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Volume JJ, Number 9

April 30, 2015

## In Sunset Park, Worker Cooperatives Building Better Lives



Developers and members of the Cooperative Businesses Service at SCO. From left, Corinna Zuckerman, Zenayda Bonilla, Angelina Cazares, Jhoana Rivera, Irma Casco, Gladis Arriaga, and Maru Bautista.

By Thomas Matthews

**T**hey asked me to clean floors with my bare hands. The chemicals hurt. I needed to do something else."

"I worked in factories for years. It was poorly paid and not safe. My life has changed."

"I had taken care of my parents as they aged. I

came looking for a job, but I found a better life."

The women, speaking mostly in Spanish, are sitting around a conference table at the Center for Family Life in Sunset Park. They want a reporter to understand that their new businesses, which are worker-run cooperatives, have done more than pay living wages and provide valuable services. They are tools to help them improve their lives and their communities.

"Some of our clients were reluctant to work with us at the beginning. They had more trust in an established business," explains Zenayda Bonilla, a member of Golden Steps, which

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### CLARIFICATION

Please see a full description of Gazette Submission Guidelines and Policies on page 12. Note that there are some additional guidelines for Letters to the Editor and other member submissions. Many thanks to members for cooperating with the moratorium on BDS-related letters, which allowed time for the editors to review and revise the submission guidelines in place for this issue and going forward.

## Coop Event Highlights

**Fri, May 1 • Film Night: *Fighter*** 7:00 p.m.

**Thu, May 7 • Food Class:**  
**Feeding Our Deeper Selves** 7:30 p.m.

**Sat, May 9 • Wordsprouts: A Family Event** 3:00 p.m.

**Tue, May 12 • Safe Food Committee Film Night:**  
**Grazers: A Cooperation Story** 7:00 p.m.

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

## Really Local Greens



PHOTO COURTESY GOTHAM GREENS

Nicole Baum, Coop member and Gotham Greens employee, brought Gotham Greens to the Coop's attention.

By Brian Dentz

**G**rown and packed in Brooklyn, New York" is printed on the plastic clam-shell container of iceberg lettuce. On a recent day in the Coop produce aisle, a member who gave her name as Vanessa told a reporter she had purchased Gotham Greens lettuce about five times. She described it as "crispier, more flavorful and sweeter" than other iceberg lettuce, which she said was bland and not as green.

Commenting on the label, she said, "I heard that local veggies taste better." With six separate statements on the label declaring the lettuce is local, it's hard to miss.

Gotham Greens grows its produce hydroponically on the rooftop of Whole Foods right nearby on Third Avenue and Third Street. It's been selling greens to the Park Slope Food Coop since January. Their produce includes basil, butterhead lettuce, iceberg

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### Next General Meeting on May 26

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The May General Meeting will be on Tuesday, May 26, 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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## In Sunset Park

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offers non-medical care and companionship to older people, helping them remain safely in their homes. "But then they see that we give better service, because it's our own business, and we care so much about it."

"I have learned so much," Bonilla continues, "and I like the idea that we are moving forward together. We can do more for the community than just provide a service. We can build a future together."

Golden Steps was founded in 2011, incubated and supported by the Center for Family Life, which is part of the SCO Family of Services. With seven members, providing services to about 20 people so far, Golden Steps is a tiny part of a large organization. But as one of seven active cooperative businesses, with several more in development, it is a model for an approach that could become much more important.

SCO, whose history as a charitable organization dates back to 1895, operates more than 87 programs, serving more than 60,000 vulnerable New Yorkers. Services focus on children, at-risk teenagers, the disabled and disadvantaged. In 2014, SCO's budget was more than \$250 million, according to their website.

The Center for Family Life (CFL) was established in Sunset Park in 1978 to serve a largely low-income and immigrant population. CFL's Adult Employment Program was launched to match workers with employers.

"But there simply weren't enough employment opportunities for all the people in our program," explains Maru Bautista, 30, a Cooperative Developer at CFL since 2013, who moved to New York from Mexico four years ago. "Worker cooperatives were the answer."

The first cooperative, Si Se Puede! (We Can Do It!) was founded in 2007, offering housecleaning services. Now counting 70 worker/members, it is thriving, charging about \$100 to clean a studio apartment, and about \$300 for a three-story house (Si Se Puede! was profiled in the *Linewaiters' Gazette* issue of March 1, 2007).

Other initiatives found rockier roads, however. We Can Fix It, a cooperative designed to offer home repair services, launched in 2009, failed to thrive and closed. But CFL kept moving forward. (An update on their progress appeared in the May 21, 2009, issue of the *Linewaiters' Gazette*.)

"We call ourselves coop incu-



## Center for Family Life in Sunset Park

SCO Family of Services

For more information about the Center for Family Life and the cooperatives they have supported:

Center for Family Life [www.sco.org/programs/center-for-family-life/](http://www.sco.org/programs/center-for-family-life/)

The Cooperatives:

Beyond Care, Child-care services  
[www.beyondcare.coop/](http://www.beyondcare.coop/)

Émigré Gourmet, Catering services and cooking lessons  
[www.emigregourmet.weebly.com/](http://www.emigregourmet.weebly.com/)

Golden Steps, Non-medical care and companionship for the elderly  
[www.goldensteps.coop/](http://www.goldensteps.coop/)

Kaluk, "Guerilla marketing" services for Brooklyn-based businesses  
[www.kalukservices.com/](http://www.kalukservices.com/)

Kickin' It!, Soccer training for children  
[www.kickinitcoop.wordpress.com/](http://www.kickinitcoop.wordpress.com/)

Si Se Puede! (We Can Do It!), House and apartment cleaning, [www.wecandoit.coop/](http://www.wecandoit.coop/)

Trusty Amigos, Dog-walking and pet care  
[www.trustyamigos.coop](http://www.trustyamigos.coop)

bators," says Corinna Zuckerman, 26, also a Cooperative Developer at CFL. She's from Switzerland, and is committed to the cooperative model. Zuckerman has worked with a cleaning cooperative in Switzerland, with farmer and tourism cooperatives in Nepal and a gardening cooperative in New Zealand. She moved to New York last October and joined the Park Slope Food Coop a month later (her shift is Receiving).

"Our model is to initiate the process," Zuckerman continues. "Is there a potential business here? We invite members of the community to explore through a series of workshops." CFL provides back-office support, subsidizing costs as the cooperative gets up and running. "We work on team-building and communications. Our goal is to help the coops become self-sustaining."

The venture's success came to the attention of the City Council, which has provided funding since 2012. The city grants have allowed CFL to add staffers to the coop development team, which now includes eight workers, led by Vanessa

Bransburg. The coop development program budget is currently approximately \$550,000 per year.

"The staff helps us a great deal," says Angelina Cazares, who is part of Golden Steps. "We have had difficulties." Of the 22 founding members, only two remain, among the seven current members. "But it's important work—to help older people stay in their homes. And our clients are wonderful people."

"Sure, I could go to work for an agency," she continues. "But the cooperative is so much more rewarding than that. It gives me a sense of self-worth, being part of a community."

According to Cazares, Golden Steps' two biggest challenges are marketing—finding new clients and language skills—communicating with their clients in English.

The latter need has led to the formation of a new cooperative business called Sunset Scholars. The members—who include high school students and experienced teachers—will offer services ranging from help with homework to formal ESL

instruction. Though Sunset Scholars is still in the beginning stages, members of Golden Steps will be among their first clients.

Several more cooperatives are in the formative stages. CFL is working with Damayan, a migrant workers' association founded by Filipino immigrants, to develop an office-cleaning business. An attempt is underway to revive the handyman cooperative. Kaluk, based in Red Hook, offers "guerrilla marketing" services. Bautista notes that City Council member Carlos Menchaca hired them to assist in the participatory budget process.

Beyond Care, founded in 2008, has become an established success. "We offer child care in the home," says Gladis Arriaga, one of 39 members. "Full time, part time, last-minute—we help mostly working women manage their families, and their lives."

Beyond Care charges a sliding scale, beginning at

\$17/hour, depending on how many children and how much time is involved. Beginning in Brooklyn, the coop now has clients in Manhattan and Queens. "Our nanny is really sweet and energetic with the baby," notes a testimonial posted on the coop's website. "Plus, their cooperative is a wonderful worker model with good member participation."

"It takes a strong group to make it work," says Zuckerman. "And patience! Every start-up takes time."

"It's wonderful work," Bautista states with conviction. "Sharing the hopes and achievements of the members is truly rewarding. It's exciting to help them grow their businesses."

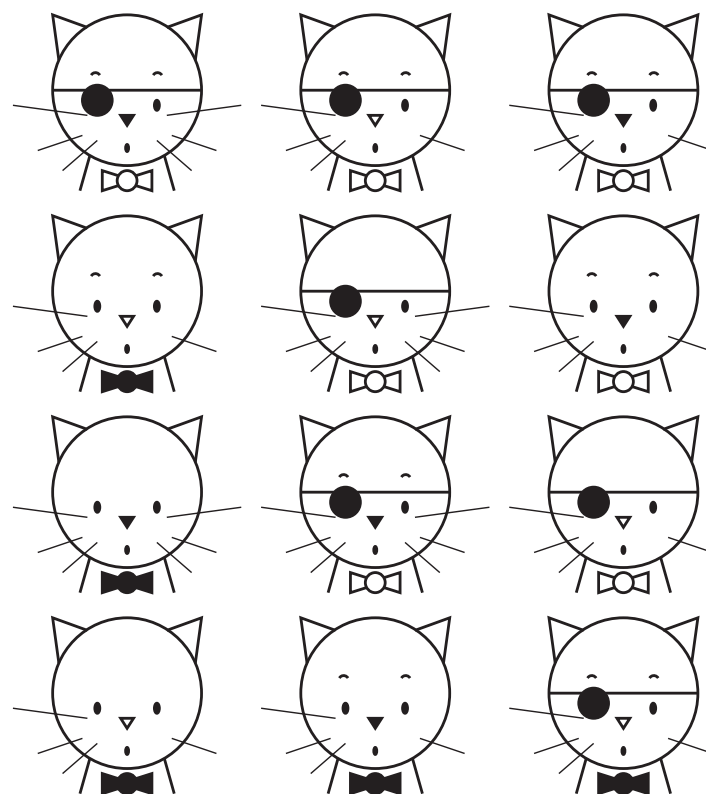
Learning new skills, building trust, escaping exploitation, creating a sustainable future—CFL's Cooperative Development effort has helped Brooklyn residents find better lives through cooperation. ■



PHOTO BY INGSULIU

## Cats

Which two cats look the same?



