

Volume KK, Number 3

## February 4, 2016

# As the Impact of El Niño on **U.S. Crops Hits the Coop, Produce Prices Rise and Supplies Shrink**



El Niño weather patterns have caused shortages in many Coop produce staples like cucumbers, cauliflower and lettuces. Organic cauliflower peaked at close to \$8.50 per head in early January.

### By JD Davids

s many residents of Brooklyn grappled with the impact of the year's first snowstorm, the Coop's Receiving Coordinator and Produce Buyer Ana Gallo continued to wrangle with the tangible effects of another weather phenomenon across the United States—changes in temperature and precipitation patterns due to El Niño.

Indeed, the snowstorm was a whopper, bringing nearly 27 inches of snow to our borough, but weeks before, the effects of El Niño started hitting hard on produce availability and prices. And that means a lot of behindthe-scenes work for Gallo.

"All I can say is that we are trying hard, really, really hard," Gallo noted on January 7 in a update to her standard midweek produce summary email to Coop staff. "ALL our purveyors are fighting for the few cases that are available and have kept communication open and constant with us. We will find food for our members one way or another, but some shortages may be impossible to prevent."

A day before, she'd made it clear in her weekly report that, with the local season mostly over, the Coop was starting to feel the anticipated El Niño effects, including celery prices going higher and higher. Cauliflower, she noted, had become a "constant battle," and she'd ordered non-organic heads to give options for members. Scallions were not available for the rest of the week; though she hoped to get a few "here and there," she predicted it would not cover members' needs.

According to the National Oceanic and Atmospheric Association (NOAA), El Niño and its counterpart La Niña are two poles of El Niño-Southern Oscillation (ENSO) cycle, which refers to the rise and fall in temperature between the ocean and air in a section of the Pacific Ocean. These variations create big changes not only on the ocean itself, but on weather and climate worldwide. While the standard El Niño period lasts from nine months to a year, some may last longer.

Asked for a layperson's description of El Niño, Gallo explained that "warm currents in the tropics and cold wind create extreme temperatures, hotter summers and colder winters. This year it has affected the West severely."

CONTINUED ON PAGE 2

	Thu, Feb 4 • Food Class: Vegan and Gluten-Free Valentine's Day Sweets 7:30 p.m.				
Соор	Fri, Feb 5 • See What the PAFCU Offers 4:00–6:00 p.m.				
Event	Fri, Feb 5 • Film Night: An Unknown Country 7:00 p.m.				
	Sat, Feb 6 • See What the PAFCU Offers 10:00 a.m12:30 p.m.				
Highlights	Sat, Feb 6 • Valentine's Day Card-Making Party 2:00-4:00 p.m.				
	Look for additional information about these and other events in this issue.				

# **Polar Bear Plunge:** Crazy Tradition or Health Trend?



"Polar bears" post-plunge.

By John B. Thomas

Despite 2015's status as one of the warmest years on record, "polar bears" of all varieties still showed up in the thousands for a longstanding New Year's Day tradition: the annual Coney Island Polar Bear Plunge. The plunge itself is many things to many people-winter beach party, fundraiser for a good cause, and for some, part of a consistent winter swimming regimen. Regardless of motivations, what unites all "polar bears" is

that for a brief moment on a cold January day, they run into the water, splash, dip and run back out—ringing in the New Year with a brief shock to the system before bundling up against the elements.

What brings individuals to fight the natural human instinct to stay warm and instead plunge their nearnaked bodies into frigid water in the middle of winter? For Coop member and Cheese, Olive & Fine Foods Buyer CONTINUED ON PAGE 3

12

## **Next General Meeting on February 23**

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The February General Meeting will be on Tuesday, February 23, at 7:00 p.m. at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.

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

IN THIS ISSUE
Puzzle
This Was Your Life 4
Safe Food Committee Report
Welcome
Coop Calendar, Governance Information, Mission Statement 7
Calendar of Events
Letters to the Editor 10
Community Calendar, Classifieds
Exciting Workslot Opportunities

#### Сс Еx in this issue.

Obituary.

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

## El Niño

## CONTINUED FROM PAGE 1

It's not unexpected that the Coop would become more dependent on produce from places like Florida and California once our local growing season ends. But this year, those faraway mainstays of year-round farming are taking a hit.

"We usually get most of our greens from Florida, but because they are having the wettest winter in history, it

**Produce Mixup** 

Eleven items from the PSFC produce aisle have been scrambled and split into two words. For each item, find two words from the Scrambled Halves and ana-

gram them together to create the produce item. For example, if the words CULT

and TEE were in the Scrambled Halves list, you could combine them to create

LETTUCE. When you are finished, the circled letters, from top to bottom, will

spell something that the items provide. Some letters have been filled in to help

you. (These hint letters still need to be part of a scrambled half.)

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Puzzle author: Lars Roe. For answers, see page 12.

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has been a struggle. Items like cucumbers and zucchinis have been completely unavailablenon-existent in California or Arizona because of extreme cold, and Mexico is not ready for them. The same applies to items like cauliflower, celery, scallions, herbs, lacinato [kale]," she continued. "Bagged carrots are a big issue. Because of the extreme summer and drought in California, the expected harvest fell short, and they are virtually impossible to get.'

Gallo shared recent dispatches from several suppliers, including this one from Albert's Organics, which supplies the Coop with eggs as well as produce:

"El Niño winter continues to wreak havoc on the Californian produce industry. Mud in the fields, caused by excessive rain, prevents and/or delays harvest. Row crops (lettuce, bunching greens, cauliflower, etc.) have experienced the most damaging effects. In most cases, these items are limited and costly."

California has also seen atypical freezing temperatures in the desert growing regionsthe likes of which we've rarely seen-which slow growth and cause susceptibility to disease, defect and overall quality degradation.

As a result, there's less of some things, none of others and more than a few items that have become more expensive.

"Prices are definitely going up, in some cases almost doubling the price," Gallo confirms, "but we need to provide options to members and we do so with organic and nonorganic [options]. It has been a challenge and a battle—these are items that everyone is looking for. We are lucky to have such great relationship and communication with our vendors. It takes a lot more planning and many, many calls.'

By January 13, Gallo reported more challenges-and strategies-in her weekly alert, including:

"As of right now we can't get enough, or at all, of the following items: • Celery—We can get SOME organic but not enough, we are supplementing with organic and nonorganic celery hearts... But they are all tight and hard to get. We

we can. • Cucumbers—but we have Persian organic, Persian nonorganic and seedless nonorganic.

are getting as much as

- Zucchinis
- Chard • Collard
- Lacinato
- Scallions

• Baby Spinach—start-

clear right now.

• Broccolini—back and Mexico. Friday, may run out tomorrow.

All we can tell you is that it is a minute-by-minute situation. One minute it may look like we are able to have everything and the next nothing. We'll continue to fight the battle and find the best way to provide for our members."

And, of course, this list changes week to week.

