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Volume HH, Number 26

December 26, 2013

Health Myths

By Kristin Wartman

While waiting in the express line recently, a page came over the system alerting Coop shoppers that free pig fat was being handed out in the receiving area for those who wanted it. The woman in line in front of me turned and said, "Who at the Coop would want pig fat?" To which I replied, "I do!" The woman's surprise upon hearing this is not uncommon, since many health-conscious shoppers are often misinformed about what constitutes a healthy food. Animal fat is perhaps the most misunderstood of all.

Doctors, nutritionists, dieticians and the government's dietary guidelines have long been instructing the American public to reduce our consumption of animal fats. Health officials have been promoting "low-fat" foods and a reduction in saturated fats in particular, like butter, red meat, pork, lard and whole-fat dairy products. But recent scientific findings indicate that our collective reduction in fat consumption actually goes hand-in-hand with our soaring rates of obesity and diet-related diseases. Many experts believe this is a result of our increasing carbohydrate consumption in place of animal fats and proteins.

Indeed, Dr. Frank Hu, professor of nutrition and epidemiology at the Harvard School of Public Health, has said, "The country's big low-fat message backfired. The overemphasis on reducing fat caused the consumption of carbohydrates and sugar in our diets to soar. That shift may be linked to the biggest health problems in America today." Another expert, Dr. Walter Willett, chairman of the Department of Nutrition at the Harvard School of Public Health, said, "Fat is not the problem."

Part of the demonization of fats has to do with a fundamental misunderstanding of fats themselves. Fats in whole foods always come in a combination of forms. That is, most fats are a mixture of both unsaturated and satu-

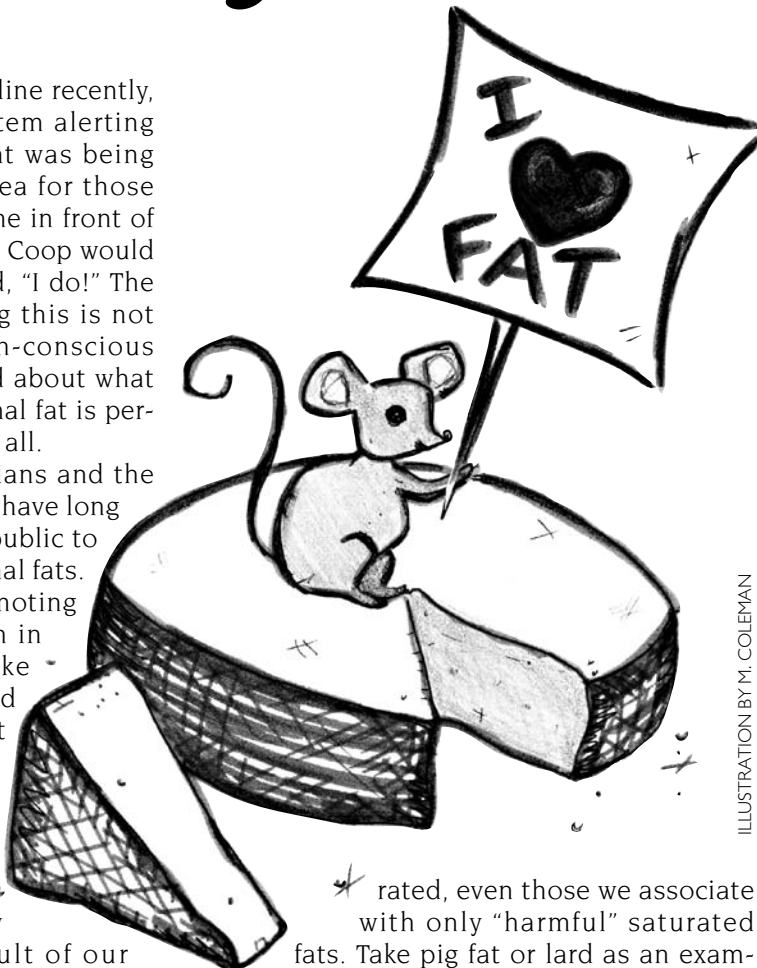


ILLUSTRATION BY M. COLEMAN

rated, even those we associate with only "harmful" saturated fats. Take pig fat or lard as an example. Lard is 60 percent unsaturated according to health writer Gary Taubes. In a *New York Times* article on the subject he writes, "Even saturated fats—a.k.a., the bad fats—are not nearly as deleterious as you would think. True, they will elevate your bad cholesterol, but they will also elevate your good cholesterol. In other words, it's a virtual wash." Taubes continues:

Foods considered more or less deadly under the low-fat dogma turn out to be comparatively benign if you actually look at their fat content. More than two-thirds of the fat in a porterhouse steak, for instance, will definitively improve your cholesterol profile (at least in comparison with the baked potato next to it); it's true that the remainder will raise your L.D.L., the bad

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Wishing You a Healthy Holiday

By Joanne Colan

'Tis the season to be jolly. And let's face it, sniffly! Although those among you hosting family may beg to differ, flu season may be the holidays' most unwelcome guest. This 2013 flu season has been particularly harsh, with states throughout the U.S. already reporting high numbers of "flu-like illness, with peak flu outbreaks slated for January and February." But don't despair. While chicken soup alone might not provide full immunity, there are plenty of things you can do to keep you and your loved ones healthy throughout the chilly months. Let's explore in detail some of the best preventions so the "flu Grinch" doesn't steal Christmas and dampen your jolly.

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ILLUSTRATION BY DIANE MILLER

Next General Meeting on January 28

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The January General Meeting will take place on Tuesday, January 28, 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

- Thu, Jan 2** • **Food Class: Lucky Vegetables**
7:30 p.m.
- Fri, Jan 3** • **Film Night: Occupy Bakery and Chocolate Country**
7:00 p.m.
- Sun, Jan 5** • **Coop Kids' Variety Show Auditions**
12:00 p.m.
- Sat, Jan 11** • **Fun Committee Game Night**
5:00 p.m.

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

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Health Myths

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stuff, but it will also boost your H.D.L. The same is true for lard. If you work out the numbers, you come to the surreal conclusion that you can eat lard straight from the can and conceivably reduce your risk of heart disease.

And a new study that I recently reported on for the online food blog *Civil Eats* found that organic whole milk is much healthier than low-fat or fat-free versions. That's because the full-fat milk products contain significantly higher amounts of healthy omega-3 fatty acids as a result of the cow's pasture-based diet. Many Coop shoppers are aware that organics are likely healthier but many are still buying low-fat or fat-free dairy products under the false notion that they are being health conscious. It turns out that the only way to get the benefit of all those healthful omega-3 fatty acids from dairy is to eat the fat that is naturally occurring in those products.

And what about egg yolks? Many Coop shoppers are likely still under the false impression that egg yolks are too high in cholesterol and therefore should be avoided by whipping up egg-white omelets or skip-

ping eggs all together. It turns out that egg yolks are in fact nutritional gold mines and the daily nutrient intake of people who eat eggs is much higher than in non-egg eaters. Findings from a study published in *The Journal of the American Medical Association*, found "no overall significant association between egg consumption and heart disease." In fact, the study of 118,000 people found that those who ate five or six eggs per week had significantly lower mean serum cholesterol levels than those who ate one egg per week.

[R]ecent scientific findings indicate that our collective reduction in fat consumption actually goes hand-in-hand with our soaring rates of obesity and diet-related diseases.

The same shoppers that avoid saturated fats like lard and cholesterol-containing foods like egg yolks might also be loading up on "health" cereals since they are low in fat and often promoted as heart healthy. But the truth is these cereals are likely causing more harm than good. Most cereals on the Coop shelves are made from highly refined grains and contain added sugars.

These are the very foods that researchers are finding are really at the root of weight gain and chronic diseases.

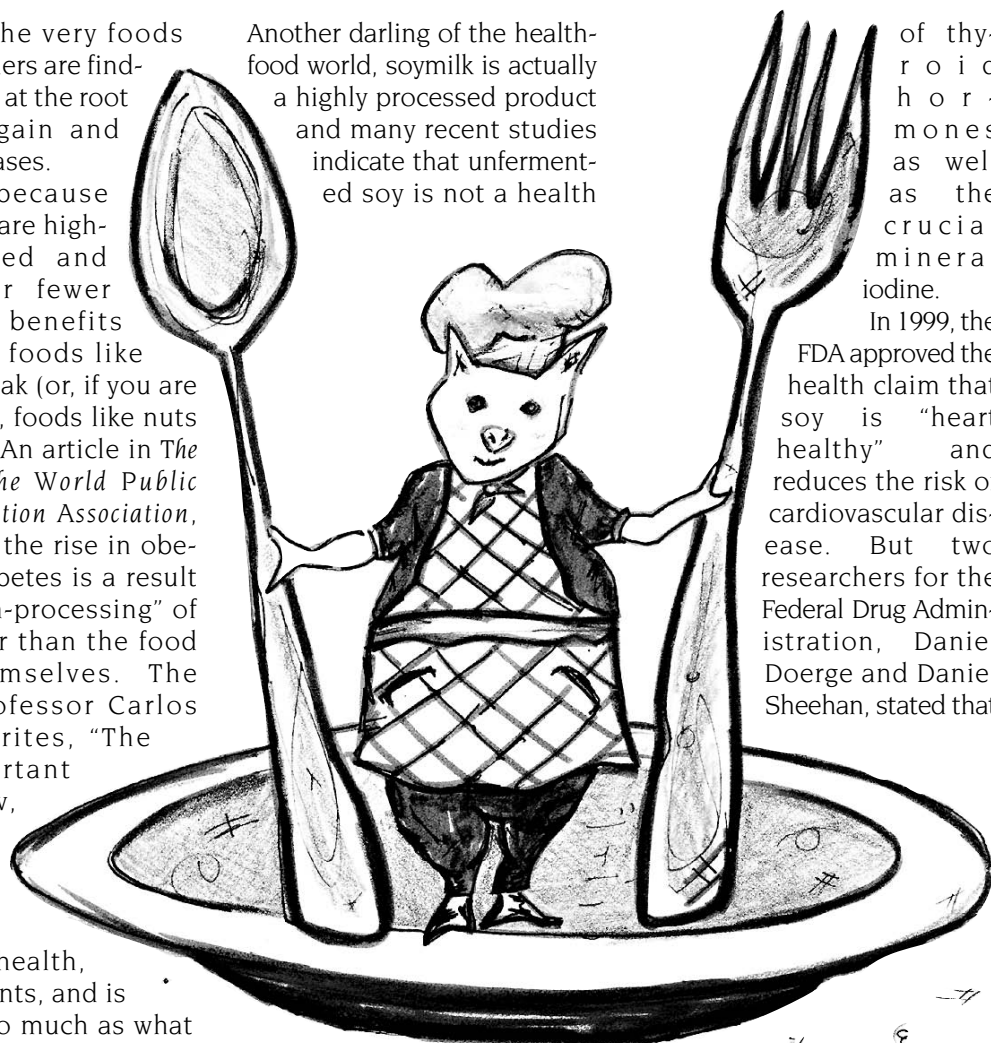
That's because these foods are highly processed and contain far fewer nutritional benefits than whole foods like eggs and steak (or, if you are a vegetarian, foods like nuts and beans). An article in *The Journal of the World Public Health Nutrition Association*, reports that the rise in obesity and diabetes is a result of the "ultra-processing" of foods rather than the food items themselves. The author, Professor Carlos Monteiro, writes, "The most important factor now, when considering food, nutrition and public health, is not nutrients, and is not foods, so much as what is done to foodstuffs and the nutrients originally contained in them, before they are purchased and consumed. That is to say, the big issue is food processing—or, to be more precise, the nature, extent and purpose of processing, and what happens to food and to us as a result of processing."

