouts, contact Paula Bernstein, wordsproutspsf@gmail.com.

sep 15
sun 12 pm

How to Have a Flat Tummy!

You've dieted, tried vegetarianism, cut out gluten, dairy...still there's a little (or big!) bulge in your belly. Nutrition Response Testing is a non-invasive system of analyzing the body to determine the underlying causes of ill or non-optimum health. Digestive disturbances are often one of the body's first "warning signs" that nutrition has been compromised and bloating and indigestion are some of the most common symptoms we see in our practice. By identifying the underlying causes of imbalance, we are able to identify the exact right nutrition and slowly bring the body back to balance. From bloating and gas to Irritable Bowel Syndrome, constipation, colitis, your body knows how to correct itself. And once we identify what's getting in the way, it will do just that! **Diane Paxton**, MS, LAc, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope. She is also a long-time Coop member.

sep 20
fri 8 pm

Rob Garcia's Soap Box and Ilusha Tsinadze



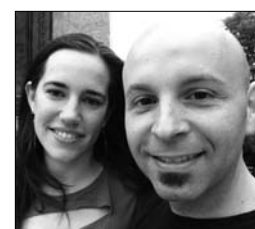
PROSPECT CONCERTS

Rob Garcia's Soap Box featuring **Jean Rohe**. "A prime mover in the current Brooklyn jazz scene..." (*Time Out-New York*) drummer/composer Rob

Garcia leads this group featuring vocalist/composer Jean Rohe. They will perform unique arrangements of songs with a story to tell and a message to deliver covering such songwriters as Leonard Cohen, Bob Dylan, Woody Guthrie as well as original material by Rob and Jean. "Garcia is a drummer of invention, grace and considerable fire." (*Downbeat*) "Ms. Rohe is a confident young singer whose compositions tend toward a literate and imploring tone." (Nate Chinen, *New York Times*) "There are plenty of talented artists out there, but what sets Jean Rohe apart are the suppleness of her voice, the integrity of her vision, and the grace she shows in her wide-ranging journeys across the musical landscape." (John Platt, WFUV New York). **Ilusha**

Tsinadze hasn't been on work alert in a couple months now. Cashiering is his favorite shift so far, but nothing comes close to getting credit for playing a concert. Tonight he presents some of his favorite acoustic music with some of his favorite Coop musicians.

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.



still to come

sep 21 What the Tooth Fairy Never Knew

sep 24 Meet Your Mind

sep 22 Handling Your Child's Anger

sep 28-29 Food Drive to Benefit CHIPS Soup Kitchen

sep 24 PSFC SEPTEMBER General Meeting

sep 29 It's Your Funeral

LETTERS TO THE EDITOR

ENERGY EFFICIENCY AT THE PSFC

TO THE EDITORS:

I was very satisfied with the good work that the Coop is doing in terms of increasing our energy efficiency. Reducing our carbon footprint is an important contribution for PSFC to make to our planet.

At our home we have long ago switched to "green energy," a combination of small-scale hydro and wind. There are many suppliers of electrical power that do not emit carbon, with options for all wind and other combinations.

I was surprised to see that the PSFC spends most of its electrical bill on what is referred to as "normal electricity," with a small fraction, approximately 10%, being supplied by wind power. I would be interested in understanding what stops PSFC from obtaining all its electricity from non-carbon sources. I urge that we consider obtaining all our electricity from one of the many suppliers that provide zero carbon-emission power generation.

Stewart Pravda

WHY NO SOLAR PANELS?

TO THE EDITORS:

I hope I am not the only one who saw the glaring connection in the July 11 issue between the Coop's healthy financials (nearly 2.3 million in cash on hand) and the quest to become even more energy efficient. I was actually dumbfounded to learn that the Coop has an annual gas bill of \$27,460, and an electric bill of \$168,271! Why hasn't the Coop

installed solar panels? And even more shocking is that the EPA can give an Energy Star to any business that relies so heavily on fossil fuels, notwithstanding the 10% of the electric bill that is received through a wind-energy program. It is very obvious to me that some of the "cash on hand" should go to installing solar panels immediately.