Unlike other establishments in which the goal of profit may influence what customers find in the produce aisle, Gallo says the Coop's main goal is to pro-

# **EXPERIENCED REPORTERS** Please Apply

### Workslot Description



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

#### For More Information

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

#### To Apply

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

#### Seeking Diversity on the Gazette Staff

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



ing to have mildew issues "Out of Stock" signs like this one • Cilantro's future is not will likely be more common at the Coop this winter since the El Niño • Tatsoi—back Saturday, weather patterns continue to impact may run out before that. crops in California, Arizona, Florida

> vide members what they need, period. She specified items like celery, carrots and cauliflower as examples of staples for many Coop households.

> Despite the challenges, Gallo did cite a few gems of taste and affordability in this stressful season, including a rainbow of "great local carrots" in yellow, purple, orange and white, and other root crops such as turnips, rutabagas and Jerusalem artichokes. When it comes to fruit, she recommends apples and "tons of delicious citrus."

> A trained chef who has worked in the food industry for almost 20 years, Gallo has been a produce buyer at the Coop for the last two years. But even after years of work with food, Gallo says that working at the Coop has changed her perception of food and climate issues.

> "I've been lucky enough that I get to visit farms and see directly what it takes to get our fruits and vegetables to our table, how much we take for granted and how hard farmers work," she explained. "Until you spend a whole day working alongside a farm worker you really have no clue how your food grows and gets to your table. We are so lucky to have such a magnificent network of farms around us."

> Not all that optimistic that the troubling trends of this winter's produce situation will resolve anytime soon, Gallo recommends that Coop members stay informed and eat locally whenever possible.

> "It will be rough during the winter, but eat as local as you can. It's hard. We are all learning what the future brings. Sadly, I think we are just starting and it will definitely shape what we eat. Only time will tell." ■



ARMOR AWFUL BOIL CART CASH COOL CRIB FIG HARK HUMOR LEAP LION LOCAL MOSS NAIL PANTS PIN RAPTURE RECOIL

group-teaching and/or training background to lead Orientation sessions. Potential candidates should be articulate, well-organized, and able to present a large amount of information in a personable and accessible way to a diverse group in a short period of time.

You will lead sessions every six weeks, and on the week midway between sessions, must be available as backup for emergency coverage. Regular slots are on Sunday afternoons, Monday evenings, or Wednesday mornings. You must have at least two years of Coop membership and an excellent attendance history to be considered for the Orientation Committee.

There is an initial group interview for this committee, and after which, if you are chosen, there are three trainings for workslot credit. An annual

meeting of the Orientation Committee is part of the work requirement. We seek Orientation leaders who reflect the diversity of the Coop.

To apply, please send an e-mail with your name, member number, and contact information with a subject line of Orientation Leader to **ginger** jung@psfc.coop.

## **Polar Bears**

CONTINUED FROM PAGE 1

Yuri Weber, the motivation initially was altruism. Weber wanted to support his brother-in-law's plunge in Idaho, a fundraising effort to support a son with liver cancer, which turned Weber on to the Coney Island event. Plus, "I liked the idea of people doing something stupid to raise money," he said. "You definitely feel like you're a part of something. Overcoming adversity as a group."

Like Weber, many plunge participants around the country use the event as an opportunity to raise money for a good cause (the official charity of the Coney Island event is Camp Sunshine, a retreat for children with life-threatening illnesses). In that sense, the plunge is not so dissimilar from the viral Ice Bucket Challenge trend that took over You-Tube last year.

For other participants, the reasons to submerge themselves in the dead of winter may be a bit blurrier. Coop member Annette Laskaris has been a observer of the plunge festivities for the past two years and as she says, "I love the cold and I love the

to being a prolific author of over 100 health and wellness books in the first part of the 20th century, Macfadden founded the Coney Island Polar Bear Club in 1903, the group that New Yorkers have to thank for putting on the annual plunge ever since. The Polar Bears (as they call themselves) don't stop at New Year's Day. For these hard core winter bathers plunging is an activity done from October through April.<sup>1</sup>

These health-oriented plungers are far from alone. The practice of cold water immersion (as it is called by researchers) manifests in a variety of ways all over the world: from other winter bathing clubs in the U.S. and Europe, to cold water plunges associated with saunas in northern climes, to cold water swimming competitions, as a religious rite for Orthodox Christians in Eastern Europe, and as performance-enhancing treatment for athletes.

Cold water immersion has been shown to offer a wide variety of physical and mental benefits according to the scientific literature. For most polar bear plungers, it is most likely the shot of adrenaline that leaves them feel-

ing energized and renewed.

For more consistent bath-

ers or cold water swimmers,

cold water immersion can

act as a powerful anti-de-

pressant, flooding the brain

with dopamine—reducing

stress and fatigue, improv-

ing mood and memory, and

Coop member Cara McAteer

swims through the winter at Brighton Beach, near Coney

Island. For her, the physical

benefits were initially more

important—she was training

for the swim around Man-

Cold water swimmer and

helping to alleviate pain.<sup>2</sup>

hattan and was struggling to adapt her body to colder temperatures. But as she has learned after over five years of winter swimming, "A lot of it is just mental. You learn to control your body freaking out. You have to relax and observe the sensations. It's really just the fear that's dangerous." For swimmers and other

athletes alike, the benefits are considerable as a tool to speed recovery. Exercise creates micro-tears in the muscles that, when healed, are what lead to greater strength and tone. But these tears also cause inflammation, as blood rushes into the muscles to support healing. Cold water immersion has been shown to support this redirection of blood while also constricting blood vessels, thereby increasing "venous return," or the amount of blood returning to the heart, allowing for faster processing of materials in the blood and therefore faster healing (and alleviating soreness as well).<sup>3</sup> While not cold water immersion exactly, other ways to expose the body to the cold, so-called "cryotherapy," are used by everyone from soccer star Cristiano Ronaldo to the New York Knicks to actor Daniel Craig as a way to reduce inflammation and promote deeper sleep.<sup>4</sup>

There are also not insignificant risks, an obvious one being hypothermia, should core body temperatures drop too low for too long. Untreated, hypothermia can lead to frostbite, an irregular heartbeat and death. As water is more conductive than air, the risk of hypothermia is much greater by swimming than simply being outside exposed to cold air. Additionally, for those with heart conditions, the sudden shock of cold water is not recommended. For many cold water enthusiasts, the activity is done as a group for safety reasons.5

These risks resonate with Weber, who opined, "I enjoyed the spectacle. But I don't need to enjoy it again. It's a crazy thing to do." And he is not alone. A headline in the Gothamist went so far as to say, "Thousands Make Themselves Miserable at Coney Island Polar Bear Plunge."

While a popular opinion, it is one that gives the Polar Bear Plunge its sheen of adventure and spontaneity year after year; the Plunge is the tip of the proverbial iceberg when it comes to the many ways to experience the



"Can I get one of those at the Coop?"

risks and benefits of cold water immersion. For those willing to brave difficult conditions with consistency, scientific evidence suggests there can be a payoff that rarely makes its way into the

news headlines.

Laskaris left the event this year with a different conclusion from Weber: "I would definitely do it again. It's just a fun thing to do with friends."