Health-conscious consumers might top their low-fat breakfast cereals with soymilk.

Another darling of the health-food world, soymilk is actually a highly processed product and many recent studies indicate that unfermented soy is not a health

of thyroid hormones as well as the crucial mineral iodine.

In 1999, the FDA approved the health claim that soy is "heart healthy" and reduces the risk of cardiovascular disease. But two researchers for the Federal Drug Administration, Daniel Doerge and Daniel Sheehan, stated that



food at all. Unfermented forms of soy like soy milk, soy cheese, ice cream, yogurt, soy protein shakes and soy protein isolate contain high amounts of phytic acid which blocks mineral absorption—particularly calcium, magnesium, iron and zinc; and soy is an unusual protein that is difficult to digest. Soy is also a goitrogen, meaning it depresses thyroid function and interferes with the absorption

they were opposed to the labeling of foods containing soy as heart healthy since there was "abundant evidence that some of the isoflavones found in soy...demonstrate toxicity in estrogen sensitive tissues and in the thyroid."

Further, The Cornucopia Institute conducted research on the processing of soy foods and found that the industry commonly uses hexane—a petroleum-based solvent and known neurotoxin—to process soy ingredients found in many "natural" food products.

Just several generations ago, we wouldn't have been confronted with the array of food products making health claims as we are now. We would have only eaten whole foods because that was all that was available. When the Coop shopper in line in front of me looked so surprised at my desire to get the pig fat from receiving, I told her that in fact recent research indicates that animal fats are actually very good for us. She paused for a moment and then said, "You know, my grandmother used to cook with lard." We'd be wise to remember these food traditions that existed long before big food companies started pumping out their highly profitable products while making dubious health claims for recently concocted and entirely untested food products. ■

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

Requirements:

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

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

Interested in Engaging Coop Work? Disciplinary Committee Seeks NEW Members

Skills needed:
Communication
Problem solving
Conflict resolution
Dealing with difficult situations and people
Investigation
Writing
Research

Our work includes

- Applying Coop's rules and regulations
- Discussing policy issues related to the DC's work
- Investigating allegations of uncooperative behavior by members and engaging in problem solving
- Daily email contact with DC members to discuss cases
- Participating in mediation, disciplinary hearings, and other conflict resolution methods

Requirements:

In order to be considered for this position, any candidate must:

- be a member for at least a year
- have good attendance record
- possess the ability to work on a team
- communicate clearly
- have good writing skills
- have computer proficiency (excel, word, emails) is essential
- attend an evening meeting every six weeks

We work on average 6 hours per month, more than the required work shift hours. You will be credited and your hours banked for future use.

We recognize the importance of various points of view when considering cases brought to us. WE ARE SEEKING A CANDIDATE POOL THAT REFLECTS THE DIVERSITY OF THE COOP'S MEMBERSHIP.

Join us to make the Coop the best place it can be for everyone.

Contact: Karen: 718-208-7897 or foodcoopdc@gmail.com

Coop Bucks Grocery Garbage Trend

By Lily Rothman

Supermarkets across the country have a problem. The food that comes in is meant to go home with customers, but it doesn't always complete that journey. Instead, a large amount of the food for sale, particularly perishables like fruits and vegetables, ends up as garbage.

It's a problem that the Coop, as a grocery store, must also confront. Delicious as every item may look, not all of it is destined for a member's kitchen. But, then again, the Coop isn't just any grocery store, so it has addressed this common problem in an unusual way. It's helped in that quest—fittingly—by an unusual quality: compared to many other stores, the Coop does manage to sell quite a lot of its food.

"I find that most members are unaware of the magnitude of our sales volume and therefore don't realize that we are receiving food six days per week because we are selling it so quickly," says Coop General Coordinator Ann Herpel. "It's a problem most grocery stores would love to have!"

Herpel's comment gets at one of the main reasons for grocery-store waste. She says that the Coop's inventory turns over about 65 times a year, which is more than once a week; according to Herpel, the average grocery store's turnover rate is about a quarter of the Coop's. With a lower

remaining product will go to waste. Another issue is that stores often feel compelled to overstock stores to make the food for sale appear plentiful, regardless of demand.

The National Resources Defense Council (NRDC) examined the problem of food waste and found, in 2012, that up to 40 percent of the nation's food supply disappears between production and eating—including an annual 43 billion pounds of food, as of 2008, that goes to grocery stores and is never purchased. That's estimated to equal a full 10 percent of all food available in retail settings. The NRDC's other figures are no less alarming. Stores fail to sell \$15 billion of produce every year, and high waste is seen to indicate to grocers that a store is doing a good job of keeping produce fresh and plentiful. And sell-by dates (which, according to the NRDC, are usually not regulated by law) may lead to \$2,300 worth of discards per store on a daily basis, even if the food isn't yet rotten. Not only are grocery stores creating a huge amount of waste but they're also wasting their own money.

So it's unsurprising that many people are trying to figure out how to solve the problem.

In the last year or so, several initiatives have been launched to tackle the issue. In Austin, TX, a store called in.gredients opened with the express



Compost bins in the Coop's backyard.

Waste Challenge" to encourage the further reduction of lost food. And in the United Kingdom the effort to reduce grocery waste is even more sustained. There, the government began in 2005 to support an effort to reduce grocery-store waste; even major grocery chains have committed to reducing waste.

To those in the know at the Coop, however, many of these newfangled tactics won't seem that new at all. Even with the Coop's high turnover, food waste is still a problem here in Park Slope, but it's one that's been on the staff's radar for years.

The idea of helping people find food that's damaged or past a date but still good enough to eat, for example, is one in which the Coop's Ken Macdonald is well-versed. He runs the Coop's soup kitchen program, which supplies several community kitchens and two major citywide organizations, City Harvest and the Food Bank For New York City. Even though the larger groups have the capacity to handle all the food the Coop could send their way, Receiving Coordinator Macdonald says that the precision that's possible at smaller places means that the PSFC is able to help the maximum amount of food actually get to someone's kitchen. And the soup kitchen program, which donates about 2,000 pounds of produce per week (versus the 120,000 pounds of fresh produce that the Coop sells in that time period), also helps minimize waste among the items that are still on Coop shelves:

"It is very important that we catch those items that are on the shelf that should go to a soup kitchen," Macdonald explains. "For instance, if we have a layer of zucchini that has been picked over and is bruised or broken, that will hold back the sales of the good zucchini we have waiting in the basement." He adds, "With the speed of our turnover and the quantities of produce that we have to move through this small space, delaying sales even for a few hours can have a

significant impact."

How this works is a little complex: If Coop members tasked with stocking produce as part of their shift don't recognize that the only zucchini left in the produce bin are items solely suitable for the soup kitchen—and not for sale—then shoppers observing the bruised, sup-par zucchini will be less inclined to buy them. The result: Those items will simply linger in the bin.

In addition, if no message is conveyed to send up a fresh batch of zucchini to restock, the fresher supply of zucchini will also linger—in storage—longer than it should, and will be older by the time the zucchini are finally delivered upstairs to be stocked in the bin.

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not all of it is destined for
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The outcome of such a scenario is that it interrupts the proper rhythm and cycle required to remove and replace the zucchini in a timely fashion—and reduce the amount that goes to waste. Now broadly apply this to all fresh items found in the produce aisle. The Coop composts 2,000 pounds per week of produce that's not suitable to eat. And it's not just produce. Coop Receiving Coordinator Gillian Chi oversees prepared food, where she says "a handful of items per week" don't end up sold. The items that reach their dates but are still good to eat go to the soup kitchen program, and food that's visibly spoiled goes in the trash. Likewise, Receiving Coordinator Carline Aurelius, who oversees the sushi section, says that the Coop's sushi supplier will take back any unsold sushi and

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Expired sushi is labeled and returned to the vendor.

sales volume, food is more likely to reach its expiry date before being purchased, requiring the store to throw it out rather than selling it. But expiration isn't the only reason for the high volume of trash produced by most grocery stores. Stores also toss blemished or misshapen fruits and vegetables, even if they're perfectly edible. Other problems come from food that arrives in packages of a set size, which may not be appropriate for the store in question. If a given store has limited space and can only sell half of the product volume they've received before the product goes bad, then the

mission of minimizing waste; they managed to create less than a pound of garbage in each of their first six months of operation. In Dorchester, MA, the former president of Trader Joe's, Doug Rauch, has launched Daily Table, a store for produce that is technically expired but still good enough to eat. (Though the store has gotten some criticism for selling food that has been deemed not good enough for people who have more money to spend, it's generally been well received by the green community.) In June, the United States Department of Agriculture announced a new "Food

Coop Bucks Grocery Garbage

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issue a credit for the unsold amount. It's an arrangement that exemplifies the main reason the Coop produces so little trash: a combination of precision ordering, high turnover and community relationships. Sushi is delivered twice a day on weekdays and also twice on Saturdays—and about 150 units arrive in each delivery, the product is only given one day to sell before being taken off the shelves—and still the maximum number ever sent back to the vendor was, Aurelius says, a mere 12 units.

Which is not to say that the Coop has it all figured out. The Coop can't control how many of its products end up in the trash once they leave the store, but then General Coordinator Allen Zimmerman has an idea about how to further reduce wasted produce within the building.

"We could reduce spoilage by a third to a half if we did one simple thing," Zimmerman believes. "If every member [whose shift involves stocking food, which includes produce] were to read 'An Introduction to Working in the Produce Aisle' [see box] before stocking any produce, and took it to heart, we would go a long way toward accomplishing this feat." And, despite the complications that make the food-waste issue a hot topic worldwide, "simple" is no exaggeration: the document, available on the Coop's website, is only one page long. ■



Prepared cases of food in the basement of the Coop to send to CHIPS.

PHOTO BY CAROLINE MARDOK

An Introduction to Working in the Produce Aisle

1) IDENTIFICATION:

Be sure of the identity of each item before you place it on the shelf. The produce must match the shelf sign and be placed below that sign. This ensures that:

- Organic and non-organic do not get mixed up or touch each other.
- Similar items are not confused (for example, white or Yukon potatoes, Spartan or Cortland apples, tangelos or oranges, etc.)
- Produce is displayed with appropriate temperature and humidity.

2) DISPLAYING PRODUCE:

Make it look nice. Handle with care. **Produce sold from boxes:** Neatly cut off lids. When possible, mound the produce instead of stacking boxes, displaying more produce and less cardboard.

Produce delivered on trays in boxes: Discard the box and stack the trays (except for items in the deeper lower bins).

