

Established  
1973

# LINEWAITERS'

## GAZETTE

100%  
SOY BASED  
Ink System  
Contains no lead or other  
toxins

Volume II, Number 4

February 20, 2014

## January General Meeting

By Joanne Colan

### Looking Ahead to the February GM

The first General Meeting of 2014 took place at Bishop Ford High School due to construction at MS 51. General Coordinator Joe Holtz announced February's GM will also take place at Bishop Ford High when all seats are expected to be filled due to the upcoming plastic roll bags vote.

A member asked if voting by proxy will be allowed next month. The answer was no—according to the bylaws, proxies are allowed only at the Annual Meeting in June and are used primarily for electing the Board of Directors.

In his 48-week financial report, General Coordinator Mike Eakin highlighted inventory turnover numbers for being much higher and faster than other large coops or stores of our type. He cited two reasons for this: our style of doing business and the fact that we don't have a lot of room for inventory to sit idle resulting in fresher food.

One member asked what member investments amount to in cash. The answer is 2.7 million dollars. Member Keith Ganner asked why we don't prepay loans to save on interest, given our high cash position. Eakin explained that we've always paid loans when they fall due but not before, in



ILLUSTRATION BY M. COLEMAN

part because it may make people less likely to loan to the Coop in the future.

### The Cardboard Corral

Next, Joe Holtz explained the "cardboard corral"—a new structure outside the Coop built to prevent the theft of stowed cardboard bales. Years ago, Metropolitan Carting began saving the Coop a monthly garbage carting fee (\$1,000 per month at the time but worth much more today), based on the value of our cardboard bales. The agreement was jeopardized this past year due to a significant increase in cardboard theft—just last month Metropolitan Carting picked up 63 bales instead of the usual 200. The "cardboard corral" should prevent further bale theft.

### Committees Report In

The General Meeting moved on to two committee reports. First, Rachel Porter, Chair of

the Revolving Loan Committee, which is the committee behind the fund for new food coops, handed out a new auto-pay donation card that scans for \$1 at checkout. The card is available on checkout lines and in several other locations at the Coop. Tax-deductible donations can also be made online. The PSFC contributes \$20,000 annually to the fund to help support new food coop start-ups, and members are also encouraged to contribute.

Katherine Greenberg of the Personnel Committee announced they are seeking new members with a background in finance, management, HR, organizational development or business management experience. The committee meets once a month and works with the general coordinators on a number of human resource matters. Those interested can

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## Coop Members Find Delicious Cures for Winter Blues

By Lily Rothman

On a recent Saturday, as snow drifted down onto Union Street and passersby adjusted their hats, gloves and scarves to better fend off the bitter cold, the inside of the Coop was warm. In addition to more bearable temperatures than could be found outside, the crowded shopping floor could also boast a certain figurative warmth. Despite the weather, shoppers maintained their pleasant attitudes—or at least kept their impatience to themselves—as they waited on the day's long lines alongside their fellow shoppers, who had also braved the cold to stock up on food.

Perhaps it was just their natural good cheer—or, for at least a few linewaiters, perhaps the recipes in their heads had something to do with it.

### Foods to Help Tackle the Cold

When it's cold outside, many people turn to a favorite

winter dish, and PSFC shoppers are no exception. Soup is, of course, a natural choice for a cold-weather meal. One shopper, Sean Thompson, who was near the mango shelves at the back of the day's line, said that versatile and filling Tuscan bean soup was his top choice, made with herbs, pasta, tomatoes and a few kinds of beans. Versatility, however, is far from the number-one reason soup is good for a cold day. Thompson stated the obvious as the reason for his vote: "It's hot!"

That was the motivation for Elise Tak's choice, too. Though the Coop member said that she generally eats the same way regardless of the weather, she did have a delicious-sounding wintery favorite dish, sweet potatoes roasted with purple carrots. Not only is the dish hot, but its preparation also makes the kitchen hot enough that the dish is not much fun to make in the summer. "I don't

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### Next General Meeting on February 25

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The February General Meeting will be on Tuesday, February 25, at 7:00 p.m. at Bishop Ford Central Catholic High School, 500 19th St., between 10th Ave. and Prospect Park West.

The agenda is in this *Gazette*, on the Coop website at [www.foodcoop.com](http://www.foodcoop.com) and available as a flier in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

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**Vote on Proposal to Reduce Plastic Roll Bag Use at February 25 General Meeting.**  
*See page 10 for Agenda & Location*

## January GM

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contact [katherine.greenberg@gmail.com](mailto:katherine.greenberg@gmail.com) for more info.

### The PSFC Is Adopting More Trees

The meeting then moved on to the evening's agenda items. First up was Talia Willner, creator of the tree care FTOP squad, who proposed the formal adoption and care of up to seven additional trees. Willner stated that if at least 15 trees are adopted in total, the Coop will be entitled to free resources, including seasonal door-to-door, high-quality mulch delivery and other, unspecified goodies.

In favor of the proposal, Gregg Zuman, a member of the GMO Labeling Committee who would later copresent the evening's last agenda item, wanted to know what the squad's mission is beyond care for trees on our (the Coop's) block. Scott Shawstack, a shopping committee member and also in favor of the proposal, asked if it will be possible to expand tree care to nearby community gardens. And, given the high demand for tree care squad slots, to limit the number of slots members can sign up for.

Although Talia Willner specified that she doesn't foresee taking care of more trees for the time being than the proposed additional seven, the proposal was passed with an overwhelming majority.

### A Conversation About Theft at the Coop

The next agenda item was put forth by Barbara Mazor, shopping squad and Coop member since 1989: the issue of theft at the Coop and the

need to address it. An estimated \$800 a day is lost to theft, approximately \$400,000 a year. Barbara asked whether stealing violates our standard of trust and honesty as a Coop community and that we consider this matter significant enough to warrant resolving it together as a community. The discussion that followed raised mixed opinions. While most agreed that stealing from the Coop is wrong and unlawful and equates to stealing from ourselves, others felt it is not just a matter of legality and that perhaps we need to support members in need. Several voiced concern with regard to policing theft and the harmful effect this would have on the integrity of our community.

*Several members felt strongly that taking more direct measures to curb theft...would be far more detrimental to our organization.*

PSFC Board member Zoey Laskaris asked for more understanding about the issue altogether in order to properly address it. Her sentiment was shared by other members also wanting to better understand theft at the Coop in more detail. Questions raised included: how does the \$800 per day break down; which items or products are stolen and how often; how does theft impact prices at the Coop; how can the Coop quantify loss resulting directly from theft versus mistakes at the checkout; how are Coop shrinkage numbers calculated; and how does theft at the Coop compare to other stores?

One member highlighted what many do not consider

"real" theft at all—occasional grazing while shopping such as feeding a bagel to a hungry kid and not paying for it, plucking a grape in the produce aisle or snacking on bagged nuts from the bulk bins prior to checkout. A "grape-testing annual fee" was suggested, and there was also consensus that we each be more mindful of grazing behavior and its subsequent cost to the Coop.

Several members felt strongly that taking more direct measures to curb theft, including profiling members, increasing surveillance, data mining, policing individual shoppers, tracking shopping activity and reporting one's fellow members, would be far more detrimental to our organization than any gains in reducing shoplifting and would seriously threaten what our community stands for.

### GMO Discussion Highlights Difference of Opinions

The final agenda item, also for discussion only, was introduced by GMO Shelf Labeling Committee members Greg Todd and Gregg Zuman, who proposed that no new foods containing GMOs be added to the Coop shelves. They stated that regardless of any outcome, their subcommittee will continue to educate Coop members on the issues surrounding GMO products, including labeling GMO-free products with a green dot, which now appears on approximately 1,000 Coop items.

Comments and questions raised by members included the following: what power does the Coop have over the marketplace by refusing to sell GMO products? The answer

was none given our size. It was noted that half the products already on the shelves at the Coop are genetically modified. It was argued that many reputable scientific organizations state genetically modified foods are safe. Members wanted to know how banning GMO products would impact the cost of food at the Coop. There was parental concern for strictly non-GMO because it is likely safer for children, especially those who suffer from allergies. Finally,

General Coordinator Allen Zimmerman asked that the GMO Shelf Labeling Committee provide very clear guidelines on GMO labeling and further clarity on the proposed ban of new foods containing GMOs prior to presenting the agenda item for a vote at a future date. ■

## Board of Directors Election

### The General Meeting & The Board of Directors

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting.... The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

### Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance.

The Board of Directors conducts votes at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

### Openings

There is one opening on the Board. This position is for a term of three years.

### Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by submitting a statement of up to 750 words to: [gazettesubmissions@psfc.coop](mailto:gazettesubmissions@psfc.coop). Please include a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing.

**Deadline for candidacy submission is Saturday, March 1, 2014.**

### Deciding And Voting

Candidates will have the opportunity to present their platform at the March 25, 2014, General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 24, 2014.

ILLUSTRATION BY M. COLEMAN

## 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](mailto:pc.psfc@gmail.com), and go to <http://bit.ly/120Dn2s> to fill out a short questionnaire.**



# Supplements Can't Replace Real Food

By Kristin Wartman

*"We continue everywhere to buy the packaged monstrosities that lie, all sliced and tasteless, on the bread-counters of the nation, and then spend money and more money on pills containing the vitamins that have been removed at great cost from the wheat."*

That's MFK Fisher writing in 1942 from *How To Cook A Wolf* at the dawn of the industrial age of food production. Fisher hits the nail on the head in describing the absurdity in paying for denatured packaged foods on the one hand, while paying yet again for the nutrients missing in those same foods. Fisher had no idea just how bad

whole-foods-based isolated vitamins and minerals than if they come delivered in the actual foods themselves. It's true that sometimes supplements may be helpful and even needed in the case of specific deficiencies but we are much better served by getting our nutrition from real foods. Why is that? The reasons are many, and here I provide just a few.

## The Case for Real Food Nutrients

Perhaps the most compelling and humbling reason is the sheer fact that despite all of our advances in study-

similar outcomes for nearly every other supplement on the market, but will you ever find a study telling you that broccoli or avocados might increase your risk of dying? Not likely.

**Roughly half of U.S. adults take dietary supplements.**

Which leads me to the next most compelling reason to eat real foods and skip the supplements: vitamins and minerals exist within the complex matrix of each food. Some of these nutrients work synergistically with each other and may be useless on their own, others exist in just the right amounts to be effective and still others have not even been discovered yet.

But the food industry and the vitamin and supplements industries have us believing otherwise. That's why so-called "functional foods" are nothing more than marketing schemes; for example, you can now find Pepsi with added fiber or orange juice with omega-3 fatty acids. These are not effective ways to take in these nutrients, and in the case of

are fortified with vitamins. White flour, and therefore all products containing white flour, must be fortified with vitamins by law since most of the nutrients are stripped from it when the germ and bran are removed from the wheat kernel. Many people don't know that anytime you see "wheat flour" on a label

it likely means white flour that's been "enriched" (another food-marketing claim) with synthetic vitamins. You'd be better served buying whole grain products, which contain all of the wheat kernel—the germ, the bran and the endosperm—and skipping the B vitamins in the supplement aisle. That's because the germ and bran (white flour is all endosperm) are full of B vitamins. The overconsumption of refined white flour can lead to B vitamin deficiencies, since the process of digesting carbohydrates requires B vitamins.