#### Notes

<sup>1</sup>Official Website of the Coney Island Polar Bear Club: *http://www*. polarbearclub.org/

<sup>2</sup>Gayomali, Chris. "The Scientific Case for Cold Showers." Fast Company, March 18, 2015. http://www.fastcompany.com/3043767/mycreative-life/the-scientific-case-for-cold-showers

<sup>3</sup>Wilson, Jenny. "Ice Age: The Science Behind Cold Water Immersion." Swimming World Magazine. https://www.swimmingworldmagazine. com/news/ice-age-the-science-behind-cold-water-immersion/

<sup>4</sup>Holt, Sarah. "Cryotherapy: Would You Freeze Yourself Fit?" CNN, February 17, 2015. http://edition.cnn.com/2015/02/17/golf/freezeyourself-fit-with-cryotherapy/

<sup>5</sup>Allday, Erin. "Cold-water Swims—The Rewards and Risks." The San Francisco Chronicle, January 16, 2013. http://www.sfgate.com/health/article/ Cold-water-swims-the-rewards-and-risks-4196555.php



seeks members with InDesign knowledge for the production teams.



Be one of a four-member team that works every eight weeks on Sunday. You must have extensive knowledge of InDesign and feel comfortable working with it.

> Please send inquiries to annette laskaris@psfc.coop.



water. So when I saw them I said to myself 'That's just something that I want to do."" "Plus," she says "I've heard it's supposed to be good for vour circulation."

Annette's love of the beach

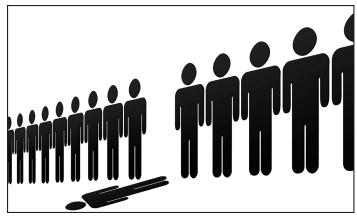
and health motivations may be more in line with the original objective of such a plunge. According to Bernard Macfadden, an early American advocate of exercise and healthy eating, a plunge in the ocean during the winter was believed to be "a boon to one's stamina, virility and immunity." In addition

# **This Was Your Life**

#### By Pat Smith

One of these days your Coop shift may roll around and you will not sign in. Not because you're on vacation, laid up with the flu or, miracle of miracles, finally retired, but because you have died. Your next of kin may notify the office, but it might be another month before your squad members learn you're not coming back. And that could be the last they ever hear of you, an unfitting end to a relationship, whether it was only a few months or many years long. To address such sad situations, Tom Rayfiel, novelist and longtime denizen of the Coop dairy cooler, has volunteered to be our in-house obituarist.

"We talk a lot about being a community but when one of us dies there's no formal acknowledgement," Tom said. "At best, a slip of paper is taped to the entrance door bearing some cryptic announcement. More often, we just don't see the person we were so used to encountering on a monthly basis."



## From Archives on Air

How did Tom propose the idea of being Coop obituarist? "Like an idiot, I went right to Joe Holtz!" he said. "I realized later this was the equivalent of asking Barack Obama to fix a parking ticket. At first I was wrestled to the ground by members of his security detail, but eventually I was granted an audience and, after he consulted with other Coordinators, a proposal was made."

Tom knows about obits, having participated in a program funded by the National Endowment for the Humanities to digitize the WNYC archives. "My job is to listen to old radio broadcasts and write an intriguing description of the show, which you can then click on and listen to," he said. "Since most of these are from the fifties and sixties, almost everyone is dead. I write what are in effect thumbnail obituaries of everyone from the composer Henry Cowell to W. H. Auden to former mayor Robert Wagner."

#### **Collective Memories**

Does the responsibility for summing up someone's life make Tom apprehensive? "Well it didn't until you asked," he said. "Thanks a lot." Here's how Tom's process will begin: "When a member dies, his or her squad leader fills out a form and sends it to the office," he said. "That form is currently being rewritten. In the future it will have an option for the surviving spouse or next of kin to request an obituary. If they want one, I'll get in touch either through email, phone or face-to-face, and get some relevant information. I'll also try to talk to the deceased member's squad leader or fellow workers to get some sense of what he or she did at the Coop. Ideally, I'd get an anecdote or two. Essentially, it will just be two short paragraphs, one about the member's 'work life' and one about the member's 'Coop life.' Plus information about survivors."

#### Facts of a Life

The New York Times obituaries are often the most enjoyable part of the paper. Is this a golden age for obits or does it just feel that way when we get old? "I think they are getting better, more loose in form, more anecdotal," Tom said. "As print journalism is forced to compete with websites and social media, some of the constraints are being lifted. That's not always good, but in this case it may be a benefit."

> How does writing an obit compare to Tom's telling a fictional story? "Obituary writing is more civic—I'm memorializing a member of our community," he said. "My obligation is to the facts. Fiction writing strives to get at the truth, a deeper and more mysterious concept."

The title of one of Tom's novels, Time among the Dead, could be a story about an obituarist, though it isn't. Is that just a coincidence or something deeper? "Time among the Dead purports to be a journal kept by an nineteenth century English lord as he grapples with his failing mind," he said. "Or is he, in fact, breaking through to a final, newfound clarity? As we age we all spend more time among the dead."



Tom Rayfiel, novelist, longtime denizen of the Coop dairy cooler and in-house obituarist.

#### As It Happens

Tom's last book, In Pinelight, featured a first-person narrator's fragmented responses to questions from an unseen interrogator in almost unpunctuated, pages-long paragraphs. His new book, Genius, is more conventional. How does he decide on the form for a story? "For me, novels happen," Tom said. "There was no conscious decision to follow a more conventional story-telling route. The material and structure appeared simultaneously. In Pinelight presented a formal challenge. Genius, about a young woman with an IQ that's off the charts but who is clueless in almost every other area of life, is 'difficult' in other ways."

Genius is about Kara Bell, a young woman diagnosed with cancer who must cut short her meteoric rise in academia and return to Witch's Falls, Arkansas, maybe for the summer, maybe forever. "Kara is a genius but also an idiot," Tom said. "That's how I see all of us; incredibly smart, perceptive beings who simultaneously commit the most ignorant, moronic acts. Kara's an extreme example, though. She's very funny portraying the provincial towns-

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than she does."

folk who, on some level, know far more

## Writers Aren't Invited

Who are the writers Tom loves? "I'm not sure love is the right word," he said. "Some writers have had a life-changing influence on my work. But don't you kind of resent people who have had that big an impact on you? But to name a few: Aldous Huxley when I was a kid. Georges Simenon. James Schuyler. The British playwright Simon Gray. More recently the French novelist Robert Pinget. Oh, and Henry James, always and throughout. We share a birthday."

What writers, living or dead, would Tom to invite to dinner? "I don't think writers make good dining guests," he said. "To generalize, they're either insecure and nervous, or raving egomaniacs. Usually both. Artists, on the other hand, by which I mean painters and sculptors, are fun-loving and really into food. I wonder why that is? My wife, the potter Claire Weissberg of Claireware, made friends with a number of such people in grad school. I'd invite them over Leo Tolstoy or Stephen King."

#### Calm in the Cooler

What effects, for good and ill, has the Coop had on Tom's life? "All good!" he said. "The Coop has changed my life. I eat more leafy green produce, more fruit, than I ever would had I been limited to regular supermarkets. There is also the sense of belonging, which sounds absurd when you talk about it but is real, is palpable. All the silly maddening stuff is fun to bitch about but falls away when balanced against the physical and social advantages."

