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Volume KK, Number 7

March 31, 2016

Defining Responsible Seafood at the Coop

By John B. Thomas

When it comes to purchasing seafood, what does it mean to be a responsible consumer? This is a question that any Coop member who likes to cook, serve and eat seafood has probably asked him or herself. Aside from important factors like taste and price, there are any number of ways to look at this question—from the standpoint of nutrition (does fish have the micro and macro nutrients I need?), food safety (is it safe to eat?), environmental stewardship (was this fish caught or farmed in a way that didn't harm the environment?) and even human rights (were the people who caught or farmed the fish treated fairly and compensated appropriately?).

Unfortunately the seafood industry, Food and Drug Administration, conservation community and many others involved in the harvesting, distribution and selling of seafood don't make answers to these questions easy for the average consumer. Over 8,000 species of fish are caught commercially in over 140 countries, each with its own regulations. Seafood is the most widely traded food commodity, meaning seafood that is caught in one place is rarely consumed there. Additionally, most seafood companies are privately owned

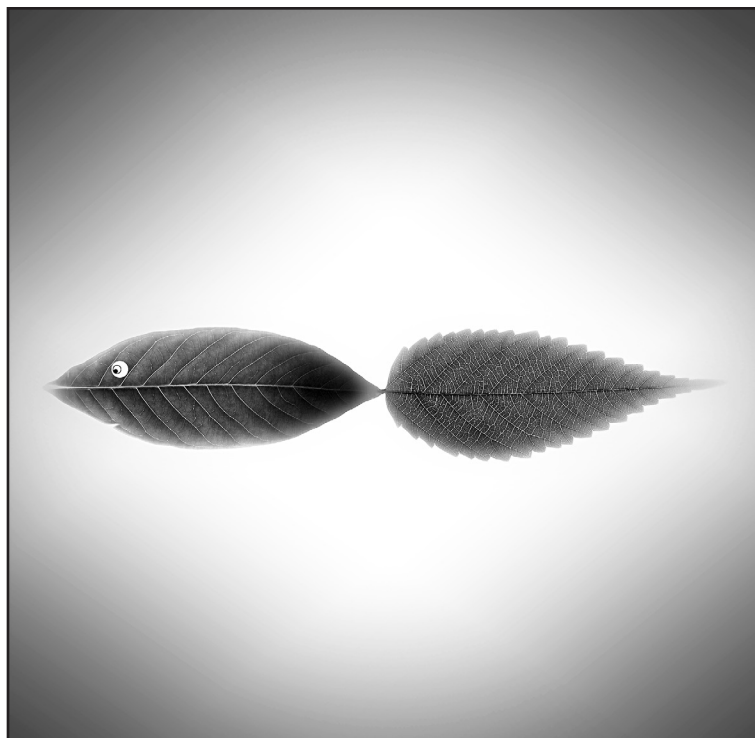


ILLUSTRATION BY PAUL BUCKLEY

(instead of publicly traded on an exchange), making access to information by the public about sourcing practices extremely difficult. Yet seafood is a \$400 billion industry annually, making it the most valuable food commodity in the world—meaning a lot is at stake.

At the same time, there have been enormous efforts by activists, NGOs and progressive seafood companies to change these dynamics over the past two decades. The Marine Stewardship Council (MSC) has emerged as the pinnacle of environmental sustainability in seafood, certifying more than 10% of the world's fisheries

as sustainable (which they rigorously define and evaluate every five years). NGOs like Oceana have been leaders in exposing the extent of fraud in the seafood industry. A recent report¹ documented via DNA sampling that every sushi restaurant surveyed in New York sold mislabeled seafood, and 33% of all retail outlets nationally sold mislabeled seafood. In 2015, Fair Trade USA, noted for their certifications of fair working conditions among agricultural workers globally, certified their first-ever seafood product and has plans to expand.

CONTINUED ON PAGE 2

¹www.oceana.org/sites/default/files/National_Seafood_Fraud_Testing_Results_Highlights_FINAL.pdf

Ramp Up for Spring with Seasonal Produce

By JD Davids

This winter has been relatively mild, but still can leave the eye hungry for the colors of emerging leaves and early flowers and the palate eager for the fresh taste of local produce. But as the tender shoots and buds have started to appear in Prospect Park and the much-treasured tiny front yards of our neighborhoods, it means we'll soon see a range of seasonal delights from the greenhouses, fields and forests of the Coop's produce suppliers.

In the weeks ahead, we'll reap the benefits and challenges of the early spring sea-

son, as this precious trove of uniquely seasonal and sometimes ephemeral edibles reaches our produce aisle. The quantities and prices, as noted by Receiving Coordinator and Produce Buyer Ana Gallo, depends on what nature holds in what can be an unpredictable season, though the Coop seeks to mitigate potential supply problems by having multiple suppliers. She spelled out some of the procession of tasty offerings we'll likely see in the coming weeks:

"Lots of local baby greens will be starting. Lambs quarter tend to start first, but other

CONTINUED ON PAGE 3

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Product Survey

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foodcoop.com/survey

Take your Coop survey Today!

Next General Meeting on April 26

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The April General Meeting will be on Tuesday, April 26, at 7:00 p.m. at **St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

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

Coop Event Highlights

Fri, Apr 1 • Film Night: *Tracks in the Sky* 7:00 p.m.

**Thu, Apr 7 • Food Class:
Flavors of the Middle East 7:30 p.m.**

**Fri, Apr 8 • Wordsprouts:
Spring Cleaning Your Psyche 7:00 p.m.**

**Sat-Sun, Apr 9-10 • Food Drive to Benefit CHIPS Soup Kitchen
9:00 a.m.–7:00 p.m.**

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

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Seafood

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The Coop has been at the forefront of responsible consumerism in seafood, consistently providing members with the best possible seafood options, based on recommendations from Monterey Bay Aquarium's Seafood Watch program, the National Oceanic and Atmospheric Administration's (NOAA) FishWatch Program and the Best Aquaculture Practices certified products and facilities.

Most recently, the Coop's activism has taken the form of a partnership with Pierless Fish, a Sunset Park-based seafood distributor that prides themselves on providing responsible options to area consumers.

The Coop is Pierless's first retail partner, meaning that John Horsman, the Coop's Fish Buyer, and the team at Pierless jointly decide what makes sense to put on the Coop's shelves and in our freezers. And in the words of Sonja Panacek, who manages marketing and special projects for Pierless, this relationship creates "the shortest and best possible line of supply that the Park Slope Food Coop can get." This translates not just into a diversity of responsible options on Coop shelves, but the names of boats and location where the fish is caught—all on the packaging.

So what does responsible seafood mean to Pierless? The short answer: it's complicated. But speaking with both Panacek—who grew up in the New Jersey seafood industry, and Robert DeMasco—Founder, CEO and Coop member—they have a few suggestions for Coop consumers to consider when purchasing seafood.

Learn About Seafood Seasonality

Unlike food crops and cows, chickens or pigs, fish don't stay in one place. Many populations migrate between spawning grounds (where they reproduce) and their feeding grounds, where they grow and mature. In response to the colder water temperatures in winter, fish (like humans) tend to put on more fat to keep them warm, which frequently changes their taste and color (usually for the better)—black sea bass and tuna are two examples where taste and color change significantly with the season. Some fish also have

highly regulated seasons, like wild Alaskan salmon—considered one of the most sustainable fisheries in the world. That season doesn't open until May, so if you're seeing wild salmon in stores before then, it's probably not a good choice (except for what's in the Coop's freezer).

Life cycles, water temperature, regulations—these factors all affect which fish are "in season" when. But it's not so straightforward—as Sonja from Pierless says, "seasonality is not just about availability—we source Coop items from the Gulf of Maine to the Gulf of Mexico—but also about taste."

