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1973

LINEWAITERS'

GAZETTE

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Volume II, Number 13

June 26, 2014

Amber Waves of Grain

By Alison Rose Levy

Over the last decade, a regional grain initiative has been spearheaded by farmers, artisanal bakers and a trio of regional non-profit and educational institutions. These include Cornell University College of Agricultural and Life Science's Small Grains Project, the Northeast Organic Farming Association of New York (NOFA-NY) and Greenmarket GrowNYC. On June 23rd, their event, "Reinventing the Hudson Valley Breadbasket," was held in Red Hook, New York to showcase small grains varieties for local and specialty markets.

Why Eat Ancient?

Emmer, an "ancient" grain, differs from the refined and bleached wheat used in Wonder Bread. The vintage, ecological role and nutritional composition of each grain is unique. According to June Russell, Manager of Farm Inspections and Strategic Development at Greenmarket, GrowNYC, healthful ancient and heritage grains are nutritious and flavorful, with good vitamin and mineral uptake and higher protein content than refined and denatured flours. It's these refined, commodity grains and their products, which most people consume, which may have given grains a bad name.

"All the nutrition is stripped out and what's left is

starch," says Russell. "Starchy foods are not healthy. Some people feel grain must be fermented to promote better digestion—as is done in preparing sourdough bread. But mass produced food products are cooked rapidly. This doesn't allow the enzymes to break down. Along with bleaches, browning and caking agents and other unlabeled additives, all of this may contribute to the uptick in allergy incidence."

Ancient and so-called heritage grains also have a lower glycemic index and higher protein content, making them good transitional foods from high meat consumption, Russell says. Plus they taste good.

"Emmer tastes sweeter. Einkorn is nutty. It's the

mother grain—the original the others descended from. The heritage grains grown in this region include rye, buckwheat, non-GMO corn—and barley for both food and beer," says Russell.

Receiving Coordinator Ron Zisa reports that the Coop currently offers spelt flour and berries, and emmer flour and berries from Small Valley Milling, a Pennsylvania-based mill which sells organic products. This summer, the Coop will also begin carrying oats from Maine Grains, a mill in Skowhegan, Maine.

Finding the Best Grain Varieties

Via a four-year long grant from the federal government, Cornell's Dr. Mark Sorrells is identifying the grain varieties that grow best in New York's varied micro-climates. He notes that both ancient and heritage grains are older and in many cases more adapt-

CONTINUED ON PAGE 2

Update on Location of June 26 CB6 Landmarks/Land Use Committee Meeting

The meeting will be held at the YMCA on Ninth St. between Fifth and Sixth Aves. The meeting will begin at 6:00 p.m.



ILLUSTRATION BY DEBORAH TINT

Walk-to-Live: Imani House Fights Childhood Obesity

By Ed Levy

High-poverty communities must take the keys to health into their own hands. This is the message of Coop member Sister Bisi Iderabdullah, founder and head of Imani House, a youth development and family support organization that addresses issues of poverty and nutrition. In keeping with that mission, Imani House sponsored its second Walk-to-Live Walkathon on Sunday, June 22, when adults and children came together in Prospect Park to walk off extra calories, develop the habit of exercise and learn about healthier eating.

"Fruit for life" was this year's walkathon theme, inspiring many parents and children to wear the colors and photos of their favorite fruit. After-walk festivities included music, African drumming and dance, CPR and health demonstrations, prizes and, of course, lots of free fruit.

Sister Bisi created the Walk-to-Live Walkathon as a way for communities in highly affected areas in New York City, especially communities of color, to take preventive action against childhood obesity. The walk is a chance to counter the cultural con-

CONTINUED ON PAGE 4

Next General Meeting on July 29

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The July General Meeting will be on Tuesday, July 29, at 7:00 p.m. at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. The Fourth St. entrance is handicap-accessible.

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

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Grains

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able and resilient than the grains developed after the so-called “Green Revolution.” That so-called revolution occurred in the 1960s, and resulted in the hybridization of many grain crops for ease in mass production.

Green revolution grains were bred for specific traits, such as shorter height to facilitate fertilizer use, aimed at enhancing mass output. In contrast, ancient and heritage grains, most of which are organic, still have the genes that can adapt to fluctuations in weather patterns and other risks to good crop yield.

“When you grow different crops, they are attacked by different insects, fungi and bacteria, and when you rotate, that breaks up the cycle of diseases and insects that attack just one crop. It reduces the problems,” Sorrells says.

Regional Food Resilience

One of the prime goals of expanding ancient and heritage grain cultivation is to assure food resilience in the Northeast. Traditional crop varieties developed over centuries may withstand changing weather patterns and resist disease better than newfangled hybrids. According to Russell, “Emmer is resilient and scrappy—it’s hardy.” Getting grains back into production is important because “if we are going to have a decentralized food system we need to have grains.”

Rotating ancient and heritage crops with first, vegetables and then, legumes

enriches the soil, prevents soil depletion and helps to lessen the prevalence of insects, disease and crop loss in all crops rotated, says Sorrells.

History of the Grain Renaissance

According to NOFA-NY’s Robert Perry, the grain resurgence began about a decade ago, when New York’s Greenmarket began requiring bakers to use 15% grains from the local region in their baked goods. “That started the hunt for products. Although Champlain Valley Milling and Wild Hive Mill began to grow local grains, many artisanal bakers seeking to fulfill that quota lacked access to the necessary grains. There was not a lot of hard red or white wheat grown in the region—for the new artisanal bread market,” Perry recalls.

“Using fresh flour is similar to using fresh garlic or vegetables, and more people are discovering that.

If you pick up a loaf of bread—it makes a difference whether it is from China or the Hudson Valley.

That is a food choice and if we want to be self-sufficient in this region, it’s important to understand that.”

—Robert Perry, NOFA-NY

Cornell, NOFA-NY and the Greenmarket partnered to obtain a grant to develop and research the grains and processes to help this bud-



ILLUSTRATION BY LYNN BERNSTEIN

ding grain resurgence. They also offer an annual winter conference, along with field days and workshops for farmers and others. Perry estimates that there are currently 3,000 acres of alternative small grains grown in New York State. Most are either organic or could be so certified if the farmers elected to go through the process. He is pleased with this development. “I can grow vegetables and sell them at the market in 30 to 60 days. Grain takes longer. These are grains we haven’t grown in 75 years—so to bring them back entails a learning curve. It is not as easy as putting seeds in the ground. There are new kinds of challenges. But we are meeting them.”

At the events NOFA-NY hosts, and others, Perry

GRAINS: HEALTHY OR NOT?