"I've been a member about 24 years. I work the dairy cooler Thursdays, five a.m. For the first few hours nobody bothers me. There's an almost meditative, soul-inventorying state I attain, thinking about my work and my life in general. There's also a sense of satisfaction in really stuffing the cooler with product before the doors open. Then [Receiving Coordinator] Eddie Rosenthal shows up for the last half-hour or so. That's a nice re-entry to the world. Eddie is my spirit guide."

## SAFE FOOD COMMITTEE REPORT

## Plow-to-Plate Movie Series: Sustainable Table: What's On Your Plate?

By Adam Rabiner, Safe Food Committee

Sustainable Table is a survey film, laying out in six relatively short parts the major critiques of mainstream agriculture, each of which can sustain its own independent film investigation. This 2006 documentary by Mischa Hedges, which was an official selection and winner in several film festivals, is one of many food-related movies that emerged around this time, helping to raise consumer consciousness about the devastating health and environmental consequences of traditional monocrop agriculture.

The first part of the film, "Conventional Farming", describes the practice in easy to understand language as an input/ output system. Farmers first test their soil to determine its productive capacity, and then purchase various inputs as needed, such as fertilizers, and depending on rain conditions, irrigation systems. But nature has its surprises (pests, weeds, drought, etc.) and farmers must purchase new agrichemical inputs (herbicides, pesticides, insecticides) to regulate these field events.

Farmers also went from planting a diversity of fruits and vegetables to focusing on a single variety, mono-cropping. In this manner, beginning in the 20th century, farming gradually transitioned into a factory like system. Nature came to be viewed as difficult, the enemy, something to be fought, to wrest production from, to battle. Farming came to be perceived as a controlled system, not a biological system. This change heralded not only profound sci-

C.

entific breakthroughs but also a major philosophical break from farming as it had been practiced for thousands of years.

Part two, "Farmworkers," explores how these changes affect the human health of those tasked with working in the fields, most of whom are immigrant laborers. In 2000, more than 20 million pounds of chemicals were used on American crops, poisoning farmworkers who suffer increased rates of cancer, abnormal growth of sex hormones, and other medical anomalies. The film is set in California, which has some of the toughest worker protection rules on the books, but these laws are often lax and/or unenforced. The danger is not limited to those who toil in the fields. Agricultural workers are today's canaries in a coal mine. What ails them today has a good chance of making us all sick tomorrow.

Humans, of course, are not the only victim of industrialized farming. The environment also pays a heavy price. In part three, "Raising Animals," we learn that farms are exempt from the Clean Water Act and spew thousand of tons of raw sewage directly into streams, rivers and lakes which become subject to algae blooms that deprive the water of oxygen, killing off all life. According to the film, the world is losing its topsoil at unprecedented rates and levels, and it takes 500 years to produce a single inch of this precious resource. Cattle and other animals burp pure methane, a gas that is worse than carbon dioxide for global warming.

The film argues that 60%

of U.S. ecosystems have been compromised and are no lon-WHAT'S BEING COLLECTED: WHEN: 2nd Wednesday of the month, 4pm - 6pm 4th Saturday of the month, 2pm - 4pm Toothpaste tubes, any brand and size (toothbrushes OK too) WHERE: Outside in front of the Coop or inside during inclement weather Baby food pouches and caps (any brand) **PSFC / TerraCycle Recycling Collections** Energy bar wrappers (any brand but only energy bars—no other wrappers please) The vote is in and members at the May GM unanimously voted to create work shifts to collect a Brita filters (other filter brands okay) plus other variety of hard-to-recycle packaging in partnership Brita filter-related items with TerraCycle. Plastic food storage zip lock bags (any size), plastic cling wrap, and small bulk bags (NO PLASTIC ROLL BAGS OR Save up your eligible waste for upcoming SHOPPING BAGS) collection dates. Cereal bag and cracker bag liners or bulk cereal bags QUESTIONS: ecokvetch@yahoo.com (any brand) LEARN MORE: www.terracycle.com

Note: Presort and separate items by category. No need to clean or remove labels. Do not bring items other than those listed here.

ger sustainable. This part of the film also depicts, in footage that some viewers may find upsetting, the cruel way that cows, chickens and other livestock are treated when they are viewed narrowly as a food commodity rather than living, breathing, sentient entities in their own right.

Similar to many of the other documentaries on the food system, this one too at some point begins to move from a grim portrait to a more hopeful one. The title is, after all, Sustainable Table: What's on Your Plate, not Unsustainable Table, and so part four, "Plant Based Diet," begins the transition into a more optimistic alternative narrative. This section argues that grain should be produced primarily for human stomachs, not those of cows (which by nature are programmed to eat grass). By returning to our natural eating habits of the past, cutting back on saturated fats and protein, we would reduce heart attacks, stroke and other diseases.

This is the diet human beings were meant to eat. Our teeth, jaw, stomach and gastric system—our entire physiology-are geared more towards vegetables than meat. To prove the point, the camera captures vegan champion body-builder Kenneth Williams's gym workout routine and follows him into his kitchen, preparing a healthful vegetarian meal, proving that a plant-based diet does not have to leave you etiolated.

In part five, "Sustainable Foods," the film delves deeper into the organic food movement, revealing that not all organic products are the same. While all certified organic fruits and veg-

etables have to be raised free of pesticides and herbicides (sulphur, however, can still be used in raising grapes), monocrops are permitted and produce can travel thousands of miles to market, doing nothing to restore soil ecology or help the environment. Message here: Caveat Emptor and Know Your Farmer.

Lastly, "What Can You Do?" empowers the viewer and consumer to use their dollars wisely to make appropriate dietary choices. Every day, at breakfast, lunch and dinner, we have three votes to benefit our own health and the environment. There is no downside to this power. Conversely, the fork can be the world's most dangerous weapon. Sustainable Table leaves us with this wise yet common sense thought: We should go out trying not to change the world, but to change ourselves. Only by doing that will we indeed change the world.

See upcoming events, past reviews and a comprehensive list of films shown at 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.

Sustainable Table will be presented on Tuesday, February 9, 7 p.m. at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.

## Hearing Administration Committee is seeking new members

The HAC performs administrative functions necessary to arrange and facilitate disciplinary hearings, coordinating with the Coop's Disciplinary Committee and the Hearing Officers Committee.

> Applicants should be detail-oriented, comfortable working by e-mail and telephone; they should be Coop members for at least one year and have excellent attendance records.

Members of the HAC work on an as-needed basis, only when hearings are required, and earn FTOP credit. Therefore these members must maintain regular Coop shifts or be FTOP members in good standing.

The nature of this work requires that all members maintain strict confidentiality with respect to all matters on which they work.

We are seeking an applicant pool that reflects the diversity of the Coop membership at large.

Those interested should e-mail the HAC at psfchac@gmail.com.