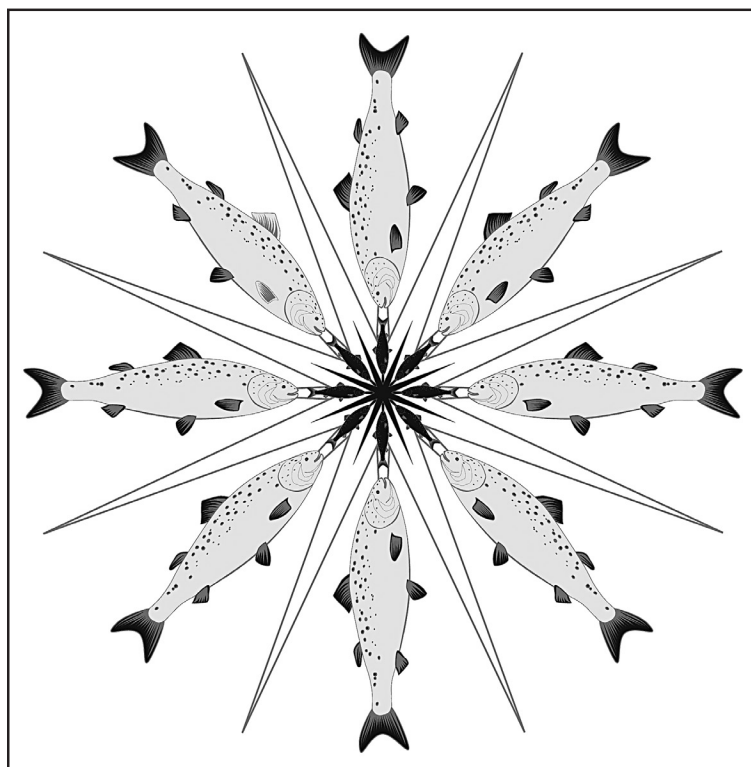
Whenever Possible, Buy From Local Fishermen

Coop consumers are probably well aware of the benefits of buying locally when it comes to produce—reduced carbon footprint, greater seasonality and closer relationships between farmers and consumers. In seafood it's really this last piece—relationships with producers—that makes buying local important.

The importance of knowing who and where your fish comes from was highlighted by a recent series of exposés in *The New York Times*, "The Outlaw Ocean," and *The Guardian* in which egregious human rights abuses were documented in the shrimp industry in Thailand—slavery, abductions, torture, indentured servitude—and many major retail chains were implicated; Safeway, Wal-Mart, Petco (for pet food), Kroger's, Whole Foods...the list goes on.

How does Pierless ensure the products on Coop shelves avoid these issues? According to Panacek, "We've purchased from some of the same fishermen for 20 years—we know the people, we know what the boat looks like...we know where the fish came from. It didn't come from some illegal boat out of Asia. It didn't come from some strange farm where nobody knows what it ate or who caught it." In addition, Horsman states, "We err on the side of caution in our fish selection. We will not sell a fish if there is any doubt about its sustainability or if there are any issues with the labor practice with the fishery."

Currently no global system exists that tracks fish from where it was caught and by whom, through to the end consumer. As a result, groups like Pierless that go above and beyond the indus-



try standard to provide a name and a location behind each fish are a great option for consumers.

But truly, the best option, as Panacek suggests: "Buy local seafood from people who know and have a relationship with the fishermen. These are the products we are proud to deliver daily to the Coop."

Try Out Some New Species

Seafood is unique among foods in that there are an almost infinite number of species and varieties to choose from—everything from oysters to hake, lobster to snapper—and within each one of those broad 'categories' there are even more varieties.

But most consumers tend to stick to some of the major categories—tuna and salmon being obvious go-to's—and unfortunately, these categories are frequently less responsible choices. According to DeMasco, "Bigeye tuna is not in season locally right now. So we are getting it from the Philippines, Malaysia or the Maldives for wholesale customers. Maybe Hawaii." That's a long way to go to get on our dinner plates. DeMasco continues, "Instead for the Coop, we've been doing albacore tuna—a great alternative that's still available locally this time of year."

Providing better options to members is what Pierless prides themselves on, but it might make consumers uncomfortable, at least at first. Says DeMasco, "No one is eating croaker. This is an amazing eating fish with a crappy name. Or wreckfish—one of the greenest fish according to the Monte-

rey Bay Aquarium's Seafood Watch program. It comes out of water 600-1000 feet deep and takes an hour for the fisher to pull up. It's one of the best eating fish but nobody knows what it is."

Luckily, wreckfish can be found now on Coop shelves, and promises to reward the more adventurous eater.

Look For Responsibly Farmed Alternatives

In 2015, more than half of the world's seafood was farmed. Given an estimated global population of 9 billion by 2050, there is simply no way that wild seafood will be able to keep up with demand—so farmed fish is going to be part of the solution for responsible seafood consumption.

Unfortunately, the aquaculture industry has a bad rap when it comes to sustainability. Aside from issues like pollution and destroying sensitive habitats, farmed fish frequently is a net consumer of fish. Since many fish (like salmon) are carnivorous, the average fish in to fish out ratio (as it is called) is 1 to 0.5—so for every kilogram of fish feed, only half a kilogram of fish comes out—a losing scenario for wild caught fish.

But there is a new wave of responsibly farmed seafood coming on to the market, and this is now available to Coop members. Ora King Salmon from New Zealand is considered best-in-class when it comes to sustainable salmon aquaculture. They are actually a net producer of fish—meaning for every kilo of fish in, they get 1.4 kilos out. Additionally, New Zealand has some of the best fishery management and bio-secu-

rity regulations in the world, making this a good option for consumers who care about sustainability.

Expand the Notion of Fresh Seafood to Include Frozen

Many consumers are used to walking into a supermarket and seeing a big display of fresh fish on ice. These displays are often mouthwatering, instilling in consumers the notion that these fish are fresh off the boat and the best possible option.

This isn't always the case, however. The dynamic of fresh and frozen has changed in the seafood industry. According to DeMasco, "Frozen seafood used to be about taking something bad and freezing it, so it could still be sold. Now, we freeze seafood as soon as it comes in off the boat to preserve freshness. And this makes it fresher than some of the 'fresh' fish you see at the supermarket."

Like all foods, once fish is harvested the quality reduces with every minute that passes. Since fishers are often far out at sea when they catch a fish, the best thing to do to preserve freshness is to put a fish on ice immediately. Then, once they reach the shore and sell that fish to a wholesaler or distributor (like Pierless), they'll immediately process, package and cryo-vac it (remove the oxygen and freeze it) so that that freshness is maintained for the consumer.

While many of us hold on to the romantic vision of visiting a fishmonger to get fish straight off the boat, unfortunately that isn't a viable option for most consumers due to the logistical challenges, and so relying on frozen fish is the next best thing.

Being a responsible seafood purchaser can be a difficult proposition, yet, despite all of these challenges, seafood remains one of the healthiest food options—rich in macro and micro nutrients, and wild caught seafood is generally environmentally efficient, particularly when compared to beef, pork, and even chicken.

As members of the Coop, we trust and expect that our buyers are making good decisions about what to stock and sell. And this is clearly the case in seafood. As DeMasco says, "Everybody should be proud of what the Coop is doing and stands for with its fish program." ■



Spring Produce

CONTINUED FROM PAGE 1

baby greens will follow like arugula, mizuna and baby kale. We are seeing fiddlehead in some lists—prices are too high to justify, [but] they will come down in the next week or so. Ramps will be next shortly... Rhubarb around mid-April."

Fiddleheads: Crunchy, Fanciful Woodland Spirals

Fiddleheads may be this writer's favorite. Curled into themselves, the spiraled fronds almost looks too good to eat. And, in truth, they can be rather dangerous to eat unless cooked fully. These "succulent stalks of spring," as they're called by the Forager's Harvest website, come from the ostrich fern, and can cause illness if raw or undercooked.

In 1994, the Center for Disease Control (CDC) reported an outbreak of foodborne illness in dozens of people who ate fiddleheads at a restaurant that only cooked them for two minutes. The folks up north at the University of Maine Cooperative Extension clarify that "Researchers have yet to determine what the origins of the illness are but they do know that proper handling and cooking helps reduce your risk of foodborne illness related to the consumption of fiddleheads. Under no conditions should fiddleheads be consumed raw." We remind each other of this every year with a big sign posted by our Coop fiddlehead bin.

But don't let that deter you! Fiddleheads look like they're right from the pages of a fanciful illustrated book of woodland stories, and have a crunch and flavor

that, for me, evokes asparagus, artichoke and cucumber in an annual celebration of the power of growing things. I wash them well, then cook the hell out of them with a bunch of oil and garlic and eat them at every meal till they're gone.

Ramps: The Tender Spot Between Onion and Garlic

Gallo, a graduate of the Culinary Institute of America with a long history as a chef before stepping into the vital, busy role of produce buyer, has a soft spot for the ramps we'll see soon. Ramps are wild leeks, found at higher elevations from Canada to Georgia, with a characteristic flavor on the onion-to-garlic spectrum.