Sincerely,
Stacey Sarnicola

THE GENERAL COORDINATORS RESPOND

TO THE EDITORS:

We've received 100 percent of the PSFC's electricity through wind power for many years, not the 10 percent as stated in the letters above.

Also, we explored the possibility of solar panels many years ago but unfortunately the location and position of the Coop building is ill-suited to solar panels.

The General Coordinators

HOW I RESPONDED TO MEMBERS ABOUT THE PSFC BOARD OF DIRECTORS ELECTION

TO THE EDITORS:

At the Tuesday, June 25, 2013, General and Annual Meeting, I had one purpose: to be elected to the Board of Directors to benefit the PSFC, its members and our community. Though there are many matters that are important, discussion and vote worthy, without a responsive Board of

Directors to its purpose, our principles will remain unachieved. Unachieved principles means we have less than the quality of life than we need at a price we can afford. I limited my remarks to responding to comments of PSFC members about the Board of Directors election and asked Board members to respond to matters proven to require the Board's action for a Food Coop to be successful.

I began my brief presentation by asking the audience to respond by show of hands to two questions: "How many of you have read the candidate statements for Board of Director?" About 10 raised their hands.

"How many of you regularly read the letters in the *Linewaiters' Gazette*?" About 15 raised their hands.

Due to time limitations, I did not read these items, but cited three letters published in the *Linewaiters' Gazette*; two by Sylvia Lowenthal and one by David Barouh.

"These letters show as a result of my candidacy for the Board, I think PSFC has a better understanding of the role of the Board of Directors and of its needs and that is why you should elect me."

I quote Ms. Lowenthal's letter published in the March 21, 2013, *Gazette*. Ms. Lowenthal ends her letter by writing, and I quote, "Candidates unwilling or unable to take on this

responsibility should reconsider running for the board or else make clear that they will indeed, if elected, accept the role of the final arbiters when necessary."

I continue by quoting Ms. Lowenthal's letter published in April 4, 2013, *Gazette*. "Candidates should understand the duties of the Directors and avoid including in the candidate statements promises to regard the general meeting as the highest decision-making body at the Coop, a mistaken premise." Ms. Lowenthal again quotes the PSFC attorney statement I previously read.

I then quote Mr. Barouh's letter published in May 2, 2013, *Gazette*, speaking of the PSFC attorney's statement: "In fact, Sandercock's phrasing seems to confirm those of the by-laws limiting the Board's role to either ratifying or failing to ratify the GM's decision."

"I brought this question to the office, and got the explanation that the by-laws' wording was carefully crafted to preserve the GM's pre-incorporation tradition as the Coop's decision-making body—a tradition the membership would be highly adverse to surrendering."

My letter is available online now at www.deena-kristihaysworksforyou.webs.com/accomplishments.

Deena-Kristi Hays

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.

GMO ROUND UP!
Transgenics, the Coop, and You

The Park Slope Food Coop GMO Shelf Labeling Committee has a Facebook group. You're invited to "like" it for GMO news at the coop and worldwide



Scan the code with your magic phone app, or type this into your internet machine: bit.ly/psfc-gmo

Visit www.nongmoproject.com
or email sayno2GMO@gmail.com

This notice is brought to you by the GMO Shelf Labeling Committee of the PSFC: www.gmodanger.wordpress.com

LETTERS TO THE EDITOR

BDS TOPICS:

PSFC'S BOYCOTT POLICY

TO THE EDITORS,

Every time a Middle Eastern leader is assassinated (Mohamed Brahmī, People's Party in Tunisia), every time a Middle Eastern iron-fist shells their own people (Assad in Syria), and every time another Middle Eastern military shoots protesters (the Egyptian army), I remember with great relief how two years ago PSFC voted down a movement toward boycotting Israel. Had we voted it through, we might have found ourselves looking around in horror at how our emotions were played upon just to demonize the latecomer to an ancient drama. Fortunately, we rejected that mindset because something didn't smell right. No, actually it stank and we sensed it even before the Arab Spring. Since then the "Evil Zionist" fig leaf long used as cover by dictators for internal corruption and oppression has withered under strong sunlight, and millions upon millions of angry Arabs and Muslims have now caught dictators with their privates exposed. Even Palestinians who are suffering under Israeli rule openly discuss the culpability of their own governments. The lie is dead. We can only wonder at the intentions of those who keep it strapped to life-support.