Puzzle author: Lars W. Roe. For answers, see page 8.



## Local Greens

CONTINUED FROM PAGE 1

lettuce and a lettuce medley. According to Coop produce buyer Kristopher Marx, 50 of the 260 cases of greens the Coop purchases weekly come from Gotham Greens.

Nicole Baum, a Coop member and an employee of Gotham Greens, invested significant “face time” selling the Gowanus operation to the Coop’s produce purchasing team before they were convinced. Baum told the team “this is their local farm.” Recalling the meetings, she said, “I appreciated their open-mindedness and attentiveness to be well-informed.”

Baum pointed out that

Gotham’s philosophy jibes with the Coop’s mission. It aspires to grow with responsible methods, is pesticide free and respects workers’ welfare. Other selling points are the benefits of being “hyper local.” A head of their iceberg lettuce is typically harvested and on the Coop shelves the same day. California greens typically take a week. This, she says, is why her lettuce will last longer in your fridge.

There also are no seasonal and environmental fluctuations in availability and price. Because all aspects of growth are controlled, Gotham Greens is also able to guarantee a consistent product.

Gotham Greens opened in December of 2013, and now sells to 13 New York-area Whole Foods, as well as other supermarkets and restaurants. It produces 200 tons of 12 varieties of greens annually at this facility, which is their second working hydroponic farm. According to Baum, on this ½-acre rooftop farm they produce as much as a 10-acre standard soil farm with 1/10th the amount of water. To accomplish this, the greenhouse is kept at an optimum 75 degrees Fahrenheit through sensors that relay data to computers, which control a series of grow lights, curtains, fans, mist hoses and windows that open and close.

Each plant sprouts from a hole on a 12-foot white plastic tray, which looks like an upside down roof gutter. Dozens of holes three inches apart line the long trays, which sit on a slight pitch. Thousands of these trays are lined up under the glass-enclosed greenhouse. Water is pumped through hoses to the higher end of each tray, and a slow stream of water flows down, keeping the roots of each plant consistently moist. The roots grow in and around in a 1-inch cube made from volcanic rock. The water is infused with nutrients specific for each variety of plant. The plants are hand-seeded and take 30-40 days till harvest.

Hydroponic farming exists throughout the world on a large scale. What makes Gotham Greens unique is how it managed to tailor the technology to an urban environment on a small rooftop. Baum explained: “Our goal is to be a local brand on a national scale.” It soon plans to open a farm in Jamaica, Queens, as well as one in the Chicago area.

Asked what PSFC members’ reaction to the new product has been, Kristopher Marx said “positive” so far. The basil has especially been praised.

Not all hydroponic farms are highly visible rooftop operations.

Four blocks north from City Hall in lower Manhattan, hidden in a sub-basement of an unassuming building, is Ian Rothman’s hydroponic farm. The ceiling of the 500-square-foot room is snaked with 4-inch pipes. There are three large groupings of sloped tables with nine, 1000-watt lights hanging from chains. Water is on a constant circuit, slowly flowing in trays on



PHOTO BY SHIA LEVITT

**Ian Rothman poses in the basement garden he built from scratch for the upscale restaurant Atera, near City Hall in Manhattan.**

the sloped tables covered with plants into a reservoir, and then pumped back to the top of the table to circulate again. Every two weeks Rothman changes the nutrient-enriched water.

Two floors up on ground level is Atera, a high-end restaurant that serves these specialty crops. “Everything we grow down here is used to garnish dishes,” Rothman explained. Kale, collard greens, mustard greens, fava beans and peas are among the 35-40 varieties of edibles grown. All are being grown for their leaves, not the fruit. Rothman states, “Because we have such control... as things are ready, we can pick them.” It’s important for each dish to look the same. “Uniformity,” Rothman emphasizes, is important. “Cookbook quality garnish” is how he describes how each should look.

In New York City, isn’t everything always available in a market? Rothman says that is not the case. You can’t get some garnishes fresh. Of the garnishes that are available, many are not available year round. And of those that are available year round, “we are not able to maintain the consistency we are looking for (when buying from a market).”

The basement harvest is non-stop, 4,000 leaves per day. On this farm, the bounty is measured by the piece rather than weight. Most plants are grown from seed and take 12-15 days until harvest. “One of the benefits of hydroponics is how quickly things grow.” This is because all the inputs for the plant, nutrients and light, are hyper-controlled. Harvesting is done with small scissors.

With all this attention, the final product doesn’t come cheap. Atera serves a prix fixe dinner for \$225 per person. It’s a two-and-a-half hour “experience,” according to Rothman, who describes the food as “natural, composed and beautiful.”

Rothman studied plant and soil science at the University of Massachusetts, Amherst. While in school he also worked part time on both a large commercial farm with 18 greenhouses, and a small organic farm. He described them as “complete opposite ends of the spectrum.”

After college he teamed up with a friend and started a farm in Worthington, Massachusetts, on half an acre of the friend’s land. After five years they had expanded the farm to eight acres. But his girlfriend was accepted into law school in Manhattan, so he decided to move with her to the big city.

Through a mutual acquaintance he was introduced to chef Matthew Lightner, who comes from Oregon. Lightner told him how he missed the produce and long growing season in Oregon, and they discussed how Rothman could grow food for the restaurant. Rothman asked if they had access to a roof. They didn’t. Then they looked at the 20 X 25-foot room full of boxes in the sub-basement. “Yeah, we can make a garden down here,” was Rothman’s reaction. Three and half years later, after trial and error, the garden grows. Aside from working the farm, Rothman’s other duties include shopping for the restaurant in farmers markets, where he often has a special relationship with local farmers. ■



PHOTOS COURTESY GOTHAM GREENS

**Gotham Greens’ greens: Hydroponic produce in its urban setting.**



# A Newbie's Guide to the Vitamins and Supplements Aisle

By Allison Pennell

The other day I tried gripe water and a dropperful of some sort of tincture that's supposed to ward off flu and decided that I'd rather succumb to disease than take another sip. I don't drink kombucha. I just can't. I do like chewable vitamin C and I can get through a few drops of Carlson's Super Daily D. Yes, I was the kid who ran through the pediatrician's office in my underwear to avoid a shot and I've remained dubious about anything that will pain me, existentially or otherwise.

Herbal supplements and homeopathic remedies are big business in the United States, with profit margins about 10 times as high as food items. They are among the fastest growing sectors and projected to top \$115 billion in sales in the U.S. alone by 2020. The PSFC's vitamins aisle sells around \$35,000 a week, with annual vitamin aisle sales of around \$1.8 million. We carry close to 1,500 individual items and sell about 3,000 vitamin products every week.

Supplements have also been in the news of late for less benign reasons. Two months ago, State Attorney General Eric Schneiderman published the results of his investigation of four national retailers of supplements. He accused GNC, Target, Walgreens and Walmart of selling supplements that contained little to none of the medicinal herbs advertised and, in many cases, ones that included cheap fillers and contaminants.

So it was with some trep-



Vitamin buyers Ibou Diallo, Edite Eckroth, and Jessa Fisher.

idation that I sat down with the Food Coop's Receiving Coordinator and certified herbalist Jessa Fisher to discuss the efficacy and safety of electrolytes, cat's claw and flower essences in keeping me (and you all) healthy and happy. It didn't help that during my research, I came across an article about health guru Gary Null (whose products the Coop does carry) filing a lawsuit against his manufacturers for almost killing him with his own Ultimate Power Meal in 2010. That really happened.

Fisher was hired three years ago to help organize and expand the Coop's preventative and homeopathic care offerings. She patiently answered my dumb questions, helped me better

understand the point of all these vials and jars, and explained how to find what were in the hitherto byzantine shelves of Aisle 4A.

**Allison Pennell (AP): Let's start off with the AG's investigation of herbal supplements. Should members be worried about brands carried by the Food Coop?**

Jessa Fisher (JF): No. We buy from the top companies in the industry. And they do their due diligence with quality testing. One of the companies we sell, Gaia, has the world's first herb traceability program. You can follow your herb online from farm to capsule. As soon as he saw *The New York Times* article on the investigation results, Coop General Manager Joe Holtz had us get in touch with all of our herbal suppliers to make sure that their products met a high standard and that what was in the bottle matched what was on the label. Because of our concern, we contacted companies, and now we have a file of statements from our suppliers pledging quality assurance of their products.

Beyond that, DNA markers were used for the study to investigate herbal extracts in capsule form for Target, Walmart, Walgreens and GNC. They found a smaller percentage of the correct

plant than they should have, some less than others. But the American Botanical Council (ABC), which represents herbalists, has said that the DNA barcoding used is not an established method of testing. The inves-

**AP: Why not just eat well? Why bother with costly supplements, probiotics and vitamins, terrible tasting tinctures and beverages?**

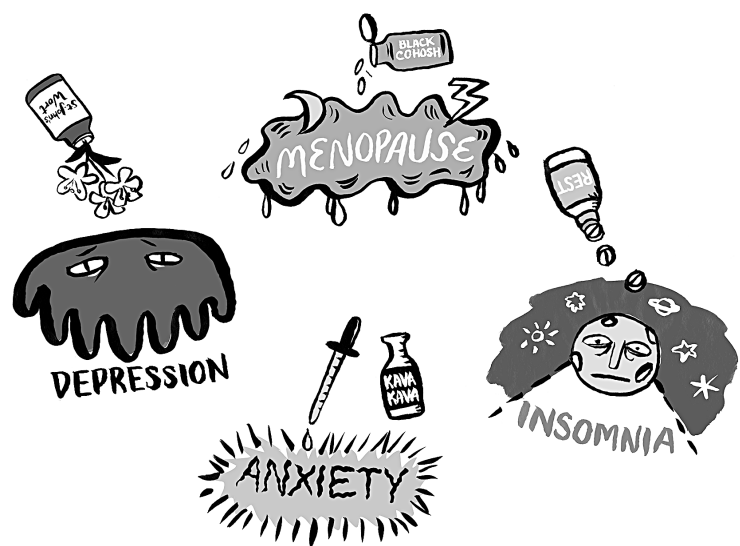
JF: A lot of the soils that we grow our food on in the U.S. are depleted of minerals. Organic soils are good because they are adding compost, rotating crops, not depleting minerals. But basic soils don't really have that many vitamins and minerals in them anymore.

A probiotic is many different species of bacteria and helpful organisms that assist your body to digest and process food. Often people will take probiotics after a round of antibiotics, which will kill gut flora (the bad ones and the good ones) and we need the good gut flora to process foods and to keep our immune systems up. And they're safe for kids, too.

There are a lot of people who feel you can get everything you need from food. Some want extra. And then there are many people who aren't completely healthy.