Gallo puts them in a warm cast iron in the oven, roasts for about 5 minutes, then adds some sliced shitake mushrooms, cherry tomatoes and a spoonful of crème fraîche or sour cream. After another 4 minutes, she adds 2 to 3 eggs and seasoning. She gives it 5-7 minutes till the eggs are done, then serves with fresh baby greens seasoned with lemon juice and olive oil, and a nice piece of bread.

"Perfection!" she says.

But if you strike out on your own to find ramps, heed the advice of WildEdible.com, to avoid the similar lily-of-the-valley, which is poisonous. Ramps smell like garlic, where as lily-of-the-valley has no odor. And if you do come across the delicacy on your own, be sparing as well as safe. Gallo notes that ramps have become scarce and are currently prohibited to sell in Canada due to over harvesting.

In fact, all the ramps and

fiddleheads at the Coop are harvested from the wild. In the case of fiddleheads, each plant produces seven tops but it's recommended that only three should be picked, to keep the plant alive.

"Maintaining sustainable harvesting methods is important in the propagation of any non-farmed food species," Gallo emphasizes.

Rhubarb: The Unmistakable Tangy Stalks

Unlike those two delights, rhubarb can indeed be cultivated. I shared a community garden in Rhode Island with a neighbor whose rhubarb plant has been passed down from his grandmother and was much older than both of us. But like the fiddleheads, it shares the potential to poison.

According to Wikipedia, rhubarb leaves hold dangerous substances, including oxalic acid, "a nephrotoxic and corrosive acid that is present in many plants." Sadly, this posed a particular problem in England during World War I, Wikipedia says, when the leaves were inappropriately recommended as a food source.

Ah, but the stalks! While their initial stringiness may freak you out, if not make you sick, you can cook them down with a sweetener of choice and a bunch of strawberries, and the texture will become gloppy and the flavor delectable. I serve it with ice cream, atop meat or swirl it into stews for a sweet-tangy burst.

Asparagus: A Lily You Can Eat!

Later this spring, we'll also switch to local asparagus from what we currently get from further away. The sturdy spears



PHOTOS BY INGSU LIU

Food Coop produce aisle awaits seasonal spring produce.

won't poison you, I promise, even though they could make your pee smell funny.

Asparagus officinalis is the edible variety of the lily family. Fun fact from EatTheSeasons.com: the plant has virtually no leaves, and the stem we eat are examples of phylloclades—branches that can photosynthesize!

They go on to relay that asparagus—along with tomatoes, cheese and meat—were cited by Professor Ikeda of Tokyo Imperial University as examples of the unique taste sensation he named umami (which I prefer to call "icky-yummy.") The flavor comes from glutamic acid (or glutamate).

My friend Zachary, a fantastic cook who has earned the nickname Snackery through his cooking prowess, says he loves the snappy crunch of asparagus:

"I love that it's tough and can withstand a lot, and yet for me, at its tastiest, is still so simple: olive oil, lemon

juice or zest, salt and pepper to taste. I love grilled asparagus the most, mostly because the texture. But I don't have a grill, so I usually throw 'em into the cast iron skillet. I like to sear them till they're slightly burnt so they get that texture and taste of consolidated flavor."

And he's got a trick that he stumbled upon one day by accident in the kitchen. "If you don't like the taste of asparagus, roasting them in the oven with ripped-up leaves of basil helps mask that taste."

"With all the savvy shoppers at the Coop," Gallo says, "we cycle rapidly through shipments of seasonal spring produce, allowing us to keep a good rotation at all times." She invites all of us to join into the bounty.

"It's a very exciting time," she notes. "So many things become available, at the perfect time that we are done with apples and root vegetables. Try everything!" ■

What Goes On Upstairs

By Pat Smith

Do you know what goes on upstairs in the Membership Office? A lot more than Membership Issues. Ask Coordinator Annette Laskaris. “We do a lot of stickering of products,” she said. “In between phone calls people put stickers on toothbrushes, for instance, or candles. We gather the laundry. A lot of that stuff is done by office workers.” As well as the stuff you’d expect: “We answer lots of phone calls from members who want to change their shift or get an extension. Monday is definitely the busiest day. The FTOP charts come out on Monday morning, so a lot of members call to sign up for FTOP shifts. And it’s a day when members call or come in because they came to shop over the weekend, and they’re suspended and they don’t know why.”

And there’s more. “There’s time we call ‘out of the office’ when we deal with all the different squads we oversee,” Annette said. “For instance, I’m responsible for anything having to do with childcare, compost committee and issues that come up with the *Gazette*. And leave-of-absence forms—lots of those in the summer. Other Membership Coordinators oversee the maintenance group, the Board Elections, the inventories, all the attendance workers that come and go, and the make-up recorders. There are so many projects that we handle in the background when we’re not taking calls.”

From Costumes to the Coop

What takes a woman from Bremen, Germany, to a job in the frenetic nerve center of the Coop? Love, naturally. And a theater costume shop. “My husband, Thomas, was a dancer from New York,” Annette said. “He was recruited by a company in Bremen to dance for two years, at a theater where I was doing an apprenticeship to become a seamstress.”

“I had always loved to sew, and after I finished high school in Germany I was really done with school. I wanted to do something more practical with my hands. I was lucky to get my

apprenticeship in a theater. It was way more interesting than a small clothing company. I was in show business! And it was fun. I loved sewing costumes.”

Her husband, however, got homesick. “He wanted to come back to New York, he missed his family, and so in 1981 I followed him and I got stuck here.” She laughed. “I had really just come on a visitor visa, and after six months the I.N.S. decided to deport me. And in our youthful innocence we said, no, we’re going to get married so I can stay—and I’m still here!”

She joined the Coop in February 1990. “A friend of mine kept on saying, why don’t you join the Coop, why don’t you join?” she said. “Well, I finally did. And it was great. I loved the Coop for its community and its great prices and great food. And I still love it for all of those reasons.”

Amazed by the Member Machine

Annette has been a Coop employee since 2001. “The only reason I remember the year is that my second day of work was 9/11,” she said. “I was hired to be a Membership Coordinator. It was just for a few hours at first but it wasn’t long before I was working full-time. And over the years I took on more responsibilities. The last thing that was added to my job is

the *Gazette*. That takes up a lot of time every two weeks—ten hours during production week. But I’ve always loved working in the office. I love meeting new people. Every three hours a new set of people marches in as the shifts turn over. It’s always busy and I like that. I’m not somebody that can sit around and do nothing.”

Did becoming an employee change the way she thought about the Coop? “What amazed me was the size of the organization that’s running in the background behind the squads and the four-week rotation,” she said. “It still fascinates me that we have 16,900 members that work two hours and 45 minutes every four weeks. That it actually works and comes together and we manage to run the store that way.”

“The Membership Office is a great group of people. We really work very well together but we can’t all be there from eight in the morning until ten at night when the Coop closes, so we split up the hours and we all watch out for each other.”

Let’s Go to the Phones

Should members have a better idea of what goes on upstairs? “I would encourage every member to do some make-ups in the office,” Annette said. “It would be great for more members to understand what it takes to organize them all to come and work. If people understood better, they wouldn’t ask, ‘Why don’t we make the shifts every five weeks instead of four?’ when they come in on a



PHOTO BY SHIA LEVITT

Annette Laskaris has been working for the Coop since 2001.

holiday to do a make-up. They don’t realize that when everybody comes in to do a make-up on a holiday, there are way too many people. But there are so many times when we’re short of members. We need people all the time, especially when it’s maybe not convenient for everybody. We have to stock the shelves constantly.”

What kind of advice would Annette offer to a new Membership Coordinator? “Have a lot of patience,” she said. “Really immerse yourself in learning all the different Membership rules. You have to keep an open mind and soak up all the different problems that people bring. Really listen to the members and what they want. Most of the time they just want to be able to shop, so you have to figure out a way to let them know that, yes, they will be able to do that. You have to be open

to the many different scenarios that come up and how you deal with them. And you need to learn how to multitask.”

What’s the best day in the office? “When you have very well-trained office workers and the phone doesn’t ring off the hook, that makes for a good day,” Annette said. “Then it’s fun. I really enjoy it. If we have someone who wants to do a make-up in the office, we’ll find work that’s not necessarily answering the phones right away. If you answer the phone and have no clue, the person on the other end can get angry. But a good office worker makes all the difference. Then the phones can ring but at least you have someone who knows the basic answers.”