Long vegetables: Display parallel to aisle, allowing entire item to be seen. Lettuces and other greens look pretty standing up, but it is hard for shoppers to find where one head ends and another begins. There are exceptions. Where a particular part is chiefly used, have that part be displayed most prominently, facing the shopper. Some examples are: Bunched root vegetables and leeks, have the root face the shopper. For fennel, have the bulb face the shopper.

Basil: Display with roots facing shopper, so that shopper may easily remove the bunch from the display box. Shake excess soil, if any, into compost first.

3) ROTATION:

Place new produce behind, or beneath current display. If new produce is riper than what is currently displayed, as occasionally happens

with tomatoes, bananas, or other items, do not rotate. All items, even potatoes, onions, etc. need to be rotated.

4) TRIMMING AND CULLING:

Trimming: Do not use knives to trim greens in our very busy produce aisle. You should still remove wilted or yellow leaves as you display them. Pluck an occasional yellow stem from the parsley, or yellow leaf from the radishes. Remove broken bits from the broccoli bins. Discard all loose lettuce leaves. These removed leaves and bits should be composted.

Culling: Remove significantly bruised or wilted fruits and vegetables from display. This can be tricky, since quality is in the eye of the beholder. You do not want to prevent good food from being restocked because bruised or wilted produce is crowding the display, but on the other hand, you do not want to "give away the store". Consult with staff or other squad workers if you are unsure.

5) SOUP KITCHEN AND COMPOST

Soup kitchen: If you would not buy an item, but would eat it if you already owned it, you should pack it in a banana box for the soup kitchen. The soup kitchens cannot use the trimmings from greens, but can accept unsellable heads of lettuce or bunches of greens. If you bag them first, you may give the soup kitchen, good, but no longer bunched greens, such as kale leaves from broken bunches. Let's be user friendly. Do not include items that may ruin the items around them, such as over-ripe tomatoes or loose strawberries. Small items, such as mushrooms, beans, or bits of ginger, should be bagged first. Pack the items thoughtfully. Separately pack the over-ripe bananas and store them unrefrigerated in the basement. Otherwise refrigerate the

soup kitchen boxes as frequently as possible.

Compost: Consists of inedible produce only. (No grains, bread, or eggs.) We don't want any compost given to the soup kitchen, but don't compost good food either. Unsure? Get a second opinion from staff or other members. Use gray plastic buckets and cover them with lids. The lids are marked either "R", or "W" and fit buckets labeled "R" or "W". Put fully loaded buckets in back yard, and bring an empty bucket with lid to area marked for it in receiving area. Compost buckets in the back yard should be fully sealed.

6) ORGANIC INTEGRITY:

Our displays are designed to prevent organic and conventional items from touching. Our displays prevent the melting ice and misting water on conventional produce from dripping onto the organic. To ensure the maintenance of this integrity, be absolutely certain not to mix organic and conventional items together. The food, the boxes, labels, twist ties and shelf signs are all there to guide you. Be absolutely certain, or do not unpack the item. Ask for support if needed.

If you cause or encounter an error, get advice on which of these options to follow:

a) Remove twist tie or label from organic item and sell it as conventional, if we are currently selling both.

b) Give compromised organic item to the soup kitchen.

c) Remove food to the basement produce cooler. Put in a carefully labeled box for staff to decide on option "a" or "b", and leave a note on the box. We will choose to lose money and not integrity. This is not just a good idea, it's also the law.



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ILLUSTRATIONS BY LYNN BERNSTEIN

ENVIRONMENTAL COMMITTEE REPORT

New and Improved: Plastic Roll Bag Proposal

By Jenna Spevack, Environmental Committee Member

We heard you! The PSFC Environmental Committee's plastic roll bag proposal has evolved after hearing member feedback and concerns. The graphic here outlines the new and improved proposal, which is scheduled for a vote at the February GM. Learn more at ecokvetch.blogspot.com. Thank you! ■

Holiday shopping hours will be:

**December 31,
8 a.m. to 5 p.m.**

**January 1, 2014,
10:30 a.m. to 5 p.m.**

NEW &
IMPROVED!

WE HEARD
YOU!

THANK
YOU!

Proposal to Reduce Plastic Roll Bag Use

The PSFC Environmental Committee's proposal aims to reduce dependence on plastic roll bags on the shopping floor by:

- Ending the free distribution of plastic roll bags and making them available for purchase at a minimal cost of .20¢ per bag.
- Ensuring the Coop stocks a selection of low-cost, lightweight, reusable roll bag alternatives.
- Improving floor signage and access to reusable bags.
- Encouraging members to reuse plastic bags already taken from the Coop and elsewhere.
- Providing educational activities and communications to help with member transition.
- Ensuring the Coop implements a method of selling plastic roll bags by April 2014.

The Coop's free distribution of plastic roll bags, when sustainable options and practices are available, violates our Mission Statement and Environmental Policy.

The goal of this proposal is to encourage bag reuse, help reduce plastic waste, and raise awareness about this environmentally damaging material.

Cooperation in ACTION!

The original "Plastic Roll Bag Phaseout" proposal has evolved based on feedback and suggestions from the membership.

Join IN!

The new and improved proposal is scheduled for a vote at the February GM.

Park Slope Food Coop
environmental committee

Wishing You

CONTINUED FROM PAGE 1

To better fend off the enemy let's start by reviewing a few basic facts as to why the colder winter months bring with them these viral villains in the first place. The frigid weather and shorter days have us huddling indoors in close proximity to each other and, naturally, our germs follow suit. A virus can linger longer on surfaces in cooler temperatures, easily spreading more than good cheer and sneaking between us in any opportune holiday embrace—or kiss under the mistletoe.

Colder weather also means drier air, which dehydrates our delicate mucus membranes, leaving us less defensive against respiratory virus infections. Add to that our compromised immune systems caused in part by less exposure to sunlight and a decrease in production of vitamin D and you have all of the makings of colds and flu misery.

A few simple, common-sense preventative measures to help compensate for the cold climate are wise: if cleanliness is next to godliness, in winter, it can surely be said that sanitizing is next to healthiness. But don't rely on hand sanitizers alone—while the common active ingredient, ethyl alcohol, does work as an antiseptic, good old-fashioned regular hand washing is a highly effective way to help prevent spreading infection. And while you're at the sink with the soap, keeping your home and work environment in good clean order is important too, as well as staying home if you feel lousy to avoid contaminat-



ILLUSTRATIONS BY DIANE MILLER

ing co-workers and classmates in school.

Keeping indoor air more humid during dry winter months can help slow down the spread of flu—using a room humidifier is a great way to boost air moisture. Boost moisture closer to home by irrigating your nasal passages with a Neti pot. Flushing with a saline solution helps thin nasal mucus, relieve congestion and prevent the reappearance of cold and flu in children. Be sure to follow Neti pot directions carefully and experiment with frequency of usage for symptom relief.

To help balance our bodies and fight infection during low sunlight months, you may want to get your vitamin D levels tested by a doctor and then be sure to consistently supplement accordingly.

On the topic of supplementation, heading into flu

season could be compared to a bear heading into hibernation—we too should store up on essential foods that provide super nutrients and support our health in the more hostile winter environment. (If the idea of hibernation conjures up images of grizzly bears snatching salmon right up from the riverbed, you're on the right track—fatty fish like salmon contain high levels of readily digestible vitamin D, critical in sun-starved weather.)

While chicken soup alone might not provide full immunity, there are plenty of things you can do to keep you and your loved ones healthy throughout the chilly months.

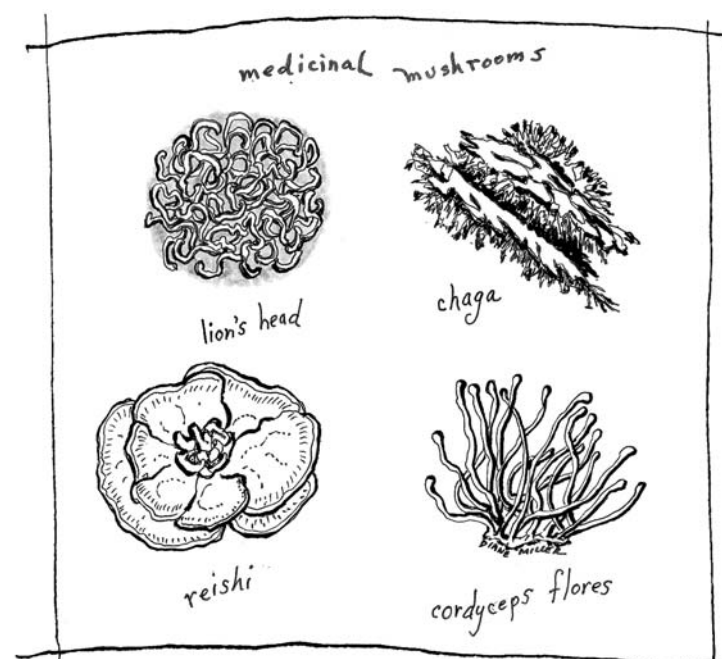
Whole foods and fresh produce offer more immune-supporting benefits than vitamin supplements, and luckily for us the Coop is brimming with all the flu-fighting, antioxidant-laden nourishment we need. Incorporate a wide variety of colorful organic fruits and vegetables in your diet throughout the season to cover the full spectrum of A, C and E vitamins and anti-oxidants, including carrots, sweet potatoes, dark leafy greens, broccoli, bell peppers, citrus, strawberries and blueberries (in the frozen aisle for seasonal availability and freshness), papaya, almonds and sunflower seeds. Add plenty of fresh garlic for its natural antibacterial, antiviral and antifungal properties as well as foods

high in zinc for immune system support, such as sesame and pumpkin seeds, spinach, cashew nuts, oats, cacao, mushrooms, grass-fed beef or lamb and scallops.

Mushrooms deserve a special mention here of their own. They've caught the attention of alternative health experts in recent years for their ancient medicinal "magical" powers and now enjoy widespread inclusion in proprietary superfood blends. And rightly so! Mushrooms do indeed contain almost too many benefits to mention in this article, but perhaps a noteworthy mineral compound in mushrooms is selenium which you won't find in many other fruits and vegetables. My recommendation is, experiment with different fresh, dried, cultivated and wild varieties—and eat them regularly. You really can't go wrong when it comes to the magnificent mushroom.

ing bacteria and strips the body of valuable nutrients. Bah, Humbug!