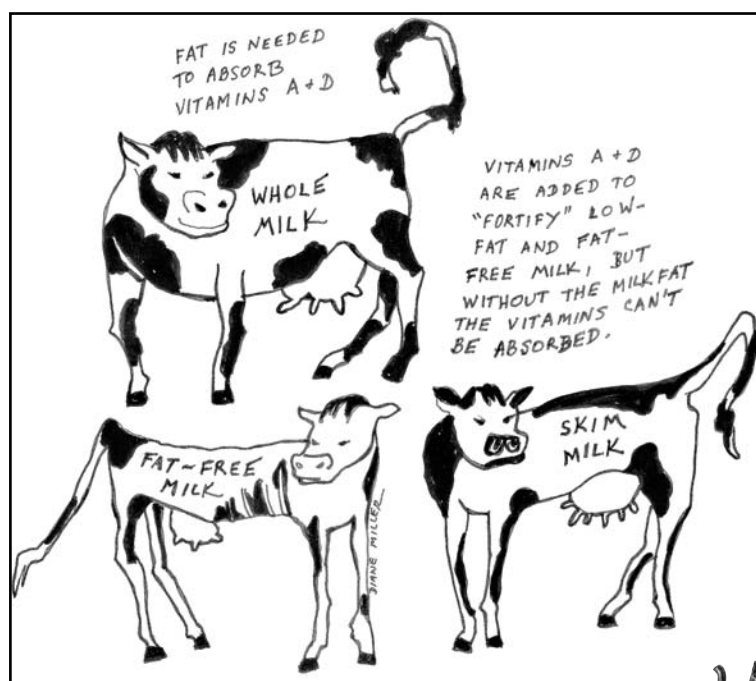
That's why carbohydrates often come with B vitamins in nature; when you don't get them as they exist in whole wheat, for example, your body uses stores of vitamin B to digest the carbohydrates.

Because of this, the government requires white bread and other white flour

products to be fortified with B vitamins. In the most well-known example, women were having babies with neural tube defects as a result of a folic acid (one of the B vitamins) deficiency since folic acid deficiency was increasingly common as a result of our highly processed food diet, high in refined white flour. While it's true that the fortification of breads and other products has reduced the rate of neural tube defects and some women might feel most comfortable taking a supplement while pregnant, the truth is you're likely missing out on other key factors if you're not eating the whole foods with folic acid naturally present.

That said, if you do eat a diet high in packaged and processed foods, (even if they are "organic" packaged foods from the Coop), you are likely deficient in crucial vitamins and minerals. But popping a multivitamin will never compare to eating fresh fruits and vegetables,

nuts and seeds, beans and legumes, whole grains, wild-caught fish, pasture-raised meat and poultry, eggs from chickens raised on pasture and grass-fed dairy products. All of us at the Coop are lucky to have access to these nutritionally dense foods at great prices. Why buy denatured (and often more expensive) packaged foods and then walk over to the supplement aisle and buy (even more expensive) extracts of the very same nutrients that come, naturally occurring, in the real foods that abound on the Coop's shelves? ■



things would get. Today, packaged and presliced breads are just one of thousands of processed foods on grocery store shelves that contain little to no nutritional benefits while the supplement and vitamin businesses are booming.

## Supplements Are Big Business

Roughly half of U.S. adults take dietary supplements, and the vitamin industry has grown to \$12 billion a year for vitamins alone and \$30 billion for all dietary supplements combined.

The supplement industry is big business just like any other industry. And just as there is more money to be made in selling processed foods fortified with vitamins, there's more money to be made in selling extracts of nutrients than in the simple whole foods themselves.

But eating fortified foods or taking supplements just isn't the same as getting our nutrients as they naturally occur in whole foods. It's harder, if not impossible, for our bodies to absorb synthetic or even

ing the human body, various foods and nutrition, there is still so much we don't know. Just take a quick look at the research studies on vitamin supplementation and you'll find data that is downright contradictory. One study says that taking a vitamin E supplement may prevent your risk of developing heart disease while another says taking it may increase your overall risk of dying. How about we just eat sunflower seeds, almonds, avocados, spinach, broccoli and squashes—foods very high in vitamin E—and forget about what those studies suggest.

The same can be said for vitamin A, which is crucial for good vision, immunity and cell growth but can be toxic when taken in excess. But if you stick with foods like squash, sweet potatoes, leafy greens, red peppers and mangoes, you'll get an abundance of the vitamin while never having to worry about getting too much of it.

You'll find studies with

certain fat-soluble vitamins, it is impossible for our bodies to absorb them without the fat.

Take nonfat milk as an example. Whole milk is full of naturally present fat-soluble vitamins A and D. When you strip the milk of its fat, as is the case with nonfat and low-fat versions, you also strip away beneficial vitamins A and D. That's why milk must be fortified by law with synthetic A and D. But here's the catch: our bodies cannot absorb A and D without the fat; that's why they're called fat-soluble vitamins. So drinking nonfat milk fortified with synthetic A and D is a crash at best, and since research suggests that A and D are toxic in excess, it may actually be harmful.

While perusing the shelves at the Coop, you might be surprised at how many foods



ILLUSTRATIONS BY DIANE MILLER

## Delicious Cures

CONTINUED FROM PAGE 1

like to roast when it's really hot [outside]," she said.

### Feeling Blah? Try Tweaking Your Meals

It turns out there's more support for these members' choices than just heat: scientists have found that certain foods may actually help stave off the late-winter blahs.

Serious wintertime depression—Seasonal Affective Disorder (SAD), which is long-lasting and annual—is a medical condition, no different in its symptoms from non-seasonal clinical depression, and should send sufferers to seek medical help. But more everyday levels of cold-weather blues are also common, and that's where food may be able to help. According to a 2009 *Wall Street Journal* report, about 6% of Americans have SAD and an additional 15% of people have mild but noticeable winter blues—which doesn't mean the other 79% are immune to the occasional winter day on which it would be nice to stay in bed.

There are several potential causes for seasonal blues, including various consequences of the winter's lack of light, which is the most widely known cause of SAD. According to the National Institute of Mental Health, changes in the amount of light available

knock daily rhythms out of whack, messing with the amounts of some hormones produced by the body. Fortunately, they can be helped with items found at the Park Slope Food Coop.

*A 2008 study found that white blood cells exposed to chicken soup began to move around less.*

For example, serotonin, which can improve mood, is one of the brain chemicals that can be affected by daylight changes, but boosted with food. According to advice distributed by the Cleveland Clinic, serotonin is released after one eats carbohydrates, particularly high-fiber carbohydrates. In addition, dopamine and norepinephrine, which can help with clear-headedness, can be affected by eating protein. That means that Thompson's and Tak's favorite winter foods—bean soup and sweet potatoes—might have a real effect on not just temperature but also brain chemistry. The Cleveland Clinic recommends potatoes (including the skin) and legumes like beans, along with vegetables like the carrots that might go into a soup or a roast, as wintertime foods that can help with mood. Whole grains, fruit, fish, tofu and lean meat are also suggested. In addition, the Academy of Nutrition and Dietetics recom-

mends folate- and vitamin B12-rich foods to help boost serotonin production. These include whole grains, lentils, beets, salmon, dairy and eggs.

Another potential wintertime problem is a lack of vitamin D, which helps the body absorb calcium and usually comes from sunshine. Vitamin D is best known for helping with bone health, because of its link with calcium, but some 2011 research suggested that vitamin D deficiency is at least correlated with depression. The Academy of Nutrition and Dietetics recommends milk (or fortified non-dairy milk) and whole eggs as good sources of vitamin D. Another option is fish, such as the salmon that is regularly found in the Coop's frozen seafood case, or yogurt, of which the Coop has numerous varieties. (The vitamins and supplements aisle may not be quite so helpful: though supplements are popular, one study published in *Lancet Diabetes & Endocrinology* in January questioned whether vitamin D supplements actually provide any tangible benefit for people who are generally healthy.)

However, despite all the cold-weather benefits available in food, winter is also a time when it's easy to go too far with food. A 2005 study published in the *European Journal of Clinical Nutrition* found



PHOTOS BY CAROLINE MARDOK

that, perhaps not surprisingly, there is a small but noticeable increase in food intake during cold weather; there's no definite answer as to why, so it might be because of some kind of primeval instinct or just because that's what we're used to, especially when winter is prime time for not-so-healthy foods like potato pancakes or Christmas cookies. Sugary foods can also hurt one's winter-blues situation by providing a quick spike in energy that may be followed by a crash.

### Soup: A Super Choice

Thankfully, there are plenty of good substitutes—and

one in particular may be helpful for the most pressing wintertime food needs. It's a cold-weather dish that was suggested by another one of the line-waiting Coop members, a different kind of soup than the one suggested by Sean Thompson. Closer to the front of the line, Jennifer Medina voiced her support of homemade chicken soup with matzo balls, which she makes from her mother's recipe, because it's a whole meal in one bowl and it's full of nutrients.

While the idea that chicken soup can actually cure a cold is thought of as an old wives' tale, the warm classic does have benefits. A 2008 study by Stephen Rennard of the University of Nebraska Medical Center found that white blood cells exposed to chicken soup began to move around less, a result associated with a lessening of upper respiratory tract inflammation, suggesting the soup can actually alleviate the symptoms of a cold. The research report also acknowledged that chicken soup can provide hydration... and that it just plain feels good to have some when you're sick, which means a placebo effect can kick in. That's something Jennifer Medina, the shopper who recommended chicken soup for a cold-weather meal, knows well. Asked whether she believes chicken soup really works like penicillin, she laughed and shook her head. "Well, I'm a nutritionist, so..." she said, "but there is probably a placebo effect."

Which is not to mention the top reason to make your favorite soup: taste. No matter your chosen variety, that's one benefit that's not a placebo. ■

## Sudoku

Sudoku is a puzzle. You are presented with a 9x9 grid of squares, and that grid is divided into 3x3 zones.

You solve the puzzle by filling the empty squares with single-digit numbers so that every zone, column and row uses each of the numbers from 1 to 9.

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

Puzzle author: James Vasile. For answers, see page 16.

**Sunday April 6**  
**12:00 p.m. at the Coop**

**FREE**  
Non members Welcome

## Join the Animal Welfare Committee



Did you know that the Coop has an Animal Welfare Committee?

We do... and we're looking for new members. Come find out more about us and apply!

We are looking for applicants with design, publicity, branding, or investigative journalism skills. We meet monthly at the Coop (Mondays, C week, 7-8:30 p.m.).

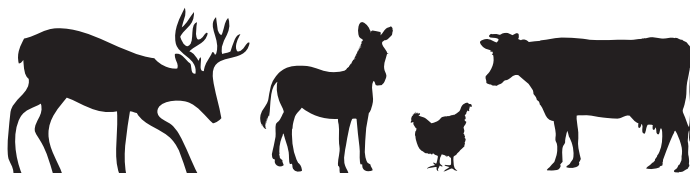
We will distribute a link to online applications at the workshop.