Vera Wang, Watch Your Back

Annette still does a little work as a seamstress, and she has a fairly large loom in her living room. “That’s one of my hobbies,” she said. “I’m teaching myself, experimenting with weaving. I still love to sew, but I really I do it rarely. This year I did more sewing than I’ve done in a while, because one of my daughters got married, so I had to sew a wedding dress. She picked out a basic pattern but once we were done, it changed quite a bit. It wasn’t a traditional big white gown, it was more like a summer dress. My daughter was very particular. You know wedding dresses are very personal.” She laughed. “Sewing it was fun. I miss it.” ■

BIKE VALET SHIFTS NOW AVAILABLE

You must have at least six months of membership with excellent attendance to be eligible.

Saturdays and
Sundays
April 2 through
November 20
12:30 - 3:15 p.m.
3:00 - 5:45 p.m.
5:30 - 8:15 p.m.

Contact the
Membership
Office to sign up.



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.

WORDSPROUTS COMMITTEE REPORT

A Night of Rejuvenation: Coop Members on Meditation and Being Proactive

By Brian Gresko

Being allergic to dust, I dread spring cleaning. Despite my best intentions, I usually don't lift a finger to straighten my over-stuffed bookshelves. There's always next year, right? But spring is not simply a time to refresh our apartments, it's also a time of mental rebirth and rejuvenation, a grand waking-up after a long winter's slumber. Part of that means being more alive and aware to the possibilities of each and every present moment, and also putting aside procrastination in order to do what needs to be done (like organizing those bookshelves!). On Friday, April 8 at 7 p.m. in the upstairs meeting room, the Park Slope Food Coop's reading series Wordsprouts brings insightful authors and Coop members Renate Reimann and Sarah Schenck to help restart your mental engines, and set you on the path to joyful living.

Reimann, Ph.D., is a life coach and author of *Beyond Procrastination: How to Stop Postponing Your Life*. The book is based on her Beyond Procrastination program, which helps people pinpoint the ways in which they procrastinate and identify how this behavior is a form of self-sabotage. When I asked Reimann about how the program works, she explained over email that it assists people in "identifying their underlying reasons for delaying." Then they learn techniques so that they can "implement new productive and sustainable behaviors."

"There are always valid reasons why we delay," she said. "Instead of blaming and shaming ourselves or others, I encourage people to honestly assess what lies beneath their stalling behavior. This is especially fruitful when it comes to goals that are important, yet get inexplicably postponed on a regular basis."

So I guess I can't blame the dust for my slovenly habits after all! My reticence to clean is just that—mine. Reimann's presentation promises to motivate you to accomplish the important things you've been putting off for tomorrow.

Joining her in helping you commit to the present moment will be Sarah Schenck, author of *JOY(reversed)*, a multimedia meditation book for beginners, written under the pseudonym Sarah Shine. Schenck has



been meditating on and off for twenty years, but didn't come to a daily, disciplined practice of meditation until a few years ago, during a period of personal turmoil. She'd lost her apartment, her job, her partner, and had two small children dependent on her. "Meditation became my lifeline," she told me over email.

She began by jotting down

insights from books that she loved by Thich Nhat Hanh and Eckhart Tolle. Then she began sitting in silence for a minute. Soon, she could do two or three minutes. "Now, I meditate first thing every morning for 20 minutes," she wrote. "Usually at 5:30 or 6 a.m., before anyone else in the family awakens."

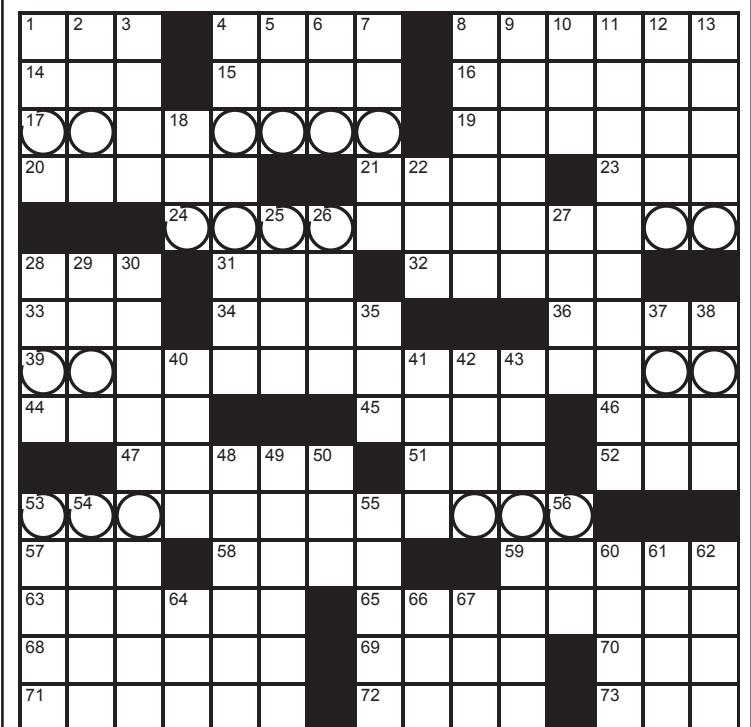
Schenck doesn't just meditate alone, though, she also leads group sessions at St. Francis Friends of the Poor in Chelsea, to formerly homeless adults with mental health challenges. And she's brought the pleasures of meditation home to her family as well. "Every evening, we sit for 3-4 minutes, read a short passage from some Buddhist or other spiritual book, and then each share a brief observation."

She said it's okay to start small, whether with the family, or alone, the important thing is to begin a regular practice. "Daily meditation is necessary ballast for the demanding lives many of us have chosen. My life still goes through cycles of upheaval—that is

what it means to live in NYC and have a job, and kids, and aging parents, and financial challenges, and irrepressible creative urges. The breath becomes a refuge. Open to us at any moment. No cost. No side effects. The key part of a life well-lived is to actually be present to our own experience. Meditation offers an instant vacation from our torrential thoughts, and brings spaciousness to our busy lives."

And what better time to take notice of your experience than now, as the weather changes and the natural world blossoms back to beautiful life? At the Wordsprouts event on Friday, April 8, Reimann and Schenck will read from their work and lead the audience in group-meditation sessions. This promises to be an inspiring evening for all attendees. ■

Crossword Puzzle



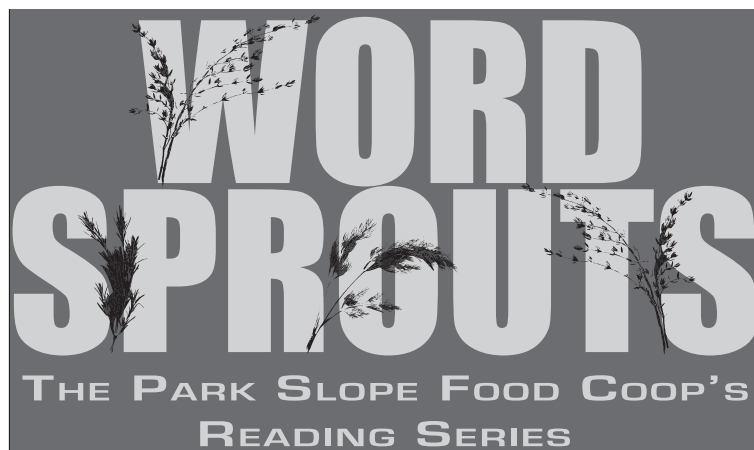
Across

1. Include in an e-mail without other recipients knowing
4. Enjoys Aspen
8. One of 11 pharaohs
14. Kid's interjection before "I'm telling!"
15. Marvin Gaye's "___ Get a Witness"
16. Nonpanicked assurance
17. Getting ready for a fight, say
19. Golfer's headache
20. Setting for much of the fiction of Nobel laureate Naguib Mahfouz
21. Rendezvous
23. Words before result or rule
24. Legal decision made by a court that is issued without an opinion
28. Cul-de-___
31. Org. supporting Common Core
32. Mark down anew
33. Pop star Rita ___
34. Gershon of "Showgirls"
36. "I don't give ___!"
39. Nursery rhyme character whose name precedes "Heigh-ho"
44. "Mamma Mia!" group
45. Boob
46. Frat letter
47. ___ fours (crawling)
51. Company name ender
52. Prefix with smoking
53. Oenophile's vessel
57. Hyperbola part
58. Some stay-at-home parents
59. Office pool picks
63. Get back in business
65. At the right time for consumption (or a description of each of the groups of uncircled letters in 17-, 24-, 39- and 53-Across)
68. Somewhat
69. Letter opener?
70. Spanish gold
71. Declares emphatically
72. "At Last" singer James
73. Not very many