If those in civil unrest have woken up to the complexities that surround them, then it is time for us to do so as well. Right now our boycott policy is the very antithesis of complexity: an unwritten, default 51/49 ratio that opens an invitation to the lie, to the blame-game, to division and to accusation. Boycotting Israel/Palestine is not the central problem at PSFC. The boycott policy is. Imagine half our membership lassoed into publicly representing any movement that they disagree with. It's the very definition of oppression, and it frightens me. It also violates the Rochdale principles that stipulate that we accept all political persuasions. Ironically, the only tangible outcome of our policy post-Brooklyn Tech was a young Palestinian woman at the General Meeting who said the vote just increased her alienation. Those who supported a boycott cheered. Why were they cheering? Do they not see how the hostility they encouraged before the vote contributed equally toward her alienation? Without a fix, that blindness is the future of our boycott policy as well as my favorite place in all of Brooklyn: our Coop.

I call to codify the ratio at 80/20 to pass a boycott resolution. 80/20

necessitates addressing the overarching complexities of an issue without producing alienation. Achieving 80/20 demands real heart to sway membership. 80/20 demands rising above the usual divide-and-conquer propaganda and encourages cooperation.

Please contact eightypercent-majority@gmail.com for comments.

It's time to change the conversation. Finally.

Jesse Rosenfeld

JULY 2013: NEWS BRIEFS RELATING TO BOYCOTT, DIVESTMENT AND SANCTIONS OF ISRAEL

TO THE EDITORS:

July 17: Historic vote by the University of California Board of Regents: (26 members) unanimously (one abstention) confirmed Sadia Saifuddin, a Pakistani-American (practicing Muslim) undergraduate as the UC Student Regent, the voice of more than 222,000 students in the UC system for the 2014–15 term. She will be a voting member of the Board; serving one year as student regent-designate in 2013–14.

Saifuddin co-sponsored the controversial bill passed by the Berkeley Student Senate (*Gazette* 7/25/13) encouraging divestment of UC funds from companies complicit with Israel's occupation of Palestine. She also wrote another bill condemning Islamophobic hate speech at UC.

Supporters said "to be an undergraduate in that position, you have to be a superstar with maturity and poise beyond your years to explain to the Regents what it's like to be an undergraduate today."

July 19: Mira Nair refused the invitation to take her latest film (The Reluctant Fundamentalist) to Israel as a guest of honor at the Haifa International Film Festival. The internationally acclaimed Indian director of Monsoon Wedding and Salaam Bombay! tweeted: "I will go to Israel when occupation is gone. I will go to Israel when the walls come down. I will go to Israel when the state does not privilege one religion over another. I will go to Israel when Apartheid is over. I stand with the Palestinian Campaign for the Academic and Cultural Boycott of Israel and the larger BDS movement."

July 15: TIAA-CREF dropped its \$9 million investment in Soda-Stream, the Israeli illegal settlement company (seltzer makers); a decision in line with its "financial services for the greater good."

On the day of TIAA-CREF's annual membership meeting (7/16/13), protests were organized by We Divest in over a dozen cities (Man-

hattan, Chicago, San Francisco, Denver, Cambridge, Baltimore, Ann Arbor, Ithaca, Sacramento, Washington D.C.) at TIAA-CREF offices signaling displeasure with TIAA-CREF's second refusal to allow a vote on a resolution submitted by over 200 TIAA-CREF shareholders calling on the pension fund giant to divest from companies profiting from Israel's illegal occupation of Palestine.