For decades, grains have been considered a “healthy food,” by health-oriented people as well as the USDA food pyramid. Nearly 20 years ago, the USDA Food Pyramid recommended six to 11 daily servings. But recently, the obesity epidemic has led researchers to rethink the health up and down sides of widespread grain consumption, especially of refined grain products, including breads, crackers, pasta, pizza, cereals and sweets.

Recent research connects high glycemic foods with weight gain—leading grains to fall from favor. With current books like *Grain Brain* and *Wheat Belly* urging people to reduce their consumption of high carb processed foods, it may come as a surprise to find a grain resurgence—here in New York State, and elsewhere in the Northeast. But the distinctions between processed grains and heritage or ancient grains makes all the difference.

demonstrates equipment new and old. “I take old threshing tables, and show the process from the freshly picked grain to the flour to the bread and pasta,” he reports. “It always amazes me how many people don’t know that those amber waves of grain are what make up a loaf of a bread.”

Trying Ancient and Heritage Grains

To break the domination of commodity crops—corn, soy and conventional wheat—local grain growers need help and part of that is building a market for them. “Using fresh flour is similar to using fresh garlic or vegetables, and more people are discovering that,” says Perry. “If you pick up a loaf of bread—it makes a difference whether it is from China or the Hudson Valley. That is a food choice and if we want to be self-sufficient in this region, it’s important to

understand that.”

“If it works here, it can work elsewhere,” says June Russell. “New York is the place to leverage these things.”

For Coop members wishing to try traditional grains for themselves, Receiving Coordinator, Ron Zisa reports that the Coop currently offers spelt flour and berries, and emmer flour and berries from Small Valley Milling, a Pennsylvania based mill which sells organic products.

This summer, the Coop will also begin carrying oats from Maine Grains, a mill in Skowhegan, Maine. Their oats are dry rolled on a stone grist mill to yield a higher nutritional content than conventionally milled oats, according to Brian Goldblatt of GrowNYC. There will be several varieties, as well as sample offerings, in the weeks ahead. ■





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

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

'Why Isn't Anybody Listening to This Guy?'

Coop Members and the Biking Community Remember Steve Faust

By Frank Haberle

Longtime Park Slope resident, Coop member and bicycling enthusiast Steve Faust passed away in March, following complications from leukemia. A longtime federal transportation planner, Steve is remembered at the Coop for his contributions to the popular bike valet service and for his help redeveloping the Coop's entrance and exit systems from 2006-2008. Citywide, Steve was known for his leadership in developing the Five Borough Bike Tour and his efforts to create bike access across city bridges. Steve is survived by his wife Linda, daughter Juliette, son Nathan and two grandchildren.

A Leader in the New York City Biking Community

Since the 1970's, Steve—a Vietnam veteran and a graduate in Urban Planning from Harvard—was an early leader in efforts to make the city safe and accessible for bicyclists. In 1977 Steve and a group of friends worked with the American Youth Hostel Association to launch the Five Borough Bike Tour. Steve served on former Mayor Ed Koch's bicycling committee and worked with Transportation Alternatives since 1992. He was particularly committed to opening bridges to bicycle and pedestrian traffic, a goal he achieved with the East River bridges but not with the Verrazano Bridge. "One of Steve's great accomplishments was getting the city to make bridges accessible to bikes," says Coop member Rod Morrison, a longtime neighbor and family friend. "Steve would go to City Hall with the original plans for the bridges, which clearly outline bicycle access, even though they were altered later. Steve fought for years to get these original plans reinstated."

Ken Coughlin is a Coop member who knew Steve since the early '90's at Transportation Alternatives and who served with him on the Coop's Shop and Cycle Committee. Ken remembers: "A fellow advocate said at Steve's memorial service, 'It would take many volumes to document Steve's biking advocacy.' Steve was a great resource to the cycling com-

munity for decades. Because of his background as an engineer and transportation planner his assessments carried an authority that few others could match, and no one had his attention to detail. He was involved in virtually every major biking advocacy campaign over the past nearly half-century. His research was instrumental in the city's decision to remove stairs from the Brooklyn Bridge, giving cyclists easy access to the crossing. He discovered that the original bridge had had no stairs, and he also demonstrated that bridges

engineering standpoint how a path could be built at very little cost. I comprehended only about a third of what he said, but it was impressive. I kept wondering, 'why isn't anybody listening to this guy?'"

Bringing His Talent and Skills to the Coop

At the Coop, Steve contributed his skills and talents in two key areas: the Exit and Entrance Committee work, during the Coop's big expansion; and then to the Shop and Cycle Committee, where he helped develop the bike valet system. Steve's wife

for an extension of the Coop entrance out onto the street. With his city experience, Steve knew that the bureaucracy involved in extending the entrance would be formidable, and he encouraged the committee to focus its energy on reorganizing the checkout stations.

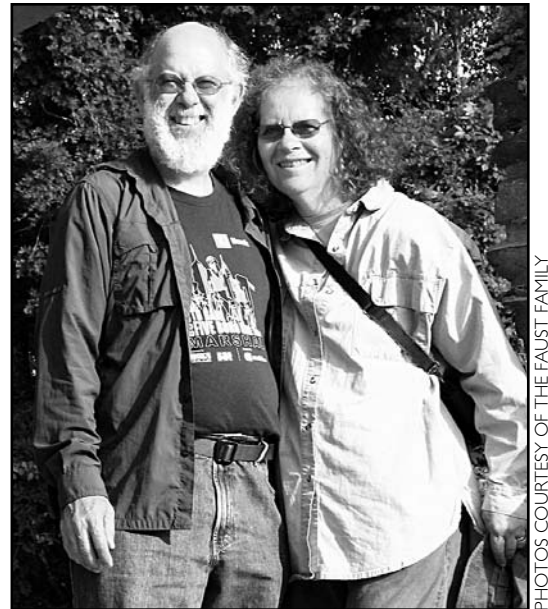
Steve's technical skills came into play in developing the debit card system, scanners and other technical components of the checkout stations.

Just as this work was winding down, Linda saw another *Gazette* ad, for members to join the Shop and Cycle Committee. "Steve helped with the planning and created the procedures," she remembers, "but he also helped assemble the racks, set up the pipes and order the tent." Sarah Phillips, a 10-year member of the Coop

the committee's work. Steve was passionate at meetings and had so much to contribute; it was sometimes hard to keep up. At committee meetings he'd opine about the bad old days of cycling in the city. It was helpful to place our work within the context of the work of cycling advocates who helped pave the way for all cyclists in the city. In addition to being the Shop and Cycle 'historian,' Steve was our committee's engineer, handyman and tinkerer. He custom designed and built some of the parts we use to run bike valet such as the brackets we use to store the equipment when it's not in use."