ILLUSTRATIONS BY NINA FRENKEL



tigators were testing extracts, which might not have any of that original DNA. Take a nettle plant, for instance. If you dried it, ground it up and tested the DNA then it should test as nettles, but if it's an extract of main components out of that, it can't be tested with DNA because you are extracting only a few key constituents out of many.

Food is your medicine, but it's not just what you eat, it's what you absorb, and a lot of people's systems need help in absorbing the food they're eating. Others whose blood was tested by their doctors may need a boost of vitamin D or vitamin B12, which you may not get enough of if you're a vegan/vegetarian.



**AP: Is there hard scientific evidence at this point to prove the benefits of supplements?**

There is no definitive, all-encompassing study giving a thumbs up or down to herbal supplements overall, but there are many scientific studies on efficacy published in unbiased professional journals, which anyone can find on the National Institutes of Health online library, pubmed.gov.

A lot of the evidence is anecdotal and gathered over centuries of trial and error. One of my favorite websites is called earthclinic.com, which has a huge A to Z collection of articles and postings on every natural cure under the sun from apple cider vinegar to zinc.

Herbs2000.com is another site that is not anecdotal and which has a wealth of reference guidance on nutritional remedies and healthcare.

Another good guide on supplements is the book *Prescription for Natural Healing* by Phyllis Balch, which the Coop carries. A book by David Winston and Merrily Kuhn, *Herbal Therapy + Supplements*, is a great resource for studies citing herbal efficacy.

**AP: What's the best way of approaching the vitamin aisle, because I personally find it kind of overwhelming?**

JF: The Coop staff cannot advise, so it's best to do your research first. Speak with your doctor, read up on whatever you are looking to find help for. Consult an herbalist.

There's not one supplement that only has one utility and there's not only one solution for any given issue or malady. St. John's Wort, for instance, has recently been touted for its efficacy as an anti-depressant. But for over a century, it was known as a great homeopathic remedy for sciatica or nerve damage.

**AP: Why a tincture over a capsule? Or a vitamin over a supplement?**

JF: It's not an either/or proposition. They are all complementary. There are different applications for different herbs. Capsules are easy. Tinctures might be more appropriate for the elderly and kids who cannot swallow capsules. Some plants have water soluble compounds so a tea would be the best use. One of my favorite Coop

## Jessa's Tips for Utilizing All the Newfangled Navigation Tools for How to Find What Where

**Price Scanner:** This is located on the end of the ice cream case facing the shopping cart storage. If the screen is dark, you touch it to wake it up. You can scan any item in the store to find the shelf label description of the item and the price. For the vitamin aisle, there is a special extra tool. At the end of the shelf label description there is a two-digit code, e.g., A4, C6, G9, I7, R2. This code gives the location of the item in the vitamin aisle.

**Price Look-up Computer:** This is also located at the end of the ice cream case, just to the right of the price scanner. Gerald Barker, one of the IT staff, just improved this computer so that it does a key word search instead of only the first word in the description. Type in the item you are looking for, the simpler the better (e.g., "garlic"; "B" for vitamin B or "D" for vitamin D; "glucose" for glucosamine; "Jarrow"). The computer will show any shelf label description in the store which has that word or part of a word contained within it (so for "garlic" it won't just show items from the vitamin and supplement aisle, but anywhere in the store). For anything in the vitamin and supplement aisle, it will show you descriptions of all the items, which includes the two-digit code at the end of the description so you can know which shelf in the aisle to look for it (A4, C6, etc.). It will tell you the likelihood of the item being in stock, as well.

**Vitamin Floor Plan:** Vitamin buyer Edite Eckroth, who has worked at the Coop for 25 years, started as a Receiving Coordinator but for the last 15 years has been the main vitamin and supplement buyer. She first put this chart together years ago, and it is a helpful snapshot of the aisle. This is a chart hanging at the front of the vitamin aisle in section A1 above the vitamins. It is a grid of the aisle, with every shelf being represented by a letter and number. In aisle 4 the sections go from A1 to H10. Sections I1 through I9 are on the back end cap facing the yogurt. The only sections not represented on the chart are R1 (refrigerated flax oils above the yogurts) and R2 and R3 (refrigerated probiotics). The chart lists where everything is located;

for example, you can visually scan it and read that Elderberry products are in section G5. All of the sections containing a "1" are hanging (G1 and H1 are where the cough drops hang at the end of the aisle). All of the sections with a "2" are the top shelves, with oversize items, juices, and protein powders.

**Vitamin Aisle Signage:** This year, Tahiti Starship (yes, that is her real name!), a member of the Signage Committee, has been very helpful in working to get clear signage in the aisle. In front of every shelf is a letter within a circle affixed to the floor. Eventually there will be letters hanging from the ceiling, similar to the numbers hanging above the checkouts. These are the letters relating to the shelves. In the left corner of every shelf is the two-letter shelf designation such as "A4." Also, we are working on putting up section signs so each section will have a little sign in a bold color indicating "Children" or "D Vitamins" or "Aloe Vera."

**Shelf Labels:** For a long time the vitamin and supplement aisle didn't have shelf labels because they were too long for the small bottles, and it was too time consuming to even price items with a price gun. The only way to find out the price of an item was to take it to the ice cream case and scan it on the price scanner. Gerald and I did the research to find smaller sized labels to use which still fall under the NYS and NYC label regulations, and have tried to make the information very clear, with only five items on the label: the date, the count of items in the bottle (e.g., 100 caps or 1 oz.), the shelf label description, the price, and in the lower right corner, that special two-letter shelf designation (A4). It is a slow process getting all the labels up and will be an ever more laborious job keeping them updated but I think it will help the overall shelf organization. There has always been a two-digit code system set up to find a particular section, which was set up by Eckroth years ago, and works very well. Now, though, instead of the item just being somewhere on that shelf, we are hoping that every product will have its own location with a shelf label.

The price scanning computer and price look-up computer.

A sample new shelf label.

products of all is the fresh nettles we sell in the produce aisle next to the romaine hearts. You can steam them (don't touch fresh nettle). Dump the bag in steaming water, drink the water as tea. Once they are steamed you can take off the fibrous stems and discard them. Put the out-of-control nutritious leaves in soup, veggies, rice or on top of pizza.

A lot of people may not know that herbs (like alfalfa, nettles, comfrey and wild oats) are high in vitamins and minerals. Most trained

herbalists use tinctures—a stronger, more direct way to take herbs into the system. They go right into your bloodstream and your body doesn't have to digest them. A capsule has to be digested and then absorbed into your system. But a lot of people don't like the taste of tinctures. I take mine in a cup of tea or juice.

**AP: Is the Food Coop better priced than other area stores?**

JF: We have a standard markup of 31% for vitamins and supplements. That's sig-

nificantly less than you will find anywhere else. Industry standard markups for this category can go as high as 300% over wholesale.

Note: I did a little comparative research and found that:

- NeerGaard Pharmacy carries the same size of Children's Yummi Bears for \$15.99 that the Coop sells for \$10.48.

- Garden of Life Raw Fit sells for \$47.20 at Back to the Land as opposed to \$32.04 at the Food Coop.

- Herb Pharm Super Echinacea sells for \$8.04 at the

Food Coop and \$14.29 at Back to the Land.

- Now Evening Primrose Oil: PSFC price is \$6.95 vs. \$10.99 at Back to the Land.

**AP: People used to complain that you could never find anything in the rather Byzantine organization of the vitamins aisle. Have things changed?**

JF: Yes. We actually gave away a couple of shelves in the shopping floor and front end remodeling we did last fall, but have been working hard to optimize the space we have. ■

PHOTOS BY JESSA FISHER



# Summer Camp in a Food Media Kitchen

By Pat Smith

**H**ungry for food stories? It's easier than ever to get a media fix. Cable TV, radio and the Internet offer a cornucopia of 24-hour food coverage, from new takes on grilled cheese to long-read condemnations of predatory agribusiness. Despite all the new sources, getting paid to tell those stories is harder than ever.

"You used to be able to get a job as a journalist," said Ame Gilbert, an artist, chef and member of the Park Slope Food Coop who is the director of the LongHouse Food Scholars Program. "But now the field of journalism is so dispersed—everybody does their own online stuff. It's a struggle figuring out how to make a living."

To address that struggle, Gilbert launched the Food Scholars Program three years ago in partnership with the author and journalist Molly O'Neill. It's an intense, full-immersion workshop designed to develop skills for researching and reporting food stories for print, radio and television.

## From Studio to Stovetop

Running a media boot camp for aspiring food journalists is an unexpected day job for Gilbert. "I've spent years trying to merge food and art—thinking about food as an expressive medium that allows you to talk about history and culture," she said. "Coming from a visual art background, I struggled for years trying to figure out how to write about food. I

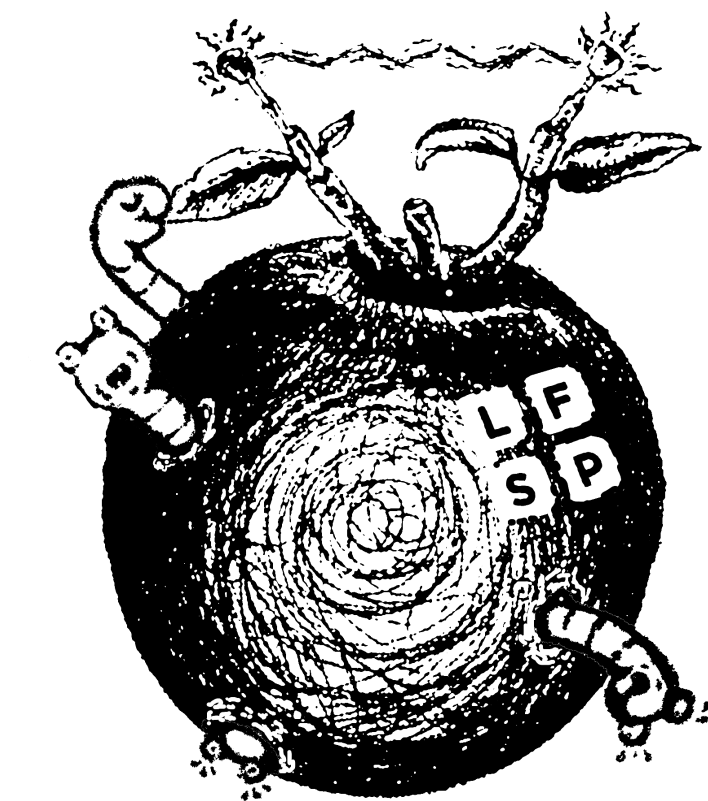


ILLUSTRATION BY PAUL BUCKLEY

applied myself. I take writing classes, and I took a class with Molly." O'Neill was a longtime food columnist for *The New York Times Magazine* and the host of the PBS series *Great Food*. "She's one of the early people who bridged written journalism with video. She understood that journalism includes blogging, social media, video and photography. I got involved in her project, the LongHouse Food Revival, a yearly event where food media people gather to talk about the expansion of the field," Gilbert said.