Potassium is another great nutrient to add to your natural winter pharmacopoeia. Potato- and vegetable-based soups are warming, sustaining and therapeutic, as are bone-based broths or stock high in zinc, iron and calcium made using whole organic chicken and fish. Add a variety of winter root vegetables to soups for their high concentrations of antioxidant, vitamin and mineral properties. In addition to soups, sipping mugs of warming liquids throughout the season provides comfort in cold weather and helps ensure proper hydration—easy to overlook in the absence of warm weather when we more readily chug down bottles of water and icy drinks. If the idea of drinking eight to ten glasses of H₂O per day gives you chills, try alternating with green, herbal or medicinal tea blends including ginger, ginseng, cit-



Probably your biggest ally in keeping your immune system robust is a healthy digestive tract. Take care of your gut and you'll build a flu-fighting barrier to stave off viruses causing colds and flu. To promote healthy gut bacteria, incorporate a small amount of fermented vegetables at each meal such as the Coop's Hawthorne Valley sauerkraut; drink unsweetened kefir (fermented low-fat milk) e.g. Sigg's, Green Valley and Lifeway found in the refrigerated section; and drink small amounts of unsweetened tart fruit juices like pomegranate, cherry and cranberry. And while this may sound like dietary treason during the holiday season, it is wise to avoid sugar as much as possible. Sugar suppresses the immune system's cells responsible for attack-

ing bacteria and strips the body of valuable nutrients. Look for Yogi Tea among other brands in the Coop's tea section and browse the loose-leaf teas, herbs and spices selections also.

So, without nary a sniffle to be seen, off we go! Deck the halls with eucalyptus and clove-studded oranges, keep a welcoming pot of hot soup on the stove this winter, and spread virus-free seasonal good cheer to you and yours. Wishing you happy healthy holidays from all of us at the Gazette. ■





SAFE FOOD COMMITTEE REPORT

Radon in Your Apartment? Don't Let It Happen

Hi everyone. As a member of the Safe Food Committee, I have been the Coop representative to various groups in New York State committed to the ban of hydrofracking. One of these groups is the Sane Energy Project. They have been tirelessly committed to working toward the banning of hydrofracking in New York State. One of the issues about hydrofracking is the release of radon into the atmosphere, not only from the process but also from the fact that radon is found in hydrofracked gas. New York State is in the process of allowing fracked gas to be transported and ultimately used in homes all across New York City. The Coop has a policy in place that is committed to the eventual ban of hydrofracking. We welcome articles such as these to be printed in our *Gazette* so that members can be informed of the dangers that this process causes and with sound ways for us to work to stop it from happening.—*In cooperation, Jerry Wintrob*

By Owen Crowley

Postwar Japan summoned Godzilla. Less famously, deep drilling in the U.S. produced a uniquely American psychological manifestation.

In a 1951 *Superman* episode, drillers abandon a deep well because they fear that they have struck radium instead of oil. This human invasion of the Earth's radioactive core releases glow-in-the-dark "mole men" who quickly find themselves in conflict with townspeople. Resolution comes only when the well is destroyed, restoring the natural separation between Earth's habitable surface and its necessary but deadly core.

Unfortunately, this *Superman* episode is fantasy. In the real world deep drillers do not plug their wells when they hit radium.

In Pennsylvania and, if drillers get their way, in upstate New York, high volume hydrofracturing digs into deep Marcellus black shale formations. Many black shale formations contain "naturally occurring radioactive materials" (NORMs), and the Marcellus harbors more NORMs than most.

One of radium's decay products is radon, a radioactive gas. A potent carcinogen,

radon and its progeny are the second leading cause of cancer in the United States after smoking. Radon is also chemically inert, which means there is no practical way to scrub it out of natural gas.

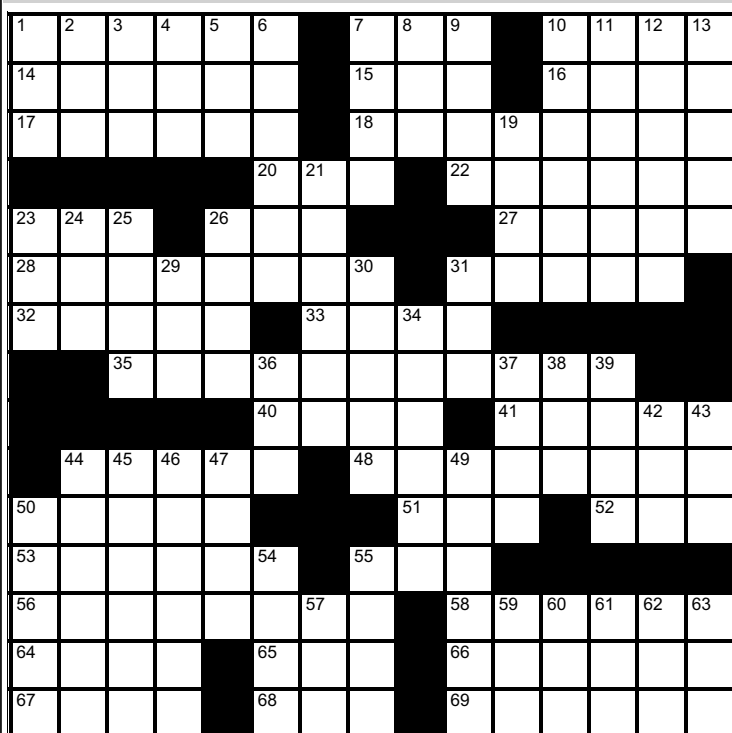
Radon has a short half-life—3.8 days. But unfortunately, natural gas sourced from Marcellus formations in Pennsylvania is only hours away. New pipeline infrastructure like the recently finished Spectra Pipeline into the West Village, a pipeline expansion in West Harlem, and soon the Rockaway Pipeline in Brooklyn, amount to superhighways for transporting Marcellus gas to New York City homes and businesses.

As former New York City Department of Environmental Protection Commissioner Al Appleton pointed out at an April 2012 event, radon-infused gas from the Marcellus poses a special risk to New York City homes. People commonly cook with gas, and radon is not destroyed by combustion. Yet, there has never been any serious, scientific study of this risk by those now responsible for the health and safety of New Yorkers.

Don't Our Institutions Protect Us?

In late 2011, a company called Spectra Energy filed an application with the Federal Energy Regulatory Commis-

Crossword Puzzle



Across

1. Ravel composition that debuted at the Paris Opera in 1928
7. One putting out feelers
10. "The check _____ the mail"
14. Use for sustenance
15. Part of DJIA
16. 2008 National Book Award for Poetry winner Mark
17. With 18-Across, on a negative course
18. See 17-Across
20. I may precede them
22. "The Rise and Fall of the Third Reich" author
23. Suffix with girl or boy
26. Petting zoo sound
27. Pulitzer-winning biographer Leon and others
28. With 31-Across, famous villain of children's literature
31. See 28-Across
32. Ear-related
33. Together, in Toulon
35. Emmy-winning TV show ... or this puzzle's theme
40. Falafel holder
41. Leaves out
44. With 48-Across, 1998 Christian Slater/Cameron Diaz film
48. See 44-Across
50. Sch. George W. Bush attended after getting a 1206 on his SATs
51. _____ Lingus
52. Game-ending cry
53. Quarter-mile, maybe
55. "Lady Marmalade" singer with Christina Aguilera, Lil' Kim and Pink
56. With 58-Across, taking away one's credibility
58. See 56-Across
64. Southernmost cross-country U.S. highway
65. Only U.S. state whose constitution includes the term "pickup trucks": Abbr.
66. Chain smoker's buy
67. Holiday song closer
68. Bro's sib
69. River seen from Windsor Castle

Down

1. Texter's closest pal
2. Across, in poetry
3. Bill Clinton or Barack Obama, but not George W. Bush
4. NHL's Oilers, on scoreboards
5. Zombie who directed "House of 1000 Corpses"
6. Carousing
7. Extra: Abbr.
8. Word after waste or want
9. Infrequently seen bills
10. "Me! Me!"
11. Horse color
12. The "se" in per se
13. Big Apple residents, for short
19. "That was a close call!"
21. Tokyo theater performance
23. "Don't make _____ habit"
24. Moo _____ pork
25. Apt name for a gardener?
26. Vitriol
29. Spot for a screwdriver
30. Soulful Baker
31. What a tiny circle may signify: Abbr.
34. How Rome wasn't built
36. Message from police HQ
37. Nobel name of 1922 and 1975
38. French friend
39. "Correct answer!" sound
42. _____ Friday's
43. Fig. in an identity theft case
44. Conceit
45. The only prime number comprising an even number of identical digits
46. Winterize, as a coat
47. China's currency unit
49. It incited a 1773 party
50. Bear and Berra
54. Some major golf tournaments, informally
55. Corp. recruits
57. "_____ Baba and the 40 Thieves"
59. "Well, lah-di-_____!"
60. Grp. with a piece plan?
61. It's often pressed for cash
62. Stooze with bangs
63. They can always be seen right in the middle of dinner

Puzzle author: David Levinson Wilk. For answers, see page 15.

THE GAZETTE INDEXES

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

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

- ◆ An alphabetized list of the titles of all articles published in the *Gazette* from 1995 to the present, with issue dates.
- ◆ An alphabetized list of all subjects (including people's names) discussed in *Gazette* articles from 1995 to the present, with article titles, issue dates, and page numbers.

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

Members Sought for PSFC Personnel Committee

If you know how to work collaboratively and believe you could make a contribution to the Coop, we would love to hear from you. The Personnel Committee is an elected group of members that serves in an advisory capacity to the General Coordinators (the Coop's collective managerial team), supporting them with/in performance evaluations, succession planning, developing human resources policies and in the hiring/termination of General Coordinators when/if either of those actions is necessary.

We would like the Personnel Committee to reflect the diversity of the Coop. We are especially interested in people who have skills in finance, running a business, upper-level management, organizational development, personnel and human resources. Applicants should have a minimum of one year of Coop membership immediately prior to applying, experience doing workshifts at the Coop and excellent attendance.

The Personnel Committee meets with the General Coordinators on the third Tuesday of every month from 5:30 to 7:15 p.m. Additional work outside the meetings is also required.

If you are interested, please do the following two things: e-mail your resume and a letter explaining why you would like to be part of the committee to pc.psfc@gmail.com, and go to <http://bit.ly/120Dn2s> to fill out a short questionnaire.



sion (FERC) to build a major gas pipeline through New Jersey and into New York. This pipeline seemed designed especially to deliver Marcellus gas to New York City. Soon, civic institutions, property developers, churches, schools and environmental organizations in New Jersey were up in arms.

Yet Spectra's FERC application progressed. In March 2012, FERC produced an environmental impact statement (EIS) whose scope stopped at Spectra Pipeline's entry point on Gansevoort Pier, Manhattan.

The FERC EIS is a lengthy document of 1,136 pages. Yet the EIS mentions radon in a total of four paragraphs. Most of the information addressing radon is not specifically applicable to New York City. For example, the FERC EIS mentions "new building codes requiring venting of gas-fired stoves and ovens" as a factor that mitigates radon risk. However, given New York City's large stock of older housing, most kitchens are unventilated. City codes now prohibit through-the-wall venting of kitchen stoves.

Add to this the fact that families whose landlords

skimp on heat often run their stoves and ovens during the winter, with windows shut. And radon, being a heavy gas, tends to sink toward the floor in stagnant air. Young children's developing lungs are especially at risk.

The FERC environmental analysis clearly does not apply to New York City. FERC itself asserts this on page 4-217: "While the FERC has no regulatory authority to set, monitor, or respond to indoor radon levels, many local, state, and federal entities establish and enforce radon exposure standards for indoor air."

So what have the local and state "entities" done to protect New Yorkers from the radon risk? Nothing. To this day, neither ConEd nor the New York State Public Services Commission has produced any public study of the Spectra Pipeline's impact on the health, safety and security of New York City.