If you can't make it, please check out our blog for more information

on the committee and how to apply:

**[www.psfcanimals.blogspot.com](http://www.psfcanimals.blogspot.com)**

We strive to reflect the diversity of the PSFC, including dietary diversity (omnivores, vegetarians, and vegans are equally welcome!).



Jesse Oldham and Kama Einhorn are members of the Animal Welfare Committee.



COORDINATOR'S  
CORNERFive Reasons to OPPOSE  
The 20¢ Charge Per  
Plastic Roll Bag

Presented by the General Coordinators



ILLUSTRATION BY WILLIAM FARRINGTON

**1. Purchasers of minimally packaged goods will be affected most.** Of items taken home in roll bags, 96% come from the produce, bulk and bread departments, where we sell a lot of local, organic, unprocessed and minimally packaged food. Coop environmental efforts should not target members who are already purchasing the most minimally packaged and unprocessed food available at the Coop.

**2. Introduces an unprecedented 2,500% markup.** Since the Coop's inception, the GM approved markup—currently 21%—has covered expenses and losses. A 20¢-per-roll bag charge is a 2,500% markup on a product the Coop buys for less than a penny each. We should not set a precedent of “taxing” products solely to discourage their consumption.

**3. Places a financial burden on members receiving income-based EBT (or SNAP) benefits.** Neither roll bags nor roll bag alternatives can be purchased with EBT benefits. A charge for roll bags will require members

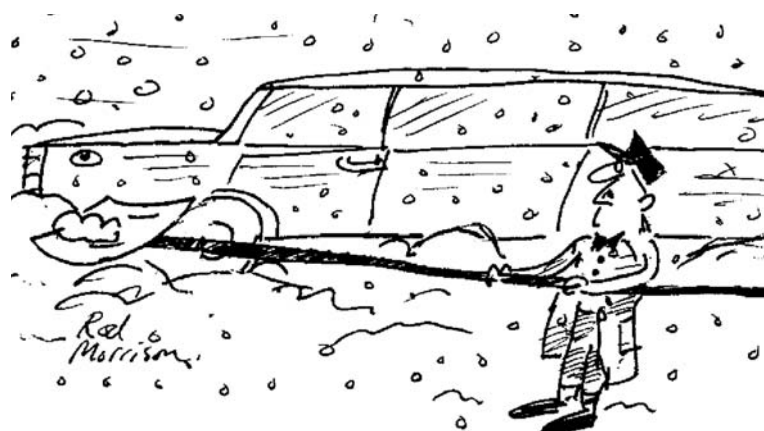
receiving EBT/SNAP to pay for bags from their extremely limited out-of-pocket funds, regardless of how “minimal” the charge is.

**4. Proposal lacks the prerequisite discussion on the impact of a mandatory charge per roll bag and agreement regarding implementation.** This proposal cannot be properly evaluated until members have the chance to discuss the planned implementation and its impact.

**5. Education and voluntary cooperative efforts should be given a chance.** An educational campaign to engage members in voluntary plastic roll bag reduction should be attempted before instituting a mandatory charge.

More information is available on [foodcoop.com](http://foodcoop.com)

The proposal to charge 20¢ per plastic roll bag will be voted on at the **February 25 General Meeting, which will be held in the auditorium of Bishop Ford High School at 500 19th Street (between 9th and 10th Avenues).** ■



## MEMBER SUBMISSION

## The Proposal to Reduce Plastic Roll Bag Use Is a Very Dangerous Idea

By Kevin Cunneen

In 1951 the FDA approved the use of antibiotics in animal feed. In the succeeding decades we have seen a resultant rise in drug-resistant bacteria. Loma Linda University researchers discovered a large number of these bacteria present in reused bags. A *Consumer Reports* recent study shows that hormone-free, antibiotic-free, natural-feed chickens suffer from the same bacterial contamination as standard supermarket chickens. These organisms are ubiquitous.

Although the FDA is phasing out the use of antibiotics in animal feed, as the EU did, these resistant bacteria will be with us for a very long time. Among the susceptible populations for infection are the immune-compromised, including the HIV positive and dialysis and transplant patients, the elderly, and very young children. Charging 20 cents or any amount for produce bags will encourage people to reuse these bags, especially our poorer health-compromised members. Many of these reused bags will inevitably be contaminated with drug-resistant bacteria.

In a paper titled “Grocery Bag Bans and Food borne Illness,” Jonathan Klick and Joshua D. Wright, from the University of Pennsylvania Institute for Law & Economics found, “a 46 percent increase in the deaths from food borne illnesses” in San Francisco since the city banned the distribution of

plastic bags in 2007. The reused bags contained high levels of *E. coli* and other bacteria. Emergency room admissions related to bacterial intestinal infections in San Francisco County since 2007 increased by at least 25% relative to other California counties.

Another study, conducted at a central California grocery store in early 2013, involved spraying bags with harmless bacteria that transports itself in a similar way to norovirus, a leading cause of gastrointestinal disease with at least 19 million illnesses each year in the United States. High concentrations of the tracer bacteria were found on shopping carts, the checkout counter and on food items shoppers had handled.

The CDC estimates that in the United States more than two million people are sickened every year with antibiotic-resistant infections, with at least 23,000 dying as a result. The estimates are based on conservative assumptions and are likely minimum estimates.

The Environmental Committee fails to distinguish between toxic plastics, say PVC, and our nontoxic polyethylene bags. Imagine a square with C, carbon, at the center and H, hydrogen, at the four corners. This is the basis for the polymer chains of our bags, entirely nontoxic, without any additives whatsoever and they do break down in landfills. Then imagine PVC plastics where you

replace one of the corner's H with CL, Chlorine; the result is a plastic that is horribly toxic and frequently manufactured with all those added plasticizers and additives that are of concern and they do not break down.

What does our polyethylene carbon footprint look like? Most of our local supplier farms use polyethylene as “plastic mulch,” in six-foot-wide rolls much thicker than our bags. Acres of plastic cover the produce fields upstate (disposed of at year's end). Amy Hepworth, of Hepworth farms, a major PSFC produce supplier, said that banning plastic mulch would render most local farming “uneconomic,” meaning that our major suppliers could not continue in business. Our plastic bags represent a small fraction of our Coop's actual polyethylene use.

So, do we want local produce or have it shipped from far off with a far-larger transportation carbon footprint? Do we really need to threaten the health of our most vulnerable members? American agribusiness has created a huge health crisis. It is unfortunate that, of necessity, we need to use plastics to protect us from antibiotic-resistant bacteria, but to encourage the reuse of these produce bags is grossly irresponsible. And if we have to use plastic to protect us from these harmful organisms, it is far better to use the entirely benign form of plastic, polyethylene. ■

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](http://www.foodcoop.com))



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



◆ Call the Membership Office

## MEMBER SUBMISSION

## Justice Bill Needs Coop Help

By Steven Beck, for the Labor Committee of the Brooklyn Food Coalition

Our state is a leader in the production of apples, grapes, wine, onions and milk, whose abundance we see on our Coop shelves. Yet the more than 80,000 farmworkers who create that bounty themselves often live in extreme poverty. They are expressly excluded from labor rights the rest of us take for granted, such as the eight-hour day, the

minimum wage, overtime, the right to organize, and even basic housing and sanitary standards.

The reckless use of agricultural herbicides and pesticides poisons farmworkers first, which should concern every food consumer worried about the safety of our food and water. Even child labor is rampant on farms, as teenage farm workers are paid as little as \$3.20 per hour, creating a perverse incentive to hire

minors rather than adults. New York is one of the only states that offers disability insurance protection to most workers, yet excludes farmworkers. We lag far behind California, Puerto Rico, Hawaii, Minnesota and Maryland in defending the rights of our rural workforce.

These legal exceptions exist because the New Deal era, when significant labor protections were enacted, overlapped with the era of Jim Crow segregation. Southern Dixiecrats refused to back

Roosevelt's labor reforms unless they excluded mainly nonwhite domestic workers and farmworkers, and state lawmakers followed suit. Yet this old injustice is yearly repeated by our representatives in Albany! The New York State Assembly has repeatedly passed bills to extend basic labor protection to farmworkers, only to have them repeatedly die in the Senate.

That could change during the 2014 session, when the Farmworkers Fair Labor Practices Act, a.k.a. A.1792-A (Nolan), S.1792 (Espaillat), will again come up for consideration. Labor, religious groups and farmworker activists plan a big push to pressure vulnerable urban Republicans and wavering Dems, Governor Cuomo and Senate Majority Leader Dean Skelos. This is the year to convince them that food-conscious voters are aware of these injustices and expect them to act. Coop members can help by supporting an upcoming resolution for us to join the Justice for Farmworkers Campaign. The Brooklyn Food Coalition also asks that you contact your elected

officials directly and urge them to support this campaign.

Representatives of the state's nearly \$4 billion farm industry will surely again cry poverty and predict bankruptcy. These agribusiness Chickens Littles made similar claims against pesticide regs in the 1980s, and sanitation rules in the 1990s, bills which passed without much harm to farm profitability.

Today, over 20 years after the death of farmworker leader Cesar Chavez, shouldn't those who farm our land and supply our food enjoy the same basic protections the rest of us enjoy? Our Coop charter similarly condemns "products that depend upon the exploitation of others" and supports "non-toxic, sustainable agriculture." Let's give farmworkers the tools to defend themselves. Please consider supporting a resolution to support this movement at the PSFC General Meeting in the coming months—watch the *Linewaiters' Gazette* for GM agenda information—or contact the Justice for Farmworkers Campaign at [www.ruralmigrantministry.org](http://www.ruralmigrantministry.org) website. ■

## Coop Job Opening: Receiving Coordinator: Meat Co-Buyer

### Description:

The Park Slope Food Coop is seeking a co-buyer for the Meat Department. This is a career position. Under the supervision of a General Coordinator, the two meat buyers will be responsible for purchasing the Coop's fresh meat and poultry and smoked fish in a fast-paced environment driven by high sales volume.

The meat buyers make and coordinate complex buying decisions, negotiate prices, nurture vendor relationships and maintain the high quality and broad selection of these products. The Meat Buying team must respect and promote local/sustainable/ethical principles.

Specific responsibilities of the meat buyers include:

- Continue our longstanding buying practices: high quality with a fair return to farmers.
- Analyze and monitor sales history to create accurate orders.
- Maintain accurate inventory through quality assessment, checking of sell-by-dates and routine counting of product.
- Check deliveries for accuracy, freshness, appearance, temperature and quality.
- Systematically weigh and calculate pricing for whole animals using Excel.
- Review invoices for accuracy, price changes and make adjustments for shortages and overages, coordinate returns and track credits due from suppliers.
- Prepare/authorize/enter vendor payment information into the Coop's accounting system.
- Follow ordering deadlines and communicate changes in delivery time to relevant staff.
- Share responsibility for maintenance and cleanliness of the meat and poultry case: supervising and directing the work of other staff and members to provide an attractive display, rotation of products and accurate up-to-date price signage.
- Regular supervision and training of members who are using Hobart scales to price product.
- Be knowledgeable about organic, local and national issues regarding the raising of livestock and poultry and sustainable seafood practices. Understand relevant terms such as grass-fed, grass-finished, and free-range.
- Communicate with members about product availability and use.
- Communicate with our suppliers regarding the Coop's seasonal changing needs, and maintain current information regarding projected availability of products.

