

Established  
1973



# LINEWAITERS' GAZETTE

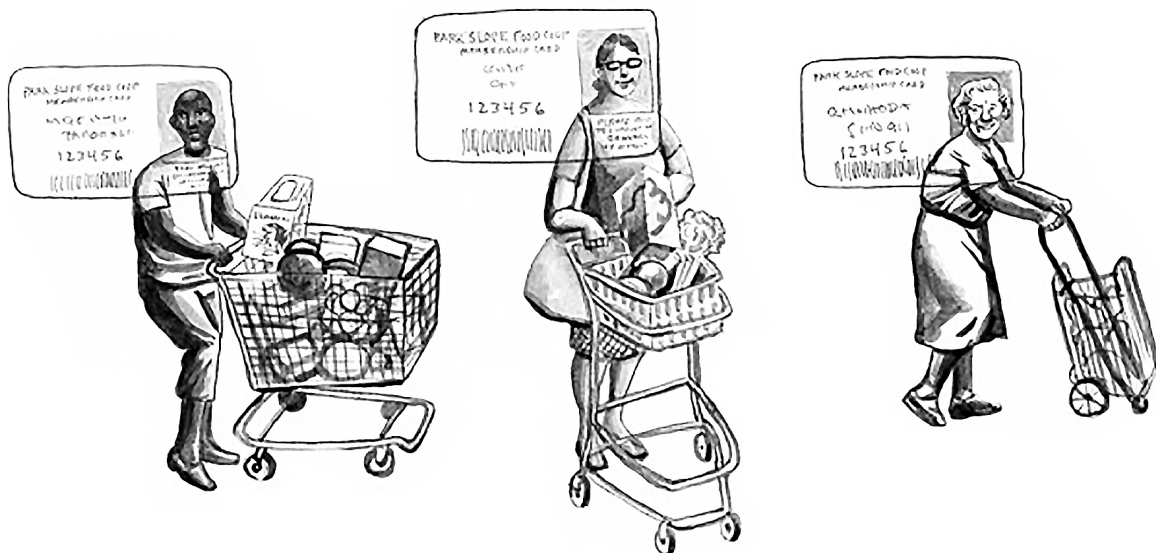


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Volume KK, Number 16

August 4, 2016

ILLUSTRATION BY CATY BARTHOLOMEW



## The Forgotten Story Behind Your Member Number

By Lily Rothman

The highest number on the membership cards that Coop shoppers carry these days is over 77,000 and a very informal survey on a recent Saturday found those higher numbers can be tricky to remember.

Some like Amy Socolow have been up to the task. A member for about three decades, she said her number—in the 30,000 range—has just “sunk into [her] mind over time.”

Others see no reason

for committing those long numbers to heart. Sarah Vallancourt, who joined in October, says she’s never had to know it at a time when she couldn’t just look at her card.

*“At some point, he revealed to the membership that everybody had a number whether they knew it or not.”*

But some fortunate members have an easier time

because their numbers are only three, two and even one digit long. The story behind the numbering-system provides an oft-forgotten window into Coop history.

Here’s how it happened, according to General Coordinator and founding member Joe Holtz:

When the Coop was founded in 1973 and Richard Nixon was president, there were no numbers. There were no cards. There were no computers at the Coop that could

CONTINUED ON PAGE 2

## Fodder for “Fringe” Elements? Coop Farce Featured at Festival

By Hayley Gorenberg

Coop politics mix with foul play next month when the New York City Fringe Festival features “Murder at the Food Coop,” a musical farce by longtime member and newspaper writer Gersh Kuntzman.

Kuntzman, a Coop member since the early 1990s, described the play as a combination of Agatha Christie and Julia Child, “with a little Colombo mixed in.”

Characters include a sanitation committee “true believer,” a tormented vegetarian consigned to work

on the mythical food coop’s “butchering squad,” and Doris, the food coop’s “spark plug” of a founder.

Unfortunately for Doris, she’s also the victim who is found murdered in the store’s organically powered freezer unit. Kuntzman describes her as “a pastiche of aggressive rule-keeping” who has a secret background.

The show touches musically on the cultural rift between newcomers who “just want groceries” and established, philosophical long-timers, Kuntzman said.

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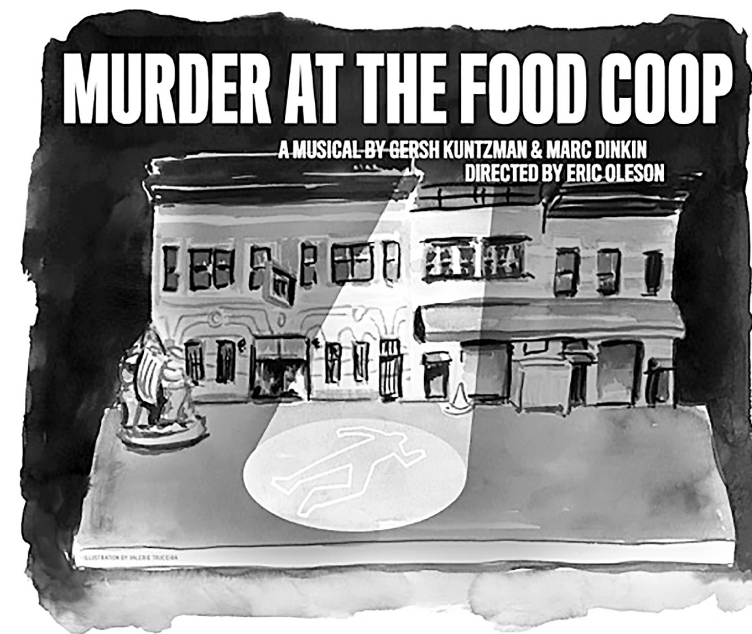


ILLUSTRATION BY VALERIE TRUCCHIA

### Next General Meeting on August 30

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The August General Meeting will be on Tuesday, August 30, 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.