## Interested in Engaging Coop Work? **Disciplinary Committee Seeks NEW Members**

#### SKILLS NEEDED

Communication • Problem solving • Conflict resolution Dealing with difficult situations and people Investigation • Writing • Research

#### **OUR WORK INCLUDES**

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

#### REQUIREMENTS

- In order to be considered for this position, any candidate must:
- · Be a member for at least a year
- Have a good attendance record
- · Possess the ability to work on a team
- Have good writing skills
- Have computer proficiency (excel, word, email)—this is essential
- Attend evening meetings every six weeks

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

We recognize the importance of various points of view when considering cases brought to us. We are seeking a candidate pool that reflects the diversity of the Coop's membership.

### CONTACT

Karen: 718.208.7897 or foodcoopdc@gmail.com

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



The Linewaiters' Gazette is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215, 718-622-0560. 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.

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.

For topics that generate a large number of submissions (letters or Member Articles) serially and continuously over an extended period of time, the Gazette will not necessarily publish all submissions, but the editors will use their editorial discretion to select a small number of submissions (whether letters or Member Articles) from each side as representative of that viewpoint of the issue. The selected submissions will also adhere to the current guidelines of civil discourse and should serve to advance the discussion in new ways. You may submit on paper, typed or very legibly handwritten, or via e-mail to GazetteSubmissions@psfc.coop or on disk.

#### Letters: Maximum 500 words.

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 sub-mitted 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.



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

# **ROSPECT CONCERTS**



Hilary Chaplain & Mik Kuhlman. Brooklyn-based international solo physical comedians take the stage. Chaplain, known as a Lucy Ricardo-Little Tramp hybrid, has been performing world-wide. She has won numerous awards in Poland, Cuba, Slovakia, the UK and New York. She is joined by Mime and clown Mik Kuhlman, an international performer with sublime comic timing, serious depth and cross-disciplinary training. Come laugh for an hour at their solo comic sketches!

**RASHMI** is a singer, songwriter, actress, screenwriter and Brooklynite. As a singer-songwriter, she has performed her own music in New York City, Austin, Dallas, Toronto, Philadelphia and Los Angeles, in as diverse venues as Rockwood Music Hall, The Rock Shop, The Shrine, The Way Station,



The Roxy, The Mint, Genghis Cohen, and The Roosevelt Hotel. Her new album, Puzzle, was released in late September 2015.

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 Park Slope FOOD COOP					
The Coop strives to keep prices low for our membership. Mini- mizing 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. 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.					
Refrigerated Goods (not listed above) Frozen Goods Meat & Fish Bread Refrigerated Goods (not listed above) Frozen Goods Meat & Fish Bread Refrigerated Goods (not listed above) BEFORE EXPIRATION DATE Packaging/Label must be present- ed for refund.					
Items not listed above that are unopened and unused in re-sellable condition					
The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.					

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## WELCOME!

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

Jane Abernethy Heidi Brown Linda Buschke Lolita Alford Jesse Ash Marc Atkinson Ana Carmichael Jennifer Au Laura Carrera Rhys Bambrick Emily Chapman Christopher Bass Grigory Bloch Stephen Chen Victoria Bradbury Paige Ciacelli Jonathan Cieslak Kate Brannen Danielle Brawand Jacob Clary Francesco Brazzini Jacob Cohen Julie Bridgham Meir Briskman Laura Coogan Abe Costanza Iris Bromberg Myles Broscoe Dalheue Coue

Hyang Jae Coue Hesu Coue-Wilson Michael Calavano Deborah Creighton Nadja Feulner Meegan Daigler Jennifer Davidson Gloria De La Gala Sabastian Chedal Alexis Dean Francesca Dehaven Kate Gibson Becca del Monte Audrey Dennis Amanda Dias Laura Dubroce Philomena Connors Andrea Durning Iulie Duverge Rebecca Emet Daniel Eriksson

Duccio Fabbri Kathryn Hayden Rebecca Ferres Tiffany Heisler David Herman Tiffany Firebaugh Tyrria Higgins Sara Freeman Jae Honey Harper Gany-Beitler Rachel Ihara Sho Ishikura Raquel Gershberg John Landis Caroline Godfrey Kauffman Steven Golliday Aisha Keller David Gura Heather Kirkland Lucien Harlow-Dion Nathan Kisin Judith Hart "Cole" (Karen-Megan Hartman-Nicole) Knapper Ariel Lachman Sparks Joseph Hawthorne Patrick Lamarca

Jeff Landman David Lavin Arielle Lawson Emmanuel Le Blanc Elena Park Alison Le Frederica Lewis Mark Libkuman Nathan Lump Amita Maram Carmina Marquez Micaela Mathre Brandon Maultasch Ruchikachorn Andrew Mazorol Elizabeth Mikesell Leigh Morlock Justin Morrison

Malathi Nayak Brad Ollinger Kalina Ollinger Breana Patwa Anton Pavlov Blanche Penafiel Adam Peters Emily Pintel Domenic Powell Dejana Pupovac Puripant Sonya Radetsky Donald Revolinski Jan Rigsby

Danielle Robbins Antony Shipman Maxime Robin David Shuck Jonathan Sidhu Alex Royle Charles Runnette Chris Simpson Amanda Smith Susan Rybak Keren Sachs Audrey Snyder Michael Sachs Claire Soloski Katherine Stecia Noel Sagaille Ben Sampson Ben Steinberg Adetola Sanya Oriana (Ana) Stern Olena Sanya Sarah Sumner Maysam Taher Cara Schwartz Shayla Theodore Jonathan Schwartz Olga Sekatskaya Tra To Nathan Shields Libby Tuttle Steven Shimizu Andres Utting

Christine Vaindirlis Melisa Venegas Alessandra Vertrees Kevin Vertrees Julian Vinocur Aaron Vogel Megan Walsh Melanie Warner Dale Watkins Marcus Williams Emily Willis Edward Wilson David Winsborough Lascelles Wraxall Cassandra Zylinski

# CÖPCALĖNDAR

## New Member Orientations

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

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

#### The Coop on the Internet www.foodcoop.com

## The Coop on Cable TV

Inside the Park Slope Food Coop 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.

## **General Meeting Info**

**TUE, FEBRUARY 23** GENERAL MEETING: 7:00 p.m.

## **TUE, MARCH 1**

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

## **Gazette Deadlines**

**LETTERS & VOLUNTARY ARTICLES:** February 18 issue: 12:00 p.m., Mon, February 8 12:00 p.m., Mon, February 22 March 3 issue:

### **CLASSIFIED ADS DEADLINE:**

February 18 issue: 7:00 p.m., Wed, February 10 March 3 issue 7:00 p.m., Wed, February 24

## 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 or signup at foodcoop.com. 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-forworkslot-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 processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture.

We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment.

We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store. We welcome all who respect these values.

## 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 on foodcoop.com and at every General Meeting.

## Next Meeting: Tuesday, February 23, 7:00 p.m.

## Location

St. Francis Xavier School, 763 President Street, between Sixth and Seventh Avenues.

## 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 on foodcoop.com 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.) • Submit Open Forum items • Explore meeting ilterature

**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 on foodcoop.com and may also appear elsewhere in this issue. Wrap Up (9:30-9:45) • Meeting evaluation • Board of Directors vote • Announcements, etc.