### Requirements:

#### Required Skills

- Handle multiple demands, work under pressure, meet deadlines and follow through on any problems.
- Skillfully delegate work and manage and motivate others.
- Professional level verbal and written communication skills.
- Attention to detail and good organizational skills.
- Excellent interpersonal skills. Able to cooperate with a diverse group of co-workers and members.
- Supervision and/or training.
- Flexibility, openness, willingness to learn and take on new responsibilities.
- Facility with computers and Excel spreadsheets. Experience with Apple computers a plus.
- Facility with math. Knowledge of weights and measures.
- Ability to lift or move up to 50 lbs. every day.

#### Desirable Skills

- Professional experience as a butcher, or livestock/poultry farmer or chef accustomed to preparing a variety of meats and poultry.
- Professional experience purchasing product and negotiating skills.
- Experience in planning, developing and implementing systems, procedures and policies.

### Work Environment:

Purchasing meat and poultry at the Coop is taxing, both physically and mentally. At the Coop, we work in a fast-paced environment driven by high sales volume with 14 times the national average per square foot overall and limited selling space. This position requires juggling competing priorities under inflexible deadlines, intense physical activity such as lifting, standing for long periods, working inside cold coolers, working outside in all weather, maneuvering heavy cases in crowded spaces, and sometimes working in noisy environments near loud equipment. Staff offices are crowded and require working in close physical proximity to others. Our staff must be able to focus on details while attending to our paging system, phones and radios, member questions and the ambient noise created by the work of other staff and members.

### Hours:

In general, Monday-Friday, approximately eight hours a day, but occasional weekend work may be required. It is important that the Meat Buyers are flexible and available to cover absences. At least two to three days will start at 6 am and several days may start later and end in the early evening.

### Wages:

\$26.24/hour.

### Benefits:

- Paid Holidays: July 4th, Thanksgiving Day, Christmas Day, New Year's Day
- Paid Health and Personal Time: 11 days per year
- Paid Vacation: three weeks per year increasing in the 4th, 8th & 11th years
- Health Insurance\*
- Dental and Vision Plan\*
- Pension Plan\*
- Life Insurance\*
- 401(k) Plan
- TransitChek Program
- Flexible Spending Account
- \*Benefits with no payroll deduction.

### Prerequisite:

Must be a current member of the Park Slope Food Coop for at least one continuous year immediately prior to application.

### How to Apply:

Please provide your resumé along with a cover letter explaining your relevant qualifications, skills and experience. Materials will only be accepted electronically via e-mail to [hc-meatcoordinator@psfc.coop](mailto:hc-meatcoordinator@psfc.coop). Please put "Meat Buyer" and your member number in the subject field. Applicants will receive an e-mail acknowledging receipt of their materials. Please do not call to check on the status of your application. Applications will be reviewed and interviews scheduled on a rolling basis until the positions have been filled. If you applied to a previous Coop job offering, please re-submit your materials.

**We are seeking an applicant pool that reflects the diversity of the Coop's membership.**

## 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](mailto: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.**



## SAFE FOOD COMMITTEE REPORT

# Making a Tincture of Motherwort From Our Healing Garden

By Jesse Goldstein

This past spring I helped to create a Healing Garden for a community garden at Myrtle and Kent called Myrtle Village Green. We planted dozens of herbs—both annuals and perennials—including chamomile, lemon balm, astragalus, valerian, skullcap, yarrow, wood betony and motherwort. The healing properties of each plant vary greatly, as do the ways in which they should be harvested and prepared. To make my first herbal preparation, I worked with my friend and fellow gardener, Millie Lytle. Millie is a naturopathic doctor with two decades of experience sharing, making and researching herbal remedies and incorporating them into a general wellness program. Together, we decided to begin by making a tincture of motherwort.<sup>1</sup>

## What Is Motherwort?

Motherwort (*Leonurus cardica*) is a hearty member of the mint family that prefers partial shade and grows wild in nearly every county of New York state. Motherwort is popular in Japanese, Russian and Chinese medicine, and is also known as throw-wort, lion's ear and lion's tail. Its flavor is described as bitter, spicy and cooling. In North America, the plant is popular among midwives, and is considered a "nervine" (something that calms the nerves) for women experiencing stressful events such as pregnancy, childbirth and menopause. Motherwort is thought to improve the tone of the uterus and is therefore recommended for stopping unwanted bleeding or hemorrhage after birth; starting a delayed period; or easing menstrual cramps, stomach pains or gas. Further, some herbalists and midwives suggest using it as an "emmenagogue" to bring in a mother's milk.

Herbalists also recommend motherwort for men and children experiencing lower back pain, sciatica, toothaches and headaches. In Germany, Com-

mission E, which regulates herbal remedies similar to how the FDA regulates pharmaceuticals, suggests using motherwort as part of a general treatment for an overactive thyroid and to help with cardiac symptoms related to anxiety. As Dr. Millie explains, "It's all in the name: motherwort is a soothing hug for frayed emotions and anxious bodies."

So how does motherwort work? Dr. Millie gave me a brief introduction to some of the chemistry involved, "Motherwort contains an alkaloid called leonurine that relaxes the body's smooth muscles. This is responsible for most of its pain- and anxiety-relieving effects. It also contains anti-inflammatory bioflavonoids called rutin and quercetin, as well as vitamin A, tannins and antimicrobial volatile oils." Motherwort is generally safe for most people. However, as with any herbal remedy, one should always consult a trained professional before using motherwort, as there are safety considerations relative to each person's unique situation.

## Making Our Tincture

We harvested our motherwort in August when the plant was in full bloom, with tall, yellow-flowering tops rising up from the bushy foliage. We spent an afternoon cutting a few of these flowering tops off of our plants, bound them into a small bouquet and then hung them inside to dry. The plant was likely dry after a week or two, but we waited a few months to make our tincture.

A tincture is a liquid extraction that draws out the healing properties of plants. Usually the liquid used is alcohol that is at least 80 proof (40% alcohol by volume). We chose Everclear, which is 190 proof (95% alcohol by volume). In addition to the motherwort and the alcohol, we needed a glass canning jar with sealable lid, scissors for cutting the herb (carefully, as motherwort is thorny), a pot of boiling water, a spatula and the oven. We used the pot of boiling water and the oven to sterilize the lid and the glass jar, submerging the lid in boiling water and putting the jar (after cleaning it with soap and water) in to the oven set on 250°F.

The ratio of motherwort to alcohol is important. When making a tincture with dried plant matter, herbalists typically use an herb to alcohol

ratio of 1:5. This means one part herb by weight in grams, to 5 parts alcohol by volume in milliliters. We needed 1 gram of motherwort for every 5 ml of alcohol. Measuring the vodka was easy—5ml is about one teaspoon. Without a kitchen scale to weigh the motherwort, we assumed that one teaspoon of well-compacted motherwort was approximately equal to 1 gram. Conveniently, one teaspoon motherwort and one teaspoon alcohol satisfied our 1:5 herb to alcohol ratio.

We made a large batch using 5 cups of motherwort and 5 cups of alcohol. After our sterilized jar had cooled off, we gently pressed the dried flowers and leaves in with a spatula until the jar was firmly packed. We poured the alcohol into the herb-filled jar, making sure all of the motherwort was fully submerged. We then sealed the jar, gave it a

good shake to mix everything together and began the waiting game. We put our tincture-to-be in a dark cabinet for four weeks, occasionally giving the jar a little shake to make sure all of the motherwort was exposed to the alcohol.

After four weeks, we strained the tincture through cheesecloth into a clean jar, keeping the liquid and removing all the fibrous plant matter.

After squeezing as much liquid as we could out of the motherwort, we used a funnel to pour the finished tincture into an amber glass bottle, labeled with the date we made it as well as the strength. Now it is in Dr. Millie's apothecary, ready for her to offer to her patients!

For more DIY gardening information, visit [www.brooklynbackyard.wordpress.com](http://www.brooklynbackyard.wordpress.com). ■

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 four leaders in produce aisle.

## Attention Coop Squad Leaders!

❖ Do you want your shift to operate more smoothly?

❖ Are there folks on your squad who seem to irritate one another, and it's difficult to see what the problem is?

❖ When a conflict occurs between shoppers during your shift, what can you do to ease the situation on the spot?

❖ Do you know what resources are available for people who want to follow up?

Saturday, February 22  
10:30 a.m.—12:30 p.m.

Saturday, March 15  
10:30 a.m.—12:30 p.m.

The Park Slope Food Coop's Diversity and Equality Committee is holding a series of workshops for Squad Leaders. The goal of the two-hour workshop is to increase awareness and understanding of diversity in the Coop.

Through interactive discussions we will talk about the values of diversity, how differences can create both collaboration and conflict and strategies for dealing with issues of diversity.

We will discuss conflicts that have arisen in the Coop, the findings of the diversity survey and what you can do to make the Coop a more welcoming place for all.

Please call 888-922-COOP (2667) box 4 or send an e-mail to [reply@psfc.coop](mailto:reply@psfc.coop) (with "SL Training" in the subject line) to confirm your attendance and/or for more information. In either case, please tell us your name, Coop member number, contact information and the date you are interested in attending. We will reply with a confirmation within a week.

Diversity and Equality Committee  
PARK SLOPE FOOD COOP

Workslot credit (make-up or FTOP) is available to those who attend.

1. This article is not meant to be a surrogate for medical advice from a trained professional. In the United States, the medical establishment does not embrace herbal remedies, and while it is generally accepted that motherwort is safe to consume, its medicinal properties—as with most herbal remedies—are not seen to be scientifically proven in a satisfactory manner. As with any decision involving healing practices, one should always consult the experts that they most trust.

## COOP HOURS

## Office Hours:

Monday through Thursday

8:00 a.m. to 9:00 p.m.

Friday &amp; Saturday

8:00 a.m. to 5:00 p.m.

## Shopping Hours:

Monday through 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, March 21, 8:00 p.m.

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



**Flying Home** returns to Prospect Concerts for a night of swing dancing! Performing classic swing hits of the '30s, '40s, and '50s, Flying Home carries on the hot style and "light on their feet" approach to swing music made famous by the Benny Goodman Ensembles. Starting with a strong foundation in the classic repertoire and arrangements of the early sextet with Charlie Christian, Flying Home then explores the various incarnations of the small ensemble and big band favorites that made them a

dancers and listeners on a musical journey through the hot jazz and swing eras.

With John Mettam (drums), Mike McGinnis (clarinet), Brian Drye (trombone), Sean Moran (guitar), Tom Beckham (vibraphone), Jim Whitney (bass) and Toby Williams (vocals).



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

[www.facebook.com/ProspectConcerts](http://www.facebook.com/ProspectConcerts)

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:

Coordinating Editors: Stephanie Golden  
Erik Lewis

Editors (development): Diane Aronson  
Petra Lewis

Reporters: Joanne Colan  
Lily Rothman  
Kristin Wartman

Art Director (development): Valerie Trucchia

Illustrators: M. Coleman  
Diane Miller

Photographers: William Farrington  
Caroline Mardok

Thumbnails: Mia Tran

Preproduction: Sura Wagman

Photoshop: Steve Farnsworth

Art Director (production): Lauren Dong

Desktop Publishing: Joe Banish  
Dana Davison  
David Mandl

Editor (production): Lynn Goodman

Puzzle Master: James Vasile

Final Proofreader: Lisa Schorr

Index: Len Neufeld

Advertising: Mary Robb



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.