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**YEEEE0000wWW!!!**

**NO OPEN-TOED SHOES**

**WHILE DOING YOUR WORK SHIFT**

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

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



## Member Number

CONTINUED FROM PAGE 1

have read numbers or cards. A list of members' names, addresses and active/suspended statuses was kept at the check-in desk.

Within a few years, however, it became clear that keeping track of members would be greatly helped by a computer. At that point, that meant borrowing or renting calculation time on a mainframe owned by an outside company.

The Coop acquired a key punch card machine, which was used to run off the list of members onto punched cards that could be read by the computer. "I can't remember the name of the committee, but we would go with a deck of cards to an office building in Manhattan where we were renting time on the mainframe," Holtz tells the *Linewaiters' Gazette*, "We would run off a list."

The list of names was updated about once a week and organized by street address. Members would tell the check-in person where they lived and—if they were active—march off to the fresh produce or the dry food aisle.

But numbers soon crept in. "At some point during that time, the person most in charge of this whole system of producing this printout at the entrance desk gave everybody a number, even though no one knew that they had a number," Holtz says. "He needed to keep things organized. At some point, he revealed to the membership that everybody had a number whether they knew it or not."

Though the list at the

front desk was organized by street address, the secret numbers were given out in alphabetical order. So, at that point, which would have been in the late 1970s, a lucky shopper with a last name beginning with an "A" got to be Member Number One.

Holtz says that, to his understanding, approximately 2,800 numbers were distributed at that point: 1,500 or so to people who were considered current members, and about 1,300 other numbers to former members. "Let's say it was 2,850 numbers that had been used, the next person got the number 2,851 and then the next one and the next one, and that's how it's chronological now."

In short, though long-standing members take justifiable pride in their low numbers, the first few thousand have nothing to do with the order of joining. "It wasn't like the ten people who were meeting before the Coop started got numbers one through ten," says Holtz. "It wasn't like that. The person with member one, their last name happened to start with two 'As.'"

*People were proud  
of their  
low numbers.*

That member actually may have joined years after the Coop was founded. Consider Holtz's own family: his wife's name starts with a "B." She wasn't a member on the first day of Coop's history, but her number is lower than his is.

(Holtz says that Member Number One is no longer

with the Coop but that he believes that at least one number under ten might still be encountered by a fortunate check-in desk worker.)

Even after the existence of these numbers was disclosed, they were still mostly used in the Coop's back office. The check-in desk was still using the list of members by street address.

Holtz estimates that things changed around 1980. Jimmy Carter was president by then, and the Coop made a decision to produce membership cards. Somebody

made the decision to print the numbers on those cards introducing the general membership for the first time to their numbers.

There was still no live computer at the entrance desk—the cards were just shown to the person holding the printed list, but now instead of looking up a member's status by street address, the check-in person would use the name and number on the card.

And over the years, the numbers kept adding up. At the time Holtz spoke to the *Gazette* for this story, the highest number in the system was 77,098.

Scholars of the Coop's numerical system will point out that the actual number of members over history is less than that lofty figure. For one thing, the system of replacing lost membership cards by adding a letter to the end of the number didn't always exist.

For a while after the cards were introduced, losing that identification meant losing one's number entirely. When a new card was issued, its member number would simply be the next one in line.

It's also likely that some members who came and went before the numbers were given out were never included in the count. At

the same time, a small number of members hated their numbers for one reason or another (say, people who chanced to wind up with their unlucky numbers) and voluntarily gave them up to move to the end of the count.

But Holtz estimates that those divergences would only add up to a couple hundred people. These days new members probably wouldn't be allowed to reject the number they were issued.

Moreover, years ago, after some discussion, the Coop adopted the system by which members who lost cards would keep their numbers with a letter added to avoid duplicates. "People were proud of their low numbers and said, 'How dare you change my number?' so we needed to come up with a system for not changing the number when a card was lost," Holtz says.

"It's still a pretty accurate count of how many people have been members ever. You could basically say that in the life of the Coop there have been 77,000 members and change," Holtz says. "The way I look at it is that we have about 17,000 members now, so we only lost 60,000 over a 43-year history. I feel pretty good about that." ■



ILLUSTRATION BY CATY BARTHOLOMEW

# BIKE VALET PARKING

**Saturday and Sunday through November 20**  
**1:00 - 7:45 pm**



Leave your **bike, stroller, scooter,**  
or **cart** while you work or shop.

No locks, no worries, no theft!

Operates rain or shine.

Look for us by the  
yellow wall under  
the green tent.





# Pulses: Teeny Tiny Superfoods

By Leila Darabi

This year, the United Nations celebrates the International Year of Pulses, a tribute the UN created to draw global attention to the nutritional, environmental and economic potential of pulses.

What, you might ask, are pulses? They are the dried seeds of various legumes such as dried peas, beans, lentils and chickpeas. And they're popular with many Coop shoppers.

With this global year of action, the UN hopes to address food security in developing countries where, according to agricultural authorities, these easy-to-grow, high-protein crops that require little water and enrich the soil, could turn the tides in addressing hunger and malnutrition. They are also relatively inexpensive, providing a globally affordable source of protein and fiber.

## How Coop Members Like Their Pulses

In the U.S., pulses are increasingly replacing wheat flour in commercial pastas and gluten free desserts. They also provide four times the dietary fiber of whole grains, which means that you can feel fuller longer, according to health experts.

Americans consume an average of just eight pounds of pulses per person per year, compared with 60 to 80 pounds per person in India or 40 pounds per person in European countries like Spain. Of course, Coop members aren't your average U.S. residents. According to buyer Ron Zisa, members buy just less than 1,000 pounds of

dried pulses each week from the bulk aisle in the summer, with that number going up in the winter when people make more soups and split pea sales triple. The week of New Year's Eve, we sell 250 pounds of black-eyed peas alone.