At a meeting of Community Board 2 in Manhattan's West Village, ConEd Section Manager Anthony Leto was also asked several times what ConEd would do to protect the public from radon that could accompany natural

gas. Mr. Leto's response was that ConEd merely transports the gas, which is regulated by FERC. "If FERC decides, imposes regulations or rules, Con Edison will follow them."

Yet, as noted before, FERC had specifically excluded itself from regulating indoor radon levels, because such regulation is not within its authority.

Bottom line is, under current law there is no requirement for distributors like ConEd or National Grid to regulate, or even measure, radon levels in the gas they deliver.

The Radon Bill to the Rescue!

If, as natural gas promoters claim, we have no reason to fear that radon levels in the gas will increase, then there should be no objection to a law that caps radon content in gas at pre-Marcellus levels.

A bill proposed by New York State Assembly Member Linda Rosenthal, A6863, would require local utilities to continuously monitor, at each city

connection, levels of radon and its progeny. They would have to take specific actions if radioactive levels exceed defined thresholds. Diane Savino of Staten Island is sponsoring the Senate same—as S4921.

Rosenthal urges citizens to support the bill. She says we need to "inundate" our elected representatives with calls to action. You can find your Assembly representative here: www.assembly.state.ny.us/mem/, and your State Senator here: www.nysenate.gov/senators.

Do It Yourself Radon Testing

Sane Energy Project, a local environmental group, invites participation in its Citizens Radon Testing Program. Over the past two winters, Sane has been distributing kits that New York City residents can use to check the radon levels

in their own kitchens.

During baseline testing before the Spectra Pipeline became active, radon levels were low as expected. But as New York City starts using more Marcellus gas over the next few years, the radon levels in our homes might increase.

In January 2014, look for radon test kits at tabling events at the Park Slope Food Coop. Or, watch for an announcement on Sane's web site, www.saneenergyproject.org/. Sane has even produced a video that shows you how to use the test kit, www.youtube.com/watch?v=Tyrf8MHaUbc. ■



PHOTOS BY WILLIAM FARRINGTON



PHOTO BY KEVIN RYAN

Looking for something new?

Check out the Coop's products blog.

The place to go for the latest information on our current product inventory.

You can connect to the blog via the Coop's website www.foodcoop.com

The Coop will be closing early for shopping at 5:00 pm on Sunday, February 2, 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.

Looking to help new coops form in Brooklyn while getting a tax deduction?

Support the Fund for New Coops—a project of the Park Slope Food Coop.

THE FUND FOR NEW FOOD COOPS
a Project of the Park Slope Food Coop

The Fund for New Coops will make low-interest loans to start-up coops that use the full-member labor model like ours. Loans will be extended to qualified start-ups to address problems and maximize the chances that start-ups will flourish.

How can you donate?

- Use the scannable Fund for New Coops donation cards available on the shopping floor
- Donate directly from the Coop's website, foodcoop.com. Follow the link for the Fund for New Coops and select the DONATE button
- Mail a check—made out to the Fund for New Food Coops—to: FJC, 520 Eighth Ave., 20th Flr., New York, NY 10018

Help nascent coops that want to use our model: Contribute today!



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. The e-mail address for submissions is GazetteSubmissions@psfc.coop. Drop disks in the wallpocket described above. 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, January 17, 8:00 p.m.

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

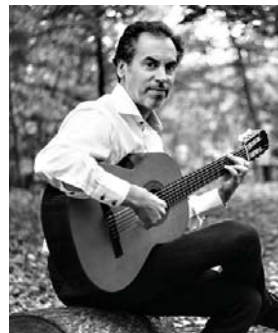


PROSPECT CONCERTS



Jenny Hill & Liquid Horn. Jenny Hill presents an evening of music inspired by Brazil, Africa, and American jazz, featuring Todd Isler on drums and percussion, Jerome Harris on bass, Kevin Moehringer on trombone, and Stefan Bauer on vibes. Jenny Hill, saxophonist and flautist, is currently working with the Easy Star All-Stars, Denis Leary and the Enablers, and leads her own jazz group, Liquid Horn. Bill Milkowski of *Jazz Times* calls her "an accomplished composer-arranger and first-rate soloist, with some bold playing on tenor, soprano and flute. Highly recommended."

Tomas Rodriguez has a unique repertoire for the solo guitar based in the folkloric music of Galicia, Spain, of his ancestors, coupled with little-known and unique arrangements of the music of the African kora and touching on contemporary flamenco. Rodriguez' own compositions, emerging from these diverse musical inspirations, include original choros, Venezuelan waltzes and flamenco granainas. Critic Norman Weinstein (*Christian Science Monitor*) wrote, "Rodriguez plays with a passionate originality, with an individual touch, drawing from the musical heart of the Latin world. The folk and classical traditions of Spain and South America are richly evident in his playing, but he transmutes them into a sound clearly, fervently his own." He is joined by Barry Kornhauser (bass, cello) and Urbano Sanchez (percussion).



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

RETURN POLICY



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

REQUIRED FOR ANY RETURN

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

CAN I EXCHANGE MY ITEM?

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

CAN I RETURN MY ITEM?

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

NEVER
RETURNABLE

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

RETURNABLE
ONLY IF SPOILED
BEFORE
EXPIRATION DATE
Packaging/label
must be present-
ed 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.

This Issue Prepared By:

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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.

Jennifer Arlia
Marci Aronovitz
Brennen Awana
Sarah Bacon
Jennifer Bajorek
Kristen Balouch
Antonio Bilotta
Laurence Bilotta
Jenny Bohrman
Paul Bozzo
Justin Brandon
Kelly Brandon
Jagoda Bruza
Sophie Cavoulacos
Jessica Clarke
Davi Cohen
Jenna Combs
Robert Combs

Patricia Corea
William Crew
Josh Diamond
Camille DiMiceli
Marco Donati
John Downing
Jeremy Eisman
Sarah Eisman
Alicia Erwin
Elisa Estrada
Dylan Ettlinger
Aidan Jacob Farhi
Josh Fattal
William Fletcher
Emmeline Friedman
Nicole Friedman
Cecelia Frontero
Osendy M. Garcia

Mark Gardner
Sarah Grate
Gregory Harriott
Marco (Husband) Havlicek
Mark Hoogland
Nasya Hurtado
Maris Hutchinson
Latifah Johnson
Stanley B Jones
Christine Judge
Ali Kafshi
Daniela Kafshi
Nassim Kammah
Noah Krell
Eliot Leigh
Mark Levitan
Daniel Lightfoot
David Lublin

Jaime MacFarlane
Jeff Marx
Sarah Mawson
Matias Mednik
Shea Molloy
Sarah Moriarty
Joe Morrison
Kim Morrison
Stuart Naifeh
Jodel Narcisse
Shayna Nelson
Gabriel Noble
Adriana Pezzulli
Daniel Pizzillo
Jessica Pizzillo
Judy Quinlan
Rami Riad
Joy Ricciardi

Evan Rose
Emily Rosenberg
Rachel Saul
David Scheer
Gabrielle Semel
Josslyn Shapiro
Ying Shi
Shreeju Shrestha
Michael Singerman
Steve Spector
Andrew Strasburg
Donna Strugatz
Megan Stuckey
David Suarez
Geraldine Tchang Donati
Marjan Tehrani-Noble
Ruth Temianka
Mariya Temir-Bulat

Maciej Toporowicz
Kate Traub
Peter Twickler
Dylan Varekamp
Fanya Vasilevsky
Lisa Vitale
Ally Wells
Paul Thomas Whitener
BJ Williamson
Lia Wilson
Valerie Wirtschafter
Moonching Wu
Sarah Wurzburg
Ezequiel Yanco
Ariel Yelen

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, JANUARY 7

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the January 28 General Meeting.

TUE, JANUARY 28

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

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

CLASSIFIED ADS DEADLINE:

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

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,
January 28, 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.

park slope
FOOD COOP

calendar of events

dec 27
fri 7 pm

Cheese Class

We invite Coop members to learn more about the wonderful cheeses the Coop has to offer. All you have to do is come hungry and we will feed you free cheese at the Coop. This event will be limited to 30 people on a first-come, first-seated basis. It will be like musical chairs—come and claim your seat—there should be room for you. Guest speaker will be Brad Dube from Food Matters Again. 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.

jan 2
thu 7:30 pmFood Class: Happy New Year!
Let's Cook Happy Vegetables

Let's cook lucky vegetables, from appetizers to dessert, in vegan and gluten-free style. Chef **Hideyo** will share her easy recipes with you and demonstrate various cooking techniques. She will tell you about traditional Japanese New Year and the meaning of lucky vegetables. You will learn modern Japanese cookery, made possible with ingredients from the Food Coop. Chef Hideyo was born and raised in Tokyo, where she was trained as a sushi chef. She has also worked as a Japanese chef and a pastry chef in New York City. She graduated from the Institute of Integrative Nutrition and Natural Gourmet Institute, at which she is currently a chef instructor. She is also working as a private chef and a health coach. Specialties include vegan, gluten-free, refined sugar-free food and a wide variety of fish and healthy seafood preparations. *Menu includes: mochi pancakes with sweet potatoes; balsamic vinegar-braised burdock root; daikon radish, carrot & orange salad with flax seed-oil dressing; green-tea ice cream with azuki beans.*

ASL interpreter may be available. If you would like to request an ASL interpreter, please contact Ginger Jung in the Membership Office by December 19.

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

jan 3
fri 7 pmFilm Night: Occupy Bakery and
Chocolate Country

Two films by **Rachel Lears** and **Robin Blotnick**. *Occupy Bakery* is about shy sandwich-maker Mahoma López and his undocumented immigrant coworkers who set out to end abusive conditions at a New York restaurant chain owned by powerful investors. The epic power struggle that ensues turns a single city block into a battlefield in America's new wage wars. This 6-minute short was recently featured in *The New York Times* Op-Docs section and is adapted from the feature documentary in progress *The Hand That Feeds*, to be broadcast on PBS in 2015.

Chocolate Country takes place in the isolated hill towns of the Dominican Republic, where cacao farmers have been fighting a losing battle with the global economy for as long as anyone can remember. In the village of Loma Guaconejo, things are about to change.

Rachel Lears has worked as a filmmaker and writer for more than seven years and holds a Ph.D. in Cultural Anthropology from New York University. A product of backwoods Maine, **Robin Blotnik** has worked in motion-picture development and as a freelance editor of everything from cage-fighting matches to celebrity home movies.

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

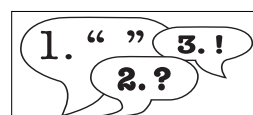
jan 5
sun 12 pmCoop Kids' Variety Show
Auditions

Auditions for Coop members ages 4-18, in the second-floor meeting room. To reserve an audition spot, contact **Martha Siegel** at 718-965-3916 or msiegel105@earthlink.net. You must audition to be in the show. Polished act not required for audition; we can help you polish it. We encourage singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). Performance date is Saturday, March 8, 7:00 p.m., at the Old First Church. We look forward to hearing from you!