Samuel Anderson	Yaprak Buyukteoman	John Drew	Dorothy Ho	Jonathan Leavitt	Erving Jean Percy	Samantha Sergay	Katherine Wolf
Sandra Austine	Maria Victoria	Ittai Eshed	Laura Jimenez	William Lempert	Rachel Post	Shafigheh Shamsi	Trese-San Wong
Mimi Bai	Castillo	Clemmie Evans	Sarah-Jayne Johnston	Joshua Levine	Jonathan Powell	Terence Sheridan	Benjamin Yunis
Julian Baring	George Catuarineu	Chelsey Fasano	Dominique Juste	Craig Levy	Luca Puleo	Scott Silk	Rebecca Zeines
Ron Ben Bacher	Erika Celestre	Nancy Faul	Andrew Kirshenbaum	Yazzmen Lloyd	Amanda Punsoda-	Mary Silos-Seiss	Amy Zhang
Jessica Benjamin	Wilma Choo-Ying	Talya Feldman	Yumi Koshigai	Silvere Marechal	Rodriguez	Adam Simmons	Daniela Zollo
Jared Bettac	Maria Christodoulou	Victoria Foltz	Christopher Lafayette	Olivia Marion	Jayne Roberman	Judith Smith	Ashleigh Zosel-
Tammy Borges	Celia Coan	Amanda Frew	Rachel Lafayette	Molly Miller	Dayna Rosen	Julie Smith	Harper
Kelly Brady	Jayne Cooper	Ellana Galinsky	Denise Lai	Dominic Montwori	Domenica Ruta	Aviva Stahl	
Chad Brigockas	Thomas Cordova	Marco Gomez	Julia Lake	Caleb Murrah	Rosemary Schmidt	Elizabeth Sze	
Nyx Brimmer-	Moriah Cowles	Jason Goodman	Robson Langhammer	Nwanneka Ndubuaku	Pete Schoen	Dana Thompson	
Williams	Hugh Cunningham	Amy Hall	Virginia Langhammer	Emily Novak	Chana Schtroks	Clay Thurmond	
Tamara Burstein	Kristin Dodson	Daniel Halperin	Alexis Larsson	Laura Pedraza	Kyle Seiss	Arnum Wapples	



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](http://foodcoop.com) or contact the Membership Office. Visit in person or call 718-622-0560 during office hours.

Have questions about Orientation? Please visit [www.foodcoop.com](http://www.foodcoop.com) and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internet  
[www.foodcoop.com](http://www.foodcoop.com)

The Coop on Cable TV  
*Inside the Park Slope Food Coop*

FRIDAYS 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](http://www.bricartsmedia.org/community-media/bcat-tv-network).

General Meeting Info

TUE, FEBRUARY 25

GENERAL MEETING: 7:00 p.m.

TUE, MARCH 4

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the March 25 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Mar 6 issue: 12:00 p.m., Mon, Feb 24  
Mar 20 issue: 12:00 p.m., Mon, Mar 10

CLASSIFIED ADS DEADLINE:

Mar 6 issue: 7:00 p.m., Wed, Feb 26  
Mar 20 issue: 7:00 p.m., Wed, Mar 12

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,  
February 25, 7:00 p.m.

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

Location

Bishop Ford Central Catholic High School, 500 19th St., between 10th Ave. and Prospect Park West.

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

feb 21  
fri 7 pm

## Cheese Class

We invite Coop members to learn more about the wonderful cheeses the Coop has to offer. This event will be limited to 30 people on a first-come, first-seated basis. Our guest speaker will be Diane Stemple, Ph.D., who is based in Brooklyn as a part-time rep for The Cellars at Jasper Hill. She also hosts a monthly book-review segment on the Heritage Radio Network show called "Cutting the Curd." During more than 12 years in the cheese world, Diane trained at both Artisanal Fromagerie and Bistro and Murray's Cheese Shop in Greenwich Village. Dr. Stemple is also a clinical psychologist with a private practice in Port Washington and Williamsburg. 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.

feb 21  
fri 8 pm

## The New Students, Axel's Axiom



The New Students are a Brooklyn-based band with one foot in the 21st century and the other firmly planted in traditional American folk music. In

New York City, Long Island, and faraway towns on the East Coast, the New Students, with their uplifting harmonies and thoughtful lyrics, are a delight to audiences young and old. The New Students have recorded two albums of original songs, both of which are available on iTunes. Visit them on the web at: [www.thenewstudents.com](http://www.thenewstudents.com). **Axel's Axiom** is a group of Brooklyn-based jazz musicians with varying members. Led by pianist Axel Schwintzer, the band plays mostly original instrumental music that stylistically ranges from samba-influenced grooves to funk- and pop-oriented tunes to swinging jazzy themes and ballads; traditional jazz standards are also part of the repertoire. The styles cross over into one another to create a blend that stays interesting for the casual as well as the experienced listener.

**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.**



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. —The Environmental Committee

### V. Board of Directors Meeting

**VI. Wrap-Up.** Includes member sign-in for workslot credit.

For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office.

feb 28  
fri 4–6 pm

## See What the PAFCU Offers

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

**Representatives from the PAFCU will also meet at the Coop on March 1.**

feb 28  
fri 6:30 pm

## Fast Tracking of the Trans-Pacific Partnership

The Park Slope Food Coop Fair Trade Group invites you to an informational meeting about the proposed Fast Tracking of the Trans-Pacific Partnership (TPP). The featured speaker will be Kian Frederick, New York State Director of Citizens Trade Campaign. Do you want to know how Fast Tracking will impact your ability to know what's in this agreement? How does Fast Tracking preempt transparency, public discussion, and the democratic process? **Alice Joyce-Alcala** has been Coop member since the 1970s. She first introduced the topic of fracking at a General Meeting in 2010 where she asked for Coop involvement to oppose fracking. She is a member of The Sierra Club and has volunteered with several grassroots organizations including United For Action on environmental issues.

feb 25  
tue 7 pm

## PSFC FEB General Meeting



Items will be taken up in the order given. Times in parentheses are suggestions. More information on each item may be available on the entrance table at the meeting. We ask members to please read the materials available between 7 and 7:15 p.m.

**Meeting location: Bishop Ford Central Catholic High School, 500 19th St., between 10th Ave. and Prospect Park West.**

**I. Member Arrival and Meeting Warm-Up**

**II. Open Forum**

**III. Coordinator and Committee Reports**

**IV. Meeting Agenda**

**Proposal:** Reduce Plastic Roll Bag Use (90 minutes)

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

This proposal aims to reduce the Coop's 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

mar 1  
sat 10 am–12:30 pm

## See What the PAFCU Offers

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

mar 2  
sun 12 pm

## Bringing the Alexander Technique to Chronic Pain

Pain tends to have a shrinking effect: we tighten our muscles around the discomfort and stiffen our bodies to either numb or protect against further injury. In this workshop, you will be introduced to a set of skills to respond differently to pain, so that it can become a wake-up call to expand and grow rather than retreat and shrink. The Alexander Technique is a century-old method for improving one's mind-body coordination, balance, and well-being. Coop member **Dan Cayer** is a nationally certified Alexander Technique teacher working in the field of pain, injury, and stress. After a serious injury left him unable to work, or even carry out household tasks like cleaning dishes, he began studying the Alexander Technique. His return to health, as well as his experience with the physical, mental, and emotional aspects of pain, inspired him to help others.

**For more information on these and other events, visit the Coop's website: [foodcoop.com](http://foodcoop.com)**

All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops.

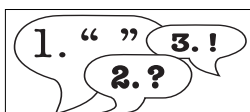
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.



# feb 21–mar 25 2014

**mar 4**  
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](http://foodcoop.com). **The next General Meeting will be held on Tuesday, March 25, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.**

**mar 6**  
thu 7:30 pm

## Food Class: Cooking Made Easy



Have you ever wondered how to prepare dinner in less than 20 minutes? **Megan Moore**, chef in residence at the Walk-In Cookbook, will show you how to prepare three delicious main course recipes in no time. After studying at the French Culinary Institute, Megan spent nine years working for prestigious New York City establishments such as Brasserie 8½, Lever House, Daniel, and as a private chef. She later switched to the food-retail world, first at Dean & DeLuca, and for the last four years, before joining the Walk-In Cookbook team in Park Slope, she was the culinary lead at Williams Sonoma. She led a number of cooking classes including specialty classes on French, Italian, and Asian cuisines. *Menu includes: sweet potato chile; orecchiete with butter-nut squash and roasted hazelnut; Korean steak with kimchi.*

**ASL interpreter may be available upon advance request. If you would like to request an ASL interpreter, please contact Ginger Jung in the Membership Office by February 20. Materials fee: \$4. Food classes are coordinated by Coop member Susan Baldassano.**

**mar 7**  
fri 7 pm

## Film Night: What Alice Found



*What Alice Found* is a harrowing coming-of-age tale about a young woman who flees her poor New Hampshire hometown life to follow her wealthier friend down to college life in Florida. But her car breaks down on the highway under mysterious circumstances and a middle-aged "snowbird" couple in an RV come to her rescue, offering a ride all the way south. Before long we're wondering if these seeming Samaritans are good or bad for Alice. A *New York Times* Critic's Pick, *What Alice Found* is a complex story about consequences, mothers and daughters and the "haves and have-nots" in American society. **This film is Rated R**, so no audience members under 17 will be allowed unless accompanied by an adult.

**A. Dean Bell** is an award-winning filmmaker whose feature *What Alice Found* won the Special Jury Prize for Emotional Truth at the 2003 Sundance Film Festival and Grand Prize at the 29th Deauville Festival of American Film in France.

**To book a Film Night, contact Faye Lederman, [squeezestone@hotmail.com](mailto:squeezestone@hotmail.com).**

**mar 8**  
sat 12 pm

## Normal Language Development, Birth to 5

Join us for a discussion about what it means to have "normal" language development. We will tackle the following topics: What are typical language milestones in the first few years of life? How much do these vary between cultures? What are some developmental "social

skills" (non-language based) that develop? How important is the caregiver's role in language development? What's in the news: Autistic Spectrum Disorders, or "ASD". What you need to know about recent changes. What can I do as a parent of a child in NYC if I am worried that my child may be developmentally delayed? **Christie Izzo**, MS, CCC-SLP, is a Brooklyn native, Coop member, and language fanatic. She received her formal training at Teacher's College, Columbia University, and is certified in PROMPT and PECS. She is passionate about social skills, neurolinguistics, and the intersection of multiculturalism and language development—all areas she gets to explore as a speech language pathologist at NYU Hospital.