On a recent Friday evening, shoppers shuffled through the bulk aisle, scooping grains and pulses into plastic bags and dutifully labeling them with yellow stickers. Judy Lorde, a Coop member since 2005 who is originally from Barbados often stews beans and peas with spices from home. She also enjoys smashing black-eyed peas onto flax wraps with vegan butter for a tasty lunch.

*"I basically think pulses are the way of the future in terms of sustainable protein."*

Sandra Distasio, a Coop member for just one month but who has been making her own hummus for years, is there for the chickpeas. She likes to experiment with different flavors for her dip. "The other day I put in those salad peppers, it was amazing," she says. "I'm going to do that again. Sometimes I roast garlic, sometimes I just make it with lemon and tahini."

Nicole Connolly, a Coop member for one year, buys her grains in bulk, but heads to aisle six for her beans and chickpeas. "I actually cheat and stick to the can," she says sheepishly, adding that if she knew more about soaking beans she would probably try it.

Mark McKennon, a Coop member for more than 30



Mark McKennon, Coop member for more than 30 years, now retired from work shifts and loves red kidney beans.

years, loves red kidney beans. "They're convenient, they're cheap, they're loaded with protein and good health benefits and fiber so that's why I like them," he explains. "Even if I'm not in the mood for the taste, I'll eat them because they're healthful."

All of the Coop's dried bulk pulses come from United National Foods, a food distributor that buys its pulses from a number of organic farms. Two farms in upstate New York provide all of the Coop's black and pinto beans.

## Taking the Pulse Pledge

For Americans, pulses fit nicely into a number of current health trends. Pulses are low in fat, high in protein, cholesterol free and, perhaps most significantly, gluten free.

*"Sometimes I roast garlic, sometimes I just make it with lemon and tahini."*

In honor of the International Year of Pulses, the American Pulse Association, USA Dry Peas and Lentils and Pulse Canada have teamed up to create [www.pulsepledge.com](http://www.pulsepledge.com) where you can commit to eat one serving of pulses per week for ten weeks.

One of this campaign's ambassadors is Gena Hamshaw, a cookbook author, graduate student in food politics and nutritionist. She writes the blog *The Full Helping* and creates new recipes featuring pulses for her website.

"I basically think pulses are the way of the future in terms of sustainable protein," says Hamshaw. "We are living in a world where animal farming is becoming increasingly unsustainable for the environment, just for land use, whereas pulses put less strain on the Earth and are healthful."

The Pulse Pledge aims to balance these numbers. Earlier this year, Hamshaw ran a cooking demo at the *Just Food Conference* held at Teacher's College where she encouraged participants to pack more pulses into their diets. "You can put red lentils in a pasta sauce. You can make a really, really easy chili using two kinds of beans," she said.

CONTINUED ON PAGE 5



Nicole Connolly, in the bulk aisle buying popcorn, a Coop member for two years. Nicole cooks with beans and chickpeas from cans.

## STATEMENT ON THE COOPERATIVE IDENTITY

### DEFINITION

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

### VALUES

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

### PRINCIPLES

The cooperative principles are guidelines by which cooperatives put their values into practice. The International Cooperative Alliance adopted the revised Statement on the Cooperative Identity in 1995.

They are as follows:

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

REFERENCE: ICA.COOP



## "Fringe"

CONTINUED FROM PAGE 1

The proposal to boycott Israeli products comes up in a "forbidden love" story between characters Muffy Finkelberg and Ali al Muhammad, who unite around bacon, he added.

Detective Dick Johnson from the 78th Precinct is the only Coop outsider. Kuntzman said the officer's first reaction is, "You guys are a bunch of freaks!"

*"A murder farce that happens to take place in an artisanal, locavore setting."*

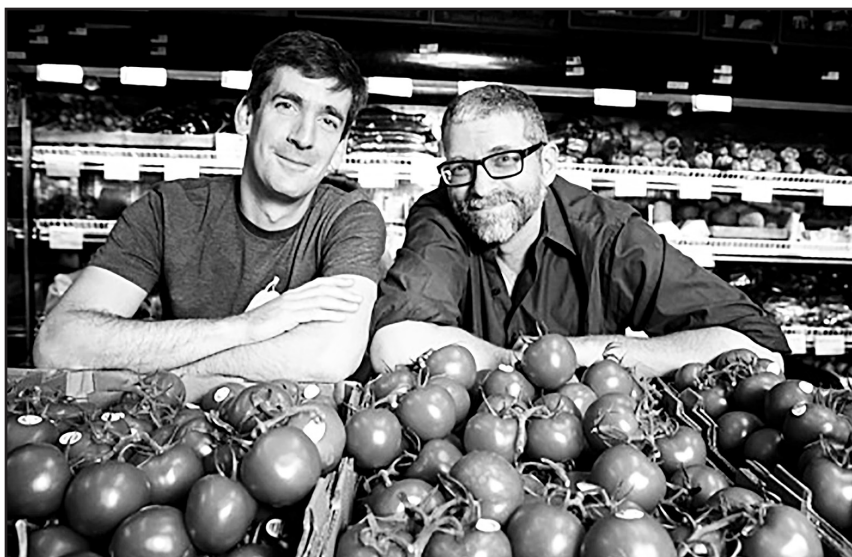
But the investigator comes to greater understanding and unites with members to solve the murder. One of the lines opening the show came to Kuntzman while shopping: "Don't move the body! But it's blocking the kohlrabi!"

The show will use fake produce to set the scene for "a murder farce that happens to take place in an artisanal, locavore setting," Kuntzman said.

"Murder at the Food Coop" follows Kuntzman's first Fringe Festival entry, "SUV: The Musical," produced in 2005. That show was sparked by his informal survey of American ballads featuring cars that led him to the conclude, "No one ever wrote a love song to an economy car."