July 18: New European Union guidelines (sanctions) will prevent Israeli ministries, public bodies and businesses (including Israeli banks) that operate in occupied Palestinian territory from receiving loans from the European Investment Bank (loans, prizes and grants worth hundreds of millions of Euros each year). This will ensure that EU's own institutions respect the obligation to not recognize Israeli sovereignty in Palestinian land occupied by Israel since 1967: West Bank, East Jerusalem, Gaza Strip as well as the Syrian Golan Heights.

July 26: British Palestine rights activist successfully challenged the installation of an Israeli made water meter insisting that Southern Water install alternative equipment. The Brighton and Hove Palestine Solidarity Campaign has been fighting against installations of "Arad Technologies" meters in thousands of homes. The company, it claims, profits from Israel's illegal settlements in the West Bank.

Mary Buchwald

Brooklyn For Peace

PSFC members for BDS

www.psfcbds.wordpress.com

THE OTHER SIDE OF THE STORY

TO THE EDITORS:

Asian-American Congresswoman Grace Meng protests Association for Asian American Studies endorsement of BDS Movement. Meng, representing New York's 6th District and member of the Middle East and North Africa subcommittee of the Committee on Foreign Affairs, wrote to AAAS expressing concern with the "counterproductive" nature of the BDS, citing, among other policies, its demand for the Arab 'right of return.' "It is very well known that neither Israel nor a 'two-state solution' could exist with a 'right of return,'" she wrote. "This is an unprecedented action for an academic organization, let alone for an Asian-American group to choose to voice opposition to it."

She said she has "always been sympathetic to Zionism," and that a 2010 trip to Israel "deepened my understanding of the Jewish state. It also provided context to what I

already knew about the unique historical persecution of the Jewish people and the great achievements of the Jewish State."

"The characterization of Israeli actions as 'racist' is inaccurate, inflammatory, and inconsistent with the views of the vast majority of Americans and Asian-Americans. It does not serve the cause of peace; rather, it serves to galvanize those who oppose peace." She added that adopting the resolution could only harm relations between the American Asian and Jewish communities. "The interests of Americans and Asian-Americans are best served by dialogue and engagement, not boycotts and divestment...It is important that Asian Americans appreciate the value and justness of Israel, America's only true, democratic ally in the Middle East."

Israel's Olympics, the 19th Maccabiah, largest in its eight-decade history, held its opening ceremony for 30,000 spectators in Jerusalem. President Obama, speaking by video feed, and Israel's president Peres were among dignitaries welcoming more than 9,000 participants from 70 countries.

Twenty-one countries participated for the first time. Morocco, the first Arab country to participate since 1935, sent one athlete, a swimmer. Turkey sent 48 athletes, in swimming, futsal (a football variation), basketball, table tennis, track and field, tennis and archery. Other countries included Mauritius (four athletes), the tiny African republic of Guinea-Bissau (10), Botswana and Cuba, particularly notable because of previous restrictions its regime set on citizens traveling abroad. Fifty-six Jewish-Cuban athletes and coaches marched in the opening ceremony. Other countries included Mongolia, Curacao and Ecuador.

This year's 13-day 35-sports event is the world's third largest after the Olympics and World University Games.

The games have been held in the Holy Land—usually Tel Aviv—every four years since 1932, except for 12 years during the rise of Adolf Hitler and World War II.

The torch was lit by American gymnast Aly Raisman, captain of the gold medal-winning U.S. team at the London 2012 Summer Olympics. The lighting was dedicated to the 11 Israeli Olympians murdered in the Munich Olympics four decades earlier.

Israel's 'summer of nostalgia.' After hosting international stars like Barbra Streisand, Cliff Richard and the Pet Shop Boys, Israel will end its 'summer of nostalgia' with 70's heartthrob Tom Jones. The Welsh "Sex Bomb" will perform in Tel Aviv in October.

Ruth Bolletino



EXCITING WORKSLOT OPPORTUNITIES

Bathroom Cleaning

Tuesday, Wednesday, Thursday, Friday 12 to 2 p.m.