**mar 8**  
sat 6 pm

## Choices in Childbirth

The U.S. maternity care system is one of the costliest in the world. However, among industrialized countries, our maternal and perinatal outcomes are consistently among the worst. *The Business of Being Born: Classroom Edition (BoBB:CE)*, a shortened edition of Ricki Lake and Abby Epstein's original documentary, takes a look at how Americans view midwifery, the importance of choices in childbirth, and what the United States can do to improve birth outcomes. Join us for a free screening of *BoBB:CE* and panel discussion with women's natural health practitioners. **Stephanie Proppe** is a Coop member and is a licensed acupuncturist, herbalist, nutritionist and doula with a focus in pregnancy, labor support and postpartum care. **Laura Vladimirova** is a Coop member and certified doula on her way to becoming a Certified Nurse Midwife.

**mar 8**  
sat 7 pm

## Coop Kids' Variety Show



Types of acts include: piano, singing, guitar, drums, cello, hip-hop, tap, trumpet, a skit, flute, magic tricks, modern dance, and rock 'n roll. Performers in alphabetical order: Meaghan Accarino, Henry Altman, Jude Batiste, Nadia and Sabine Benjamin, Luke Dunlavy, Theo Haythe, Ikhari Hinds, Raven Karlick, William Lach, Vaishali Lerner, Micah Levine, Naomi Levy, Leila and Luc Mieville, Max Miller, Ella and Sarina Moriber, Jordan Nass-deMause, Ana and Elan Rabiner, Julian Raheb, Tate Richardson, Maya Silberman, Eric and Margareta Stern, Amaru and Sayri Tupacyupanqui, Mia Weiss.

**Event takes place at Old First Church, Carroll St. & Seventh Ave. Admission: \$10 adults; \$5 kids 12-18; free kids under 12. Refreshments for sale.**

**mar 11**  
tue 7 pm

## Safe Food Committee Film Night: The Weight of the Nation



*The Weight of the Nation, Choices*, poses a question that anyone who's struggled with excess weight has asked: For all the remarkable high-tech tools available to medicine, for all the billions of dollars in drug research, there's still no highly effective medication to prevent or reverse obesity—why? Research shows that successful programs target both eating less and being more physically active. Maintaining a lower weight is an ongoing process that requires work and must be constantly monitored. Taking time to think about what we eat—and why we are eating—can be an effective way to attain and maintain a healthy weight.

## still to come

**mar 12** Fund for New Coops

**mar 21** Prospect Concerts

**mar 15** The Sharing Economy

**mar 22** Eat Till You Are Full

**mar 21** Ten Living Points for the Creative Spirit

**mar 25** PSFC MARCH General Meeting

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

DISCUSSION OF THEFTS  
AT GENERAL MEETING

## DEAR MEMBERS:

The General Meeting held January 28th included a discussion of thefts at the Coop which, as reported in the Times recently, have been on the rise. Some of the comments in that discussion were, in our opinion, naive, and offensively stereotyped low-income people. Those comments offered the view that theft at the Coop is committed by poor people who are hungry, and therefore perhaps those thefts should simply be ignored.

It is offensive to say that low-income people are responsible for these thefts, and there is ample evidence to support the opposite view. Many cases of members being expelled for theft have involved middle-class Park Slopers. More to the point, the instances of premeditated and craftily planned thefts causing real financial harm to the Coop do not arise from hunger or need, but from criminality and greed, proven by the fact that it is often not food that is being stolen, but expensive items that can be resold.

Aside from this, there are incidents of other kinds of theft: minor and spontaneous, reflecting not socioeconomic status but rather a certain sense of entitlement. We, undoubtedly along with many other members, have observed shoppers snacking on weighed items, or feeding kids bagels and other foods, prior to checkout. Perhaps those shoppers would have remembered to tell the checkout worker about a consumed bagel (or not), but there's no way to pay for

weighed foods that have already been consumed. And those actions create a discomfort level for any member who has seen it happen—to address it and risk being given a hard time, to report it or to just swallow one's irritation and let it go.

Even if there were a relationship between financial need and shoplifting at the Coop, which certainly hasn't been proven, it would be incumbent on the Coop to enforce its rules, and the law, strictly and equitably. But to state in effect that if somebody steals from the Coop they must really be hungry, and therefore should be allowed to do it, is ridiculous. Most disturbing was that a few of these comments actually received a scattering of applause from the audience.

Michael Esterowitz  
Robin Germany

WASHING A ROLL BAG IS  
MUCH WORSE FOR THE  
ENVIRONMENT

## DEAR MEMBERS:

Everybody likes to assume that hot water is free and one can clean a roll bag for no cost. This is NOT true. Even cold water costs me 1.2 cents a gallon.

Try a little experiment. Put a pan of cold water on a gas stove. Watch the gas pour out and see how long it takes to heat the water to 120 degrees. Then take another pan of cold water. Ball up a roll bag and hold it with a tongs. Light it under the pan. See how much it raised the temperature of the water. Or see how many roll bags you have to burn under the pan to raise the temperature to the same 120 degrees.

Cleaning a roll bag with warm water is much, much worse for the environment than taking a new roll bag. All the carbon from that gas being burned is going into the atmosphere. The carbon in the roll bag is going to get sequestered in a landfill.

Don Wiss

## NO FAST TRACK FOR TPP

## DEAR MEMBERS:

Fast track legislation, also called Trade Promotion Authority, has been introduced into the Congress with the goal of passing the Trans-Pacific Partnership (TPP) trade agreement into law without a proper examination and debate in Congress and within the country.

For over four years, the Trans-Pacific Partnership has been negotiated in secret. Congress and the public have not seen the proposals and have not participated in the negotiations. Meanwhile, 600 corporations, acting as advisors to the U.S. trade representative, have seen the proposals and have participated in the negotiations.

Despite the secrecy, a lot is known about the TPP because of leaks, the latest being a WikiLeaks release of the intellectual property chapter of the TPP, and conversations with the trade representatives of other nations.

And what is known is not pretty. Foreign corporations will be allowed to sue the United States government for the loss of future profits because of some food-safety or environmental regulation or labor rights law. When I tell people this they don't believe me. I don't believe me. But this liability of the United States to lawsuits has existed since 1994 as a part of NAFTA. Now President Obama wants to make NAFTA's Chapter 11 lawsuit provision a part of the largest trade agreement to date, the TPP, which will encompass 40% of the global economy.

The TPP will treat as nontrade barriers to trade the following: country-of-origin food labeling; government buy-local laws; GMO food labeling; bans on hydraulic fracturing. It would allow foreign countries to self-certify the safety of food imports and put them on supermarket shelves in our country without national oversight. I could go on about this, but you can see that the TPP affects so many aspects of our life that it should not be fast tracked into law. It needs to be slow tracked through the regular legislative process—committee meetings, testimony of experts and interested parties, mark up and amendments, press reports of various positions. Fast track would bypass this process and send the TPP into a legislative luge run through Congress with no committee process, limited debate, no amendments and a hurry-up-and-down vote.

Tell your Congressperson to vote against fast track in any form and that

you want the TPP to go through the regular legislative process with a full airing and examination. The Congressional switchboard: 202-224-3121.

On February 28th, Friday, at 6:30 p.m., the Coop will be having a program updating us on what is happening with fast track. The program is open to the public. You can bring friends and introduce them to the Coop, too.

Susan Johnson

RESPONDING TO MARK  
DOW'S LETTER ON GMOS

## DEAR COOP MEMBERS:

The conversation on GMOs needs to expand to soil, water, worker safety and seed vitality. While health impacts of the food itself is not yet possible to predict, GMOs may have limited usefulness for addressing some problems in the short term. They are not a salvo to be used everywhere. The soil food web—the living part of the soil that assimilates organic matter and delivers nutrient to the plant roots—is a major factor in successful long-term agriculture. GMO crops are engineered to accept conditions (multiple sprays with herbicide and/or pesticide) that have negative environmental impacts and compromise worker health and everyone's safety. These synthetic inputs often damage the soil. This deadened (non-living) soil, burned by chemical exposure, lacks structure (or adhesion qualities) and blows away in the wind or washes into the river. Our precious topsoil is carried away each year under industrial agriculture; this practice that GMO-driven farming utilizes must be halted.

GMO manipulation outcompetes conventional—and I might add very successful—plant-breeding programs because selling product is so much more profitable. Universities and research institutes receive their funding from corporations. The ownership of plant material that is genetically altered can give the companies that own them a corner on the market. As more seed companies are consolidated into chemical-agricultural conglomerates, fewer choices become available to the consumer. The risk of biological disease or pestilence becomes multiplied dramatically as diversity is decreased. Super weeds that survive repeated herbicide sprayings become dominant and more difficult to control. Pests develop tolerance to the plants that have Bt genetically inserted. Meanwhile, beneficial insects like monarch butterflies are diminished, both by monocropping and pesticides. Bt began as a plant-produced insecticide; it will become useless to all farmers through overuse. Drought-tolerant engineering often fails while at the same time centuries-old seed that tolerates drought has been lost. A food shortage ensues.

CONTINUED ON PAGE 14

## 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 firsthand observation.

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

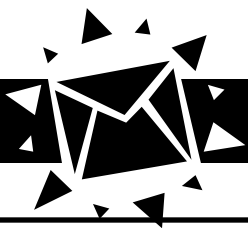
3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the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

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

## Respect

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





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

## BDS TOPICS:

## AND THE HYPOCRISY GOES ON...

## TO THE EDITOR:

BDS claims it wants only to help the Palestinians. Yet in its obsessive focus on Israel and never-ending dishonest reports and accusations, it does nothing to help the Palestinian people and cares nothing about the hurtful, hurtful consequences of what it advocates.

Its most recent rant is about boycotting SodaStream, a West Bank company promoting both environmentalism and peaceful coexistence. SodaStream employs 1,300 people, 500 of them West Bank Palestinians, 450 Israeli Arabs, the rest Israeli Jews. Palestinian workers there earn two to four times more than they could from Palestinian employers, plus benefits, pensions, transportation, breakfast and lunch.

The factory is not in any settlement. No one lives there. It is in an industrial zone. Responding to the BDS demand that the factory move out of the West Bank, CEO Daniel Birnbaum, said, "I can't see how it would help the cause of the Palestinians if we move across the Green Line." Workers would be laid off, he pointed out, with no means of supporting their families in the Palestinian economy with a dearth of jobs.

The model of BDS hypocrisy was developed by one of its founders, Omar Barghouti, who apparently believes that everyone in the world should boycott Israel except himself. He has compared Israel's practices to those of Nazi Germany and African apartheid. Yet, despite his anti-Israel activities and even while calling for a boycott of Israeli academic institutions, he attended Tel Aviv University and earned a master's degree in philosophy (in ethics, yet!). Despite a petition with over 18,400 signatures demanding his expulsion, the university allowed him to remain.

So, BDS followers, you would do well to avoid or dispel any taint of hypocrisy of which you are likely to be suspected. Here are two friendly suggestions about how to do this:

1) Keep informed about Israeli-developed technology so you don't use any. This includes, among thousands of products, iPads, iPhones, Skype, MacBook, computer firewalls and Microsoft XP.

2) Print a card titled "Medical Instructions" stating: "If I am ill or injured, I instruct medical authorities to ensure that no medical equipment or treatment wholly or partly developed in Israel be used in my treatment." Sign it. Carry it with you at all times.

Of most importance, consider carefully whether BDS is truly a humanitarian movement, or one simply out to destroy the only Jewish state in the world—even if some Palestinians get hurt along the way.