Down

1. Pear variety
2. "The hottest spot north of Havana," in a Barry Manilow song
3. Tea traditionally made with cardamom
4. Dumpster-dive, say
5. China's Chiang ___-shek
6. Stopover
7. Frat letter
8. Steakhouse order
9. Bygone explosive
10. 1,400, to Caesar
11. Endive, e.g.
12. Beethoven dedicatee
13. Cosmetic problem
18. Monopoly quartet: Abbr.
22. Flub
25. Milwaukee schoolteacher who became Prime Minister of Israel
26. ___-pedi
27. Way to go
28. ___ bed
29. Many an Al Jazeera viewer
30. What the last two letters of 1-Across stand for
35. Raid target
37. Voice below soprano
38. Architectural starting point
40. Flowing hair
41. Mattress size
42. Help with an answer
43. "... you get the idea"
48. Venomous snakes
49. Simple shelter
50. TV screen choice, for short
53. Lennon/Ono holiday song "Happy Xmas (___ Over)"
54. "The Faerie Queene" woman
55. Private remark
56. Stephen of "The Crying Game"
60. Since
61. Greedy person's demand
62. It hits the ground silently
64. ___ de deux
66. Circus safeguard
67. Gathered dust

Puzzle author: David Levinson-Wilk. For answers, see page 12.



**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.**

LINEWAITERS' GAZETTE

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 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, April 15, 8:00 p.m.

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



PROSPECT CONCERTS



Diana Yourke is a Park Slope, Brooklyn, gal, born and raised and proud to still call it her home! Largely influenced by classic jazz vocalists like Ella Fitzgerald and Sarah Vaughan, she loves to share her passion for singing classic jazz standards. She holds a degree in Vocal Performance from Ithaca College and is a Certified Movement Analyst through the Laban Institute for Movement Studies. She currently works as a teacher of dance and music in NYC public schools and provides private voice lessons.

Channeling a combination of Patti Smith and Lucinda Williams, **DK and the Joy Machine** is a Brooklyn-based, singer-songwriter and award-winning mountain dulcimer virtuoso who brings the humble dulcimer into the big city.

Her new album *Shy One* has been lauded by *Curve* magazine, *Alt-Country Forum*, and other blogs as, “rootsy Americana that directly touches the heart” with songs that are “quirky and smart with sultry vocals and intricate dulcimer playing.”



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.

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Advertisement: Eric Bishop



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, Sunday, 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 a 90 pound 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

Monday, Thursday, Friday, 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 in the Membership Office for more information.

STORE EQUIPMENT CLEANING

Monday, 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

Wednesday, 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.

LAUNDRY AND TOY CLEANING

Sunday, 8:30 to 10:30 p.m.

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

COOP CALENDAR

New Member Orientations

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

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

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

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, APRIL 5

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the April 26 General Meeting.

TUE, APRIL 26

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Apr 14 issue: 12:00 p.m., Mon, April 4
Apr 28 issue: 12:00 p.m., Mon, April 18

CLASSIFIED ADS DEADLINE:

Apr 14 issue: 7:00 p.m., Wed, April 6
Apr 28 issue: 7:00 p.m., Wed, April 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 on foodcoop.com and at every General Meeting.

Next Meeting: Tuesday, April 26, 7:00 p.m.

Location

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

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 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 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.

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 sign-up 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-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 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.

park slope
FOOD COOP

calendar of events

apr 1
fri 7 pm



Film Night: Tracks in the Sky

Tracks in the Sky (Huellas en el Cielo) is a biographical documentary about Jorge Loring, a relatively unknown Spanish pioneer and his achievements in aviation at the beginning of the 20th century. Framing Lorin's story is the journey of his family during and after the Spanish Civil War. *Huellas en el Cielo* is **Susan**

Youdelman Azcona's first collaboration as documentary co-director, having lived and worked in Spain as a teacher for almost 50 years. The film is in Spanish with English subtitles.

To book a Film Night, contact **Gabriel Rhodes**, gabrielrhodes@me.com.

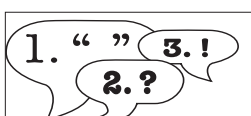
apr 3
sun 12 pm

Everyday Posture

Posture both contributes to our health and expresses something fundamental about us to the world. But for many of us, after years of huddling around a computer, carrying kids, and managing pain, we often find that our body doesn't feel or look as we hoped it would at this point. And worse, most conventional wisdom about posture urges leaves us stiff, stressed, and ultimately slumping with exhaustion. In this workshop, taught by a certified Alexander Technique teacher, you'll learn simple strategies for improving your posture and raising your overall well-being. The Alexander Technique is particularly useful for individuals dealing with RSI, back or joint pain, and performing artists. This gentle mind-body method helps you both find your true stature and feel at ease in your body. Repeat attendees welcome! Coop member **Dan Cayer** is a teacher and writer committed to helping others change habitual patterns, find freedom from pain, and create a sane relationship with their own body. After a serious injury and years of chronic pain, Dan studied and trained as an Alexander Technique teacher and mindfulness meditation instructor.

apr 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.

The April General Meeting will be held on Tuesday, April 26, 7 p.m., at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.

apr 7
thu 7:30 pm



Food Class: Flavors of the Middle East

Chef **Samantha Elkrief** is a big fan of cooking once and eating twice. In April's class Samantha will be showing you how to make some of her favorite Middle Eastern dishes, and how to reuse and repurpose different ingredients to save yourself another trip to the store! Everything is plant-based, vegetarian and gluten-free. Samantha is a plant-based and health supportive chef and health coach. She has worked in kitchens at meditation centers since she was a kid and has always loved food (though not the healthiest kind!). Samantha also holds a

Master's Degree in Social Work from Columbia University, but decided to switch careers after her own health crisis. Food turned out to be the missing piece in her story, and now she spends her days supporting people in living as healthily and happily as they can. She is a teaching assistant at the Natural Gourmet Institute and has been teaching cooking classes at Farmers' Markets and other local venues for more than three years. Samantha loves showing people that healthy food can be delicious without being complicated. You can read more about her and find some of her recipes at www.SamanthaElkrief.com. Menu includes: zaalouk (roasted eggplant spread); chickpeas three ways: herbed falafel with tahini sauce, Moroccan street snacks, spiced baked chickpeas; quinoa "mujadara" with a spiced yogurt sauce; tahini cookies.

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 March 24.

Materials fee: \$4. Food classes are coordinated by Coop member **Olivia Roszkowski**. To inquire about leading a Food Class, contact **Olivia Roszkowski** at parkslopefoodclass@gmail.com.

apr 8
fri 7 pm

Wordsprouts: Spring Cleaning Your Psyche



Celebrate this invigorating season with an evening focused on organizing not just your home but your headspace too, through meditation and mindfulness practices. Gather practical tips for how you can better arrange your thoughts and your living space so as to

improve your happiness and general sense of well-being. Whether you're simply curious about relaxation techniques, or a longtime meditation practitioner, you'll leave energized, inspired, and excited for life. **Sarah Schenk** is a teacher, filmmaker, and author of *JOY(reversed)*, a multimedia meditation book for beginners, written under the pseudonym Sarah Shine. Sarah has taught undergraduate and graduate classes in film production and storytelling at numerous institutions, including Bryn Mawr College, Hunter College, and Cornell University. She works as the Chief Digital Officer for the nonprofit Supportive Housing Network of NY; co-founded Planet Earth, a media company dedicated to sustainable, healthy eating; and is currently co-directing and co-producing a film on public health titled *Missing Microbes*. **Renate Reimann**, PhD, is the author of *Beyond Procrastination: How to Stop Postponing Your Life* and the creator of the *Beyond Procrastination™* program which is at the center of her coaching, writing and public speaking. Her varied background in college teaching, cross-cultural training and market research equips her to connect with a wide variety of people.

Bookings: **John Donohue**, wordsproutspsf@gmail.com.

apr 9
sat 2 pm

Ethics-based Tax Resistance: Tips, Tales and How-to's

The military consumes nearly 50% of each U.S. income tax dollar. For people opposed to war or who see themselves as conscientious objectors to war, this poses a dilemma—especially as April 15 approaches. With so many pressing concerns, including climate change, poverty and hunger, thousands across the country choose to protest with their money. This workshop will include an overview of the federal budget and stories and information about how and why so many choose to take a stand and redirect their tax dollars from war to people—despite the power of the IRS and potential consequences. Coop member **Alec Baxt** is a native Brooklynite and has been a Coop member since the late '90s. His interest in tax resistance has developed in concert with his ongoing practice and study of Buddhism.