Another audition will be held at the Coop on Saturday, January 25, 3 p.m.

jan 7
tue 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8:00 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 28, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.**

jan 10
fri 6:30 pmThis Is What Democracy
Looks Like

The World Trade Organization (WTO) is an early mechanism built to implement corporate "free trade." *This Is What Democracy Looks Like* (Big Noise Films, 2000, 72 minutes) weaves the footage of 450 media activists into a gripping document about what happened on Seattle's streets during the November 1999 massive protests that crippled the WTO. Informative, instructive, inspiring and important as we struggle with yet another commercial treaty, the Trans-Pacific Partnership, that would give a corporation the same legal standing as a nation. Screening will begin at 7 p.m. followed by an open discussion until 9:30 p.m. At the September GM we voted to oppose Fast Track Authority for the President to push through Congress the Trans-Pacific Partnership (TPP). We want to slow it down and find out what 12 trade ministers and 600 corporate advisors have been negotiating in secret for three years. Coop member **Susan Metz** is presenting on behalf of Coop members organized against fast-track fracking. A Coop member since 1980, she was a Shopping Squad Leader for 22 years.

jan 11
sat 1 pmBodyTalk:
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**.

jan 11
sat 5 pm

Game Night



The PSFC Fun Committee invites you to the next Coop Game Night. Free admission, all ages welcome. Bring your friends. Refreshments for sale. Come join us to play with a friend, an opponent or simply to challenge yourself. Bring your favorite game(s): Scrabble, Taboo, chess, checkers, bridge, Nim, Boggle, Candyland, Trouble, Stratego, Pictionary, Monopoly, Trivial Pursuit, etc.

jan 12
sun 12 pm

Interested in Vegan Eating?

In the New Year, many Coop members will resolve to change their eating habits. In recent years, there has been an increased interest in vegan eating, with people like Bill Clinton and Ellen DeGeneres touting the benefits of their vegan diets. Growing evidence shows that vegan diets have positive impacts on human health and are better for the planet. Whether you want to commit to a vegan diet or start eating more plant foods, this workshop will

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.

dec 27 2013—feb 7 2014

help. Join us for an introduction to vegan eating. We will discuss recipes, shopping staples, and basic nutrition. Space is limited. Please RSVP on our blog, psfcanimals.blogspot.com, to reserve your seat today. This workshop is being hosted by the Food Coop's **Animal Welfare Committee**. The committee was formed in 2010 to provide animal-related reference materials, articles, and product suggestions as they relate to Coop products.

jan 14
tue 7 pm

Safe Food Committee Film Night: Gasland Part II



Gasland Part II is the explosive follow-up to *Gasland*. Josh Fox uses his trademark dark humor to take a deeper, broader look at the dangers of hydraulic fracturing, or fracking, now occurring in 32 countries worldwide. The stakes have been raised on all sides in this important environmental issue. The film

argues that the gas industry's portrayal of natural gas as clean and safe is a myth, that fracked wells inevitably leak over time, contaminating water and air, hurting families, and endangering the earth's climate with the potent greenhouse gas, methane. The film also argues that powerful oil and gas industries are "contaminating democracy."

jan 17
fri 7 pm

Wordsprouts: Get Healthy



Noted journalist **Michael Moss** will go inside his four-year investigation of the processed-food industry. Moss' investigation resulted in his #1 *New York Times* bestselling book, *Salt Sugar Fat: How the Food Giants Hooked Us*. With much help from the audience, he'll explore how Americans who don't yet have a coop can get unhooked. Moss has been an investigative reporter with *The New York Times* since 2000. He was awarded the Pulitzer Prize for explanatory reporting in 2010, and was a finalist for the prize in 2006 and 1999. He is also the recipient of a Loeb Award and an Overseas Press Club citation. A Food Coop member, he lives in Brooklyn with his wife, Eve Heyn, who joined the Coop way back in 1985, and two sons.

To book a *Wordsprouts*, contact **John Donohue**, wordsproutspsf@gmail.com.

jan 17
fri 8 pm

Jenny Hill & Liquid Horn, Tomas Rodriguez



Jenny Hill presents an evening of music inspired by Brazil, Africa, and American jazz, featuring **Todd Isler** on drums and percussion, **Jerome**

Harris on bass, **Kevin Moehringer** on trombone, and **Stefan Bauer** on vibes. Jenny Hill, saxophonist and flautist, is currently working with the Easy Star All-Stars, Denis Leary and the Enablers, and leads her own jazz group, Liquid Horn.

Tomas Rodriguez has a unique repertoire for the solo guitar based in the folkloric music of Galicia, Spain, of his ancestors, coupled with little-known and unique arrangements of the music of the African kora and touching on contemporary flamenco. Rodriguez' own compositions, emerging from these diverse musical inspirations, include original choros, Venezuelan waltzes and flamenco granainas. He is joined by **Barry Kornhauser** (bass, cello) and **Urbano Sanchez** (percussion).

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 18
sat 1:30 pm

Rock Painting

Calling all children! The **Tree Care Squad** needs your help to create painted rock gardens in the winter tree beds on Union Street. Roll up your sleeves, grab a paintbrush, and come paint rocks! Parents welcomed. For more information, contact treepep@gmail.com.

jan 25
sat 12 pm

Workshop for Couples Affected by ADHD/ADD

If any one of these sound familiar: "I can't count on my partner for anything!" "Sometimes it feels like I'm a single parent with an extra kid!" Or... "I feel like my partner is such a control freak!" "If my partner would start being affectionate again instead of pissed off all the time, everything would be fine." This workshop is for you. Come explore the strengths and challenges of ADHD/ADD traits from a perspective of mutual empathy and understanding. Partners in attendance will start to develop new systems and strategies unique to their particular issues, so they can begin to create a more loving, supportive and fulfilling life together. Reservations strongly suggested: 917-804-9572. In addition to being a Coop member since 2004, **Rahti Gorfien**, PCC, ACCG, is certified by the International Coach Federation and the ADD Coach Academy.

jan 25
sat 3 pm

Coop Kids' Variety Show Auditions



Auditions for Coop members ages 4-18, in the second-floor meeting room. To reserve an audition spot, contact **Martha Siegel** at 718-965-3916 or msiegel105@earthlink.net. You must audition to be in the show. Polished act not required for audition; we can help you polish it.

We encourage singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). Performance date is Saturday, March 8, 7:00 p.m., at the Old First Church. We look forward to hearing from you!

jan 26
sun 12 pm

It's Your Funeral

Planning for your own death 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, biodegradable caskets and 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.

still to come

jan 28 Librarians/Archivists to Palestine

jan 28 PSFC JANUARY General Meeting

jan 31 Aging Consciously

feb 1 Critical Mass

feb 2 Global Impacts of Clothing Manufacturing

feb 4 Agenda Committee Meeting

feb 6 Food Class: Jacques Gautier

feb 7 See What the PAFCU Offers

LETTERS TO THE EDITOR

ABUSE OF VISITOR PRIVILEGES IS A FORM OF THEFT

TO THE EDITOR,

It was disheartening to read about the rise in shoplifting at the Coop in *The New York Times* recently. When someone steals from the Coop (or anywhere, for that matter), the moral and legal issues are almost always clear. No matter what hardships may motivate the perpetrator, we as a society view theft as wrong.

I believe that there is, however, a more pernicious behavior that hurts our bottom line, yet occurs out in the open and on a regular basis—members abusing their visitor privileges. On a recent busy Sunday afternoon, I saw quite a few people wearing visitor badges. While I'm sure that many members who had brought in visitors were mindful of our policy—they are "welcome and encouraged to take a guided look around, but may not shop"—I saw multiple instances of uncooperative behavior:

- Visitors openly shopping for their own goods, encouraged by the member they were with;
- Visitors pushing around carts and getting in line, unaccompanied by a member.

I recently chatted with a Shopping Squad coordinator, who noted that it was not uncommon to see members come in with three or more visitors. To deny that many members are bringing in unauthorized shoppers is to deny a basic reality—some members are openly contributing to a culture of theft at the Coop. When a

non-member shops, they are taking advantage of low prices that come primarily because the membership performs most of the day-to-day work here.

If you shop without contributing your labor back (excepting for situations like disability, parental leave, or retirement), you are stealing from the Coop. If you, as a member, bring in a visitor who shops, you are abetting theft. You are no better than someone who shoplifts—you are committing a crime that we cannot legally prosecute, and you are openly taking advantage of an agreement that most members strive to uphold. Moreover, you are discouraging your guests from joining the Coop to enjoy all of the benefits that membership provides. Ask yourself—what is the value of your work?

Joe Holtz, in the NYT article, said that the Coop's "shrinkage" (a measurement of lost goods) had risen to 1.2%, which was still below the 1.62% average for similar grocery stores. If we could actually measure the impact of non-member shopping, I wouldn't be surprised if our level of shrinkage exceeded the average.

While it's unreasonable to expect this problem to disappear entirely, I think there are a few steps we can take to diminish it:

- More explicit and prominent information and signage about what visitors can and cannot do at the Coop, both at the entrance and on the website.
- Restrict visitor privileges to 2-3 visitors/month per member. We should be easily able to track this in the member database.

Most importantly, we as members should be vigilant and committed to the social contract that keeps our prices low and quality high. After all, what is a Coop without cooperation?

Josh Wolf

ADDRESSING COOP THEFT

DEAR FELLOW MEMBERS:

The Coop absorbs \$1,200 a day in losses due to theft. We are collectively losing close to half a million dollars a year. It appears to be that a thief is present in the store at nearly all times.

This is a collective problem and requires a collective solution. To that end, I have submitted to the Agenda Committee a request to have a General Meeting discussion for soliciting ideas from the membership. Multiple solutions are necessary. They will include ideas for creating an anti-theft culture within the Coop, prevention, action when theft is observed, and consequences. From the discussion, we will be able to develop effective methods.

I hope the Agenda Committee will schedule this item soon. In the meantime, think about the problem and what you have seen at the Coop. Watch the *Linewaiters' Gazette* and Coop website for when the discussion will be scheduled. Please attend to contribute your thoughts and be part of the solution.

In Cooperation,
Barbara Mazor

RESPONSE LETTER TO PARK SLOPE LETTER ON ST. LOUIS WATER PRIVATIZATION FIGHT

A letter that ran in the November 14, 2013, issue of the *Linewaiters' Gazette* ("St. Louis BDS Committee in Coalition with Environmental and Social Justice Groups Campaigned Successfully Against Veolia's Contract Proposal") misleadingly describes Food & Water Watch's involvement in the recent campaign to keep the city of St. Louis' water from being privatized to Veolia Environment. We would like to take this opportunity to clarify our involvement.

Consistent with our organizational mission, Food & Water Watch became involved in this campaign in order to protect St. Louis's water system from private exploitation. Our involvement was in no way connected to, or inspired by, tensions between Israel and Palestine. Food & Water Watch has long fought to ensure that our water resources stay in public hands, and has opposed attempts to privatize municipal drinking water utilities around the world.