Ruth Bolletino

## SODASTREAM AND BDS

## DEAR MEMBERS:

"SodaStream shows BDS is the real obstacle to peace."

—Alex Margolin, social media editor for *HonestReporting*

When BDS launched its campaign against SodaStream, it never could have imagined the level of defeat it would suffer. Instead of drawing attention to Israeli abuses of Palestinians, the campaign generated discussions about just the opposite—Palestinians actually benefit from the economic cooperation generated by companies like SodaStream.

BDS managed to bring into question one of the sacred cows of the movement—settlements are the "obstacle to peace" in the region. A reasonable person might conclude that the real obstacle is the sort of blanket boycotting advocated by BDS.

SodaStream CEO Daniel Birnbaum told reporters he was keeping the factory in Ma'ale Adumim open out of loyalty to hundreds of Palestinians who work there. If he moved inside the Green Line, as BDS demands, the workers would lose jobs.

"I just can't see how it would help the cause of the Palestinians if we fired them."

BDS targeted SodaStream because of its production plant near Ma'ale Adumim, just over the Green Line. The campaign kicked into first gear a few weeks ago when SodaStream announced that starlet Scarlett Johansson would be its first "brand ambassador."

The Johansson-SodaStream partnership proved superior in the sort of tactics the BDS has used effectively in the past—setting the terms of debate for its own agenda.

After being attacked for associating with SodaStream, Johansson issued a carefully crafted statement lauding SodaStream's labor practices:

SodaStream is a company that is not only committed to the environment but to building a bridge to peace between Israel and Palestine, supporting neighbors working alongside each other, receiving equal pay, equal benefits and equal rights.

The message had already shown

resonance with the public. When BDS attempted to counter the claims with reports from Palestinian workers that the conditions at the plant were not as strong as the company presented, media investigated. *Christian Science Monitor*, for example, discovered something interesting:

Those most familiar with the factory—Palestinians who work there—largely side with Ms. Johansson.

"Before boycotting, they should think of the workers who are going to suffer," says a man in Azzariah. Previously, he earned 20 shekels (\$6) a day plucking and cleaning chickens; now he makes nearly 10 times that at SodaStream, which also provides transportation, breakfast and lunch.

*Philadelphia Daily News* columnist Stu Bykofsky: "BDS claims it wants only what's good for the Palestinians, no matter how many of them it has to hurt."

The message is clear: boycotting a company like SodaStream has real impact on the Palestinians. Calling a company like SodaStream a negative element that needs to be boycotted is a myopic viewpoint that people are starting to see through.

That's the real problem with the entire BDS movement. It seeks only to destroy, without concern for human consequences. Ultimately, nothing good is going to come from that.

Martin A. Ettlinger  
bezelset@mindspring.com

## BDS: "BEGUILE, DISGUISE AND SUFFOCATE"

## TO THE EDITORS:

*The New York Times* is no friend of Israel's and op-ed writer Roger Cohen has been over many years one of Israel's harshest critics. Yet in his opinion piece on February 10, "The B.D.S. Threat," he says this:

"I do not trust the B.D.S. movement. Its stated aim is to end the occupation, secure 'full equality' for Arab-Palestinian citizens of Israel, and fight for the right of return of all Palestinian refugees. The first objective is essential to Israel's future. The second is laudable. The third, combined with the second, equals the end of Israel as a Jewish state. This is the hidden agenda of B.D.S., its unacceptable subterfuge: beguile, disguise and suffocate."

"The anti-Apartheid movement in South Africa contained no such ambiguity. As Diana Shaw Clark, an activist on behalf of a two-state solution, wrote to me in an e-mail, 'People affiliated with divestment in South Africa had no agenda other

than the liberation and enfranchisement of an oppressed majority.'

"This is not the case in Israel," Cohen continues, "where the triple objective of BDS would, in Clark's words, 'doom Israel as a national home for the Jews.' Mellifluous talk of democracy and rights and justice masks the BDS objective that is nothing other than the end of the Jewish state for which the United Nations gave an unambiguous mandate in 1947. The movement's anti-Zionism can easily be a cover for anti-Semitism."

Further, according to Cohen: "One state, however conceived, equals the end of Israel as a Jewish state, the core of the Zionist idea. Jews must not allow this to happen. Trust your neighbor? Been there, tried that."

"The so-called right of return of the hundreds of thousands of Palestinians driven out in the 1948 war (whose descendants now number in the millions) cannot be exercised, any more than the Jews of Baghdad and Cairo have deeds to return home. There can, and should be, agreed compensation for the dispossessed, but there cannot be a reversal of history. The 'right' is in fact a claim."

This joins the consensus of a growing number of organizations that find the BDS movement to be nonconstructive in the Israeli/Palestinian conflict and a disguised call for the end of the Jewish state.

Sylvia Lowenthal

## PALESTINIAN POPULAR RESISTANCE, JORDAN VALLEY, AND BDS CAMPAIGNS WORLDWIDE CAN CHANGE THE BALANCE OF POWER WITH ISRAEL

## DEAR MEMBERS:

Five hundred Palestinian protesters gathered January 31 to resurrect Ein Hijleh village "to send a message to Israel and the world that we will never give up the Jordan Valley." Mustafa Barghouti, a Palestinian politician and activist at Ein Hijleh, added, "change can happen only by changing the balance of power through popular resistance—acts like this one—and through boycott, divestment and sanctions campaigns worldwide" (referring to the growing international campaign that calls for an economic, cultural and academic boycott of Israel until it complies with international law).

Ein Hijleh, the first action in a new campaign called "Salt of the Earth," is a response to Israel's ongoing efforts to colonize and annex the Jordan Valley. Inspired by a verse from

CONTINUED ON PAGE 14

## LETTERS TO THE EDITOR

CONTINUED FROM PAGE 12

Meanwhile, the companies have made lots of profits selling seed, fertilizer, pesticide and herbicide. The seed has to be purchased again the next year as it is illegal to save it. Or

maybe it has been designed to be sterile, making saving seed impossible. Farmers in India commit suicide by the hundreds because their GM crops have failed and they do not

have money to feed their families or to replant and try again. The false illusion is that GMOs can solve our food-supply issues. While that is sometimes true the first year, yield increases do not hold up over time. As these GM companies grow, they purchase smaller, more traditional companies in a race to own seed plasma; hoarding genetic material that has been passed through human hands for generations.

If we do not shape our food supply now as consumers, the seeds of yore could very easily disappear. Those are seeds

that perform without expensive inputs and ones that we have relied on for hundreds if not thousands of years.

Respectfully,  
Claudia Joseph

## THE ROAD LESS TRAVELED

## DEAR MEMBERS:

The debate over GMO foods is an important one. But I'm wondering if other issues are being pushed to the side? What about sugars or fatty high-cholesterol foods? And

some things, such as alcohol, have proven health risks. We sell those too. If we're going down this road, maybe we should shift the conversation and look to fight things like obesity or heart disease—where tangible improvements to our lives can be made.

Steve Sockey



## Coop Band Nite

The Fun Committee is looking for bands (various genres including rock, folk rock, funk, indie, etc.)

to perform at a free event on April 26, 8-11 p.m. at Rock Shop (249 Fourth Ave., Brooklyn, bet. Carroll & President)

At least one member of your band must be a Coop member.

Please contact Sarah Safford at saffo1953@gmail.com or drop off demo CD with Jason Weiner at the Coop. Deadline for submission is March 16.

## Do you want your old Coop attendance records?

*Up until September 2009, the Coop kept attendance on index cards.*

*If you were a Coop member before then, we may still have your old partial or complete cards.*

*If you would like to have this as a souvenir, please come to the Membership Office and ask for it. If we have it, it's yours!*

*We will be recycling them shortly.*

## COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to GazetteSubmissions@psfc.coop.

Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

## THU, FEB 20

7-9:30 p.m. BOOK SALE - PREMIUM PREVIEW SALE: \$20 admission. Tens of thousands of new & used books, DVDs, CDs & records. Most books priced at \$1 or \$2. PSUM Church. Sixth Ave. at Eighth St. (Book donations welcome; details at www.park-slopeumc.org).

## FRI, FEB 21

7-9:30 p.m. BOOK SALE - PREVIEW SALE: \$5 admission. Tens of thousands of new & used books, DVDs, CDs & records. Most books priced at \$1 or \$2. PSUM Church. Sixth Ave. at Eighth St. (Book donations welcome; details at www.park-slopeumc.org).

## SAT, FEB 22

8 p.m. Peoples' Voice Cafe: Local Folks Night, Jeremiah Birnbaum.

At The Community Church of New York Unitarian Universalist, 40 East 35th St. NY NY. Wheelchair-accessible. For info 212-787-3903 or see www.peoplesvoicecafe.org. Donation: \$18 general/\$10 members/more if you choose, less if you can't/no one turned away.

## SAT, FEB 22

9 a.m. Free admission. Tens of thousands of new & used books, DVDs, CDs & records. Most books priced at \$1 or \$2. Incredible bargains! Terrific Children's Room! PSUM Church. Sixth Ave. at Eighth St. Details at www.parkslopeumc.org. Also on Sunday from 12:30 to 5:00 p.m.

## THU, FEB 27

7 p.m. Brooklyn Gift Circle: A space to build trust and community by sharing needs, wants, and gifts. At the Brooklyn Society for Ethical Culture, 53 Prospect Park

West. Come to the Library on the second floor. All are welcome. Free. More info: brooklyngiftcircle.wordpress.com or bsec.org.

## SAT, MAR 15

4 p.m. Cookbook Recipe Tasting: First Prize Pies by Allison Kave featuring recipes prepared by Melissa Vaughan (*The New Brooklyn Cookbook*) at the powerHouse 1111 Eighth Ave. (btwn 11th & 12th St.), Brooklyn, NY 11215. Call for info 718.666.3049 rsvp@POWERHOUSEon8th.com.

## SUN, MAR 30

4 p.m. PL Chamber Players at the Dr. S. Stevan Dweck Center, Central Library 10 Grand Army Plaza Bklyn 10 featuring American Brass Quintet, Kevin Cobb and Louis Hanzlik, trumpets, Eric Reed, French horn, Michael Powell, trombone, John Rojak, bass trombone. Admission is free.

CONTINUED FROM PAGE 13

## BDS TOPICS:

Jesus' Sermon on the Mount, it is translated into today's reality: *Daughters and sons of Palestine, be the salt of this earth and stay steadfast on it.* The campaign is a direct message, a warning to Mahmoud Abbas at the peace talks: You have no right to give up the Jordan Valley.

First protest village, Ein Hijleh: cars and buses arrived with tents, electric generators, gas, food, drinks from Israel, East Jerusalem, West Bank: Nabi Saleh, Bilin, Ramallah, Abu Dis, Dheisheh refugee camp, families, many youth and international activists. "It was a great organi-

zational success: huge number of soldiers everywhere but they didn't know where we're going and how we're going to get there." Within hours of arriving, the Israeli military surrounded the encampment turning away journalists and activists.

By February 2, protesters remained victorious defending the village all night, repelling three attempts by Israeli forces firing sound and light bombs. Raids persisted February 3 and 4. Activists protected the village: creating a human chain, face-to-face confrontation including physical clashes. Village activities: renovated several homes, planted 150 donated trees; evenings: art projects, cultural and political

discussions. Friday, 1:30 a.m., hundreds of soldiers forcibly evicted 200-250 remaining Palestinians, bused to Jericho, 35 injured to hospital.