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

Office Set-up

Monday, 6 to 8:30 a.m.

Need an early-riser with lots of energy to do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? This job might be for you. Please speak to Adriana in the Membership Office for more information.

Maintenance Commando Crew

Sunday, 8 p.m. to 2 a.m.

This squad works a 6-hour shift, once every 12 weeks. These squads are supervised by a paid staff member, Ibraim Dauti, who will assign members various cleaning and maintenance projects throughout the Coop that are done best during the hours when the Coop is closed. A few examples of projects would be mopping the Shopping, Receiving and Office floors; vacuuming staircases, offices and beams; cleaning the produce cases, etc. This workslot involves physical and dirty work and working to help maintain a high standard of cleanliness in the Coop. (Note: Members

of this squad say the shift goes quickly because they work steadily throughout the shift. Mid-way through the shift members take 30-minute break.)

Office Data Entry

Thursday and Friday, 4 to 6:45 p.m.

Must have been a member for at least one year with excellent attendance. Are you a stickler for details and accurate on the computer? Do you like working independently? If this sounds like you, then Office Data Entry will be your perfect shift. Please speak to Ginger Jung in the Membership Office (or put a note in her mailbox) prior to the first shift for more information and schedule training. Must make a six-month commitment to this workslot.

Entrance Desk

Friday, 5:45 to 8:15 a.m.

Supervised by Membership Coordinators, you will be staffing the entrance desk in hours of the weekday 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, and 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. Paid Membership Coordinators will be present to train you on your first (and second) shift, and then to support you and answer questions going forward.

Orientation Leader

Sunday 4 p.m., Monday 7:30 p.m., Wednesday 10 a.m.

The Orientation Committee is looking for Coop members who have a group-teaching and/or training background to lead Orientation sessions. Potential orientation leaders should be articulate, well-organized, and able to present a large amount of information in a personable and accessible way to a diverse group in a short period of time. You will lead sessions every six weeks, and on the week midway between sessions, must be available as backup for emergency coverage. Regular slots are on Sunday afternoons, Monday evenings, or Wednesday mornings. You must have at least two years of Coop membership and an excellent attendance history to be considered for the Orientation Committee. There is an initial group interview for this committee, after which there are three trainings for workslot credit. An annual meeting of the Orientation Committee is part of the work requirement. We seek orientation leaders who reflect the diversity of the Coop. To apply, please send an e-mail with your name, member number, and contact information with a subject line of "Coop Orientation" to ginger_jung@psfc.coop.

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 website 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!

SERVICES 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.

PAINTING & WALLPAPERING - Mesh & Plaster those cracked walls & ceilings. Over 20 yrs experience doing the finest prep & finish work. One room or an entire house. Free estimates. Fred Becker 718-853-0750.

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.

VACATION RENTALS

HAVEN OFF THE HUDSON Friendly, historic 3-season wooded community in Westchester County. Coop offers hiking, tennis, pool, wifi, café, organic community garden, social activities. Beautiful Hudson riverfront nearby. Studio, 1- and 2-bedroom cottages, \$25K - 160K. www.reynoldshills.org/ bungalowshop. Contact Mel 347-307-4642 or melgarfinkle@yahoo.com.

VACATIONS

NORTH FORK COTTAGE Bright cozy 1 bdrm, bath, livingrm, kitchen apt on quiet country road in East Marion, close to sound and bay beaches, farmstands. A/C, W/D, WiFi, composting. Kayak and bicycles. Pets upon approval. June-Oct monthly and weekly rentals, starting \$1,000/wk. Security, references. 917-499-6320. rlsimmen@gmail.com.

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

I thought it would be a nice opportunity...to see the world.
— Milan, age 9 on her school trip to Tanzania

BROOKLYN FREE SCHOOL
www.brooklynfreeschool.org
718-499-2707

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.

Re-boot the bedroom.



651 503 4288

JIMisinBKLYN.com

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Family Veterinarian

New York City
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ecoletti@post.harvard.edu

www.brownstonevet.com

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BIOPSY

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