We first got involved in the fight to keep St. Louis' water public more

than three years ago when we were contacted by workers at the St. Louis water utility. They let us know that Veolia Water toured St. Louis' water facilities, and that city officials seemed to be pursuing water privatization behind closed doors. We released a fact sheet in December 2010 to alert residents and public officials in St. Louis about Veolia's terrible track record and to urge the city to keep their water public: www.documents.foodandwaterwatch.org/doc/StLouis-web.pdf

Research performed by Food & Water Watch shows that privatizing water utilities tends to lead to increased water rates, degraded service, and utility worker layoffs, among other ill effects. Veolia Water North America, the largest private operator of municipal water and sewer systems in the U.S., has a particularly egregious track record. Veolia was kicked out of six communities alone last year. In reaction to its failure to secure new water operation and management contracts with municipalities, Veolia has switched to pursuing consulting contracts to win bids with big city water departments. Its proposed deal in St. Louis read as a Trojan horse contract opening the door to water privatization.

Food & Water Watch's role was one of several groups working to keep St. Louis' water from being privatized. In the end, the public pressure from all of the groups and activists involved forced city officials in St. Louis to abandon attempts to privatize the city's water. This was a great victory for the people of St. Louis, and for the ongoing fight to keep our essential water resources in public hands.

As with St. Louis, we have many concerns about Veolia's consulting contract with the New York City Department of Environmental Protection. We will continue to monitor the situation and help stop Veolia, or any other company, from parlaying this contract into a takeover of the city's excellent water system. Food & Water Watch will remain vigilant in our fight against the privatization of our common water resources.

Matt Ohloff
Regional Organizer
Food & Water Watch

PALESTINIAN AUTHORITY PRESIDENT OPPOSES ISRAEL BOYCOTT

TO THE EDITOR:

Electronic Intifada finally got something right in its report that PA President Mahmoud Abbas, in South Africa for the Nelson Mandela memorial service, stated, "We [the Palestinian Authority] do not support the boycott of Israel."

For some reason this hasn't thrilled the BDS crowd, although Abbas added, "We ask everyone to

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:

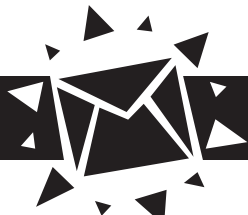
1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.
2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.
3. Copies of submissions that make substantive accusations against specific individuals 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.

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



boycott the products of the settlements." He explained, "We don't ask anyone to boycott Israel itself. We have relations with Israel, we have mutual recognition of Israel." (www.electronicintifada.net/blogs/ali-abunimah/south-africa-abbas-opposes-boycott-israel) (www.algemeiner.com/2013/12/13/bds-activists-infuriated-by-abbas-rejection-of-boycotts-of-israel/)

Omar Barghouti, a founder of the BDS movement, claimed that Abbas was not speaking on behalf of the "Palestinian national consensus." This however, is far from the truth.

Abbas has tried in the past to ban Arabs from buying goods from Jewish-owned stores in the territories—and failed. The PA has threatened Palestinian residents by saying that their license plates would be recorded when they visited Jewish-owned shops (www.jpost.com/Middle-East/PA-warns-Palestinian-shoppers).

However, according to the Palestinian Central Bureau of Statistics, they keep coming back to shop and work there. By the last count 103,800 Palestinian Arabs, a new high, are now employed by Israel and by shops in the West Bank. One in seven West Bank Arabs work for Israelis. Their average daily wage is now double Palestinian Arab wages. About one-third of total wages in PA-ruled areas come from Israeli employers. Abbas' call to boycott Israeli West Bank settlements has also been ignored by his people. Even in Gaza, rather than boycotting Israeli goods, shopkeepers and shoppers advertise them prominently. (www.elderofziyon.blogspot.com/2013/11/more-palestinian-arabs-working-in.html#.Uqro3PRDtDQ)

Ruth Bolletino

UN DECLARES 2014 'YEAR OF SOLIDARITY WITH THE PALESTINIANS; MANDELA, PALESTINE, AND BDS

MEMBERS:

On November 29, 2013: the United Nations declared 2014 "Year of Solidarity with the Palestinian People." The General Assembly (UNGA) passed the resolution (110 countries yes, 54 abstentions, seven opposed (notably, the United States, Canada, Australia, Israel). The UN will be working with governments, organizations and civil society institutions, in 2014, to ensure urgently needed support to Palestinians including the urgency of finding a solution for millions of Palestinian refugees displaced by Israel, before and during its establishment in 1948, in keeping with relevant UN resolutions...

This resolution was passed on the "International Day of Solidarity with the Palestinian People" observed yearly since 1977. Countries sponsor events of solidarity: meetings, publications, films because the question of

Palestine has remained unresolved.

November 2012: the UNGA voted in favor of granting Palestine an observer status. Angered by its passage, Israel stopped the transfer of tax money due to the Palestinians, U.S. froze its financial support. There are efforts by Israel and its allies to prevent Palestine from joining the International Criminal Court (ICC); joining the ICC gives the Palestinian Authority the chance to sue Israel for war crimes against the Palestinian people.

MANDELA, PALESTINE AND BDS: May, 1990, after release from prison, Nelson Mandela met Palestine Liberation Organization Chairman, Yasser Arafat, with a classic handshake in Cairo.

South Africa, 1977: President Nelson Mandela spoke at the International Day of Solidarity with the

Palestinian People. He referenced his country having been a beneficiary of international support [the boycott, divestment and sanctions mounted against Apartheid South Africa.] Mandela said: "our freedom is incomplete without the freedom of the Palestinians."

More recently, Archbishop Desmond Tutu equated Israel's policies to Apartheid or worse, calling for boycott, divestment and sanctions (BDS). Baleka Mbete, national chairperson of the African National Congress (ANC), South Africa's ruling party, said Israel's treatment of the Palestinians was "far worse than apartheid South Africa." December 2012, the ANC officially endorsed the BDS movement. Since 2010, BDS South Africa has actively campaigned for boycotting, divesting from and sanctioning Israel.

At the stadium where Mandela's memorial was held, South African activists hung pro-BDS banners, Mandela/Arafat handshake (1990) and Mandela's famous 1997 quote. During the memorial, it was reported, that the slogan "Free Palestine" could be heard.

Palestinian Authority President, Mahmoud Abbas, attended the memorial. At a press conference, he said: "we do not support the boycott of Israel, only boycott products from the illegal settlements built on occupied Palestinian land." Omar Barghouti, a founder of the BDS movement, told the Electronic Intifada (commenting in a personal capacity): *any Palestinian official who lacks a democratic mandate cannot claim to speak on behalf of Palestinians on strategies of resistance*

CONTINUED ON PAGE 14

Seeking Coop members to feature in film about the Park Slope Food Coop!

French filmmakers producing a feature-length documentary on the Park Slope Food Coop will be visiting the Coop in December. They are eager to interview Coop members about their experiences working, shopping and owning a food coop. Here's your opportunity to share your best Coop stories!

They are particularly looking for members who:

- Have expertise on the food situation in America (a kind of Coop "Michael Pollan")
- Shop at the Coop for religious principles or practices
- Have lots of make-ups and are trying to catch-up
- Have a business background and are able to talk about how the Coop compares with other supermarkets from a business perspective
- Live on a tight budget and are able to eat well because they are members of the Coop
- Want to share with a European audience their interesting, essential or telling experiences of a member-labor food coop

Are you interested? Please contact Maëlanne at Lardux Films, foodcoop@lardux.net.

The Coop has been collaborating with the filmmakers for several years, following the Cooperative Principle #5 to inform the general public about the nature and benefits of cooperation. The filmmakers are also involved in their own food coop project in France and the Coop has been supporting their efforts.

LETTERS TO THE EDITOR

CONTINUED FROM PAGE 13

(BDS) to Israel's occupation, colonization and apartheid policies. Abbas is out of touch: there is no Palestinian political party, trade union, NGO network or mass organization that does not strongly support BDS.

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

PROUD OF OUR COOP FOR VOTING TO SUPPORT THE EFFORT TO STOP THE FAST TRACK VOTE IN CONGRESS

DEAR COOP MEMBERS,

I'm proud of our Coop for voting to support the effort to stop the Fast Track vote in Congress this coming January. Now we need to pass the word among our friends and family.

Fast Track would mandate a simple up and down vote on the Trans-Pacific Partnership Free trade agreement (TPP), approving or rejecting the TPP, yes or no. No investigation, no amendments, just yes or no. A yes vote would essentially give the president the power over the many issues involved in this treaty. A yes on the up or down vote would basically rob Congress of its constitutional right to consider and approve treaties.

The text of the TPP has been secret. It has not been available to Congress, or to the press, or to the populace. Congress will have a very brief few weeks to examine this bill and discuss it with their constituencies. We know a little about TPP through leaks and from what has been done with previous treaties (e.g., NAFTA). TPP will

create a binding international governance system that would require the signing countries to conform their domestic policies to its rules. Countries could be sued for enforcing domestic laws that could reduce the companies' future profits. Matters such as food safety, Internet freedom, medicine costs, regulation of financial institutions and environmental controls will be at risk.

Congresswoman Rosa DeLauro of Connecticut has signed up 150 Congress members who oppose the fast track bill and insist that such important legislation be approved democratically and publicly before it can be passed. In the next few weeks we need to urge our Congressperson to oppose this fast track vote in Congress. And we need to pass the word to our friends and family to do the same.

Please write by letter or e-mail to your Congressperson. Or call the Congressional switchboard 202-224-3121.

For more information about Fast Track and TPP go to Public Citizen's website, www.citizen.org/trade/.

Marianne Jackson

ACT NOW TO STOP FAST TRACK FOR THE TPP

TO THE MEMBERSHIP,

Having discussed how the most recent "free trade agreement" (FTA), The Trans-Pacific Partnership (TPP), would affect food safety, Coop members attending the September General Meeting voted to send letters from the Coop as an organization to Congress members representing NYC calling on them to Vote NO on Fast Track for the TPP. Fast Track Authority would

deprive us of time to study how the TPP would impact our lives. We insist on an open and thorough debate. The TPP would change the conditions of our daily lives and also change the process of how we make laws.

According to the U.S. Constitution, Congress is responsible for regulating trade and for making laws. Fast Track Authority would re-assign both to the President. A trade agreement is defined as a treaty, and a treaty (according to the U.S. Constitution) becomes U.S. law (also in the other countries that sign the treaty). Congress members are supposed to study, debate and consult with constituents and then go on record with their vote when they make a law.

President Obama wants the TPP to become law, and fast. Passing Fast Track Authority for the President would put the voluminous document which took four years to negotiate into the hands of Congress members to vote Yes or No on the whole package within a few weeks.

The Trans-Pacific Partnership was negotiated in secret by trade ministers from 12 Pacific-rim countries with advice from 600 advisors from multinational corporations including DuPont, ADM, Monsanto, Wal-Mart and Cargill. Sections were leaked. Only five chapters deal with trade. Others would govern Internet access, generic drugs, resource extraction (including fracking) and food safety. Labeling of foods for GMO content or country of origin would be forbidden.

Nearly enough representatives have signed three different letters objecting to Fast Track Authority for the President to push through Congress the TPP. I've become so fanatical about this issue because the more I

read, the more I tremble with fear. To a retired high school teacher and a Coop activist, this agreement is too bad to be true.