# park slope FOOD COOP

# calendar of events



## Food Class: Vegan and Gluten-Free Valentine's Day Sweets

Do you want to incorporate more vegan, plant-based and gluten-free ingredients into your diet? Join chef Hideyo Yamada, a former pastry chef in Japan and a wski, Coordinator specialist in cooking, teaching, and eating a

health-supportive diet, to add some delicious dessert ideas to your repertoire. Yamada will demonstrate decadent, delicious sweets made with simple ingredients available for purchase at the Park Slope Food Coop. Learn the proper technique on how to temper chocolate, and spend the night sampling freshly made chocolate truffles, almond cookies, candied walnuts, and more, to get you in the spirit of Valentine's Day! Yamada is a cooking instructor, private chef, holistic health counselor and is a graduate of the Natural Gourmet Institute's Chef Training Program and the Institute of Integrative Nutrition. She is a trained sushi chef from Japan and has worked as a sushi chef, Japanese chef and a pastry chef at several highend restaurants in New York City. She specializes in vegan and gluten-free cuisine, which enhances the energy and restores the health of her clients. Her dishes are always colorful and delicious. Menu includes: creamy raw chocolate mousse; double almond cookies; walnut-praline chocolate truffle; how to temper chocolate; candied walnuts.

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 January 21.

Materials fee: \$4. Food classes are coordinated by Coop member Olivia Roszkowski.



## See What the PAFCU Offers

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

Representatives from the PAFCU will also meet at the Coop on February 6.

## feb 5 fri 7 pm

## Film Night: **An Unknown Country**



An Unknown Country tells the story of European Jews who escaped Nazi persecution to find refuge in an unlikely destination: Ecuador. This small South American country, barely known at the time, took them in when most other nations had closed their doors. Featuring first-hand accounts, family photos,

and archival material, the film opens a window on the exiles' perilous escape and difficult adjustment as they remade their lives in what was for them an exotic, unfamiliar land. Eva Zelig is an award-winning TV producer/writer whose work has appeared on PBS and other national networks. She has been honored with many awards, including an Emmy. She has also produced educational videos for schools and museums, including the Nature Museum-Chicago Academy of Sciences, Brooklyn Botanic Garden, Grand Teton National Park. She produced an award-winning multimedia exhibit about climate change for the American Museum of Natural History. To book a Film Night, contact Gabriel Rhodes, gabrielrhodes@me.com.

## feb 6 sat 10 am-12:30 pm

# See What the PAFCU Offers

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

## feb 6 sat 2–4 pm



Valentine's Day Card-Making Party

Bring family and friends of all ages to a Valentine's Day Card-Making party in the Coop's Meeting Room. Children under 10 years old should be accompanied by an adult. We'll supply glue, markers, and paper and some fun art-making tips. You supply the creativity and love! Bring any other special art

materials you would like to use. We are looking for art supply donations like buttons, fabric, recycled paper, magazines, newspaper and cardboard. Hot cocoa and chocolatey treats will be available to purchase.



## Safe Food Committee Film Night: **Sustainable Table**



Over nine months, director Mischa Hedges traveled the west coast to learn more about our food system. While interviewing farmers, agricultural experts, nutritionists and activists, Mischa and his team learned that the standard methods of producing food

do not take environmental or human health costs into consideration. They also spoke with farmers who are practicing more sustainable methods of producing food, and learned of the many alternatives to conventional agriculture. The result is an unadulterated look into the food you eat, and how you can make a difference to your health and the environment by the food choices you make.

See upcoming events, past reviews and a comprehensive list of films shown at 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.



## Wordsprouts: A Night of Filmmaking: From Script to Screen



Ever wonder exactly how a movie goes from being a script to becoming a finished film? Filmmakers discuss the ups, downs, and practical considerations of taking pages of dialogue and directions and transforming it into a work of art on screen. Padmini Narumanchi, an

award-winning producer and experienced assistant director, will explain how filmmakers deconstruct feature-length scripts to create a workable shooting schedule, something which is an art in its own right. And Rashmi Singh, who wrote the script for the critically acclaimed film The Divide, will lead a workshop on how to read and understand a script through the eyes of a producer, director, and actor, with a live reading that will include the audience. Together, they'll demystify the filmmaking process and demonstrate how movie magic is the result of dedicated, hard work on the part of many. Bookings: John Donohue, wordsproutspsfc@gmail.com.

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

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





## **Discover Your Body's Wisdom**

A practical meditation workshop. Learn to connect with your authentic self in three steps: 1.Develop more body awareness. 2.Learn to listen to your body by using your intuition. 3.Release physical and emotional blockages. Coop member **Emile van der Hilst** is a certified craniosacral therapist and certified visceral manipulation practitioner. He has a private practice in Manhattan (Columbus Circle).



## Hilary Chaplain & Mik Kuhlman; RASHMI



Brooklyn-based international solo physical comedians take the stage. **Hilary Chaplain**, known as a Lucy Ricardo–Little Tramp hybrid, has been per-

forming world-wide. She has won numerous awards in Poland, Cuba, Slovakia, the UK and New York. She is joined by Mime and clown **Mik Kuhlman**, an international performer with sublime comic timing, serious depth and cross-disciplinary training. Come laugh for an hour at their solo comic sketches! **RASHMI** is a singer, songwriter, actress, screenwriter and Brooklynite. As a singer-songwriter, she has performed her own music in New York City, Austin, Dallas, Toronto, Philadelphia and Los Angeles, in as diverse venues as Rockwood Music Hall, The Rock Shop, The Shrine, The Way Station, The Roxy, The Mint, Genghis Cohen, and The Roosevelt Hotel. Her new album,

*Puzzle*, was released in late September 2015. **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.* 

## **feb 23** tue 6:45 pm

# **College Admissions 101**

Get your children into their first-choice college. Are you or your child stressed about applying to college? Want to know what goes into writing a winning college essay? If you've been wondering what you can do now to make things easier when application time comes, come to this free workshop. Time for Q&A afterward, and additional resources will be provided. **Steve Schwartz** is a professional college admission counselor in Park Slope with more than a decade of experience. He also hosts the popular "College Admissions Toolbox" podcast, writes the "Get Into College" blog, and is a Coop member.

# feb 23

## **PSFC FEB General Meeting**

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

between 7 and 7:15 p.m.

Meeting location: St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.

- I. Member Arrival and Meeting Warm-Up
- II. Open Forum
- III. Coordinator and Committee Reports
- IV. Meeting Agenda
- IV. Meeting Agenda

**Item 1:** PSFC Purchasing Fee-Based Plastic Recycling with TerraCycle (35 minutes) **Discussion:** Purchasing plastic film–recycling services from TerraCycle.

*—submitted by Rosemary Calderon, Environmental Committee* **Item 2:** Park Slope Food Coop Members Volunteer at NYC Marathon (35 minutes) **Discussion:** The TCS NYC Marathon wll be held on Sunday, November 6, 2016. Park Slope Food Coop members would be able to volunteer for mile 6 on Fourth Ave. between 23rd & 24th Streets for volunteer credit.