In both shows he collaborated with musician Marc Dinkin. His songs in "SUV: The Musical" included one about a love affair between two crash test dummies. The latest production offers up "Sometimes a Melon Is Just a Melon" and "I'll Make a Liberal Socialist Whack Job Outta You."

Kuntzman, of course, is loathe to give away too much of the plot. But he said that "in the end the liberals always win, because it's my play. But



Portrait of Marc Dinkin (left) and Gersh Kuntzman (right) at the Food Coop vegetable section.



Marc Dinkin (left) pretending to murder Gersh Kuntzman (right) with a carrot.



Marc Dinkin (left) pretending to investigate murder scene by meat locker and Gersh Kuntzman (right) acting surprised.

PHOTOS BY CAROLINE MARDOK

there's a little comeuppance."

### Why the Coop?

Kuntzman observed that the Coop has been a rich source of materials for many writers. "It's a supermarket run on democratic politics. That's a bizarre concept to everybody but us. We say, 'This is a supermarket, but let's talk about global politics.' It's crazy to some people, but not to us," he said.

Kuntzman said similar themes could be found in the anti-apartheid movements at American universities where investment strategies were challenged.

In the Coop musical, characters collaborate and use Rob-

ert's Rules of Order to decide whether to contact police about the crime. The characters realize the quality of the Coop's rules system, which ultimately enables them to come together and solve the murder case at the center of the spoof.

*"I'm lovingly making fun of us."*

"I'm lovingly making fun of us," he said. "These people are crazy, but in their craziness they are a lot more sane than the rest of us."

He pooh-poohed the suggestion that some may be

offended by the deadly crime at the plot's center. "There's always crime, and there's always comedies about crime," he said.

### Fringe Elements

Kuntzman said he sought to place his work in New York City's Fringe Festival for its branding and infrastructure support. "With the Fringe Festival, I'm not just another guy with a show," he said. The festival secures the theater and technicians, "and you can focus on the creative part."

Plus, he pointed out, "you can do silly stuff, and it's okay."

Kuntzman's day job as a journalist since the late 1980s has been more serious. He's worked at *The New York Post*, *Brooklyn Paper*, and now as an online columnist for *The Daily News*.

"I'm not a Pulitzer-level journalist. I'm more of a tabloid hack," Kuntzman said. "I say that in the best possible way. Journalism isn't that creative, nor should it be. So I always need a creative outlet."

In his online work at the New York Daily News as a "hot take guy," writing daily time-sensitive, topical online missives, he posted a controversial column following the Orlando gay club mass shooting, which spurred him to go to a shooting range and try firing an AR-15 machine gun. He said he wanted to know, "What is it like to have that much power in your hands?" He discovered, "It was scary to fire."

Attracted his whole life to

telling stories, Kuntzman says he couldn't commit to one thing because he was "interested in everything." He said he found journalism suited his nature, because "being master of none and interested in everything is a job requirement."

Meanwhile, back at the real Park Slope Food Coop, General Coordinator Joe Holtz said he had heard about "Murder at the Food Coop" from Kuntzman and others. While he hasn't seen the show, he professed, "I have no problem with it."

Holtz did note that the *Brooklyn Paper* while Kuntzman worked there "seemed to make a study of not taking the Coop seriously." That said, he remarked, "But this is not the press, this is art."

Holtz hasn't committed to attending the play, noting that his summer is crammed with work covering for vacations of other Coop staff and taking a bit of vacation for himself. "But I'm not prejudging," Holtz said. "It's supposed to be a lot of fun."

"Murder at the Food Coop" shows during the Fringe Festival at the Flamboyant Theater, 107 Suffolk St. between Rivington and Delancey Sts. in Manhattan on selected dates between August 13-25. Tickets are \$18, and are available here: [http://gersh-kuntzman.homestead.com/Murder-Play.html?utm\\_medium=web&utm\\_campaign=misclicks&utm\\_source=article\\_body&utm\\_content=intra](http://gersh-kuntzman.homestead.com/Murder-Play.html?utm_medium=web&utm_campaign=misclicks&utm_source=article_body&utm_content=intra). ■

# FUN COMMITTEE

## Workslot Opportunities

The FUN Committee is looking for new members. We meet the first Monday evening of every month, to plan and implement community unity opportunities. Prior events include the Annual Kids' Variety Show, Holiday Card-Making, Social Dance Events, and Game Nights.

We need young-blooded people with "strong backs" and the ability to do physical stuff to set and restore our event spaces. Also needed is someone who can Tweet, Instagram and Facebook. It would be great to have someone who comes with a boatload of fresh ideas on how to community-build!



Please contact Martha Siegel at [msiegel105@earthlink.net](mailto:msiegel105@earthlink.net)





## Pulses

CONTINUED FROM PAGE

### Hummus, Putting Chickpeas on the Map

In her nutritional consulting business, Hamshaw has noticed a rise in clients cooking and eating pulses. She attributes this partially to the surge in people avoiding gluten, but also to Israeli cookbook authors Yotam Ottolenghi and Michael Solomonov, who have each published popular homemade hummus recipes. "When recipes like that go viral and say your hummus will be better if you cook [the chickpeas] from scratch, it has an impact," says Hamshaw.

Tim McGreevy, chief executive of the USA Dry Pea and Lentil Council, has tracked this trend for a decade and credits commercial hummus production with the spike in local chickpea consumption. "Up until 2005, we used to export the majority of chickpeas, but that tide has really turned, because of the success of hummus," he says. According to McGreevy, U.S. hummus sales have soared to 700 million dollars per year.

Dan Jason, a British Columbia-based seed seller, has noticed the same trend among small farmers and gardeners. "All of a sudden, sales of chickpeas have increased ten-fold this past year," he says.

### Good for the Earth and the Body

Jason admires pulses so much that this year he coauthored a book called *The Power of Pulses: Saving the World with Peas, Beans, Chickpeas, Favas and Lentils*. "It's time to wake up North America to the fact that it's such a great food in so many ways and that we should be supporting our farmers and living more lightly on the land," says Jason.