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.

apr 1–may 5 2016

apr 9-10
sat-sun 9 am–7 pm

Food Drive to Benefit CHIPS Soup Kitchen

CHIPS Soup Kitchen, located at 4th Avenue and Sackett Street, is the recipient of much of our edible but unsaleable perishable food. They also need donations of nonperishable foods. This food will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal. Consider contributing nonperishable foods and commercially packaged foods; canned fish; canned fruits and vegetables; pasta sauce; pasta; pre-packaged rice; pre-packaged beans; canned beans; canned soups; Parmalat milk; dry milk; peanut butter; cooking oil; or boxed raisins. Give donations to the collection table outside the Coop.

apr 12
tue 7 pm

Safe Food Committee Film Night: King Georges



Fiery French chef Georges Perrier is on a crusade to keep his 40-year-old, internationally renowned restaurant, Le Bec-Fin, in Philadelphia, relevant in a culinary world of new stars and shifting tastes. More than just a documentary about food, *King Georges* is a touching story about passion, aging and art. Costarring Nicholas Elmi (winner of Top Chef in 2014) and featuring interviews with chefs Daniel Boulud, Thomas Keller and Eric Ripert and former Mayor of Philadelphia Ed Rendell.

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.

apr 15
fri 7 pm

Where Is the Trans-Pacific Partnership Now?

What role does the largest ever "Free Trade Agreement" play in this election? What has been the popular response to the release of the full text? The TPP, negotiated in secret over six years by trade representatives from 12 Pacific-rim countries with 600 corporate advisors, would become law in all those countries. Neither Congress members nor journalists had access to the text until it was finally released in the fall. The treaty would prevent government regulation of food inspection and labeling as well as fracking, among other provisions. Congress may vote only Yes or No on the entire package of 30 chapters. Other questions? Bring them to a panel discussion among experts and activists organized by the ITES. Presented by the International Trade Education Squad.

apr 15
fri 8 pm

Diana Yourke; DK and the Joy Machine



Diana Yourke is a Park Slope, Brooklyn, gal, born and raised and proud to still call it her home! Largely influenced by classic jazz vocalists like Ella Fitzgerald and Sarah Vaughan, she loves to share her passion for singing classic jazz standards. She holds a degree in Vocal Performance from Ithaca College and is a Certified Movement Analyst through the Laban Institute for Movement Studies. She currently works as a

teacher of dance and music in NYC public schools and provides private voice lessons. Channeling a combination of Patti Smith and Lucinda Williams, **DK and the Joy Machine** is a Brooklyn-based, singer-songwriter and award-winning mountain dulcimer virtuoso who brings the humble dulcimer into the big city. Her new album *Shy One* has been lauded by *Curve* magazine, *Alt-Country Forum*, and other blogs as, "rootsy Americana that directly touches the heart" with songs that are "quirky and smart with sultry vocals and intricate dulcimer playing."

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.



apr 16
sat 2 pm

Meet Your Farmer: Amy Hepworth

Our first guest for our new monthly series is Amy Hepworth from Hepworth Farms, who was just named Farmer of the Year by Cornell Alliance for Science. In 1982, Amy took the reins of Hepworth Farms, a nearly 200-year-old apple farm in New York's Hudson Valley, and changed everything. Crop diversification was only part of a larger transition to sustainability. Today, Hepworth Farms has 250 acres of land, yielding more than 400 varieties of organic vegetables. This two-hour event series brings smart, incredibly hard-working farmers to you. They will answer your questions and share with us the passion for their farms, growing practices and future plans.

apr 20
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.

apr 23
sat 12 pm

Left Brain, Right Brain, Whole Brain?

Do you analyze things and people? Do you pay attention to details? Do you like to accumulate data? Would you describe yourself as intellectual? On the other hand...Do you have the ability to see the big picture? Do you often go by your gut feeling? Do you think you are creative? Would you describe yourself as spiritual? How do we achieve balance and harmony in life? How do we come to the right decisions? Where are all those ideas, creativity, solutions coming from? What is it that we can do so they come easy? **Marija Santo-Sarnyai** is a CNHP and Geotran Healer and Teacher with 15 years experience. Marija is going to demonstrate Geotran as the language of all possibilities based on ancient healing methods and recent scientific findings. Geotran clears past negative experiences and integrates future goals, creating new pathways in the brain for health, happiness and success.

still to come

apr 26

PSFC APRIL General Meeting

may 1

Displacement of Bedouin Palestinians

apr 26

Fundamentals of Ayurveda & Eating

may 3

Agenda Committee Meeting

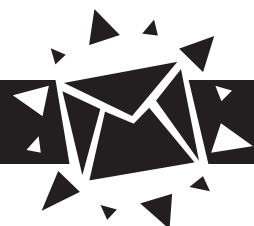
apr 30

Gut Health

may 5

Food Class

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

**OMNIVORE
OPPRESSION?****TO THE EDITOR:**

I am responding to Ed Levy's article, "The Coop's Top Sellers", which appeared in the March 3, 2016, issue of the *Linewaiters' Gazette*. As I read it, a degree of bias against the eating of animal products became apparent to me. For example, the author writes, "For almost half of the items on the top 20 list we owe our thanks, or maybe our apologies, to the chickens." The use of the word "apologies" insinuates that one should feel guilt for consuming chicken or eggs. The section regarding beef has the heading "Maybe More Than You Wanted to Know," expressing an assumption that most Coop members don't want to know what's involved in the production of their food, especially if it's meat. Actually, I do want to know as much as I can about the process—where the animals live, their access to grazing and/or pasture, what they eat, and how they are killed, as well as how the plants I eat are grown.

Why does the author find it "astounding" that the Coop "literally buys two cows per week" when the Coop has thousands of members? He moves on to discussing produce with the remark, "Weary of reading about all this carnage, you ask, 'But what about produce?'" Once again, there's

the implication that the process of animals being raised for food is shameful, a topic from which one would want to disassociate oneself. The word "carnage" has very pejorative connotations. However, if we're going to use this term, should it be limited to the slaughter of cows, chickens and other farm animals? Many people don't realize—perhaps it's more than they want to know—the level of carnage that is involved in industrial agriculture. Large-scale farming involves harvesting machinery which kills a large number of soil-dwelling animals. This type of harvesting machinery is used on many organic farms, as well as on farms that use chemical pesticides and fertilizers. Large-scale agriculture involves the destruction of habitats and entire ecosystems. Chemical agriculture, specifically fertilizer and pesticides, pollute water and our ecosystem, harming plants, animals and humans, damaging soil organisms, and destroying the health of the soil. So the next time you bite into that bagel (#1 bestseller at the Coop), remember that its production involves carnage as well.

Evidently, since boneless chicken breast, thighs, whole chicken, eggs, and whole milk are among the Coop's Top 20 sellers, with beef in various forms also in high demand, there are a large number of Coop members who

eat these products. The writers for the *Linewaiters' Gazette*, which represents all Coop members, should strive for objectivity. It is perfectly acceptable for someone to submit an article that argues for the merits or benefits of vegetarianism or veganism. However, bias towards a vegetarian or vegan philosophy, with the implication that there should be guilt or shame attached to the consumption of animal products, has no place in an article about top-selling items at the Coop.

Francesca Burgess

**WRITER EDWARD LEVY
RESPONDS:**

Your point about the organisms that are disturbed by farming is very well taken. In trying to inject some humor into the article I see how I may have trampled upon the sensibilities of some members like yourself. The reality is that I am myself an omnivore and consume my share of chicken and beef on a regular basis. As for produce, I probably should eat more of it.

Ed Levy

**FOOTNOTES
AND BOYCOTTS****TO THE EDITOR:**

Three suggestions:

1. Would the editors of the *Linewaiters' Gazette* please revisit their policies on footnotes in let-

ters to the editor? Anything that requires footnotes isn't a letter to the editor, it's an essay or position paper that needs fact-checking. And obviously there is none going on.

2. Would the editors of the *Gazette* also revisit the BDS submissions policy, pro and con? Based on the re-rehashing of the same topics year in and year out, it doesn't seem like there is much gain—and there is a lot to lose—from continuing this "groundhog day" scenario that is divisive and unending. I don't fault people for their views, but this newspaper isn't the forum.