-submitted by Noa Heyman

## V. Board of Directors Meeting

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

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

## feb 24 wed 7 pm

## Learn About Cheese At the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional **Elena Santogade**. Join us as we taste through a different regional selection this month; learn about the history, geography and cheesemaking practices from around the world. Santogade will lead the tasting and offer guidelines for pairings and for designing cheese tastings of your own.

**feb 28** sun 12 pm

# Alternatives to Boycotting

How many narratives are there in the Israel-Palestine conflict? One above all? Two competing ones? How about five narratives? How about one hundred? If you've always felt that "pro" or "anti" positions only put us at odds, and that angry resolutions help no one, you should come and bring your alternative solutions for peace in the Middle East and for our beautiful Coop. This will NOT be a debate on the pros and cons of boycotting. **Jesse Rosenfeld** is a Coop member since 2004, secretary for the General Meeting, and has brought a new brand of Palestinian olive oil to our shelves. He believes in empowerment, not boycotts.

still to come								
mar 1 Agenda Committee Meeting	mar 5 Coop Kids' Variety Show @ Old First Church							
mar 3 Food Class	mar 6 Having Trouble Getting Pregnant?							
mar 4 Film Night	mar 8 Safe Food Committee Film Night							

#### L 0 Н Ε D R ET Т Ξ R S Т Т Ε ΙΤ 0

## LET US VOTE!!

#### **MEMBERS**:

In the last issue of the Gazette, an Editor's Note in response to the request that a Coop-wide vote on SodaStream be included in our June mailing stated that

...the decision to add an item to the mailing for the election of the Board of Directors must be made by the General Meeting and cannot be made by the Coordinators without a General Meeting vote approving it." How is it that the General Coordinators were able to propose a Coop-wide referendum to shut down all discussion of "Middle East" topics for years (and to do so without going through Agenda Committee protocol) and they can't do the same to get the vote to deshelve SodaStream on a referendum? It's been nine months and we're still waiting to vote. No wonder we're all sick of these "Middle East" issues.

It's a member Coop, right? Let us vote!!

Carol Wald

## **CORRECTION TO DECEMBER GM MINUTES**

**DEAR COOP MEMBERS:** Please note that in my presentation for the GMO Labeling Committee, I stated that our committee had presented its proposal to ban new GMO foods to the General Meeting twice, in both January 2014 and August 2015.

> In cooperation. Greg Todd

## FREER SPEECH, **FOR A PRICE?**

### **TO THE EDITOR:**

I don't think anyone has put forth this idea for resolving the publication of letters and member-submitted articles in the Gazette on contentious issues not directly related to Coop operations. Let's create another publication to carry this material. This publication could operate much like the Gazette (in terms of a committee being in charge, workslots, etc.) but would probably not need to appear as frequently (say, monthly instead of every two weeks). Many of the same guidelines could be applied as are

listed under current Gazette policies on the masthead (regarding fairness, respect, and so on), but without the current limitations on number of submissions and with more leeway for strong language—people do feel strongly about issues, and should be allowed to express that. A special committee or squad (with an odd number of elected members, to avoid ties) could be created to decide whether any given submission should appear in the Gazette or in the new publication. A crucial difference from the Gazette could be a nominal purchase charge (say, \$1), to defray the costs of publication and to provide some indication of members' real interest in the issues discussed and some indication of the long-term viability of the publication.

> In cooperation, Len Neufeld

## **RE: EDITOR'S NOTE ON UNFAIR DISCIPLINARY RULES**

## TO THE **COORDINATORS:**

In my letter to the editor of January 21 issue of the Linewaiters' Gazette concerning the unfair disciplinary rule that expels innocent housemates of rightly expelled members, the editor noted that "it is possible for a housemate who was expelled to be re-admitted to the Coop by presenting sufficient proofs to the Coordinators...that the person found guilty...is no longer living with the housemate."

In other words, it is possible for the innocent roommate to come back to the Coop. This is wonderful news, but you, the coordi-

nators, should explain the procedure for re-admittance and what "sufficient proofs" the ex-member must produce, and put it in writing. Thank You, Deborah Kapell

## **LETTER POLICY TO THE EDITOR:**

I am sorry to learn that the Gazette editors have returned to publishing the politically infused, angry and hate mongering letters. I find the argument that freedom of speech and the dedication to expression of personal views by the founding Coop members to be as flimsy as the argument that assault weapons were what our country's Founding Father's had in mind when they gave people the right to carry arms. And I certainly don't need any Coop members to lecture me about world affairs, or tell me what I can or can not buy. I find that insulting to my intelligence. (If you want to lecture me about cheeses, or the most nutritious vegetables, I'm all ears.)

The only BDS discussion I want to read about in the Gazette is about the pros and cons of Broccoli, Dairy and Spinach. If I want to know more about what's happening in the Middle East, or feel a need for some angry hate-mongering discussions, I only need to turn on the television or pick up a newspaper. I really enjoyed reading the Gazette during the BDS-related moratoriumespecially articles profiling our hardworking staff, nutrition and farm-related stories. Sadly, I'm out of here. I won't be picking up the Gazette again any time soonat least until I hear that your policy has changed.

Helene Davis



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, 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.)

## **Board of Directors Election**

## The General Meeting & **The Board of Directors**

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

## **Duties of the Directors**

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

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

## **Openings**

There are three openings on the Board. Two positions are for a term of three years. One position is for a term of two years.

## **Candidate Deadline**

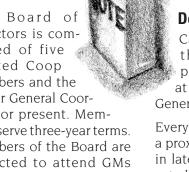
If you wish to place your name into nomination, you must declare your candidacy by submitting a statement of up to 750 words to: gazettesubmissions@ psfc.coop. Please include a small photo for publication

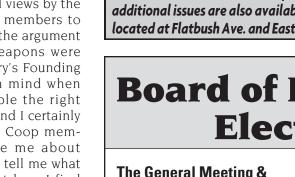
> in the Linewaiters' Gazette and the member proxy mailing. **Deadline** for candidacy submission is Tuesday, March 1, 2016.

## **Deciding and Voting**

Candidates will have the opportunity to present their platform at the March 29, 2016, General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 28, 2016.





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

## COMMUNITY CALENDAR

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

## SAT, FEB 6

10 a.m.-4 p.m. 11th Annual SEED CELEBRATION & SWAP: learn about seed saving, planting, gardening. Hands-on compost training, transplanting, "meet the gardener," design tips, seed art, whole seed forms, free seeds, seed swaps, seeds for sale. Kid friendly. Free! at the Old Stone House & Washington Park

## SAT, FEB 6

8 p.m. Alix Dobkin; DK and the Joy Machine. At the Peoples' Voice Cafe. Community Church of NY Unitarian Universalist, 40 E. 35th St. N.Y. Info: call 212-787-3903 or peoplesvoicecafe.org. \$18 general/\$10 for subscribers.

## SAT, FEB 13

8 p.m. Rod McDonald, Folksinger and songwriter. At the Peoples' Voice Cafe. Community Church of NY Unitarian Universalist, 40 E. 35th St. N.Y. Info: call 212-787-3903 or peoplesvoicecafe.org. \$18 general/\$10 for subscribers.