His book includes a reassuring note on the "flatulence factor" often associated with eating beans, explaining that many dried pulses are years old and claiming that pulses eaten within a year of harvest don't cause gas. A Montreal native, Jason grew up eating pea soup, then discovered other pulses while looking for the best seeds to source for his catalog.

He loves that pulses increase the nitrogen in soil. "I plant a row of beans and the next year, the yield practically doubles." Pulses are also drought resistant and easy to grow with little to no farming or gardening experience, he says.

McGreevy, the Dry Peas and Lentils agency head, also gets excited talking about

the environmental benefits of pulses. Pulses require just 43 gallons of water per pound of protein, compared with the 600 to 1,800 gallons required to produce a pound of protein from poultry or red meat.

"The word pulse comes from Latin root of thick soup,"

he explains. "For the Romans this was an absolute key component as they conquered the world. They could carry lentils or rice in their little knapsacks as they traveled."

Add portable and long-lasting to the many attributes of the tiny, powerful pulse. ■



Sandra Distasio, Coop member for just one month, buying chickpeas to make her own hummus.

## PLASTIC PACKAGING COLLECTIONS

2nd Wednesday of every month 3:45-6 p.m.

4th Saturday of every month 1:45-4 p.m.

### Expanded Plastic Collection for Coop members

Please be prepared to show your Coop membership card.

**Plastic bags/wrap/packaging from most products sold at the Coop**—food and non-food.

**Thin plastic film wrap**—from notecards, tea boxes, pre-packaged cheese, household items, pet food, juice packs, etc.

**Plastic roll bags distributed by the Coop**—please use roll bags only as necessary, reduce usage whenever possible, and re-use any bags you do take before recycling.

NO food residue, rinse as needed.  
Only soft plastic from Coop purchases.

## We continue to accept the following from all community members:

Pre-sort and separate according to the categories below.

Toothbrushes and toothpaste tubes (any brand/size)

Baby food pouches and caps (any brand)

Energy bar wrappers (any brand)

Water filters (Brita and other brands) and other Brita branded filter products

Plastic re-sealable food storage bags, small Coop bulk bags, cling wrap

Cereal and cracker box liners (any brand)

Food residue and paper labels OK.  
No shopping bags.

**Donations in any amount are welcomed to help offset the cost to the Coop of this collection.**

Interested in joining the squads that run the Wednesday/Saturday collection, or in starting a third collection time as your worksite?  
Contact Cynthia Pennycooke in the Membership Office.

For more information about Terracycle, visit [terracycle.com](http://terracycle.com)

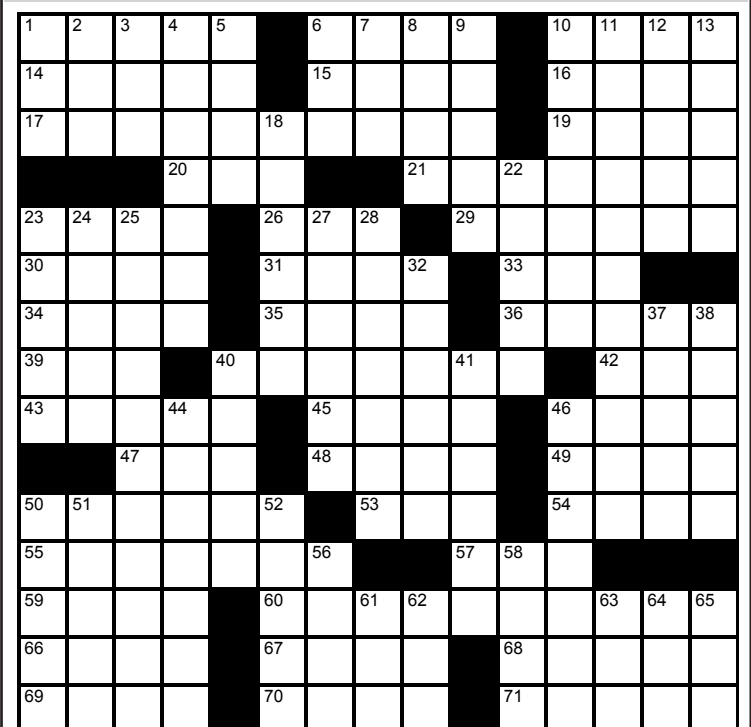
Questions about items we accept should be e-mailed to [ecokvetch@yahoo.com](mailto:ecokvetch@yahoo.com)



PHOTOS BY WILLIAM FARRINGTON

Judy Lorde, Coop member since 2005, originally from Barbados, adds spices when cooking her beans.

## Crossword Puzzle



### Across

1. Outfits
6. Story lines
10. Certain bra specification
14. Perfectionist's goal
15. Ship that sailed "the ocean blue"
16. "Yeah ... I don't think so"
17. Lacking vigor
19. Crud
20. Medit. country
21. Qualified
23. Just for Men target
26. End of the line?
29. Comic strip character named for an English philosopher
30. First name in country
31. Formal occasion
33. Myrna of "The Thin Man"
34. This ans. is one
35. "\_\_\_\_ vida" (Costa Rica slogan)
36. "Mean Girls" star
39. Item on a Christmas list
40. Appropriate time, one might say, to solve 17- and 60-Across and 11- and 25-Down
42. Game with Wild Draw 4 cards
43. Stand out in a field
45. Org. with eligibility rules
46. Bygone NYC punk club
47. Will Smith title role
48. Hanks and Harkin
49. Son of Eve
50. They succeeded the Cheneys
53. Boar's head?
54. Apollo plucked it
55. Some sonata movements
57. Claiborne of couture
59. Benjamin Netanyahu, to friends
60. Chain that boasts its 600+ stores average 55,000 square feet
66. Bryant of the NBA
67. He appears but does not talk in the 2004 movie "Garfield"
68. Rockne of Notre Dame fame
69. Tan and other
70. Zingy taste
71. Trap