"At the Revival we had interns who were interested in learning the craft and getting a handle on all the different media platforms that are now used to tell food stories. So we started the Scholars program. I'm the director, which is funny because I'm not that interested in being a food journalist. But coming from an arts background, I am interested in how stories are told."

So we started the Scholars program. I'm the director, which is funny because I'm not that interested in being a food journalist. But coming from an arts background, I am interested in how stories are told."

## Tales from the Table

Gilbert came to food storytelling via her practice as an artist. "I'm interested in portraiture—not just an image, but a person's story about their place in the world," she said. "Food offers a really accessible way to be recognized and to recognize other people, to create community. I eat this, and oh, you eat this, too. And we express our politics via our food, of course. Certainly Coop members are steeped in a way of eating

and shopping and have created a community around food. We want to know how it's grown, is it seasonal, is it local, how's it produced, all that stuff."

"To use food to start talking about social issues, how communities form or conflict or support each other, is exciting to me. But another recipe? Tedious as hell. That's commercialism—there are already a zillion books and blogs. The Scholars Program is deeply committed to raising the bar of food stories so that they're not just another 'this is what I made for dinner; this is how you cook it.' I'm curious about the way we create distinctions—how we eat, whether we snack and graze, whether we have sit-down meals, the traditions that we use."

*"To use food to start talking about social issues, how communities form or conflict or support each other, is exciting to me. But another recipe? Tedious as hell."*  
—Ame Gilbert, LongHouse Food Scholars Program

## Cook up a Career Path

The Scholars Program is not a vacation. "We're in upstate New York in this gorgeous little hamlet, but it's not like an artists' retreat where everybody just works on an article or a book," Gilbert said. "The program isn't theoretical. It's about the job market. It's a hands-on introduction to different media platforms: video, sound pieces, recipe testing, recording and photography. For each assignment there are workshop leaders who come in, visiting chefs, and people working in the field. Projects go through stages so you get peer feedback as well as the workshop leader's feedback. Written pieces and blog posts are due throughout the session. Each day there might be a workshop or a visiting professional. You have time to work on your own, then your committee comes together and you're with the director of technology working in the studio editing."

"Everybody in the program also takes turns work-

ing in the kitchen. So there's hands-on cooking. The day is super full. It's really intense, and inevitably there are breakdowns and tears, because we're trying to run it like a newsroom, so you get that pressure. If you're actually going to work in the field, you have to pull it together. It gets very emotional, but over the two weeks you focus on the real, nitty-gritty steps of where you want your practice to go, so that when you leave the program you have clear, achievable goals. We're geared toward helping students to make real connections and get work."

## Beyond Food Fighting

The program has the potential for a juicy, reality TV premise, the kind of cooking show Gilbert finds alienating. "Reality cooking competitions are pop culture, a very specific kind of entertainment," she said. "Are they about food and the meaning of food and culture? I don't think so. They're sports, the commercialization of food. The unfortunate effect of that and a lot of food media, magazines and blogs, is that instead of inviting you to join in and feel part of a community, they make you feel bad about your own life. It's like fashion. Wear these drop-dead clothes and you'll have lovers and success. The reality is most of us can't even fit into those clothes. A lot of food media does the same thing. It's not welcoming. It's not educational. We hope our students will change that and create something beyond commercialism." Who are the students we may be hearing from in the future? "I don't know why, maybe this year will be different, but it's almost 99.9% women who come," Gilbert said. "They sleep in a dorm that we call the orphanage, like in the Madeline books, and inevitably everybody starts menstruating at the same time. I'm there, Molly's there, all the teachers are women. We ought to offer men a discount, because we'd like some testosterone to muck things up."

This summer the LongHouse Food Scholars Program will take place on July 5-July 19 and July 26-August 9. [www.onebigtable.com/longhouse/scholars](http://www.onebigtable.com/longhouse/scholars) ■

## HEARING OFFICER COMMITTEE SEEKS NEW MEMBERS



The Hearing Officer Committee is seeking two new members. The committee conducts and presides over disciplinary hearings, ensures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines what disciplinary action should be taken against the member.

Applicants should be Coop members in good standing for at least two years, have good attendance records and preferably have judicial, arbitration, mediation or legal backgrounds.

Members of the committee meet and earn workslot credit on an as-needed basis only, that is, when hearings are required. Therefore these members must maintain regular Coop workslots in good standing or be FTOP members in good standing.

The nature of the committee's work requires that all members maintain strict confidentiality with respect to all matters on which they work.

The committee seeks an applicant pool that reflects the diversity of the Coop membership at large. Those interested, please telephone **Marian Hertz** of the **Hearing Officer Committee** @ 212-440-2743 or e-mail at [Marian.Hertz@cna.com](mailto:Marian.Hertz@cna.com).



## INTERNATIONAL TRADE EDUCATION SQUAD

## Act Now on International Trade

By Susan Metz, ITES

The International Trade Education Squad (ITES) was established at the Coop's General Meeting in September 2014. The squad's mission is to inform and analyze how international trade could impact the Coop, our community and our individual lives. We are also charged to suggest individual and collective action. Our suggestion: ACT NOW.

Folks—it's hit the fan! In the next weeks to months you will notice the flashing red emergency lights. We will either win or we lose... BIG.

ITES recommends that each person communicate with Congress members.

Then engage family, friends, neighbors, colleagues and acquaintances:

- NO on FAST TRACK.
- CONGRESSIONAL SWITCHBOARD: (202) 224-3121.
- Senator Schumer says he will vote NO. Thank him.
- Senator Gillibrand needs convincing.
- The Brooklyn delegation to the House is solid. Thank them and tell them to hold strong.

The Senate Finance Committee and House Ways and Means Committee brought to the floor identical bills that would abdicate their authority and abandon their responsibility to represent us. Trade Promotion Authority (TPA) or "Fast Track" legislation would pass that authority and responsibility to the President. The leg-



islation would limit to 90 days the time for Congress members, the press and the public to read, study, analyze and consult about the voluminous, 29-chapter Trans-Pacific Partnership (TPP), which took 12 trade representatives and 600 corporate advisors five years to negotiate in secret. Soon thereafter the Transatlantic Trade and Investment Partnership (TTIP) with the European Union might be put through the same process.

Free Trade Agreements (FTAs) make public policy to maximize and institutionalize profit-making, "free" of government's power to regulate with laws. Laws or regulations protecting human rights, health and safety, food security, resource extraction, Internet access, access to medicines would have to conform to the stipulations written in the treaty.

Money is pouring in to electoral campaigns from corporate investors whose paid lobbyists swarm around Congress members cajoling (bribing?) and threatening. Both the Democrats and the Republicans split ideologically

and because of intense public pressure. President Obama claims that "free trade" will help the economy despite overwhelming evidence that millions of jobs have been off-shored to low-wage countries with poor labor protections. Organized labor is united in opposition.

Strong opposition also comes from environmental, student and faith groups, from advocacy and community organizations, from occupy and other popular movements and from factions in both corporate political parties. The World Trade Organization (WTO) was crippled in 1999 by mass action in Seattle bringing "Turtles and Teamsters Together." In 2001, in Quebec, a similar mobilization defeated the Free Trade of the Americas Agreement (FTAA).

A huge drama is unfolding in Congress, and we have a role.

For breaking news and opportunities for action, follow on these websites:

Sierra Club [www.sierra-club.org/trade](http://www.sierra-club.org/trade)

Public Citizen [www.citizen.org/Page.aspx?pid=1328](http://www.citizen.org/Page.aspx?pid=1328) ■

## THE GAZETTE INDEXES

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

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

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

Many of the Gazette issues referenced in these indexes are available as PDFs on the Coop's website. (Copies of these and additional issues are also available at Brooklyn's Central Library, located at Flatbush Ave. and Eastern Pkwy. on Grand Army Plaza.)

## ATTENTION SPRING GARDENERS!

Are you dividing your plants?  
Do you have extra flower seeds?  
The Tree Care Squad would love donations of your extra plants or seeds for the gardens we'll be planting in the tree pits on Union St.

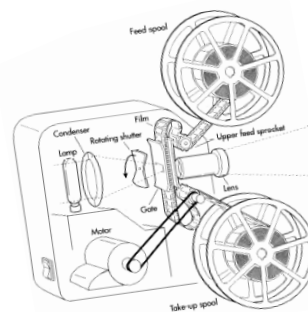
Plants can be dropped off  
at the home of the TC Squad leader,  
on President St., between Fifth and Sixth Aves.  
Or, if you have too much to carry,  
we can pick them up from your house.

Please e-mail [treepep@gmail.com](mailto:treepep@gmail.com) if you would like to make a donation.

## 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 **Gabriel Rhodes** for details at [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).

## WEEKEND BIKE VALET PARKING

Saturdays (April 4 to Nov 21) 1 to 5 pm  
Sundays (April 5 to Nov 22) 3:30 to 7:30 pm

Leave your bike, stroller, scooter, or cart while you work or shop.  
No locks, no worries, no theft!

Operates rain or shine.  
Look for us by the yellow wall under the green tent.

Brought to you by the Shop & Cycle Committee



**PSFC  
Shop & Cycle  
Committee**



## SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series: *Grazers: A Cooperative Story*

By Adam Rabiner

**G**razers: a Cooperative Story, a film about the founding of Adirondack Grazers Cooperative, opens with dire information about farmers in this state. In New York, a farm is lost every 3.5 days and 215,000 acres of farmland lie idle. The closing coda of the film tells the national story. Every minute of every day, the United States loses nearly an acre of farmland and nationally 36 million acres of farmland lie idle.

But this film is not about the death throes of the American farmer. Sandwiched in between these two sad bookmarks, *Grazers* is actually about the birthing pains of a new business and both the challenges and opportunities to be found outside the mainstream food systems upon which the majority of producers and consumers rely. *Grazers* is both a fascinating business story like past Plow-to-Plate features *Beer Wars*, *Brooklyn Farmer* and *Eat This New York*, as well as a celebration of the new food movement such as *Fresh* or *Ingredients*.

But let us get back to our story. Adirondack Grazers

was formed in the spring of 2012 out of the bleak necessity implied by these depressing statistics. Its six founding members (now 30) were beef producers from small- to mid-scale family farms in New York and Vermont united by economic imperatives and common beliefs about naturally raising and finishing beef, but differing experientially and socioeconomically. Some were from life-long, multi-generational farmers and others were successful city people, neophytes on their second careers.