As Ken remembers it, "I only knew Steve's work at the Coop starting in 2008 when he joined the Shop and Cycle committee. I'm sure he had many contributions before that. Steve was a huge help and outstanding resource in getting the Coop's bike valet service off the ground. He retrofitted the hardware to suit our needs, and always had a creative idea for solving a problem. As we struggled to staff up the shifts when bike valet was first getting underway, Steve would readily volunteer to fill in—sometimes pulling two shifts in succession as squad leader."

"When Steve focused on a problem he would investigate all angles with great thoroughness and come up with a solution that often made use of his engineering background. He looked at things in ways few others would or could. Steve always had time for any question, project or request, and he did it all cheerfully, especially if it presented an intellectual challenge for him. He was a sweetheart of a guy, a real mensch." ■



Steve Faust with his wife Linda.



Steve Faust was a tireless campaigner for the biking movement.

must conform to the requirements of Americans With Disabilities Act. He testified before the MTA numerous times on bicycle access to trains.

"Perhaps Steve's greatest passion," Ken continues, "and something that he did not live to see realized, was the creation of a bike and pedestrian path on the Verrazano-Narrows Bridge. His advocacy on that issue



Building an effective Bike Valet program was a major focus for Steve Faust.

"Steve was a great resource to the cycling community for decades. Because of his background as an engineer and transportation planner his assessments carried an authority that few others could match, and no one had his attention to detail. He was involved in virtually every major biking advocacy campaign over the past nearly half-century."

—Kevin Coughlin

began when the bridge opened in 1964 and Steve, still a teenager, took part in a demonstration protesting the lack of a ped-bike path, which apparently had been in the original designs but which Robert Moses dropped, allegedly to secure a lower insurance premium for the Port Authority.

"A few years ago," Ken adds, "I stood with Steve under the bridge as he explained to me from an

Linda, who joined the Coop when she retired from teaching in 2003, remembers that at first, Steve was reluctant to get involved. Then Linda spotted an advertisement in the *Gazette*, seeking members to join the Exit and Entrance Committee, which was set up to plan the flow of members into and out of the Coop. "I said to him, 'You're a city planner! This is something you should be interested in.'" Original plans called

and the chair of the Shop and Cycle Committee, remembers when Steve first got involved in the spring of 2008. "Back then it was an exploratory committee with the mission to promote bicycling as a sustainable mode of transportation and as a convenient way to shop. The idea of a bike valet servicing the Coop was floated by some members who wanted to see secure bicycle parking in the Coop neighborhood. They formed an exploratory committee to research the issue and run a bike valet trial."

"Working with Steve was educational and fun," Sarah says. "He had a long-term institutional memory of the Coop and the New York City cycling scene that informed

Imani House

CONTINUED FROM PAGE 1

ditioning that tells us eating at McDonald's is fun and "chubby is cute"—a conditioning that puts kids, especially those in communities of color, at greater risk for Type 2 diabetes, heart disease and cancer.

A study reported this month in *The New York Times* has also shown a sharp increase among adolescents in a disease known as nonalcoholic fatty liver. Damage from the disease, which causes the liver to swell with fat, is nearly identical to that caused by alcoholism, only in this case the damage is done by poor diet and excess weight. Fatty liver is particularly widespread among Hispanics, many of whom carry a variant of a gene, that drives the liver to aggressively produce and store triglycerides, a type of fat, the *Times* reported.

Overall, the number of obese children in communities of color has skyrocketed, and now affects one out of five children, Sister Bisi told the *Gazette*. The condition is a double-edge sword, she noted. On the one hand, the health is affected; on the other, obese children are often bullied, isolated and marginalized by other children. As a result, they end up dealing not only with the serious and long-lasting health issues, but also with

the emotional scars of rejection. Some studies have also linked obesity to poor academic performance.

Why a Walkathon?

While jogging can place a lot of strain on bones and joints, particularly in obese or heavy people, walking is considered by many to be the ideal exercise for those who are obese. It's safe, it's easy, (we all know how to walk), it's good for the heart and blood pressure and it's relaxing.

"We should look closely at statistics citing a decline in obesity among children.

Obesity is declining only among children between the ages of one and five.

Among children 10 to 19, who are under less parental control, it's rising."

—Sister Bisi Iderabdullah, founder of Imani House

Walking reduces body weight not only by burning calories but by reducing stress as well—if you have too much stress, you eat more. No special equipment or training is required. All you need for walking are the motivation and a good pair of shoes. The Walk-to-Live walkathon can provide the first, and possibly even the second. And exercise can do more than burn off calories. It can also ensure a healthier

and broader array of gut bacteria. According to Georgina Hold, of the Institute of Medical Sciences, Aberdeen University, the lack of a broad spectrum of bacteria in the gut has been implicated in many health conditions and in how well we harvest the nutrition and energy from the foods we do eat.

Sister Bisi advises that we should look closely at statistics citing a decline in obesity among children. "Obesity is declining only among children between the ages of one and five," she said. "Among children 10 to 19, who are under less parental control, it's rising." In fact, she added, these older children often turn away from healthier school menus in favor of the cheap calories of fast foods. The lure of many fast-food restaurants starts with marketing that builds associations in kids' minds beginning when children are very young, associating French fries and super sodas with indoor play places, jungle gyms and slides. "The message," she said, "is that food outings, even when the food consists of largely empty calories, are fun. The annual Walk-to-Live Walkathon is intended to break those patterns, to show that walking, bonding, fresh air and healthy nutrition can be even more fun."

The link between fast food restaurants and obesity is also based on hard data showing that the trends in eating away from home in the United States parallel trends in obesity. That is, the more we tend to eat out as a nation, the fatter we have become, and fast food outlets have been by far the most rapidly expanding sector of the U.S. food distribution system. Foods typically sold at these restaurants, burgers, soda and fries, are statistically associated with higher body weight and are inexpensive.

The Walkathon is looking forward to an even bigger turnout next June.

Origins of Imani House

Sister Bisi started Imani House when she, her husband and five children emigrated to Liberia, West Africa, in 1985, as they attempted to leave behind what she felt were limited possibilities for children of color in the U.S. The tragic death of their daughter Imani, in South Carolina, which Sister Bisi attributes to racism and classism, also



PHOTO BY ED LEVY

Imani House sponsored its second Walk-to-Live Walkathon on Sunday, June 22, when adults and children came together in Prospect Park to walk off extra calories, develop the habit of exercise and learn about healthier eating.

contributed to their decision to emigrate. Born and raised in Brooklyn, Sister Bisi had been an activist and community organizer most of her life, and as new arrivals in Liberia, she and her husband created a nonprofit with the intention of starting a school, a health and education program for women, and a farm project. Instead, soon after their arrival, they found themselves in the midst of a violent civil war. Sister Bisi volunteered in a hospital ward for wounded and abandoned children and eventually created a safe house for over 40 children, naming the program after her daughter, Imani. Imani House Liberia today provides health services and health education to over 17,000 women and children each year.