### Down

1. It's often seen next to rum or rummy
2. mouthhealthy.org org.
3. Band with the 1991 hit "Shiny Happy People"
4. 1961 Yevgeny Yevtushenko poem which Khrushchev rebuked and Shostakovich put to music
5. Stone and Stallone
6. Santa \_\_\_\_ winds
7. Place for a margarita's salt
8. Network which aired the rant by Rick Santelli in 2009 that ended up inspiring the Tea Party movement
9. Doctor's request
10. Nightmare cause
11. Ben & Jerry's ice cream flavor with pretzels, peanut butter and fudge
12. "I give up!"
13. Elbows
18. Like Abercrombie & Fitch clothing
22. Stereotypical parrot name
23. Fireplace insert
24. Pack again for shipping
25. "Sesame Street" character who, in her 2006 debut on the show, has Maria fix her magic wand
27. Classless kid?
28. Pipe material for Frosty the Snowman
32. Tussaud, for one
37. Ire
38. Aristocratic
40. Russian pancakes
41. In a vulgar way
44. Mournful poems
46. Pizzeria offering that translates to "pant leg"
50. Coffee cake variety
51. It shouldn't be taken literally
52. Not \_\_\_\_ (mediocre)
56. Fountain offering
58. Varieties
61. Recycling \_\_\_\_
62. Dog command
63. "However ..."
64. A/C meas.
65. "You betcha!"

Puzzle author: David Levinson-Wilk. For answers, see page 11.

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

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

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](mailto: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.

# SUMMERTIME

## DON'T FORGET YOUR COOP SHIFT!



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

One way to do it is to use the Shift Swap at [www.foodcoop.com](http://www.foodcoop.com)!

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

# YOUR CO-WORKERS WILL LOVE YOU FOR IT!

## RETURN POLICY



The Coop strives to keep prices low for our membership. Minimizing the amount of returned merchandise is one way we do this. If you need to make a return, please go to the 2nd Floor Service Desk.

**REQUIRED FOR ANY RETURN**

1. The Paid-In-Full receipt **MUST** be presented.
2. Returns must be handled within 30 days of purchase.

**CAN I EXCHANGE MY ITEM?**

No, we do not "exchange" items. You must return the merchandise and re-purchase what you need.

## CAN I RETURN MY ITEM?

Produce\* Bulk\* (incl. Coop-bagged bulk)  
Cheese\* Seasonal Holiday Items  
Books Special Orders  
Calendars Refrigerated Supplements  
Juicers & Oils  
Sushi \*A buyer is available during the week-days to discuss your concerns.

**NEVER RETURNABLE**

Refrigerated Goods (not listed above)  
Frozen Goods  
Meat & Fish  
Bread

**RETURNABLE ONLY IF SPOILED BEFORE EXPIRATION DATE**  
Packaging/label must be presented for refund.

Items not listed above that are unopened and unused in re-sellable condition

**RETURNABLE**

The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.

### This Issue Prepared By:

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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.

Brandon Adamek Daniel Altschuler Jeren Atmaca Zinaida Avezova Joey Azoulai Edward R. Baker Lynnette Baker Thomas Barger Lee Berman Lindsay Blake Rachel Blalock Agathe Blanchon-Ehrsam Margot Boyer-Dry Dillon Case Josiah Child Jon Cicconi Sarah Susan Ciment Chelsea Cipriano	Jade Cochran Taylor Conrad Kerryann Cook Jeffrey Crawford Oonagh Curry Clement DeAlcala Sophie DeLaCour Jennifer Demello Jamie Effros Pascal Ehrsam Mohammad El-Haj Ahmad Jared Ellison Catalina Escallon Devra Fox Joyce Freitag Christine Gardiner Sunny Glottmann	Yuriel Goldberg Akriti Gupta Liubov Hadaway Seth Hadaway Natalie Holt Sung Hwang Paul Jenkins Sarah Jane Johnson Mimi Jorling Charlotte Juergens Sylvia Kahan Paul Kaplan Leah Karmaker Piotr Kasperek Mary Keehbauch Christine Kenline Maria Klein Erica Knauss	Meredith Kole Seth Korman Tony Lam Zachary Laub Ana Lee Eok Jong Lee Mark Leleng Henrik Lindahl Rachel Lipstein Meredith Lynn Joshua Maas-Howard Emily Mandell Shequla Mason Michael Mauldin Peter May Sarah May Alwyn McCormick Megan McCourt	Laura Mendez Anastassios Mentis Margaux Merle Tina Miller Cristina Mis Henrik Moltke Stephanie Neel Sarah Ngu Robert Niles Jessica Parks Charmy Patel Nancy Quade Samantha Quigley Abigail Reddel Scott Reddel Selena Rhine Donna Riggie	Gabriel Roas Santos Rocha Ben Robbins Bailey Robinson Eli Sabo Julia Samo Rohan Yuri Sanspeur Christan Schider Jane Sherman Alissa Shipp Tamara Shopsin Devorah Shubowitz Sandy Siverberg Kyla- Rose Smith Hana Stanojkovic Molly Stern Carol Still Lydia Stone	Derrick Storms Raymond Storms Kyoko Suzuki Chevi Szojchet Alexa Thomas Gaël Thomas Baris Turner Carolina Uribe Annie Virmig Lena Walker Rachel Wheeler Marianne Williams Jamie Wladyka Michael Young Peter Zadecki Kateryna Zemskova Katherine Zimmerman
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COOP CALENDAR

New Member Orientations

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

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

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

The Coop on Cable TV  
*Inside the Park Slope Food Coop*  
The fourth FRIDAY of the month at 11 a.m. and 5 p.m.  
Channels: 56 (Time-Warner), 69 (CableVision), 84 (RCN), 44 (Verizon), and live streaming on the Web: [www.bricartsmedia.org/community-media/bcat-tv-network](http://www.bricartsmedia.org/community-media/bcat-tv-network).