*Grazers* takes us through the Coop's first two difficult years. We sit in on their sometimes contentious board meetings and experience their ups (but mostly downs). Starting and successfully running any business is an ongoing challenge, but running a cooperative presents additional hurdles, and farmers are a notoriously independent breed, like "herding cats."

At first the primary obstacle was finding a good market for the specialized, grass-fed beef. The natural customers, high-end restaurateurs in New York



City, were fickle, sometimes cancelling orders at the last minute. Then, just as things were beginning to stabilize, the city's wealthy classes decamped to the Hamptons as summer began, and sales collapsed. Other issues were divisions and decisions over selling fresh versus frozen meat, accurate labeling, selling cattle that were grass fed but topped off in the last months with hay (to add marbling), excess frozen inventory, faulty invoicing and bounced checks, and a member who

broke the Coop's rules and then quit because he felt he had been treated unfairly.

At the end of the day, the Adirondack Grazers caught a lucky break. They came to the attention of Fresh Direct and an eventual partnership stabilized and increased sales. By the second year of its existence, the Coop had a shiny new office. In 2014, it sold \$1 million of beef and its main problem now is acquiring additional members to keep up with demand.

*Grazers* makes you appreciate the unique difficulties of starting (and maintaining) a strong cooperative and the various business issues it has to deal with on a daily basis. Adirondack Grazers Cooperative may not have succeeded without the able assistance of a business counselor from the Cornell Cooperative Extension.

So, too, should we acknowledge and appreciate the technical support that the Park Slope Food Cooperative provides to all the new, baby food cooperatives that are sprouting up all over New York City. *Grazers* makes it clear that success is by no means a sure thing. ■

See upcoming events, past reviews and a comprehensive list of films shown at [www.plowtoplatefilms.com](http://www.plowtoplatefilms.com), which can now also be reached via a link on the Park Slope Food Coop's homepage at [www.foodcoop.com](http://www.foodcoop.com).

*Grazers: A Cooperative Story* will be presented on Tuesday, May 12, 7 p.m. Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.

## WORD SPROUTS

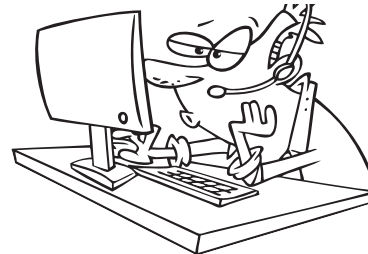
THE PARK SLOPE FOOD COOP'S READING SERIES

**Are you a writer?  
Do you want FTOP credit?**

**Wordsprouts, the Food Coop's reading series, is looking for you, for its monthly events in the second-floor meeting room.**

**Please contact the organizers at [wordsproutspfc@gmail.com](mailto:wordsproutspfc@gmail.com).**

## LINEWAITERS' GAZETTE



**We seek members with InDesign knowledge for the production teams.**

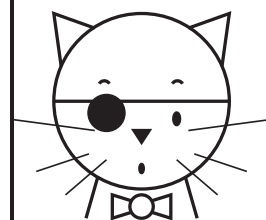
**You must work every eight weeks on Sunday at the Coop.**

**We are also looking for members to work at the Coop for FTOP credit, on Saturday or Sunday.**

**Please send inquiries to [annette\\_laskaris@psfc.coop](mailto:annette_laskaris@psfc.coop).**

## Cats Answer

Solution: First (top) row left, and third row middle.



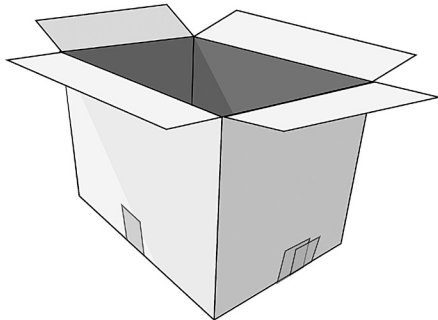


☆☆☆☆☆ **EXCITING WORKSLOT OPPORTUNITIES** ☆☆☆☆☆

**RECEIVING PRODUCE**

**Monday-Friday,  
5 to 7:30 a.m.**

The Coop is looking for members to work in the produce area. Responsibilities include: lifting boxes, unloading deliveries, stacking boxes in the basement. You should be willing to get or have wet hands while you are working. Boxes usually weigh between 2–20 lbs., a few may weigh up to 50 lbs.

**INVOICE SCANNING**  
**Sunday Daytime Flexible**

This job entails scanning and naming about 125-175 documents per week. This is a task- and detail-oriented job, ideal for someone who likes working independently. Must be able to stand for long periods of time. As training will be necessary, a six-month commitment is required.

**OFFICE SET-UP**

**Monday, Wednesday, Thursday,  
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.

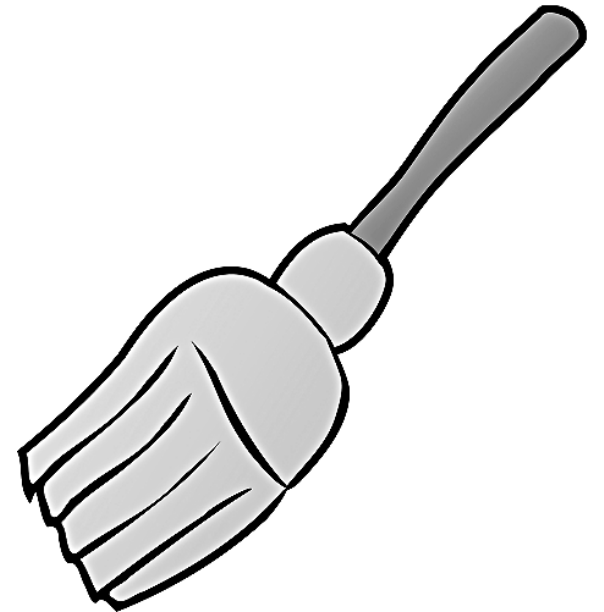
**STORE EQUIPMENT CLEANING**  
**Monday, 6 to 8 a.m.**

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.

**GENERAL MEETING  
SET-UP**

**Tuesday, 5:30 p.m.**

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](mailto:adriana_becerra@psfc.coop).



## Coop Job Opening: Receiving/Stocking Coordinator

**Description:**

The Coop is hiring a Receiving/Stocking Coordinator to work evenings and weekends.

The evening and weekend Receiving/Stocking Coordinators oversee the smooth functioning of the Coop. They work with squads to ensure that the Coop is well stocked, and that produce quality is maintained.

The ideal candidate will be a reliable, responsible self-starter who enjoys working with our diverse member-workers. Applicants must be excellent team players, as they will be sharing the work with several other Receiving Coordinators.

Applicants must have excellent people skills, excellent communication and organizational skills as well as patience. Applicants should be able to remain calm in hectic surroundings, have the ability to prioritize tasks, teach and explain procedures, delegate work, give feedback, and pay attention to several things at once. Comfort with computers is expected.

Experience working in a grocery store, working with food, or working on a PSFC Food Processing squad is a plus.

We are looking for a candidate who wants an evening/weekend schedule. This is a high-energy job for a fit candidate. You must be able to lift and work for hours on your feet including in the walk-in coolers and freezer.

As a retail business, the Coop's busiest times are during traditional holiday seasons. Applicants must be prepared to work during many of the holiday periods, particularly in the winter.

**Hours:** Approx. 39 hours in 5 days/week: Primarily evenings and weekends, some shifts until 11 p.m.

**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

**Prerequisite:**

Must be a current member of the Park Slope Food Coop for at least six months immediately prior to application.

No Receiving/Stocking experience necessary to submit application materials. However, in order to be considered for an interview applicants must have worked at least four Receiving shifts. After submitting your materials, if you wish to schedule shifts please contact the Coop at [hc-receivingcoordinator@psfc.coop](mailto:hc-receivingcoordinator@psfc.coop). Please put "Schedule Shifts" in the subject field.

**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. E-mail resumé and cover letter to [hc-receivingcoordinator@psfc.coop](mailto:hc-receivingcoordinator@psfc.coop). Please put "Receiving Coordinator" in the subject field. Applicants will receive an e-mail acknowledging receipt of their materials. Please do not call the Membership Office to check on the status of your application. Applications will be reviewed and interviews scheduled on a rolling basis until the position has 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.**

# FOLLOW!

the Food Coop on

twitter & Instagram

Pinterest @foodcoop

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





LETTERS TO THE EDITOR

FRESH AIR IN THE GAZETTE

DEAR GAZETTEERS,

I have been a Coop member so long I've been retired for a year. That means I have been a Coop member for over a quarter century. I helped build the place. I remember when A. Zimmerman and all the founding crew were kids, as I was, when there was sawdust on the floor, and the Coop square footage was half what it is today.

Which means I remember when the Coop was not riven by discussion of geopolitical issues far from our aisles and neighborhoods. There were political discussions yes but they were dealt with and either changes were made or the issues were dropped. It was more fun to argue about whether to sell beer and meat and whether credit cards = a regressive tax.

Yay! Hooray! I am totally thrilled and relieved and encouraged by your not having BDS letters and argumentation and excoriations in the *Gazette*. I have been waiting for you to do this for a long time. I hope you make it formal policy. Isn't 5 years or whatever it's been (seems like a lifetime) enough column space?

I read the *Gazette* but it pains me to do so every time I come on that section. And why anyway was BDS given its own section like it was something so great?

Anyway keep up the good work and courage to you all for standing up for a little fresh air in the *Gazette*. Please use that space for other issues,

surely there are some people in 16,000 members who would like to read about new news, not old tired haranguing. I resent being targeted for ideological remediation by other Coop members; if the conversation happened in person in the aisles, I'd excuse myself and say everyone is entitled to their own opinion.

There is so much great food stuff happening in Brooklyn, so many people with new restaurants and food initiatives, there are things closer, more relevant, more actionable. I am dying to read about all that. Not charges and countercharges, round and round.

The Middle East—I lived there, I have a degree in Middle Eastern studies, I studied both Arabic and Hebrew—is in the most violent phase in living memory. This BDS voice in the *Gazette* isn't helping anyone but it's alienated a lot of readers.

Thank you thank you for this break. Make it permanent. And keep up the good reporting...the *Gazette*, always fun, is getting better and better.

Ellen Freudenheim

BDS/MIDDLE EAST REPRIEVE ISSUE LINEWAITERS' GAZETTE

TO THE EDITORS:

What a welcome relief! Expand coverage of truly relevant and important Coop matters. Please adopt this as a permanent policy.