In 1997, Sister Bisi returned to Brooklyn, and out of this experience, and her observation that families living in poverty in America were facing many of the same challenges as those in Liberia, was born Imani House Brooklyn.

Free Summer Day Camp

Imani House Brooklyn provides free after-school youth programs that engage children in performing arts, athletics, academic support and social and emotional development. This summer it will again provide seven weeks of free day camp for 120 inner-city children ages five to 12. Instead of being babysat by the TV, campers will be making friends, going on trips, taking dance, music and art classes, exploring the world around them and getting tutored. Imani House Brooklyn also offers free adult literacy/ESOL and GED classes at



the Hanson Place Church, as well as information and referral services from its office on Fifth Avenue.

A 501(c)(3) nonprofit organization Imani House, has won a number of awards for the excellence of its programs in both Brooklyn and Liberia. To learn more, to donate or to volunteer, visit www.imanihouse.org, WWW.IHIWALKTOLIVE.COM, write to info@imanihouse.org, or call 718-538-2059. ■

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.

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

Puzzle author: James Vasilie. For answers, see page 11.

park slope
FOOD COOP

calendar of events

jun 27
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. It will be like musical chairs—come and claim your seat—there should be room for you. Guest speaker Michelle Loayza began her career in cheese behind the counters of Murray's in the West Village, while completing an M.A. in Food Studies at NYU. She now works for Forever Cheese, an importer of specialty foods and cheeses from Italy, Spain, Portugal and Croatia, and enjoys writing about food (cheese included) on the side. 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.

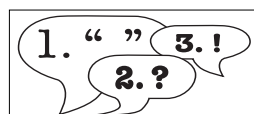
jun 29
sun 12 pm

Compassion & Vitality

Bringing the Alexander Technique to chronic pain. Pain can make us feel helpless, frustrated, and less of the person that we'd like to be. Physically, pain tends to also 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. His personal experience with the physical, mental, and emotional aspects of pain, inspired him to help others.

jul 1
tue 8 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8:00 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at foodcoop.com. **The next General Meeting will be held on Tuesday, July 29, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.**

jul 8
tue 7 pm

Safe Food Committee Film Night: Nothing Like Chocolate



Deep in the rain forests of Grenada, anarchist chocolatier Mott Green seeks solutions to the problems of a ravaged global chocolate industry. Solar power, employee shareholding and small-scale antique equipment turn out delicious chocolate in the hamlet of Hermitage, Grenada. Finding hope in an industry entrenched in enslaved child labor, irresponsible corporate greed, and tasteless, synthetic products, *Nothing like Chocolate* reveals the compelling story of the relentless Green, founder of the Grenada Chocolate Company. *Nothing Like Chocolate* traces the continued growth of Mott's co-operative, exposing the practices and politics of how chocolate has moved worldwide from a sacred plant to corporate blasphemy.

jul 11
fri 6:30 pm

An Update About Fast Track Legislation

An update about 'Fast Track' for 'Free Trade' legislation in Congress with a focus on how passing the Trans-Pacific Partnership (TPP) would affect internet access. IT heads take note. We will also discuss the proposal to form a Coop Fair Trade Committee that would offer work-slot credit to continue this campaign. Bring questions, concerns and suggestions to this informative and stimulating session. **Susan Metz** is presenting on behalf of the Coop Fair Trade Group. A member since 1980, she was a Shopping Squad Leader for 22 years before retiring. Her letters appear regularly in the Coop's *Linewaiters' Gazette* and other prestigious publications.

jul 29
tue 7 pm

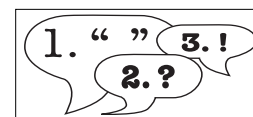
PSFC JUL General Meeting



Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office. **Meeting location: MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. Fourth St. entrance is handicap-accessible.**

aug 5
tue 8 pm

Agenda Committee Meeting



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aug 26
tue 7 pm

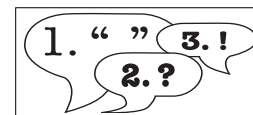
PSFC AUG General Meeting



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sep 2
tue 8 pm

Agenda Committee Meeting



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

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



COOP HOURS

Office Hours:

Monday through Thursday
8:00 a.m. to 9:00 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:

Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

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

Childcare Hours:

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

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

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

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

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

Committee Reports: Maximum 1,000 words.

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

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

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

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

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

SUMMERTIME

DON'T FORGET YOUR COOP SHIFT!



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

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

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

YOUR CO-WORKERS WILL LOVE YOU FOR IT!

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.

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WELCOME!

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

Jeanette Abbink	Andrea Bowen	Zachary Dionne	Robert Green	Sana Kadri	Terrance Marryshow	Gerry O'Leary	James Quadri
Mike Abbink	Francesca Bracaglia	Kathleen Donnelly	Falcon Griffith	Jaweed Kaleem	Jenny McCoy	Dorit Oitzinger-	Gabrielle Radeka
Emilie Abrams	Jocelyn Brooks Smerd	Jessica Duda	Shermel Gumbs	Amrita Kapur	Maria McFarland	Wieser	Reed Reeder
Laurie Adams	Julie Brown	Rebecca Dunnan	Robert Gurbo	Chana Kavka	Joseph McMahon	Aiya Ono	Whitney Reeder
Emin Allen	Tetina Bunche	Christine Dwyer	Victor Gurbo	Jeremy Kittel	James Michael	Elizabeth Orne	Sofia Regan
Shemsut Amen	David Canose	Amy Ercolani	Dylan Halom	Rachel Krantz	McTwigan	Alice Oshima	Willene Registre
Amani Ansari	Nicole Cattell	Avi Fischer	Elizabeth Hart	Eugenia Krechmer	Gareth Miles	Daniel Oshima	Courtney Rice
Carlos Arteaga	Nicholas Chua	Eric Friedman	Cecele Hartman	Hannah Lazarus	Sophie Miles	Frank Oudeman	Nica Ross
Danielle Ash	Alison Corwin	Kim Gittleson	Marissa Havers	Jennifer Lee	Dan Millman	Irene Pedruelo Tapia	Alisa Rotenberg
Andrew Baron	Neil Creveling	Jay Glazer	Clare E. Henrie	Yoon Joo Lee	Joy Millman	Lesley Peller	Emily Rubenstein
Eric Barstad	Steven Cruz	Amy Globus	Hazen Henry	Tim Leong	Brendan Mockler	Matthew Peller	Simone Rutkowitz
Lucy Baumrind	Isabelle D'Ursel	Brenda Goldstein	Michael Iadarola	Christopher Lin	Alex Moskowitz	Margrit Pittman-	Allison Samuels
Matthew Bennett	Shoshana Dentz	Jonathan Goldstein	Danish Iqbal	Corrina MacKoul	Melissa Moskowitz	Polletta	Katy Samwell
Brian Bergeron	Autumn Digatano-	Jefferson Grant	Tristan Jean	Celia Manley	Jerandy Moyet	Anthony Polanco	Natalie Sanchez
Raj Bond	Fedoruk	Ames Gravert	Blake Jung	Kris Manzur	Sandy Myers	Monique Powell	Amy Sandgrund

CONTINUED ON PAGE 11

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the three weekly New Member Orientations. To pre-register, visit foodcoop.com or contact the Membership Office. Visit in person or call 718-622-0560 during office hours.