General Meeting Info

**TUE, AUGUST 30**  
GENERAL MEETING: 7:00 p.m.

**TUE, SEPTEMBER 6**  
AGENDA SUBMISSIONS: 8:00 p.m.  
Submissions will be considered for the September 27 General Meeting.

Gazette Deadlines  
**LETTERS & VOLUNTARY ARTICLES:**  
August 18 issue: 12:00 p.m., Mon, August 8  
September 1 issue: 12:00 p.m., Mon, August 22

**CLASSIFIED ADS DEADLINE:**  
August 18 issue: 7:00 p.m., Wed, August 10  
September 1 issue: 7:00 p.m., Wed, August 24

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](http://foodcoop.com) and at every General Meeting.

Next Meeting: Tuesday, August 30, 7:00 p.m.

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

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 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](http://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](http://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

aug 5  
fri 7 pm**Film Night:**  
**How To Lose Your Virginity**

What has launched both purity balls and porn franchises, defines a young woman's morality—but has no medical definition? Enter the magical world of virginity, where a white wedding dress can restore a woman's innocence and replacement hymens can be purchased online. *How To Lose Your Virginity* exposes the myths and misogyny surrounding a rite of passage that many obsess about but few truly understand. Entertaining, eye-opening and thought-provoking, the film is the perfect tool to ignite conversations around sexuality in your communities. Filmmaker **Therese Shechter** uses her own path out of virginity to explore why our sex-crazed society cherishes this so-called precious gift. Along the way, we meet a diverse group of sex educators, virginity auctioneers, abstinence advocates, and young men and women who bare their tales of doing it—or not doing it. Mature themes. Recommended for high-school age and older. Shechter is a filmmaker, writer, and multi-media storyteller based in Brooklyn. Fusing large doses of humor with personal storytelling and grassroots activism, she chronicles sex and feminism in the 21st century, most recently as writer and director of the documentary *How To Lose Your Virginity*. Since the release of her first film, the award-winning *I Was A Teenage Feminist*, she has presented her work in film festivals, universities, art galleries and on television from Rio de Janeiro to Seoul to Brooklyn. Shechter has been a cheese-loving Food Coop member for the last 16 years.

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

aug 6  
sat 12 pm**Female Health**

PMS? Painful periods? Skipping periods? Fibroids? Infertility? Polycystic Ovarian Syndrome (PCOS)? Menopausal symptoms? Looking for a natural solution? Nutrition Response Testing is a non-invasive way of analyzing the body to determine the root cause of symptoms. We'll discuss some of the major causes of hormonal imbalance and how a custom-designed nutrition program can help return you to optimum health. **Diane Paxton**, MS, LAC, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope. She is also a long-time Coop member.

aug 25  
thu 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.

aug 30  
tue 7 pm**PSFC AUG General Meeting**

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

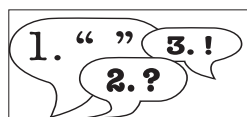
Meeting location: **St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

sep 1  
thu 7:30 pm**Food Class:**  
**Taste of Jamaica**

Chef **Lawron DeLisser** will be demonstrating some of her favorite island-inspired dishes. Using the flavors and ingredients of her father's homeland, the class will offer a twist on some classic Jamaican fare. All recipes are vegan and are sure to demonstrate to participants the beauty of the islands. Menu includes: jerk tofu; Jamaican-style risotto with kidney beans; steamed cabbage; Jamaican cornmeal coconut pudding.

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 August 18.

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](mailto:parkslopefoodclass@gmail.com).

sep 6  
tue 8 pm**Agenda Committee Meeting**

The Committee reviews pending agenda items and creates the agenda for future General Meetings. Drop by and talk with committee members face-to-face between 8:00 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at [foodcoop.com](http://foodcoop.com).

The September General Meeting will be held on Tuesday, September 27, 7 p.m., at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.

sep 9  
fri 7 pm**Wordsprouts: Notorious R.B.G.**

Supreme Court Justice Ruth Bader Ginsburg is a feminist pioneer and sits on the highest court in the country, but she's also a pop culture icon. Her fiery dissents, pithy way with words, and general chutzpah became a source of viral memes online, and led to the creation of the popular Tumblr the Notorious R.B.G., which compares her to the rap virtuoso The Notorious B.I.G. From that blog came *The New York Times* bestselling book of the same name, a mixture of reportage, court documents, photos and illustrations that tell the story of this unusual and inspiring woman. One of the book's co-authors, **Irin Carmon**, will be joined in conversation by political talk radio host and comedy writer **Sam Seder**. They'll discuss Ruth Bader Ginsburg's career and popularity, the process of putting together the Notorious R.B.G., and what's at stake for the highest court in the U.S. with the coming presidential election. It's sure to be an evening as thoughtful, insightful, and funny as the Justice herself. Carmon has been a Coop member since 2009, is a national reporter for MSNBC and is the co-author of *Notorious RBG: The Life and Times of Ruth Bader Ginsburg*. Seder is a New York-based writer, director and political talk radio show host. He hosts the live, daily podcast, *The Majority Report* and co-hosts the nationally syndicated, weekly, *Ring of Fire Radio* with Robert Kennedy Jr. and Mike Papantonio. His acting credits include a dozen network pilots, guest appearances on comedies and independent films. He co-authored, with Stephen Sherrill, *FUBAR: America's Right Wing Nightmare*.