SAT, FEB 27

10 a.m. Winter Thaw Bird Walk at Jamaica Bay. Meet at the Jamaica Bay Wildlife Refuge for a hike around the ponds and gardens. For more info and to register call Don Riepe at 718-474-0896 or donriepe@gmail. com. Event organizer: nycaudubon.org. Free.

#### SUN, FEB 28

4 p.m. BPL Chamber Players presents: Randall Scarlata, baritone; Benjamin Hochman, piano at the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library. 10 Grand Army Plaza BKLYN. Admission Free.

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

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

THE FUND FOR **NEW FOOD COOPS** 

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

How can you donate?

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

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

## **BED & BREAKFAST**

THE HOUSE ON 3 St. just below 6th. Ave is offering deep discounts beginning Jan 6-March 31. The apartment occupies the parlor floor. Guests enjoy plenty of room, total privacy and a modern living space. Call Jane White, 718-788-7171 to negotiate a nightly rate. The longer the stay the lower the rate. houseon3st.com.

LARGE SUNNY ROOM with queen bed, private or semi-private bath in spacious Prospect Heights townhouse full of old-style charm and modern amenities. Smokefree, no pets. Close to Q, B, and 2, 3 stations. Short walk to BAM, Park, Gardens. Call Margaret 718-622-2897. Leave short message.



## CLASSIFIEDS

### MERCHANDISE-NONCOMMERCIAL

FOR SALE: Two matching wood bookcases. Each is approximately 83" tall, 33-3/4" wide and 14" deep. They have a red oak stain. They are in excellent condition. I am asking \$100. Buyer is responsible for removing them. They were purchased from Tradewinds about 8 years ago. Contact Israella at 917-816-4795.

## 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.

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.

HAIRCUTS HAIRCUTS HAIRCUTS. Color, highlights, low lights, oil treatments, gift certificates available in the convenience of your home or mine kids \$20.00-\$25.00. Adults \$35.00-\$40.00. Call Leonora 718-857-2215.

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 and I work from Wednesdays through Sundays 9 a.m.-5 p.m..

## **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.



23 years H.S. r • Clarity • Confidence	<ul><li>math teacher p</li><li>Precision</li><li>Ease</li></ul>	• Problem-Solving • Understanding
<ul><li>Preparing stud</li><li>Regents</li><li>S</li></ul>		Professional Exams
<ul><li>Providing</li><li>Remediation</li><li>Common Core</li></ul>		Traditional Math
www.mathtu	tor.nyc	917.679.5193





Are you looking for a more meaningful way to gain Coop work credit? Are you interested in issues of diversity within the Coop? Do you have experience in conflict resolution and using mediation to resolve disputes? If you answered "yes" to any of these questions, we should talk to you about joining the Diversity and Equality Committee (DEC).

The DEC seeks to create a more welcoming place for all members. We address diversity, bias, and discrimination at the Coop through a number of activities including training, awareness-raising initiatives, bias-complaint investigations, and special events that aim to build community among Coop members. We are currently looking for new members.

- You are encouraged to contact us if you are a member who has:
  - Been in good standing for at least one year
  - An interest/experience in diversity issues
  - Good interpersonal skills
  - The ability to follow through on tasks independently

We have monthly meetings as a group, but also have additional subcommittee/project work that requires more time than a typical work shift. You can bank any additional time worked as FTOP credit for the future. Members with mediation skills can join us as FTOP members and participate as needed. We welcome members of all ethnicities, nationalities, races, religion and

sexual orientation Interested? Please contact Jasmina Nikolov (jasmina1@gmail.com) or Maitefa Angaza (majh4real@gmail.com).

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

## 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.

## PARM SQUAD Thursday, Friday, Saturday, **Various Times**

This shift requires extensive training with a member of the paid staff, and therefore requires a six-month commitment. You must have good attendance to join this squad and must be a member for at least six months. As a member of the PARM Squad, you'll prepare designated cheeses for sale. You should be fit enough to cooperate with other members to lift 90 lbs. (a wheel of parmesan). Involves also cutting hard cheese, moving in and out of the cooler. All members of the squad must follow the hygiene and safety guidelines as stipulated in the Food Processing manual. Please provide your e-mail address to be added to the shift-swapping contact list. Interested members must speak to Britt before joining this squad: britt\_henriksson@psfc.coop.

## **OFFICE SET-UP** Tuesday, Thursday, Friday, 6 to 8:30 a.m.

**Tim Vasen** 

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

## WALL CHART UPDATING Sunday, 8 to 10:45 a.m.

This is the perfect job for a detail-oriented person who likes a quiet and pleasant work environment. You will be trained by a staff person who will always be available to answer questions. You are part of a team of 2 to 3 people, but you will work on your own. Please speak to Camille Scuria if you would like more information. She can be reached at camille scuria@psfc.coop or call the Membership Office Saturday through Wednesday to speak to her.

## **STORE EQUIPMENT CLEANING** Wednesday, Friday, 6 to 8 a.m.

This job involves meticulous deep cleaning of the store's checkout equipment and furniture. Workers are required to read and follow detailed instructions for cleaning the scales, printers and monitors as well as cleaning the furniture and organizing checkout workers' tools and supplies. Must arrive on time at 6 a.m. Please report to Cynthia Pennycooke on your first work shift.

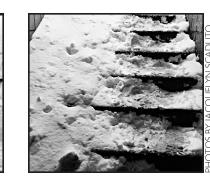
### **BATHROOM CLEANING** Monday, Tuesday, Wenesday, 12 to 2:00 p.m.

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

## **GENERAL MEETING SET-UP** Tuesday, 6:30 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.







well as Soviet-era plays. As a teacher and mentor he had a profound impact on his students At a recent memorial service, Joseph Labatt, a 2015 Princeton graduate, recalled:

"Tim Vasen was the one who let the cast and crew of Half stay in his home for free so we could afford to put up the show in the NYFringe, a show where I made lifelong friends. And Tim Vasen was the one—during perhaps the worst week of my life, as I was quarantined in McCosh Infirmary with gastro and pneumonia—who took over my role in Onegin for our opening night, so that I could sleep in a hospital bed undisturbed for almost 30 hours. I was lucky to have him in my life. He was a good man, and he will be so, so missed, by so, so, many."

Tim joined the Coop in November of 1994. He worked FTOP, mostly with Receiving Coordinators, during the day. Among his jobs was restocking the bulk items. Ron Zisa remembers Tim as "a very

sweet soul, always willing to do whatever you'd ask....It's a great loss to the Coop." Leslie, Tim's wife, spoke of how much the Coop meant to him and how much he enjoyed working here.

Tim is survived by his wife, Leslie Brauman, and his children, Sam and Rosie.



## By Tom Rayfiel

Tim Vasen, who made his I mark both as a theater director and teacher. died at his home in Fort Greene on December 28. He was 51 years old. A Lecturer in Theater and Director of the Program in Theater at Princeton University, Tim directed countless productions of classic drama, contemporary theater, and student works in New York and all over the country. He was particularly admired for his staging of Greek drama as

**Produce Mixup Answer** 

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

wordsproutspsfc@gmail.com.

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