Steven Berke  
Member Since 1994

TEMPORARY BAN ON BDS LETTERS

TO MY FELLOW PSFC MEMBERS WORKING ON THE LINEWAITERS' GAZETTE:

I am writing to let you know that I am very very happy with your decision not to print any Mid-East/BDS letters this issue.

I hope that you will consider extending this decision permanently.

Thank you so much.  
Avishay Mazor

BDS LETTERS

MEMBERS,

Please ban these permanently. They have no place in the *Gazette*, and I'm sick of seeing them.

Margie Ordene

BDS: IN PRAISE OF BDS MORATORIUM

DEAR EDITOR:

I am very grateful that you omitted any BDS letters in the last issue. I hope this continues. I believe there is no place in the Coop for the BDS. Lectures on both sides would be a great idea. Keep up the good work.

Meir Rosenberger

BANNING THE BANNERS

DEAR EDITORS:

Thank goodness you have finally come to your senses and stopped devoting precious column inches, feet and pages to the ridiculous BDS

b.s. I have been a Coop member since the '80s and have stopped reading the *Gazette* because it appeared to have been taken over by a renegade bunch within the Coop.

I am thrilled, to say the least. I hope this is the beginning of new page for the *Linewaiters'* and I promise to begin reading it again as, no doubt countless others will as well.

The BDS people lost the vote years ago. Giving the few a regular pulpit when the majority have already voted down their irresponsible and politically fractious nonsense was a mistake that I hope you'll never make again.

In cooperation with the new, BDS-Free *Linewaiters' Gazette*.

Daniel P. Wiener

OUR RAFFLE

MEMBERS,

As a great big Coop nerd and a financial supporter of our Fund to Support New Coops, I eagerly went up to the office to buy lots of raffle tickets to further support the essential drive to get more coops up and going. I didn't need a bike—don't really need much of anything, actually, except for our delicious food and the love of dear friends—so I didn't even bother to check out the other prizes. I happily gave tickets away to friends as birthday and housewarming tokens. Imagine my shock and sense of betrayal when I was told by a friend that one of the prizes was a Sodastream. Knowing full well that there's an initiative by fellow members to

deshelve Sodastream because its production on stolen land is in violation of our Mission Statement, who authorized the institutional Stamp of Approval on this product? Whether you're for the initiative or against it, this is an act of disrespect toward the membership and I'm deeply saddened and disappointed in my Coop's decision making.

Carol Wald

HOURS OF THE BIKE VALET SERVICE

MEMBERS,

I would love to have bike valet earlier on Saturday and Sunday, when I normally shop. The bike valet service allows me to take my better bike to the Coop without worrying about security. Sunday at 3:00 p.m., when bike valet starts, is one of the worst times to be at the Coop, since there are large crowds and the stock of my favorite items is depleted. I understand you may think that bike valet will serve the most people when the Coop is at its most crowded, however I don't think we should offer a service only at peak times. For example, the walkers are available all day and not only after 3:00 p.m., nor do we only have discounted car parking when the Coop is at its most crowded. Bike valet is a useful service and I think more cyclists would shop during bike valet periods if it were earlier, such as 9:00 a.m. to 2:00 p.m. on weekends.

Chris McNally

THANK YOU!

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

Meki Adefris	Powers	Clayton Hartmann	Melanie Martin	Larisa Shaterian
Amy Albenda	Jean-Claude Chetrit	Abraham Hawkins	Zac Martin	Summer Shiffman
Sufina Ali	Jane Cohen	Emiliano Henry	Hannah McBride	Nicole Simon
Dana Archer-Rosenthal	Lindsay Comstock	Greg Hermann	Carmen McLeod	Juliet Singh
Brian Avers	Ashley Curl	Joe Holtz	Kusi Merello	Dara Stallings
Janani	Kate D.	Jasmine Hyman	Erica Miller	Amy Lynn Stewart
Balasubramanian	Sandra Davila	Lucy Kaminsky	Steve Moses	Akiko Tate
Nahal Batmanghelidj	La Davis	Asha Kaufman	Nancy	Joanie Terrizzi
Fela Barclift	Natasha Dillahunt	Jeejung Kim	Ann Napolitano	Delores A Thompson
Monique Baron	Kyle Dolan	Sarah Klevan	Pam Newton	Jana Turoff
Robert Bassett	Carla Duarte	Rebecca Koladycz	Lisa Oberstein	Michelle Valladares
Quin Berkman	Susan Duprey	Noga Kreiman-Miller	Banu Ogan	Rebecca Warner
Paul Birch	Eric Eisenstadt	Melissa Kuronen	Maddie Pesavento	Wayne
Becky Blumenthal	Vera Frajzyngier	Seoungkug Lee	Jane Pfitsch	Scott Welch
Molly Boone	Somjen Frazer	Annie Levin	Berthe Prasquer	Chester White
Justin Brandon	Andrew Fried	Nora Ligorano	Richard	Alexis Winter
Susan Breen	Dennis Gordon	Telesh Lopez	Anna Rollner	Allison Yager
Abigail Browde	Ashley Grant	Roland M.	Fay Rosenfeld	
Aaron Charlop-	Charlotte Gutman	Corrina MacKoul	Molly L. Sandley	
	Mari Hanamatsu	Cathline Marshall	Rani Shankar	



## MEMBER CONTRIBUTION

## Let's Strengthen and Expand the Solidarity Economy in NYC

By the Cooperative Economics  
Alliance of New York City

**W**e are all PSFC members because of obvious draws like the amazing produce, the outrageously well-curated cheese selection and the across-the-board low prices. But for many of us, it is equally important to be part of an organization that's owned by its members, democratically operated and committed to diversity, social justice and ecological sustainability. By holding true to these principles while also making PSFC a highly visible and successful business, we show the world outside our much-exercised sliding front door that there are real, viable alternatives to the traditional, commercial, for-profit businesses we regularly (and too often reluctantly) patronize.

Organizations like PSFC play an important role in shaping a more just economy. And this is why the Coop, in furtherance of Cooperative Principle 6, Cooperation Among Cooperatives, has been graciously supporting our organization since our early days, and why, if you, too, feel strongly about these issues, you may be able to earn FTOP credit by helping us out.

We are CEANYC, an organization formed in 2013 to promote the solidarity economy in NYC. We aim to strengthen and expand community-led, democratically controlled initiatives—from worker, financial and consumer coops to community land trusts and gardens, mutual housing, and low-income housing coops—by serv-

ing as a hub for such organizations throughout the city. Our goal is to build an economy based on values of social and racial justice, ecological sustainability, cooperation, mutualism and democracy. In short, we seek to work with our members to foster a solidarity economy in New York City that has lasting power and strengthens our communities.

So what exactly is the role of a hub organization like the one we envision? To answer that question in a way that will best serve our member organizations, CEANYC started by convening in-depth focus groups with solidarity-economy organizations: food coops and food justice organizations, community development credit unions, worker cooperatives, community-based social justice organizations engaged in solidarity-economy initiatives, and mutual housing associations and limited-equity coops. While some groups already participate in their own sectoral networks and trade associations to meet specific needs common within their industry, we found that by far most groups were largely unaware of organizations and activities outside their own sectors. And yet participants in the focus groups expressed a common set of pressing challenges that cut across sectors.

Those needs, which now form the core of CEANYC's mission, include: (1) technical assistance; (2) leadership development; (3) communications/marketing support; (4) office and meeting space; (5) raising

public awareness about the role and value of cooperatives and the solidarity economy; (6) effective policy advocacy; and (7) researching/disseminating best practices.

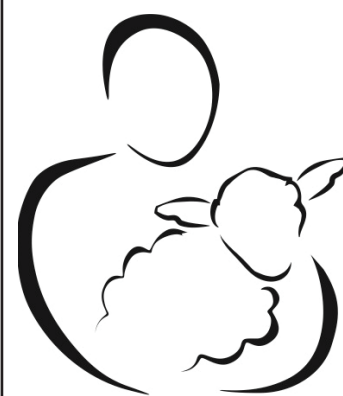
Our hope, in addressing these needs, is to simultaneously increase the visibility of solidarity economy actors and public understanding of the principles underlying such organizations, while also connecting these groups in a way that fosters mutual support and the building of value chains across sectors—for example, connecting a low-income housing coop with a community land trust, and a community development credit union with that housing coop, with funding going to hire construction/worker coops to carry out rehab work, all to preserve all-too-scarce affordable housing. Repeat this process over and over with different groups across different industries and you have the makings of a robust and self-sustaining solidarity economy with room to grow.

As for where we stand now, over the last year or so, we have been researching potential models for CEANYC, including by visiting organizations with similar goals in Philadelphia and Montreal. And we are currently working toward convening a town hall where potential members will gather to discuss CEANYC's mission, organizational structure and next steps. To that end, we are launching a membership drive in May (with individuals and organizations invited to join by visiting [www.gocoopnyc.com](http://www.gocoopnyc.com)).

We plan to host the town hall this fall and begin launching programs in spring 2016.

And this is where you come in. A handful of members have recently joined us and are receiving FTOP credit to help with web and graphic design and website development, but we continue to need assistance with outreach and community organiz-

ing; project management and meeting facilitation; and secretary and treasurer duties, with other roles certain to come into focus as we move along. We are seeking members who reflect the diversity of the Coop. Email us at [ceanyorganizers@gmail.com](mailto:ceanyorganizers@gmail.com) with a résumé/portfolio and brief description of why you would like to support cooperation in NYC. ■



## JOIN THE ANIMAL WELFARE COMMITTEE

park slope  
FOOD COOP

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

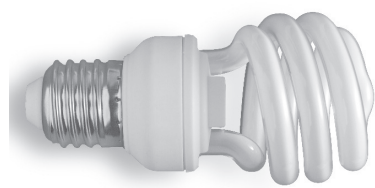
We do... and we're looking for new members.

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.).

Check out our blog for more information on the committee and the online application.

[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!).



## Are you a lighting designer?

## Do you know a lighting designer?

Do you know someone who knows a lighting designer?

Do you know someone who knows someone who knows a lighting designer?

The Coop is looking for a member who is a lighting designer or an architect with lighting experience to work with the Energy Efficiency Committee to help improve the quality and energy efficiency of the lighting in the Coop.

If interested, or if you know someone who's interested, please contact the committee by going to the Contact Us page on [foodcoop.com](http://www.foodcoop.com) — <http://www.foodcoop.com/?page=contact> — and select "Workslot Needs" from the "Person to Contact" dropdown menu.

FTOP work credit will be given.