3. Absent a change of policy, it may just be that there should be a call to boycott the *Linewaiters' Gazette*, and then support the upcoming agenda item to make the Chief Editor an elected position rather than appointed for life.

The *Gazette* has been fully complicit (sorry to say) as a very divisive force at the Food Coop, allowing veiled defamation and untruths to be called a letter. I am a fan of the *Gazette* and appreciate all the work the editors and writers do—but something has to change. This has been going on too long.

Jeanne Solomon

**U.S. SUPREME
COURT AFFIRMS
BOYCOTT IS A
CIVIL RIGHT****MEMBERS:**

Just a reminder to the naysayer letter writers in the *Gazette* opposed to the topic of the boycott of SodaStream and opposed to the vote for the boycott of SodaStream products in the Coop: BOYCOTT IS A CIVIL RIGHT in the United States. Boycott is protected speech by the First Amendment and can be exercised to bring about political, social and economic change. In the case, NAACP v. Claiborne Hardware,

458 U.S. 886, 911-12 (1982), the Supreme Court decision said that a boycott of white merchants in Claiborne County, Mississippi to protest racial discrimination "clearly involved constitutionally protected activity." The First Amendment affirms the right to use "speech, assembly, association and petition" that is intended "to bring about political, social and economic change."

The Coop Mission Statement affirms that: "We seek to avoid products that depend on the

exploitation of others." Our proposal to boycott SodaStream products at the Coop is part of a long and respected tradition to use the boycott to apply pressure to bring political, social and economic change to end discrimination against the Palestinian people, in this case.

Reference: National Coalition Against Censorship:

www.scribd.com/doc/304846721/NCAC-Anti-BDS-Boycott-Bill

Mary Buchwald

PSFC members for bds

www.psfcbds.wordpress.com

**THE BEST
INTERESTS OF
THE COOP****TO THE MEMBERSHIP,**

According to the Coop attorney (www.foodcoop.com/gmboard), our Coop is governed by NYS Cooperative Cooperation Law (CCL) and NYS Business Corporations Law (BCL), which require a corporation to be managed by a Board of Directors.

And, in the words of our attorney, "Directors are NOT [emphasis added] required to ratify decisions made by the GM. . .; they are legally bound to use their business judgment and act in the best interests of the corporation, and if they believe that a decision of the GM is illegal or irresponsible or is not in the best interests of the Coop, they should not ratify it."

When Board candidates vow to always follow GM advice they are expressing an intention to violate these legal principles and they prove themselves unfit to serve. If elected, they may place the Coop in legal jeopardy and may be held liable for their decisions.

Furthermore, the best interests of the Coop pertain to the purposes for which the Coop Corporation was formed. And according to our Certificate of Incorporation¹ that purpose is "for mutual help of its members but not for profit, of services for the purpose of acquiring, storing, and distributing to its members supplies and other articles of common use, including food products, family and other household and personal supplies."

Political activism is NOT within our sphere of activity or interest. We are NOT a human rights organization or an international criminal court. Such activities are a form of political opportunism that attaches itself to institutions created for other purposes but which lack the oversight necessary to prevent their resources from being hijacked and self-servingly exploited.

CLASSIFIEDS**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. Smoke-free, no pets. Close to Q, B, and 2, 3 stations. Short walk to BAM, Park, Gardens. Call Margaret 718-622-2897. Leave short message.

CLASSES/GROUPS

FREE kids compost workshop with Warren-St. Marks Community Garden! Where do food scraps go? What do worms do? How do we make dirt? Ages 4–9. Please join

us on Saturday, April 2, 12-1pm. (Ages 10–adult will meet April 23.) 619-623 Warren Street, BK, 11217. Registration encouraged: info@wsgarden.org.

**HOUSING
AVAILABLE**

Co-housing, Northampton, MA Private living alongside "common house." Shared meals, op. Village Hill (www.villagehillcohousing.org), to have 32 homes, 18 purchased so far. All families, lifestyles welcome. Zero net energy homes, \$260K–\$415K. Beautiful wooded setting 10 min. to dtwn. Info, peggywrite@gmail.com

**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—38 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.

MADISON AVENUE HAIRCUTTER is right around the corner from the food co-op, so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60 and I work from Wednesdays through Sundays 9am–5pm.

PAINTING, PLASTERING + WALL-PAPERING. We do the finest prep + finish work. Over 25 years experience + fully insured. Free estimates. Call Fred Becker @ 347-661-6634.

When deciding whether to accept member-advice the Board has ONE QUESTION to answer: Is this in the best interest of the purposes for which the Coop was formed, and they should explain the rationale for their decision. And note that acting beyond its chartered purposes, as with boycott actions, may indeed be invalid and actionable under what's known as the *ultra vires*—"beyond the powers"—doctrine of non-profit corporate law² and as the cited opinion shows, this applies to non-profits in general, not just academic institutions.

In the nanoseconds of conferring and routinely accepting member-advice it's doubtful that the Board ever discusses among themselves this most relevant question before issuing their decisions. Their highest concern appears to be that they never commit the cardinal sin of overruling member-advice by exercising their legal responsibility.

Time to return to the reality, not the mythology, of the

Board of Directors' duties and responsibilities, as I have demonstrated above, and as even the Coop's counsel has explicitly directed.

Sylvia Lowenthal

¹A copy of the Certificate of

Incorporation can be requested at the Coop office. It is not on the Coop's website.

²www.washingtonpost.com/news/voikh-conspiracy/wp/2015/12/02/academic-israel-boycotts-can-violate-corporate-law/

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What does being part of the PSFC mean to you?

New PSFC member Laura Robson is looking for fellow PSFC members willing to share their experiences!

Please email **psfc.research@gmail.com** if you're interested in finding out more about participating in an informal interview for Laura's Masters thesis. Thank you!

To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, display ads at \$30. (Classified ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal).

Submission forms are available in a wallpocket near the elevator in the entrance lobby.

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David A. Cohen, M.A.

www.mathtutor.nyc

917.679.5193

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.

FRI, APR 1

7 p.m. Swingadelic plays Jump-Blues. 1 hour dance lesson followed with dancing and live music from 8-11 p.m. At the Brooklyn Society for Ethical Culture, 53 PPW For more info: dancingturo.com.

7:30 p.m. Free Film Screening: Based on Naomi Klein's book, *This Changes Everything*, explores the connection between climate change and the economic system that creates it and asks "What if confronting climate change is the best chance we'll ever get to build a better world?". PSUMC Sixth Ave. and Eighth St.

SUN, APR 3

4 p.m. BPL Chamber Players presents: The Clarosa Piano Quartet; Juliette Kang, violin; Che-Hung Chen, viola; Thomas Kraines, cello; Natalie Zhu, piano at the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library. 10 Grand Army Plaza BKLYN. Admission Free.

WED, APR 6

7 p.m. CHiPS First Annual Gala honoring Council member Brad Lander. Live Jazz, cocktails, wine beer and delicious bites from some of the top restaurants. In the Green Building, 452 Union St. For info chipsonline.org.

THU, APR 7

4:30 p.m. Join Re:Gender, Ground-Spark and St. Francis College for a free screening of *Straightlaced: How Gender's Got Us All Tied Up*. 180 Remsen St. BKLYN. Followed by Q&A led by filmmaker Debra Chasnoff. More details/RSVP www.regender.org. Free.

SAT, APR 9

8 p.m. Generations (Mike & Aleks Glick); David Massengill. 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.

SUN, APR 10

8 p.m. and 10 p.m. Saxophonist/composer David Bindman's Sextet will perform at The Stone. The group will feature Jen Baker, trombone, Wes Brown, double bass, royal harti-gan, drums, Frank London, trumpet (VT and NYC), Matan Rubinstein, piano, and David Bindman, saxophones/composer. E. Second St. and Ave. C. Info: thestonenyc.com.

THU, APR 14

8:00 p.m. Book Launch Party: *Something to Food About* by Questlove and Ben

Greenman at the POWERHOUSE Arena, 37 Main St. Bklyn NY. For Info: 718-666-3049, RSVP appreciated: rsvp@powehousearena.com.

SUN, APR 17

5:30 p.m. The Prom you always wanted, a Cocktail & Dance Party to benefit the Center for Anti-Violence Education. Bowery Hotel at 335 Bowery NY. For more info go to CAENY.ORG/Prom.