Have questions about Orientation? Please visit www.foodcoop.com and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internet
www.foodcoop.com

The Coop on Cable TV
Inside the Park Slope Food Coop

FRIDAYS 11 a.m. and 5 p.m. Channels: 56 (Time-Warner), 69 (CableVision), 84 (RCN), 44 (Verizon), and live streaming on the Web: www.bricartsmedia.org/community-media/bcat-tv-network.

General Meeting Info

TUE, JULY 1

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

TUE, JULY 29

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

July 10 issue: 12:00 p.m., Mon, June 30
July 24 issue: 12:00 p.m., Mon, July 14

CLASSIFIED ADS DEADLINE:

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

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,
July 29, 7:00 p.m.

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

Location

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

How to Place an Item
on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available 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.

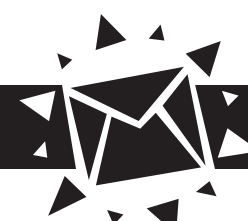
• **Being Absent from the GM:**

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.

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



REVISIT THE RETIREMENT POLICY

EDITOR:

A country and/or Coop can be judged how it treats its young and old. The scorecard for the young is a B+; for the old it's an "F."

Using the excuse of a labor shortage to keep everyone working till they drop was reminiscent of corporate bosses and not empathetic, nice Coop leadership.

The Coop coordinators need to regroup and come up with a more humane solution to present to the membership.

Frank Goldsmith

COURTESY, PLEASE

TO THE EDITOR:

When does "excuse me" mean "get the f**k out of my way"?

The other morning, as frequently happens, the Coop aisles were packed with shoppers and with workers restocking shelves. As I waited on the side of an aisle for another shopper ahead of me to reach for something on the lowest shelf, I heard someone behind me demand, "excuse me." It was a woman with a large cart plowing her way through the aisle. When I asked her to wait while the woman ahead of us bent down for her item, she replied, "All the other aisles are jammed," and proceeded to push her way through, while the other shopper, looking startled, squeezed

out of the way.

This is a particularly egregious—but by no means isolated—example of bad manners that saying, "excuse me" fails to justify. Could we all please shop with a little patience and consideration, reserving "excuse me" for when we make a mistake, rather than when we want to push someone out of our way? Those who think they are entitled to do otherwise should find their way to the wide aisles of Whole Foods.

Carol Messineo

BRING BACK YOUR CART

MEMBERS:

The other day on my way from the Coop with my box of groceries, I found a cart (one of the big, heavy, I'm-afraid-

of-no-curbs ones) sitting abandoned on the sidewalk on Seventh Avenue, about halfway between Union and Berkeley. I waited a few minutes, thinking maybe the walker had gone to Roma's for a delicious slice of pizza (I would totally understand, since their margarita pie is to die for), but to no avail. I tried to call the Coop office so that maybe someone would come pick it up, but the line was busy (maybe we could ask for a few more phone lines next Festivo), so finally I brought it back myself and told the coordinator in charge about it. Yay to me, I guess.

My fellow members, I understand that in our busy lives, it might be a pain to have to wait for somebody to

walk you and your groceries to your vehicle, but rules apply for everybody; if you're shopping in the middle of the day, you probably have time, and your car is already parked anyway. If you want your stuff delivered right to your door, there is Fresh Direct; otherwise, don't be an entitled yuppie, don't give the neighborhood a bad reputation, and bring back the freakin' cart.

Benedicte Charpentier



LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory.

The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk.

Anonymity

Unattributed letters will not be published unless the Gazette knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The Gazette will not publish hearsay—that is, allegations not based on the author's first-hand observation.
2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

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

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

Respect

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

VALET BIKE PARKING IS HERE ON SATURDAYS & SUNDAYS!

strollers & scooters & carts too!



**Every Saturday,
April 5–November 22,
1:00–5:15 p.m.
and
Every Sunday,
April 6–November 23,
3:30–7:45 p.m.**

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

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

No locks, no worries, no theft.

Service operates rain or shine.

Look for us in front of the yellow wall.

Note: no bike check-in on Saturdays after 5 p.m. or Sundays after 7:30 p.m.

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



PSFC
Shop & Cycle
Committee

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.

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

BDS TOPICS:

DIVESTMENTS FROM
G4S CORPORATION
FOR HUMAN RIGHTS
VIOLATIONS IN ISRAELI
PRISONSTO THE EDITORS AND
MEMBERS:

Recently the campaign for divestment from corporations that profit from the Israeli persecution of Palestinians achieved two important successes. On June 7, 2014, the Bill and Melinda Gates Foundation announced its total divestment from the British "security" corporation G4S. And on June 12, the United Methodist Church General Board of Pension and Health Benefits also decided to divest from G4S.

According to a June 10 article in *MondoWeiss* by the Northwest Regional BDS Coalition, "G4S has a contract with the Israel Prison Services to install and run security and management systems at six prisons where Palestinian political prisoners, including children, are routinely subject to torture." It is corporations like G4S that participate in and profit from the oppression of Palestinian people.

Others include Israeli banks that provide loans to build illegal West Bank settlements and that unfairly restrict investment for Palestinian West Bank enterprises. Hewlett Packard provides equipment for Israeli surveillance and control of the Occupied Palestinian Territories. Companies like Combined Systems Incorporated (CSI) sell the Israeli military "non-lethal" weapons for suppressing protests against the occupation. Motorola Corporation equips the Israeli army with encrypted cellphones. The French corporation Veolia provides, among other services, bus lines between Jerusalem and the illegal West Bank settlements. See the website whoprofits.org for more information.

The campaign for the liberation of Palestine continues in multiple local, national and international efforts for Boycott Divestment and Sanctions.

You can be part of these efforts by boycotting Hewlett Packard and Motorola products.

And you can stop buying Ahava cosmetics and the Sodastream water carbonation system. These manufacturers profit from exploitation of Palestinian land, labor and natural resources.

Please see our website psfcbds.wordpress.com for more information.