Second protest village, al-Awda or "Return" was erected near the Bisan checkpoint, February 2, to emphasize "the Arab character of the Jordan Valley, confirming there cannot be any Israeli or international presence in the area."

Third protest village, al-Joula, was set up February 7 by a group of Palestinian and international activists, hours after Ein Hijleh was destroyed, to reiterate the region is Palestinian.

During peace talks: 171 demolitions occurred in the Jordan Valley, displacing 196 Palestinians. Israel

published plans to build over 7,200 new homes in East Jerusalem and West Bank. (U.N., Peace Now)

## Recent BDS actions:

Norway's state pension fund, the world's largest, blacklisted two Israeli companies involved in settlement construction in East Jerusalem: Africa Israel Investments and Danya Cebus. Denmark's largest bank, Danske Bank, divested from Bank Hapoalim over settlement construction.

Sources: Amira Hass, Patrick O. Strickland, Popular Struggle Coordinating Committee

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



**EXCITING WORKSLOT OPPORTUNITIES****Check Store Supplies****Monday, 6 to 8:30 a.m.**

This workslot is responsible for restocking supplies on the shopping floor, at check-out lanes, entrance desks and the cashier stations, and in the basement. This is a task- and detailed-oriented job, ideal for someone who likes working independently and is pro-active. Please speak to Alex in the Membership Office or contact him at alex\_marquez@psfc.coop if you are interested.

**Bathroom Cleaning****Monday, Tuesday, Thursday, Friday 12 to 2 p.m.**

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

**Refrigerator Cleaning****Monday, 9 to 11 a.m.**

This position requires a desire to do physical work, enjoy cleaning, and organize refrigerators. You will thoroughly clean the refrigerator, removing all movable parts and cleaning them, label food items, and discard old or out-of-date products. Please speak to Adriana in the Membership Office if you are interested.

**Schedule Copying****Tuesday, 6 to 8:45 p.m.**

You will work by yourself copying committee schedules from originals provided using the Risograph machine. (Risograph is a high-speed digital printing system; it combines scanning and high-speed printing.) You should be able to troubleshoot problems with the printer. A six-month commitment is required for this shift.

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

The Coop is looking for members to clean the checkout area of the store. It entails cleaning the scales at each 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.

**Childcare Trainer****Sunday, 10 a.m.**

We are looking for a Childcare Trainer for the Sunday-morning training. You will be working on a regular four-week rotation. You will be training members in all the rules that apply to Childcare at the Coop. You must have worked in Childcare for at least one year within the last three years. Perfect attendance and good people skills are desirable. Please contact Annette Laskaris by calling the Membership Office or e-mail her at annette\_laskaris@psfc.coop.

**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.

**BROOKLYN FREE SCHOOL**

**is now accepting applications for our preschool program.**

For information visit, [brooklynfreeschool.org](http://brooklynfreeschool.org)

**Green moving supplies.**[boxuprental.com](http://boxuprental.com) | 855-You-Box-Up

We rent reusable, recyclable plastic crates, dollies, dish and glass packs, and other moving supplies  
**Free delivery and pickup**

**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](http://houseon3st.com). Click our FB link or call Jane at 718-788-7171. Ask about bargains for last minute bookings. Let us host you!

**COMMERCIAL SPACE**

BEAUTIFUL PRACTICE SPACE-central Midtown near Bryant Park/Grand Central, share with friendly group of health professionals, suitable for integrative medicine practitioner, massage therapist, psychotherapist, etc. Available Mondays, Tuesdays & Fridays. 718-666-8613 or [Info@SerenityHealthArts.com](mailto:Info@SerenityHealthArts.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.tguccionelaw.com](http://www.tguccionelaw.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 \$60.00.

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

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](mailto:eyegrease@earthlink.net).

Do you or a senior you love need to move? Are you eager to get organized? Paper Moon Moves is a senior move management company helping New Yorkers to: get organized; sell, donate or discard things no longer needed; and manage moves. Call 917-374-1525 for a free consultation!

SKILLED, FRIENDLY ESL TUTOR FOR ADULTS. I would love to assist you in improving your English! I teach all skills and levels, with special expertise with advanced students and in writing. I address medical and business English, too. I hold a TESLA certificate from the Literacy Assistance Center. 347-564-5752.

HAIRCUTS HAIRCUTS HAIRCUTS color, highlights, low lights in the

**SANSKRITI INDIAN****54 7th Avenue Brooklyn, NY 11217****(718) 638-6033 • (718) 638-6060****FREE DELIVERY****Order quickly online at:**[www.sanskritibrooklyn.com](http://www.sanskritibrooklyn.com)**Affordable High Quality Tutoring & Test Prep**

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- \* SAT Test Prep Classes \$600/entire course
- \* Private Tutoring in all subjects
- \* Lego Robotics Classes \$275/8
- \* Creative Writing Workshops \$300/ 6 wks

**Brainy Academy of Park Slope**  
718-560-3252 792 Union Street, 2nd Fl  
[www.BrainyAcademyNY.com](http://www.BrainyAcademyNY.com)

convenience of your home or mine. Adults \$35-\$40/ Kids \$15-\$20. Call Leonora 718-857-2215

**SERVICES WANTED**

\*FREELANCE TALENT WANTED\* Non-profit has great opportunities for talented WRITERS: Sales-Copy, Web-Content, Articles, Motivation, Metaphysics, Radio. WEB SITE: Designer/Builder. RADIO: Agent,

PROGRAM PRODUCER: Motivational, Metaphysical. DESIGNERS: Graphic. Clothing. Costume. RESEARCHER P/R PERSON. E-mail to: [PLCMcan@gmail.com](mailto:PLCMcan@gmail.com).



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

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)

## 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.

## CHIPS

PARK SLOPE CHRISTIAN HELP  
FOOD FRIENDSHIP & HOPE SINCE 1971

## Volunteers Needed Art Director, Designers, Videographers For CHIPS Charity Events

CHIPS (Christian Help in Park Slope) is a 43-year old nonprofit organization in Brooklyn. Thanks to the generosity of churches, businesses, schools, and volunteers in the community, it serves daily meals to the poor and homeless, and operates a small residence for pregnant teens.

Last year, it served 93,000 hot lunches to people who couldn't afford a meal, and sheltered nine young mothers and their babies, helping them take charge of their lives and their children's future.

CHIPS is planning several major fundraising initiatives that kick off this spring to enable it to continue its mission of helping the less fortunate—collaborative events with local restaurants, a 3K run in Prospect Park, and a gala in April. CHIPS needs help designing posters, handouts, newsletters, and collateral materials and filming short videos to publicize these events and get people excited.

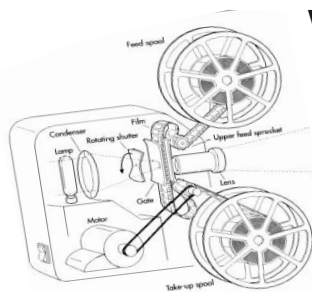
Volunteer participation will mostly be virtual via e-mail and phone through the February-August period, a few hours per week.

However, two in-person team meetings are planned for kickoff and debriefing purposes.

Contact Mary Tan if you would like to join CHIPS in making these events happen: 917-647-5723 or mary477@aol.com

*These are volunteer positions for CHIPS and are not for Food Coop work credit.*

## 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**

## THANK YOU!

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

Rachel Ackoff	Valerie Deacy	Laura Kaplan	Franny Mendlow	Sara Shaw
Elizabeth Age	Asli Erdem	Katie Keating	Philip Mendlow	Yuri Shimojo
Chris Agee	Melissa Esmundo	Ayse Kefeli	Jocelyn Miller	Dorothy Siegel
Nandita Ahmed	Ming Fearon	Rose Kennedy	Rebecca Miller	Elise Slobodin
Amanda	Alexandra Ferguson	Serene Khader	Fred Mogul	Cherry Smith
Zvi Aranoff	Elvira Ferrario	Julie Kline	Judy Molner	Emmy Solis
Liz Atlas	Sandra Fox	Kyle Knight	Jenny Morse	Kim Soomin
Libby Augarten	Christina Frank	Michael Kosak	Yevgeniya Nagorny	Lauren Spencer
Janet Babin	Carol Freeman	Dana Kragh	Amy Nazer	Jason Spies
Alice Bacon	James Fry	Chance Krempasky	Oscar Ormsby	Fiona Spruill
Susan Baldassano	Ayashima Fujioka	Ed Kuntz	Lily Ockwell	Dara Stallings
Eva Barash	Virginia Galvan	Anna L.	Karen Oh	Lauren Stephens-
Roy Blumenfeld	Jorge Garcia-Spitz	Jeffrey Levine	Jeannine Opie	Davidowitz
Anne Bobby	Eva Garriga	Rachel Levitsky	Joan Ormsby	Josef Szende
Naomi Boone	Natasha Gilberti	Karen Ingrid	Sarah Pancake	Sarah Timmins
Yishai Boyarin	Karen Ginsburg	Lieberman	Tasha Parker	DeGregory
Samantha Britell	Daniel Goldman	Lauren Links	Kyron Parris	Allison Towle
Michael Brusic	Julian Gorski	Khalid Livingston	Amy Pearl	Valerie Trucchia
Alisa Bruza	Joan Gottesman	Johnathan Lowery	Aarona Pichinson	Mariya Tuchapska
Alison Buckley	Amy Greenwood	Rachel Lozoff	Chanel Porchia	Zeyno U.
Robin Burdulis	Stephanie Grodin	Jennifer MacFarlane	Clara Presler	Jason Vance
Elizabeth Busch	Marco Guglielmino	Thomas MacWright	Suzanne Price	Amy Verebay
Brandy Butchek	Christian H.	Joshua Madell	Shaila Rao	Janet Wall
Mercy C.	Marcia Henry	Sophie Maguire	Kristin Reed	Kristin Wartman
Hilary Chaplain	Aya Hibino	Kathryn Marx	Anna Romer	Keri Watkins
Victorine Chester	Tessa Hite	Robert Mauksch	Francesca Rossi	Aprana Wilder
Ella Rose Chary	Deborah Huntington	Erin McCarron	Angela Rothschild	Kiki Williams
Marna Chester	Nasya Hurtado	Lori McCaskill	Sara Rottenberg	Valerie Wirtschatter
Keith Christiansen	Ife	Ella McCleod	Heather Rubi	Gabriele Wolf
Nusrat Choudhury	Akiko Inoue	Amanda McCormick	Stefan Ruiz	Christine Wolfmaier
Michelle Chun	Stephanie Jenkins	Kathrine McCullough	Jenny Sansouci	Karin Zahavi
Gregory Close	Ada Jeon	Samantha	Kyla Schuller	Michele Zassenhaus
Jocelyn Cooper	Jody Joyner	McCullough	Cliff Schuman	
Edward Copeland	Avromi Kanal	Larry McGaughey	Kyler Serfass	
Candice Crawford	Emily Kaplan	Elsa Mehary	Elsbet Servay	

## 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!

### Solution to this issue's sudoku puzzle

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