## DO YOU LOVE BIKES?

## DO YOU LIKE WORKING OUTSIDE?

INTERESTED IN A SATURDAY OR SUNDAY WORKSLOT?



### Join a Bike Valet squad!

It's like coat-check for bikes for working and shopping members.

We need to fill Bike Valet shifts ASAP.

Contact the Membership Office for details and to sign-up.



# 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

The *Gazette* will not knowingly publish letters, articles or reports that are hateful, racist, sexist, otherwise discriminatory, inflammatory or needlessly provocative.

The *Gazette* welcomes Coop-related articles, letters and committee reports from members that follow the published guidelines and policies. The following is a summary—please see the detailed guidelines for each type of submission on the Coop website: [www.foodcoop.com](http://www.foodcoop.com).

All submissions must include author's name, phone number and e-mail address, conform to the following guidelines and to the Fairness, Anonymity and Respect policies. Editors will reject letters, articles and reports that do not follow the guidelines or policies. Submission deadlines appear each edition in the Coop Calendar section.

You may submit on paper, typed or very legibly handwritten, or via e-mail to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop) or on disk.

**Letters:** Maximum 500 words. All letters will be printed if they follow the published guidelines and policies.

**Voluntary Articles:** Maximum 750 words. A Voluntary Article is held to a higher standard than a letter and must meet at least the following criteria: A Voluntary Article must analyze the topic it is discussing; it must present accurate, verifiable corroboration for factual assertions; it can criticize but not attack Coop practices and personnel; if critical it must present positive solutions; it cannot be solely or mainly opinion. It must strive to make a positive contribution to the understanding of the reader on a topic. If a submitted Voluntary Article is substantially opinion, it must be re-submitted, under 500 words, as a Letter to the Editor, possibly to a future issue. Editors will reject articles that are essentially just advertisements for member businesses, those of family and friends of members, solely expressions of opinion or that do not follow the guidelines and policies.

**Committee Reports:** Maximum 1,000 words. Reports must follow the published guidelines and policies.

## LETTERS, ARTICLES AND REPORTS SUBMISSION POLICIES

Letters must be the opinion of the letter-writer and can contain no more than 25% non-original writing.

All submissions must be written by the writer. Letters or articles that are form letters, chain letters, template letters or letters prepared by someone other than the submitting member will be rejected.

Letters, articles and reports must adhere to the Fairness, Anonymity and Respect policies. They cannot be hateful, needlessly inflammatory, discriminatory libelous, personal attacks or make unsubstantiated claims or accusations or be contrary to the values of the Coop as expressed in our mission statement.

All submissions must be legible, intelligible, civil, well and concisely written with accurate, attributed, easily verifiable statements of facts separated from opinions.

Letter and article writers are limited to one letter or article per issue.

Letter and article writers cannot write gratuitous serial submissions. Editors may reject submissions to consecutive editions of the *Gazette* on the same topic by the same writer.

**Editor-Writer Guidelines:** All submissions will be reviewed and, if necessary, edited or rejected by the editor. Writers are responsible for the factual content of their stories. Editors must make a reasonable effort to contact and communicate with writers regarding any questions or proposed editorial changes. Writers must be available to editors to confer about their submissions. If a writer does not respond to requests for editorial changes, the editor may make the changes without conferring with the writer, or reject the submission. If agreement between the writer and the editor about changes does not occur after a first revision, the editor may reject the submission, and the writer may revise and resubmit for a future issue.

## FAIRNESS, ANONYMITY AND RESPECT POLICIES

In order to provide fair, comprehensive, factual coverage:

### Fairness

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 unnecessary, not specific or are not substantiated by factual assertions. The *Gazette* will not publish gratuitous personalization. That is, no unnecessary naming of Coop members in polemical letters and articles. Writers must address ideas not persons.
3. Submissions that make substantive accusations against specific individuals, necessary to make the point of the submission and within the Fairness, Anonymity and Respect policies 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.

### 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.

### Respect

Submissions to the *Gazette* must not be hateful, racist, sexist, otherwise discriminatory, inflammatory or needlessly provocative. They may not be personally derogatory or insulting, even when strongly criticizing an individual member's actions.

The *Gazette* is a collaboration among Coop members. When submitting, please consider the impact of your words on the writers, editors and production staff who use our limited workslot time to try to produce an informative and cooperative publication that reflects the values of our Coop community.

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

Friday, May 15, 8:00 p.m.

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



# PROSPECT CONCERTS



**SAMBA!!** Groove to the music of women rockin' the house with the pulsing sounds of Carnaval! Members of Paprika and Batala join forces to celebrate the lilting melodies of Bossa Nova, the heart-thumping rhythms of Samba and the dare-you-to-stay-seated sway of Samba Reggae. The space will be set up for dancing and grooving, to have everyone moving to the national rhythms of Brazil. Beckoned back for the third year in a row, your power-bateria for the evening is: **Robin Burdulis, Terry Dame, Viva DeConcini, Dawn Drake, Simone Matthews, Deinya Phenix, Anne Pope, Vanessa Roe and Michelle Williams.**

[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:

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Puzzle Master: Lars Roe

Final Proofreader: Nancy Rosenberg

Index: Len Neufeld

Advertisement: Eric Bishop



WELCOME!

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

Jennifer Abbate	Pamela Brewer	Jessica Gusberg	Matthew Kudlacz	Corey Rollner	Ravi Subramanian
Igor Abramov	Sam Byron	Zoe Herwitz	Cormac Lachaal	Zachary Ruttenberg	Jacob Svensson
Craig Adams	Timothy Caiazza	Colleen Heslin	Eliana Maeda-Caiazza	Angelique Saunders	Jelisa Tannis
Ishrath Ali	Joel Caldwell	Peter Hilton	Johnah Markowitz	Paul Schulman	Kaydon Tannis
Mushtaq Ali	Laure Cattin	Teresa Hoerres	Breddan McDermid	Shanti Scott	Haynes Thigpen
Van Asher	Jacqueline Cuba	Wil Hosier	Courtney McDermid	Itamar Segev	Chesley Thomas
Jameson Audate	Nicole Davis	Aurelie Hug	Laura Miller	Tracy Shar	Joel Turoff
Norma Aurel	Betty Farrell	Nicole Joseph Browne	Niki Palmetto	Elena Shpak	James Vaughan
Michelle Backer	Emily Feinberg	Jessica Joseph	Sofia Pasternack	Satinder Singh	Ditte Weise
Nicholas Baran	Barkley Galloway	Kishore Karani	Stacey Popplewell	Catherine Sohn	Tracy Vitulli
Gabriela Bortolamedi	Victoria Garcia-Weller	David Klasko	Lyman Rhodes	Georgette Somjen	Candace White
Stacey Bosworth	Pamela Goodman	Bailey Koch	Kailey Roberts	Oded Spiegler	Hailey Wist
Andrei Bowden-Schwartz	Emma Grimaldi	Kathy Koller	Lauren Robertstad	Osnat Kim Spiegler	Brandon Wolcott
	Gaspar Guerra	Eric Kosse	Matthew Roe	Erica Stoltz	

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*

The fourth FRIDAY of the month at 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, MAY 5**  
AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the May 26 General Meeting.

**TUE, MAY 26**  
GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

**LETTERS & VOLUNTARY ARTICLES:**  
May 14 issue: 12:00 p.m., Mon, May 4  
May 28 issue: 12:00 p.m., Mon, May 18

**CLASSIFIED ADS DEADLINE:**  
May 14 issue: 7:00 p.m., Wed, May 6  
May 28 issue: 7:00 p.m., Wed, May 20

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, May 26, 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.
- **Squads eligible for credit:**  
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:**  
After the meeting the Chair will provide the Workslot Credit Attendance Sheet.
- **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 pro-cessed 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

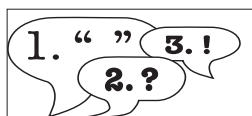
may 1  
fri 7 pm**Film Night: Fighter**

Filmmaker **Amir Bar-Lev** follows two Czech Holocaust survivors, Jan Weiner and Arnost Lustig, as they revisit Terezin, a labor camp where Arnost was interned for five years and Jan's mother was murdered. As the two men journey into the past, their dual memories become a thorny, unresolved dialogue between an angry man of action and a warmly cynical sage arguing about the very meaning of history. Peter Travers of *Rolling Stone* called *Fighter*: "One of the great documentaries of this year, or any other." David Denby of *The New Yorker* labeled the film "brilliant." Bar-Lev's directorial credits include *Fighter* (2001), *My Kid Could Paint That* (2007), and *The Tillman Story* (2010), for which he won an Emmy. He also directed the music documentaries *Re:Generation* (2011) and *12.12.12* (2013). He co-produced the documentary *Trouble The Water*, 2008 Sundance Grand Jury Prize Winner and 2009 Academy Award Nominee. He is currently directing a documentary on The Grateful Dead.

To book a Film Night, contact **Gabriel Rhodes**, [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).

may 3  
sun 12 pm**Is Cohousing For You?**

Explore the newest options. Cohousing communities are designed to foster human interaction. People own their own homes but also share common spaces. Share your favorite activities with your neighbors, and a few meals per week (voluntary). Participate in the management of the community. Homes are designed with values of sustainability and energy-efficiency in mind. Child-friendly and desirable school district. Pedestrian-friendly. Many communities receive Affordable Housing grants. There are more than 100 built and occupied cohousing communities in the United States, including four in New York State, 12 in Massachusetts, and a new one slated to open near New Haven, Connecticut, next year. View slides and talk with **Erika Banks**, Coop member, who has lived in and helped create Cohousing in Michigan and is currently involved in establishing the first Cohousing community in Connecticut, and **Elvira Ferrario**, Coop member, and member of a community being built on a 32-acre site with a working farm, two hours from NY.

may 5  
tue 8 pm**Agenda Committee Meeting**

The Committee reviews pending agenda items and creates the agenda for future General Meetings. 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, May 26, 7 p.m., at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.

may 7  
thu 7:30 pm**Food Class: Feeding Our Deeper Selves**

True nutrition brings out the best in us, both physically and emotionally. Learn how you can balance and activate your chakras—your emotional body's energy centers—through cooking. Chef **Ann Nunziata** will guide you through how different foods affect our emotions while demonstrating how to prepare a balanced, delicious vegan meal. Ann is a graduate of the Chef's Training Program at the Natural Gourmet

Institute. With a background in nutritional sciences, she has gone on to cook in award-winning, plant-based kitchens, including Millennium Restaurant, the Omega Institute and Ravens Restaurant, where she became known for her tempting vegan Tea Time desserts. Currently, Ann is working with Family Cook Productions, Wellness in the Schools, and the Natural Gourmet Institute, sharing natural foods culinary education with the community. Her favorite spice is nutmeg and she keeps her Instagram account well-fed at @AnnNunz. Menu includes: green goddess kale salad with green apple and pistachios; mushroom and quinoa pilaf with roasted red pepper puree; raw spiced cacao truffles.