Naomi Brussel
Park Slope Food Coop Members for
Boycott Divestment and Sanctions

EU COMMISSION AND
INTERNATIONAL
CELEBRITIES IGNORE
BDS AND SUPPORT
ISRAELI BUSINESS

MEMBERS:

Having probably heard about BDS by now, business continues apace for international investors, research, and celebrities in Israel.

Prime Minister Benjamin Netanyahu and European Commission President Jose Manuel Barroso attended the ceremony in Jerusalem where EU Ambassador to Israel Lars Faaborg-Andersen and Israel's Science, Technology and Space Minister Yaakov Peri signed the Horizon 2020 deal. Horizon 2020 is one of the largest scientific and industrial cooperation programs in the world with nearly €80 billion (\$109 billion) available in funding and grants for research and development. (TOIsrael)

will.i.am The founding member and rapper of **The Black Eyed Peas** recently went to Israel to introduce his latest smartwatch to a group of Israeli startups and angel investors. While in Israel, will.i.am (William Adams) also expressed interest in investing in several Israeli startups including **Tonara**, an interactive sheet music app and **Wishi**, a crowd-styling fashion app. The rapper also visited other up-and-coming startups like **Guster and Fashioholic**.

Jay-Z. Hip-hop legend and Grammy winner Jay-Z (Shawn Carter) is a prominent investor and spokesman for **Duracell PowerMat**, an Israeli company that specializes in wireless charging for electronic devices. "I believe in the future of wireless energy and I believe that Duracell Powermat is the company to bring on the revolution," the entertainer said in a company press release.

Ellen Degeneres. Emmy award-winning talk show host Ellen Degeneres wasn't about to miss out on the bubbly craze, holding a giveaway of **SodaStream** machines on her daily talk show.

Michael J. Fox Michael J. Fox Foundation for Parkinson's Research awarded more than \$1 million in grants to two Israeli companies—**Cell Cure Neurosciences** and **Proneuron Biotechnologies**—to support their ongoing research to find viable treatments for Parkinson's.

As **Palestinian journalist Khaled Abu Toameh** says:

"In recent years there has been a significant rise in the number of non-Palestinians who describe themselves as 'pro-Palestinian' activists. In their view, inciting against Israel on a university campus or publishing 'anti-Zionist' material on the Internet is sufficient to earn them the title of 'pro-Palestinian'. It is time for the 'pro-Palestinian' camp in the

West to reconsider its policies and tactics. It is time for this camp to listen to the authentic voices of the Palestinians—those that are shouting day and night that the Palestinians want good leaders and an end to lawlessness, anarchy and financial corruption."

PSFC founding principles cannot support boycott movements that demonize and lie about one side yet do nothing for the people they claim to represent. BDS is only one example of how such movements destroy political inclusiveness through willful tactics of division and blame. Therefore we should codify a minimum 80% GM vote *policy* to enact official boycotts, and dispense with the unofficial 51% *suggestion*.

It's time to change the conversation. Finally.

Jesse Rosenfeld

'JULY 2014: TAKE ACTION
AGAINST THE
APARTHEID WALL:' A
PALESTINIAN
GRASSROOTS
CAMPAIGN AGAINST
ISRAEL'S WALL IN THE
WEST BANK

MEMBERS:

Background: On July 9, 2014, it will be a decade since the International Court of Justice (ICJ) issued an advisory opinion: *Legal Consequences of the Construction of a Wall in the Occupied Palestinian Territory*. Summary: (A) Construction of the Wall being build by Israel, the occupying Power, in the Occupied Palestinian Territory, including in and around East Jerusalem, and its associated regime (gates, permits), are contrary to international law; (B) Israel is obligated to terminate its breaches of international law, to cease construction of the Wall, dismantle structure, repeal legislation relating to Wall; (C) Israel is obligated to make reparations for damage caused by the construction of Wall in the Occupied Palestinian Territory, including in and around East Jerusalem; (D) All States obligated not to recognize the illegal Wall, not to render aid or assistance in maintaining the situation created by the Wall, and to ensure compliance by Israel with international humanitarian law; (E) The United Nations, especially the General Assembly and Security Council, to consider further action required to end the illegal situation resulting from the construction of the Wall.

Ten years after ICJ: Powerful govern-

ments have shirked their responsibilities; the Wall has expanded with impunity. Seventy percent completed already, when finished the Wall will stretch 800 kilometers and will enable the de facto annexation of 46 percent of the West Bank. In the face of official inaction, 30 Palestinian coalitions and organizations, including US Campaign to End the Israeli Occupation (a national coalition of 400 groups), recently issued a call for ordinary people around the world to mark ten years since the ICJ ruling by making July the month of action against the Apartheid Wall. Using this opportunity to raise awareness about the Wall, start or strengthen boycott, divestment and sanctions (BDS) campaign focused on companies involved in the construction of the Wall (Elbit, G4S), and pressure governments to live up to their obligations outlined in the ICJ decision. The effects of the Wall in Palestine have been devastating: cutting people off from their families, employment, farms, education and medical care; robbing Palestinians of their land and resources. (Jamal Juma)

The Wall: Construction started 2002: concrete walls (height: twice Berlin Wall), fences, ditches, razor wire, an electronic monitoring system, patrol roads, and a buffer zone. 85% of the Wall cuts into the West Bank. Illegal settlements built behind the Wall are the single most important factor behind the deviation of the route from the 1949 Armistice ("Green") Line. With 34 fortified checkpoints, 634 military checkpoints, 1,661 km settler roads complementing the Wall System, Israel imprisons Palestinians into ghettos: Northern Ghetto (Jenin to Qalqiliya), Central Ghetto (Salfit), Jerusalem, Southern Ghetto (Bethlehem, Hebron), Jordan Valley, Gaza Strip. (stopthewall.org)

Crime of Apartheid: Systemic policies by a regime to dominate/suppress one racial group over another ... 'Action to Stop Apartheid Wall:' icjl0.stopthewall.org, #Stop Impunity.

Mary Buchwald
BrooklynForPeace.org
PSFC members for BDS
www.psfcbds.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.

SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *Nothing Like Chocolate*

By Adam Rabiner

Films for Foodies tend to fall into certain categories. There are films that lavish aesthetic, cinematographic, appreciation which leave you hungry such as *Jiro Dreams of Sushi*. Others screened in this series use food as a launching point to tell a larger story. *Black Gold* is not so much about coffee as it is about fair trade. *Bananas!* deals with the exploitation of Nicaraguan banana farmers exposed by a U.S. multi-national to banned toxic herbicides and *Asparagus!* dwells on the plight of the small town American farmer. *Beer Wars* is less about beer and more about the warlike, cutthroat nature of the beer industry and *King Corn* is not about corn on the cob but about the pervasiveness of corn syrup and other corn derivatives in our food system and our very bodies. *Juliette of the Herbs* was a loving biography of a fascinating, nomadic woman who devoted her life to understanding and using the powers of plants to heal.