Corporate lobbyists and administration representatives are lobbying ferociously to get Fast Track through. Legislation has been written. The vote on Fast Track will probably come around January 7. Congress members are in their districts now. Call the local office, write an e-mail or a letter, ask for an appointment with a staff person.

More than 150 Congress members have signed on to one of the three letters promising to Vote No on Fast Track. The issue is in play. We can win this! Once Fast Track is defeated, the TPP exposed will die in the light. There is something in it for everyone to hate.

Your union chapter, congregation, political or community group, your friends and family members can get in touch with Congress: NO on Fast Track for the TPP.

Susan Metz

SODASTREAM BACKS RIGHT-WING HATE SPEECH

TO THE EDITOR,

I am disappointed that SodaStream, whose products are carried by the Coop, continues to support the hate speech of the Rush Limbaugh show with their advertising. We are all familiar with the racism, sexism and anti-Semitism of Rush Limbaugh. As a Coop member I cannot imagine purchasing products from a company that is one of Limbaugh's most consistent advertisers. SodaStream goes so far as to have Rush Limbaugh himself deliver their advertisement!

I want to make it clear that Rush Limbaugh has a Constitutional right to spout hate speech on the air. And SodaStream sure has the right to market their product to bigots. But I, for one, will exercise my own personal right to not buy products from companies that support hate speech. As with Edensoy's public anti-choice stand, I choose to boycott a product carried by the Coop because a political stand of the company that makes that product is abhorrent to me.

Sincerely,
David Michaelson

FOAMING CANOLA OIL?

TO THE MEMBERSHIP,

Here's a food-related letter to the Gazette, in line with recent requests.

Oil from the last two bottles of Spectrum Organic Canola Oil we purchased at the Coop has foamed up when food ingredients have been added to the hot oil. Has anyone else had this experience?

We called the company, and they were at a loss to explain it.

Len Neufeld

COMPOST COMMITTEE NEEDS HAULERS WITH VEHICLES

JOIN THE SQUAD THAT HELPS TO COMPOST MORE
THAN 2,000 BUCKETS OF FOOD SCRAPS!
WORK OUTSIDE IN LOVELY BROOKLYN GARDENS.

WORK IN TEAMS OF TWO, HAULING BUCKETS
OF THE COOP'S PRODUCE SCRAPS TO
LOCAL GARDENS FOR COMPOSTING.

WORK ANY TIME ON YOUR SCHEDULED DAY. THE WORK IS
PHYSICAL AND IS DONE IN DELIGHTFUL WEATHER AS WELL AS
INCLEMENT WEATHER. RELIABILITY IS A MUST—IF YOU ARE
PRONE TO MISS YOUR SHIFT, THIS IS NOT THE SPOT FOR YOU.

If you are interested or want to find out more, please contact Sherry (Squad Leader)
at 718-398-4454 or Annette Laskaris (PSFC) annette_laskaris@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 houseon3st.com. Click our FB link or call Jane at 718-788-7171. Ask about bargains for last minute bookings. Let us host you!



SUNNY ROOM with private bath, queen bed, wi-fi, with or without breakfast; near B, Q, 2, 3 trains; long or short term stays; call Margaret 718-622-2897.

HOUSING AVAILABLE

Vacation cottage 3/2 on 1 acre on great South Bay E. Patchogue for sale. Solar-heat pool, perennial gardens, views, water sports. Near towns of Bellport and Patchogue with cultural and nature activities. Only one hour from NYC. Contact: Riva.Rosenfield@yahoo.com. or 718-768-9610.

EXPERIENCE RURAL UPSTATE. Rent a solar home—skylights, waterfall, ravine, pond, woods. Care for chicks, laying hens, garden. All organic practices. Sharon Springs - near Albany, Cooperstown. Furnished or not. No indoor pets. No smoking. Wifi. 6 mo. or longer. Approx. \$1,250/mo. 518-234-1942. maherjohnson@gmail.com.



SERVICES AVAILABLE

ATTORNEY—Personal Injury Emphasis—35 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 23-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccione.com.

MADISON AVENUE HAIRCUTTER is right around the corner from the

Food Coop, so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154, I charge \$60.

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

HAIRCUTS HAIRCUTS HAIRCUTS Color, highlights, lowlights in the convenience of your home or

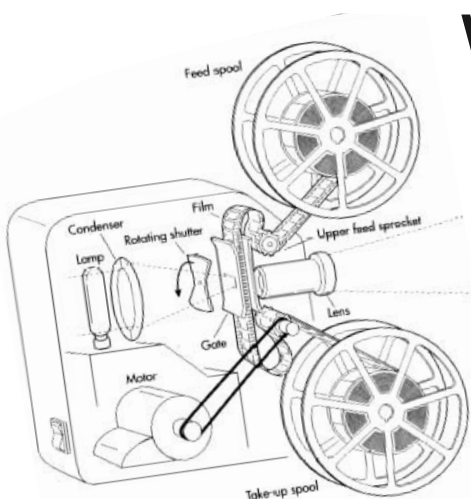


mine. Adults \$35-40, kids \$15-20. Leonora Lucon, 718-857-2215.

TAX & ACCOUNTING SOLUTIONS Take the pressure off your tax worries. 30 yrs. experience serving individuals & small businesses, including the arts, finance, startups & IRS negotiations. Kind & reassuring manner. Free yourself by calling Jeffrey Gilfix, CPA, 917-337-1319.

THE ARTFUL DODGER painting co. has served the NY metro region for over 30 yrs. "Everything with paint" from standard painting to specialized wall treatments. Expert prep work. Clean and efficient. Insured, EPA certified. References available. REASONABLE! Call 646-734-0899 or e-mail eyegrease@earthlink.net.

ARE YOU A BROOKLYN-BASED FILMMAKER?



Would you like to screen your work at the Coop?

Then submit your film for possible inclusion in the Coop's Friday Film Night Screening Series.

If you're a Coop member you'll receive one FTOP credit for screening and offering a Q+A with your film. If you're not a member, it's still a chance to spread the word about your work and build your fan base by screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a group).

Please e-mail **Faye Lederman** for details at squeezestone@hotmail.com or mail your DVD to:
**Faye Lederman, 2000 Linwood Ave, #9E
Fort Lee, NJ 07024**

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.

*Wonderful
Home Health Aide
available.
Nights/Live-in possible
References/Lots of experience.
718-282-6175*

Crossword Answers

B	O	L	E	R	O		A	N	T		I	S	I	N
F	E	E	D	O	N		D	O	W		D	O	T	Y
F	R	O	M	B	A		D	T	O	W	O	R	S	E
						J	K	L			S	H	I	R
I	S	H		B	A	A					E	D	E	L
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G	I	V	I	N	G	A	B			A	D	N	A	M
I	T	E	N			A	L	A			C	A	R	T
S	Y	N	E			S	I	S			T	H	A	M

★ ★ ★ ★ ★ **EXCITING WORKSLOT OPPORTUNITIES** ★ ★ ★ ★ ★

Office Set-up**Monday, 6:00 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.

Laundry and Toy Cleaning**Friday, 8:30 to 10:30 p.m.**

This workslot has two responsibilities. You will load laundry into dryer, fold it and redistribute it around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room. You will be working with a partner on these tasks. Please contact Annette or Jana in the Membership Office for further information.

Store Equipment Cleaning**Monday, 6:00 to 8:00 a.m.**

The Coop is looking for members to clean the checkout area of the store. It entails cleaning the scales at each checkout and vacuuming around the base of the checkout station as well as sweeping and occasionally mopping. You will work under the supervision of a staff person.



What Is That? How Do I Use It?

Ask Me Questions About Coop Foods**Every Monday, 12 to 2:45 p.m.**

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

Look for tour leaders in produce aisle.

The Coop will not be accepting special orders through Monday, February 3, 2014.

We apologize for any inconvenience. Our paid staff will be focusing on keeping the store fully stocked through the winter holidays. Special orders will resume after the annual year-end inventory.

Special orders can be placed through the Membership Office beginning again on Tuesday, February 4, 2014.

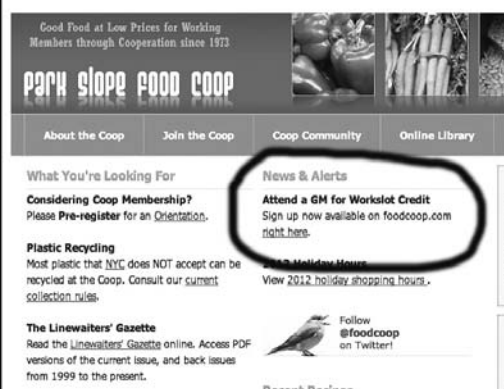
Vitamin/Supplement orders remain indefinitely suspended.

Follow the Food Coop on

twitter

**@foodcoop**

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**

THANK YOU!

Thank you to the following members for referring friends who joined the Coop in the last four weeks.

Zahra Ali
Lixuan An
Willy Appelman
Liz Asch
Balthazar Becker
Sophie Bell
Christina Brown
Remi Brulin
Mike Burke
Jefre Cantu
Stacey Capobianco
Kristin Cartee
Aaron Cator
Benedicte Charpentier
Francois Charpentier
Zhuojie Chen
Nicole Cloutier
Christine Connor
Celine Coudert
Alessandra DeAlmeida
Tommy Deighan
Jeremie Delon
Michelle Derman-Berger
Etta Dixon
Joseph Entin
Jennifer Epelbaum
Karin Esposito
Tracy Fitz
Gunther Fuchs
Marcelle Good
Julian Gorski
Esther Gottesman
Adam Gromis
Pilar Haile-Damato
Abraham Hawkins

Laura Heifetz
Mark Hendel
Nancy Henry
Michelle Hewryk
Kathy Hood
James Howard
Swan Huntley
Northan Hurtado
Yelena Itkina
Jacqueline Jacobs
Jamie
Samuel Janis
Tania Kamensky
Shmuel Kuperman
Holly LaDue
Chana Lew
Alexandra Lezberg
Bobbi Lin
Tonya Lobato
Fernanda Mazzuco
Dana Marzullo
Nicole Mauriello
Travis Mays
Megan McKenna
Vivian Meer
Kim Meijer
Pietrina Micoli
Ryan Minezzi
Daniel Morgenroth
Caitlin Naramore
Clare O'Sheeran
Oliver
Yuval Orr
Jon Overvold
Pippa Paulson

Aarona Pichinson
Jennifer Way Rawe
Anhelio Reyes
Elizabeth Rich
Guadalupe Rosales
Elizabeth Rush Mueller
Johanna S.
Ursel Schlicht
Erin Schreiner
Lauren Shookhoff
Susan Slater
Emily Sosland
Katy Sparks
Jesse Spector
Jenna Steely
Taryn Strauss
Ira Stup
Maxwell Taylor
Polly Thistlethwaite
Alena Varjan
Daniel Venne
Jennifer Venne
Cathy Vignola
Jennifer Washburn
Bryony Weiss
Susanna Yurick
Oksana Zayko
Alyssa Zeller
Rusty Zimmerman