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 April 23.

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

may 9  
sat 3 pm**Wordsprouts: A Family Event**

Kids' book authors will read from their new picture books followed by an art activity. Join us for a fun afternoon with story-telling from two Brooklyn kids' book authors. **Jacqueline Schmidt** is the founder of the popular paper goods company Screech Owl Design. She has published two books with POW!, *Patchwork Helps a Friend* and *Patchwork Goes Under Cover*. Jacqueline's work has been featured in *Dwell*, *Vogue*, *The Wall Street Journal*, *New York Magazine*, and other publications. Jacqueline has been hailed for creating a quirky, detailed world "where wildlife and wing chairs go hand-in-hand." A lifelong New Yorker, Jacqueline lives in Brooklyn with her husband, two children, and cats. **Lauren Thompson** is the author of more than 30 children's books, including bestsellers such as the *Mouse's First* series, *Little Quack*, and *Polar Bear Night*. Her most recent titles are *Polar Bear Morning* and *The Forgiveness Garden*. Her books have been translated into numerous languages, including Korean and Turkish. She also works as an academic tutor with a focus on mindfulness. She lives in Brooklyn with her husband and their son, and is a longtime Coop member. Cookies and juice will be served.

Bookings: **John Donohue**, [wordsproutspfc@gmail.com](mailto:wordsproutspfc@gmail.com).

may 10  
sun 12 pm**A Focus On Breath**

For vitality, health, functional movements, fitness, survival and self defense. What is proper breathing and how does it affect our life? Picture those times when you sign a check, are about to move something heavy or feel threatened. How often do we forget to breathe? Breathing affects our entire physiology, emotions and senses. This class will teach the breathing technique of Systema, the training of Russian special forces, designed to accompany and improve daily life and be immediately available in times of stress. We will cover some exercises and key principles designed to teach the physiology of breathing, its relationship with the nervous system, blood pH and pressure, digestion and muscle tone. A member of the Food Coop since 2011, **Benjamin Liu** is a Russian martial artist, yoga instructor, fitness and movement coach. He currently teaches at a primary school with an emphasis on movement-based education.

may 12  
tue 7 pm**Safe Food Committee Film Night: Grazers: A Cooperative Story**

With interest in farm-to-table food on the rise, a small band of upstate New York farmers sees an opportunity to hold on to their endangered farms by raising and selling grass-fed beef. Forming a cooper-

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.



# may 1–jun 30 2015

ative, they soon discover that the marketplace surprisingly can't support their simple ambitions. Jackson and Teale follow their efforts for two years, through near collapse to an uncertain future, exposing in micro-cosm the struggles of small-scale farming in our modern, industrial world.

**See upcoming events, past reviews and a comprehensive list of films shown at [www.plowtoplatefilms.com](http://www.plowtoplatefilms.com) which can now also be reached via a link on the Park Slope Food Coop's home page at [www.foodcoop.com](http://www.foodcoop.com).**

**may 15**  
fri 7 pm

## Passive House and a Democratic Workplace Economy

Presented as part of the PSFC's ongoing commitment to cooperation among cooperatives. With looming ecological collapse and an unsustainable economic system, solutions that inspire corrective action are rare and should be cooperatively shared and spread. This talk will be about how a company converted to a worker cooperative as well as maintained their mission to construct Passive House level buildings. A question-and-answer session after the talk will encourage questions related to a more detailed understanding of both Passive House construction and the Worker Cooperative democratic structure. The talk will be geared toward building owners, business owners, entrepreneurs, architects, builders, and environmentalists.

**Jeremy Shannon** is an architect/builder and CEO of the design-build company Build with Prospect, Inc., a worker cooperative devoted to sustainable low-energy construction.

**may 15**  
fri 8 pm

## Samba!



Groove to the music of women rockin' the house with the pulsing sounds of Carnaval! Members of Paprika and Batala join forces to celebrate the lilt-

ing melodies of Bossa Nova, the heart-thumping rhythms of Samba and the dare-you-to-stay-seated sway of Samba Reggae. The space will be set up for dancing and grooving, to have everyone moving to the national rhythms of Brazil. Beckoned back for the third year in a row, your power-bateria for the evening is: **Robin Burdulis, Terry Dame, Viva DeConcini, Dawn Drake, Simone Matthews, Deinya Phenix, Anne Pope, Vanessa Roe and Michelle Williams.**

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.



**may 17**  
sun 12 pm

## Women & Finance

Women worry about financial security. Stop feeling intimidated by the jargon or overwhelmed by the subject matter. Get the information and guidance you need. Discussion will include managing debt, building savings, and protecting against risk and unexpected events. Presenter **Mary**

**Blanchett** makes it easy by sharing information to help you understand your current financial standing and your future financial needs. During this educational workshop for women, expect: to understand your current financial situation and future financial needs; to be empowered to make informed financial decisions to protect your financial future. All attendees receive a complimentary workbook that will reinforce what you've learned and keep you focused to reach your goals. Long-time Coop member Blanchett is a financial service professional with New York Life Insurance and NYLIFE Securities LLC. She helps her clients with tax-free retirement options, reducing vulnerability and starting estate planning.

**may 26**  
tue 7 pm

## PSFC MAY 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.**

**jun 4**  
thu 7:30 pm

## Food Class: Food Pharmacy and Tsubo Massage



Some simple ingredients in your kitchen help you treat minor ailments. In this class you will learn how some food preparations can strengthen your immune system. You also will learn massage techniques for your digestive system. Chef **Hideyo Yamada** was born and raised

in Tokyo, where she was trained as a sushi chef. She has also worked as a Japanese chef and a pastry chef in New York City. She graduated from the Institute of Integrative Nutrition and Natural Gourmet Institute. Currently, she is working as a chef instructor at the Natural Gourmet Institute. She is also working as a private chef and a health coach. She specializes in cooking vegan, gluten-free and refined sugar-free food. She also specializes in cooking a wide variety of fish and in finding new and healthier ways to prepare seafood. *Menu includes: ume-syo-bancha (helps to recover from fatigue, stomach trouble); brown rice and sea vegetable mix sushi; scallion with miso (helps digestive system) strawberry kanten jelly.*

**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 May 21.**

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

**jun 5**  
fri 7 pm

## Film Night



Film to be announced.

**To book a Film Night, contact Gabriel Rhodes, [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).**

## still to come

**jun 6**

**Qi Gong**

**jun 14**

**Alexander Technique**

**jun 7**

**Alternatives to Boycotting**

**jun 21**

**A Focus on Breath**

**jun 9**

**Safe Food Committee Film Night**

**jun 30**

**PSFC JUN Annual & General Meeting**



## CLASSIFIEDS

## BED &amp; BREAKFAST

Large, sunny room with queen bed, private bath, in spacious Prospect Heights townhouse full of Victorian charm with modern amenities. Smoke-free, no pets. Close to Q-B and 2-3 stations. Short walk to BAM, GAP, PP, BPL, BBG and BM. Call Margaret 718-622-2897.

HOUSE ON 3RD. B+B, parlor floor, thru apt. Sleeps 4, wi-fi, kitchenette, deck, 12' ceilings, private bath. Enjoy modern comfort in true Park Slope style. Grandparents our specialty. [houseon3st.com](http://houseon3st.com), or call us at 718-788-7171.

## SERVICES AVAILABLE

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.

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.

HAIRCUTS HAIRCUTS HAIRCUTS. Color high lights, low lights, hot oil treatments in the convenience of your home or mine. Adults \$30.00–\$40.00. Kids \$20.00–\$25.00. Call Leonora 718-857-2215.

LISSETT FERREIRA, ESQ. Guardianships, wills, elder & family law. [lissett.c.ferreira@gmail.com](mailto:lissett.c.ferreira@gmail.com). Tel.:

212-926-9771 / Fax: 917-551-6503. 299 Broadway, Suite 1310, New York, NY, 10007. Fala-se Portugues.

ATTORNEY—Personal Injury Emphasis—37 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 25-year Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at [www.tguccionelaw.com](http://www.tguccionelaw.com).

## SERVICES-HEALTH

ENERGY HEALING. Learn the art of releasing negative thoughts and feelings. Master the ways of manifesting your life goals. 30-minute complimentary phone session. Kokichi Yamamoto 646-657-4457.

## 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.

## TECH HELP

Mac, Windows, phones, tablets and more.....

[www.tech11215.com](http://www.tech11215.com)

Call Dan: 718-930-2286 • [info@tech11215.com](mailto:info@tech11215.com)

## COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop). Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

## SAT, MAY 2

10 a.m.–11:30 p.m. The POWERHOUSE Arena and POWERHOUSE on 8th proudly present the first national Independent Bookstore Day. Celebrate your indie pride by visiting one of our neighborhood bookstores! Stop in and show your support, and let us thank you in return with some special events we are hosting. [www.POWERHOUSEArena.com](http://www.POWERHOUSEArena.com).

## SAT, MAY 9

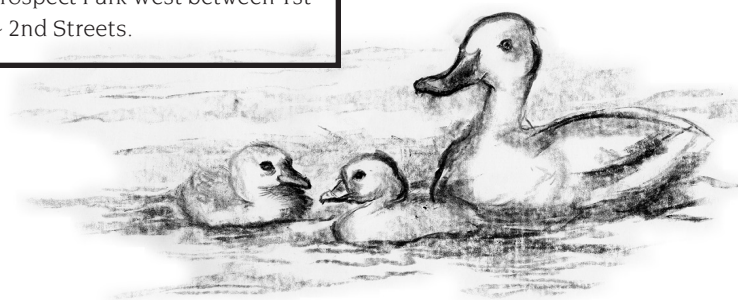
8 p.m. 2nd Annual Pete Seeger Sing Along (PVC benefit). At The Community Church of NY Unitarian Universalist, 40 East 35th St. For info call 212-787-3903 or see [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org). Suggested donation \$18, member \$10.

## SUN, MAY 10

4 p.m. BPL Chamber Players present: Jesse Mills, violin Alan R. Kay, clarinet Rieko Aizawa, piano at the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library. 10 Grand Army Plaza BKLYN. Admission Free.

## SUN, MAY 31

11 a.m. 2015 Peace Site Award Program. The Brooklyn Society for Ethical Culture presents this annual award to National Ethical Service, a UN NGO actively building a culture of peace since 1947. Come to learn more. All Welcome. 53 Prospect Park West between 1st & 2nd Streets.

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