What is remarkable about *Nothing Like Chocolate* is that it is at once a story about a person, a business, and chocolate while it also addresses the larger issues of fair trade and food justice. The film works on all these levels.

Mott Green

The heart of the film is Mott Green, born David Friedman. Green grew up in New York, the child of two intellectuals, and dropped out of college in 1988 just shy of graduation. That year he

met some anarchist squatters and became an activist with a radical approach to alleviating suffering. He electrified the squatters' abandoned houses, installed solar-powered hot-water showers, converted a Volkswagen bus to run on electricity and worked in several soup kitchens. In the mid-1990s Green moved to Grenada where he founded the Grenada Chocolate Company in 1999.

The camera crew tags along with Mott as he speaks honestly of his life on the island, weighing the loneliness he feels as a single man against the freedom he enjoys to work around the clock on his business and follow his passions.

Chocolate

Mott's great passion for chocolate developed, in part, out of his enjoyment for cocoa tea, a mild stimulant. Before starting the business, he knew nothing about chocolate, but he learned. Leading a tour of the factory, Mott explains to some children that the phrase, "like water for chocolate" is a misnomer because water and chocolate don't mix. In fact, in drying, fermenting, and roasting cacao beans, the very point is to get most of the moisture out. The cacao nib, or center, is 50% fat and 50% solid. Grinding the nib is very similar to making peanut butter and results in a rich, thick, delicious looking (but actually very bitter) dark brown paste known as chocolate liquor that when sweetened, molded, and hardened

becomes chocolate. It takes Mott three days to make his small batches of chocolate from scratch.

Clearly, for Mott, and the other chocolatiers featured in this film, chocolate is a food not a candy. Their artisanal chocolate is pure, unlike mass-produced commercial products adulterated with palm butter. They revere this food, as did the indigenous peoples who used the cacao bean as currency to trade with the Spanish conquerors.

Food Justice/Fair Trade and the Grenada Chocolate Factory

One of the reasons Mott began the Grenada Chocolate Factory, the only chocolate-making company in a cocoa-producing country, was his abhorrence of a decades-long problem endemic to industrial chocolate production, forced child slavery in West Africa, particularly the Ivory Coast. He felt this social problem had its roots in the global scale of production which keeps cocoa production separate from chocolate making and divides consumers from producers. Unlike wine whose origin is specified, the cacao beans that go into a mass produced candy bar can come from anywhere.

Mott, a kind of radical Willy Wonka, wanted to produce chocolate in the opposite way—locally, organically, sustainably, ethically, and as an Organic Cocoa Farmers' and Chocolate-Makers' Cooperative proudly paying cocoa farmers the highest price in the world for the beans at

\$2.00 per dry pound, a full \$.70 more than the \$1.30 offered by the government's Grenada Cacao Association.

The company, whose slogan is "tree to bar," is one of the only small-scale chocolate makers producing chocolate where the cocoa grows, and it performs every activity involved in production, from planting and growing cocoa trees to drying the cocoa beans in the sun and fermenting them. Mott created unique processing methods, designed and maintained his own solar-electric powered machines, refurbished antique equipment and even packaged the finished product. Mott shipped the chocolate bars to other Caribbean islands on a 13 foot Hobie Cat and to Europe on the Tres Hombres wind powered sailboat and delivered them to their final destinations using volunteer bicyclists in the Netherlands. In 2011 the company was recognized by the State Department for promoting sustainable economic development and outstanding environmental conservation.

In researching *Nothing Like Chocolate*, after watching the movie, I was shocked and saddened to learn that Mott Green died on June 1, 2013, just a year after the film was made. He

was electrocuted while working on some solar-powered machinery. He was 47.

The Grenada Chocolate Company continues with the help of Mott's mother and business partners. The documentary's director, Kum-Kum Bhavnani, will join the post-screening discussion from London via Skype and Joe Angello, a business partner and distributor of the product in the U.S., will be here in person. Mr. Angelo worked closely with Mott and will be able to give personal insight into Mott's accomplishments and philosophy of non-complacency. *Nothing Like Chocolate* is a great film about a special man. Knowing that Mott Green is no longer making the world a better place is, indeed, bittersweet. ■

Nothing Like Chocolate will show on Tuesday, July 8, 7 p.m. Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.



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 Fl., New York, NY 10018

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

EXPERIENCED REPORTERS Please Apply

**Workslot Description**

We have four distinct *Linewaiters' Gazette* teams—each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team's editor every eight weeks.

For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please contact Annette Laskaris in the Membership Office or e-mail her at annette_laskaris@psfc.coop.

To Apply

Please send a letter of application and two writing samples at least 800 words long (one sample must be a reported interview, *not* a Q&A) to annette_laskaris@psfc.coop. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.

Seeking to Diversify the Gazette Staff

The *Gazette* is looking for qualified reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the *Gazette* and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

CLASSIFIEDS

BED & BREAKFAST

HOUSE ON 3RD ST AT 6TH AVE
Parlor floor thru sleeps 4 in privacy, AC, wifi, kitchenette, deck, 12' ceilings, \$170 a night for 2. Visit our site at houseon3st.com or call us, 718-788-7171. Enjoy modern comfort in true Park Slope style. Grandparents our specialty! We want to be your hosts in the Slope.

CLASSES/GROUPS

DRUM AND HAND DRUM LESSONS Study drumset and hand drums with a world class professional. Over 20 years experience in NYC and around the world. Jazz, rock, funk, hip-hop, world sensibilities. References, reasonable rates. Your place or mine. If it's not fun, what's the point?! 917-769-6240.

EMPLOYMENT

HELP WANTED. Part-time position as a driver and helper for a local licensed moving company. Excellent driving record and moving experience required. Must be able to drive a 16-foot box truck. No commercial license

required. This is a non-smoking position. 718-622-0377 or email tophatmove@aol.com.

SERVICES AVAILABLE

ATTORNEY—Personal Injury Emphasis—36 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 24-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

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

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

HAIRCUTS HAIRCUTS HAIRCUTS. Color, Perms, high lights, low lights in the convenience of your home or mine. Adults \$35-40. Kids \$20-25. Leonora 718-857-2215.

VACATION RENTALS

3-SEASON BUNGALOWS Studio, 1- and 2-BR houses in historic bungalow community near Peekskill and the Hudson River, 1 hour NYC. Pool, tennis, organic community garden, social hall w/internet, social activities. \$25k-\$87k. www.reynoldshills.org/bungalow-shop. Contact Mel: 347-307-4642, melgarfinkel@yahoo.com, or 347-715-3735.