MON, APR 18

7 p.m. "FREE LECTURE by Dr. Vogelsberger, German MD presenting a simple approach to spiritual healing of illness and will share documented healing reports verified by independent physicians of presumed incurable illnesses. At SUNY College of Optometry, 33 W. 42nd St., NYC. RSVP 212-714-5379 or brunogroeningny@gmail.com.

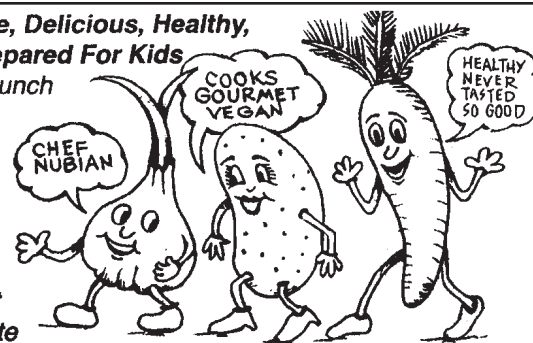
FRI, APR 22

10:00 a.m. Join us this Earth Day for the screening of *Seeds of Change*. Cary Fowler races against time to protect the global food supply. Screening at Ross Hall, NY Botanical Garden, 2900 Southern Blvd., Bronx. Info nybg.org/earthday2016 or call 718-817-8747.

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SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: King Georges

By Adam Rabiner,
Safe Food Committee

Plow-to-Plate is very proud to present next month *King Georges* whose theatrical release in cinemas was on February 26. *King Georges* is not the usual food we serve up; there's little in the way of pedagogy. Rather, in tune with a time when the Cooking Channel can boast a plethora of highly rated shows hosted by celebrity chefs such as Bobby Flay and Anthony Bourdain, this documentary is a portrait of a singular chef, French expatriate George Perrier, and his acclaimed Philadelphia restaurant, Le Bec-Fin, which until it closed in 2013, was for forty years one of the great French restaurants—to Philly what Lutece had been to New York City.

But this documentary is,

after all, being brought to you by the Safe Food Committee, so we'd be remiss not to provide a degree of educational content. Therefore, heed this warning. If you are considering moving to Philadelphia to apprentice yourself to a famed, now retired, master chef with Gallic roots, think twice and consider yourself forewarned. Yes, George Perrier is every bit as charismatic as Jamie Oliver or Gordon Ramsey. Let's just say that he is easier to take on a television or movie screen, than in person.

Perrier is a workaholic. His restaurant is his mistress, his ex-wife scolded him, wondering why he even married her. He agreed. He's a perfectionist, driving himself as hard, if not harder, than his often beleaguered staff. "I'm a cobbler," he frequently whispers to con-

fused customers as he mops up a flooded basement or performs some other debasing chore. Many of those who work for him fear his fierce temper and salty tirades (he and others throw the F bomb with abandon), avert their eyes, and shake their heads in glum resignation. Yet understudy, Nicolas Elmi, has figured Perrier out and knows how to handle him. In their rare calmer moments, they are genuinely affectionate friends.

King Georges is more than just a character study. It is also about, Le Bec-Fin, the restaurant business, and the challenges of staying at the top of one's game for four decades. Eating at Le Bec-Fin was not a casual night out. The decor was Versailles fancy with an expansive wood paneled dining room lighted by ornate and expensive

chandeliers. Wait staff were uniformed and diners wore their Sunday best. Food was delivered to tables on covered silver platters. Prices were high. Over the years, as this type of haute cuisine and dining experience became increasingly passé, the business suffered. Elmi does his best to contemporize the menu, cut back somewhat on the rich cream and butter (Perrier often sneaks in an extra dollop anyway) but the unalterable dining room sets the tone and Elmi acknowledges that many of his contemporaries are simply too intimidated by the décor to eat there. In 2014 Elmi won Top Chef and used his \$140,000 prize money to open Laurel, an informal, BYO French/American restaurant.

After closing up Le-Bec Fin, Perrier, who cannot remain still for

long, busies himself by helping Elmi concoct the perfect galette and collaborating with other Philadelphia restaurateurs. He's single again, except for his precious poodle Isabella. But he seems more relaxed and is breathing deeper. Le Bec-Fin is now just a happy memory for some. But Perrier inspired and influenced a new generation of cooks. He's left his mark on American cuisine. He is, in his own words, indeed a "lucky cobbler." ■

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.

King Georges will be presented on Tuesday, April 12, 7 p.m. at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.

WEBSITE HIGHLIGHT: COOP GOVERNANCE

The GM and the Board of Directors

Revised and Updated by
Michael Salgo, Attorney for the
Park Slope Food Coop

January 2016

The Coop is a non-stock membership cooperative governed by the NYS Cooperative Cooperation Law (CCL) and the NYS Business Corporations Law (BCL). The procedures that it must follow are set out by its bylaws, the CCL and the BCL. Like all membership cooperatives, the Coop has members, officers and a Board of Directors. The term "member" in a non-stock cooperative means the same thing as the term "shareholder" in a corpora-

tion that issues stock.

The BCL essentially requires that a corporation be managed by a board of directors. Before the Coop was incorporated, it had been governed by an assembly called the General Meeting (GM), and that tradition was continued following incorporation in 1977. The Coop's bylaws provided a continuing role for the GM by requiring the directors to "receive advice of the members" on all matters coming before the directors. Specifically, the Coop's bylaws require the Board of Directors to meet at least ten times a year and to give notice to (i.e. invite)

the members prior to each meeting. The bylaws also require the Board of Directors to "inform those members who shall be present of the nature of the business to come before the directors and receive the advice of the members on such matters." (Article VI)

The directors are persons who were elected to the Board by the members at an annual meeting of the membership. Historically, the directors' decisions have always been based on the advice received from the members of the GM. Directors are not required to ratify decisions made by the GM, however; they are legally

bound to use their business judgment and act in the best interests of the corporation, and if they believe that a decision of the GM is illegal or irresponsible or is not in the best interests of the Coop, they should not ratify it.

The Coordinators have a dual role at the GM; they are required as officers of the corporation to report to the directors and they have a duty to present accurate information. They are also members and have the right to make their personal views known to the GM.

The Coop's bylaws, in accordance with the CCL, also require it to have an annual meeting of the membership. This is the same thing as the

annual meeting of the shareholders of a corporation. The bylaws provide that a quorum for such "meetings of the membership" shall be 100 members. The GM is not, and was never intended to be, a formal "meeting of the membership"; the only "meeting of the membership" regularly held by the Coop is the Annual Meeting in June. The bylaws do not provide for any other meetings of the membership. It is possible to hold an additional ("special") meeting of the membership, but the procedure under the law is cumbersome. ■

Original version written by John Sandercock
Published June 1995



RECYCLE GALORE!

WHAT'S BEING COLLECTED:

- Toothpaste tubes, any brand and size (toothbrushes OK too)
- Baby food pouches and caps (any brand)
- Energy bar wrappers (any brand but only energy bars—no other wrappers please)
- Brita filters (other filter brands okay) plus other Brita filter-related items
- Plastic food storage zip lock bags (any size), plastic cling wrap, and small bulk bags (NO PLASTIC ROLL BAGS OR SHOPPING BAGS)
- Cereal bag and cracker bag liners or bulk cereal bags (any brand)

WHEN: 2nd Wednesday of the month, 4pm - 6pm
4th Saturday of the month, 2pm - 4pm

WHERE: Outside in front of the Coop or inside during inclement weather

PSFC / TerraCycle Recycling Collections

The vote is in and members at the May GM unanimously voted to create work shifts to collect a variety of hard-to-recycle packaging in partnership with TerraCycle.

Save up your eligible waste for upcoming collection dates.

QUESTIONS: ecokvetch@yahoo.com

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.

Crossword Answers

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | C | C | | S | K | I | S | | R | A | M | S | E | S |
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| S | P | A | R | R | I | N | G | | B | A | D | L | I | E |
| C | A | I | R | O | | | | M | E | E | T | | A | S |
| | | | | S | U | M | M | A | R | Y | O | R | D | E |
| S | A | C | | | N | E | A | | R | E | L | O | G | |
| O | R | A | | | G | I | N | A | | | | A | R | A |
| F | A | R | M | E | R | I | N | T | H | E | D | E | L | L |
| A | B | B | A | | | | | T | W | I | T | | E | T |
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| I | N | P | A | R | T | | | | D | E | A | R | | O |
| S | A | Y | S | S | O | | | | E | T | T | A | | F |