Rent pvt bed & bath in PASSIVE SOLAR farmhouse. Organic food & bedding provided by farmer. Hypoallergenic furnishings. PERMACULTURE gardens. Secluded ravine w/16' WATERFALL & picnic site. Woods, beaver pond also on farm. Sharon Springs near Cooperstown. No pets. \$400/wk or \$1200/mo plus food. 518-860-8602.



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.

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Math Tutor

I am a NYS-certified/NYC-licensed math teacher with 23 years experience. I provide clear, precise explanations to develop problem-solving skills, while building confidence and ease in the world of math. I have successfully tutored students for Regents, SAT, GRE, professional qualifying exams and all school levels. For remediation or enrichment, traditional or common-core, Call David Cohen at (718) 857-5968.



WELCOME! (CONTINUED FROM PAGE 7)

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.

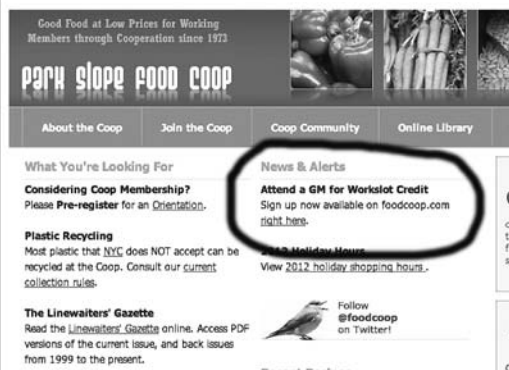
Melichior Scholler
Sam Seder
Assaf Sela
Aleksandra Sevruk
Courtney Sheets
Jeremy Smerd
Thomas Stubbs
Rachel Swaby

AnnMarie Sykes
Tocarra Thomas
Lisa Uhlig
Lesley Unruh
Gabriela Vazquez
Louise Voccoli
Rebecca Volinsky
Jarrett Waite

Anna Wako
Linda Wenger
Elara Willett
Beverly Williams
Patrick Williams
Christopher Wladyka
LaVoya Woods- Dionne
Sherry Xuan Yang

Minette Yao
Rebecca Youngerman
Michelle Yu
Faith Zeitlin
Catherine Zhou
Shuli Zilberfarb Sela

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



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



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



◆ Call the Membership Office

Solution to this issue's sudoku puzzle

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

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

EXCITING WORKSLOT OPPORTUNITIES

Office Set-up

Monday-Wednesday, 6 to 8:30 a.m.

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

Store Equipment Cleaning

Monday, 6 to 8 a.m.

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

Check Store Supplies

Monday, 9 to 11:45 a.m.

This workslot is responsible for restocking supplies on the shopping floor, at checkout 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.

Office Data Entry

Saturday, 3:30 to 6:15 p.m.

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

Bank Run

Monday, Wednesday
Daytime

This job is task-oriented, not time-oriented. Working with a partner, you will assemble materials for Coop cashiers. This is a midday job with an 11 a.m. start time. Requires a six-month commitment, complete dependability in attendance, and great accuracy. Contact Kathy Hieatt, Bookkeeping Coordinator, Monday-Friday, 9-5.

Daily Coin Processing

Saturday Evening

This job is task-oriented, not time-oriented. You will be counting coins, filling out forms, and using machines that count coins and bills. Comfort with numbers and electronic machines

a plus. This is an evening job with some flexibility in start time. Requires a six-month commitment, complete dependability in attendance, and great accuracy. You will be trained on your first shift. Contact Kathy Hieatt, Bookkeeping Coordinator, Monday-Friday, 9-5.

General Meeting Set-Up

Tuesday, early evening

Adaptable, physically energetic, team workers with excellent attendance needed to help set up and break down the space where the General Meeting is held. Contact Adriana Becerra, Membership Coordinator, adriana_becerra@psfc.coop.

Van/Truck Driver for GM Delivery/Pick-Up

Last Tuesday night of the month

Member with a van or truck needed to pick up and load the team of workers and gear from the Coop at 5:30 p.m. and drop them off at the local General Meeting venue (currently M.S. 51) and help unload. Then, be on call to return to venue for pick-up and loading of workers and gear between hours of 8:45-10 p.m., and drive back to Coop. You must be dependable, with good attendance. Contact Adriana Becerra, Membership Coordinator, adriana_becerra@psfc.coop.

THANK YOU!

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

Chris Agee	Dan Goldstein	Catherine McCaw
Thomas Ahern	Laura Grant	Sarah Meredith
Nova Ami	Adjua Greaves	Melissa Metrick
Aparna Anantharaman	Molly Gunther	Emily Miller
Natalie D. Anava	Marshall Hagins	Madelyn Moyer
Zach Appelman	Robert Hernandez	Cyslin Pajares
Yael Avnon	Rachel Hurn	Jade Payne
Sharon Avnon Yaniv	Yelena Itkina	Macarry Pobanz
Ariana Bahret	Karen Johnson	Angela Redekop
Jane Barnett	Kate Johnson	David Redekop
Nancy Beck	Conall Jones	Dawn Redekop
Stephanie Bejar	Kaoru Jones-Kobayashi	William Redekop
Maria Bordallo	Julia	Rochelle Reynosa
Brian	Barbara Kass	Marissa Rhodes
Jennifer Brown	Noah Kershaw	Faye Richards
Bruce	Kim	Carolyn Robbins
Tetina Bunche	Savannah Knoop	Hillary Rubenstein
Zoe Carey	Andrew Koncz	Stephanie Rutkowski
Shelly Carvalho	Leah Krauss	Yotam Silberstein
Sandra Catania	Joshua Kristal	Margo Simon
Nerissa Clarke	Elizabeth L.	Mae Singerman
Erica Cohen-Taub	Robert L.	S. Singh
Sam Coleman	Lauryl	Daniel Slepitsky
Matthew Coluccio	Leon Lazaroff	Rachel Smerd
Daniel D'Oca	Jessica Levin	Thomas Southwick
Nico Dann	Liat	Anim Steel
Margaret De Cruz	Ryann Liebenthal	Jeffrey Stern
Alicia DeBrincat	Kristin Lilley	Luke Stern
Ava Donaldson	Cammie Lin	Maxwell Taylor
Michelle Eilers	Edgar Lin	Jacqueline Vimo
Aaron Elliott	Paul Liu	Chris Voss
Maggie Fay	Liz	Sally Warring
Amara Foster	Lisa Lopez	Liz Wisan
Ora Fruchter	Colleen Macklin	Katie Yeskel
Lisa Genn	Trevor MacDermid	Amy Yu
Jason Glick	Manissa Maharawal	Adrienne Yurick
Zoltan Gluck	Ariana Mangual	Ilana Zarankin
Stephanie Goichman	Audrey Mazur	Kate Zuckerman



ILLUSTRATION BY ETHAN PETTIT