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

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

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



# aug 5–oct 2 2016

**sep 11**  
sun 12 pm

## Using Acupuncture & Sound For Trauma Relief

Both acupuncture and sound have proven over centuries to work directly with the nervous system in healing the effects of trauma. When shock is experienced, there is a ripple out effect through all aspects of ourselves. As the human body/mind is an intricate network of feedback loops completely interdependent with the whole of all the parts, there must be a careful and thorough unwinding of the patterns created by shock so they do not become stuck and ingrained. Acupuncture and sound create pathways in the the psyche to open up to new possibilities of living and being truly free. Join Coop members **Serra Chase Natan** and **Lev Natan** for an experiential talk on this timely topic. Serra is honored to serve the community with affordable, sliding- scale acupuncture since 2008 at the Brooklyn Acupuncture Project. Lev is a sound healer and life-purpose coach who helps people open up to their full potential, free from habituated responses to fear.

**sep 16**  
fri 8 pm

## Barn Dance



**Alex Kramer** is calling a barn dance at the Society for Ethical Culture on September 16! Come with friends and family and learn to dance the “do-si-do,” “rip and



snort,” and more. Dance to the rhythms of award-winning bluegrass and old-time musicians **Lily Henley, Duncan Wickel, Maggie Carson** and **Bennett Sullivan**. Every dance will be taught and beginner-friendly.

**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.**

**sep 13**  
tue 7 pm

## Safe Food Committee Film Night: All In This Tea



Handheld cameras take us into the hidden world of tea by following world-renowned expert David Lee Hoffman to some of the most remote regions of China in search of the best teas in the world. Moving from a modern, urban setting to a pastoral China rarely glimpsed by

westerners, scenes shot in cinema verite are interwoven with more formal presentations about tea fundamentals, helping make clear what is at stake, and thereby lending weight to Hoffman’s endeavor. The viewers will feel as if they have been somewhere they’ve never been before, and ask themselves what is out there worth preserving.

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

**sep 16**  
fri 7 pm

## Practical Ways of Feeling Better in Your Body

Feldenkrais is a method of neuromuscular re-education developed by Russian-Israeli scientist Dr. Moshe Feldenkrais. Through simple and gentle movement exercises, this method helps improve balance, posture and coordination, prevent injuries, speed up injury recovery, reduce stress and anxiety, increase overall sense of health and well-being. This workshop is an opportunity to experience the benefits of the method firsthand through group exercises and personalized hands-on mini-sessions. No prior experience is necessary, people of all levels of fitness can benefit. **Igor Shteynberg**, Feldenkrais Practitioner, has worked with clients ranging from children with motor difficulties to professional dancers and musicians. He is excited to share benefits of the Feldenkrais Method with fellow Coop members.

**sep 17**  
sat 12 pm

## Packing School Lunches: Quick & Healthy on a Budget!

Committed to getting your kids to eat healthier? Stressed about how to prepare their school lunches without relying on prepared or processed foods? Confused about the warnings for too much sugar? Gluten? Carbs? Have a kid with corn, dairy, soy sensitivities? Concerned about how to do this all while sticking to your budget? Then this is the workshop for you! We’ll talk about the stresses of feeding your children healthy foods that nourish them all while having two working parents, finicky eaters, and food warnings at every turn. Find out how Inner Fire can actually help you determine if there are food sensitivities in your family and how to create whole-food meals quickly and on a budget. Attendees will receive a free health check and recipes for healthy school lunches! **Diane Paxton**, MS, LAc, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope. She is also a long-time Coop member.

**sep 18**  
sun 12 pm

## Herbs for Winter Immunity

In this class we will learn how to strengthen our immunity in preparation for the cold and flu season. Several traditional recipes will be demonstrated with tastings, and the herbal actions of each ingredient will be discussed. What will you learn specifically: how to make an immune-boosting decoction of astragalus and shiitake and the benefits of Vitamin D, (which has been found in shiitake); how to make an herbal oxymel using elderberries; how to make fire cider (a traditional recipe popularized by renowned herbalist Rosemary Gladstar. The recipe uses garlic, onions, turmeric, horseradish, cayenne and raw apple cider vinegar. We will discuss the magical benefits of each of the ingredients); how to make an antimicrobial, medicinal honey. Additionally, we will talk about how to make an overnight antimicrobial onion syrup and we will talk about echinacea and boneset. **Dawn Petter** teaches classes about the art of plant-based healing. She has been a member of the Coop since 2013.

## still to come

**sep 23**

**Journey Into Bliss: Meditation & Gong Sound Bath**

**sep 27**

**PSFC SEPTEMBER General Meeting**

**sep 24**

**It’s Your Funeral**

**oct 1**

**ITES Public Forum**

**sep 24–25**

**Food Drive to Benefit CHIPS Soup Kitchen**

**oct 2**

**Cooperative Disaster Recovery**



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



## ACKNOWLEDGE

## DEAR MEMBER,

I would like to acknowledge fellow member Heidi North who was serving as a walker and walked me home. When we got close to my home, we noticed that a box had fallen off the cart. Heidi then ran back, tracing our steps, for several blocks until she found the fallen box. I was very touched by Heidi's kindness and want to acknowledge Heidi's kindness.

Deborah Braun

## PSFC IS PART OF THE INTERNATIONAL COOPERATIVE ALLIANCE WITH SHARED VALUES

## MEMBERS:

The General Coordinators' foray into censorship in the Meeting Room falls far from the mark of its obligations to its Coop members and the cooperative movement.

This can be rectified.

Postscript: In August 2015, the United Electoral Radio and Machine Workers of America (UE) adopted a resolution endorsing the BDS movement to pressure Israel to negotiate peace with the Palestinians to end occupation. UE is the first national U.S. union to endorse BDS. The Israeli law firm Sharat Hadin filed a charge with the National Labor Relations Board (NLRB) challenging the decision. On January 12, the NLRB dismissed the charge. Shurat Hadin appealed and on May 26 the appeal was denied. UE is an independent member-run union representing 30,000 workers across the country. Read the UE press release: <http://mondoweiss.net/2016/07/upholds-support-boycott/>

Mary Buchwald

PSFC members for BDS  
<http://psfcbds.wordpress.com>

## REVIEWING OUR ENVIRONMENTAL POLICY WITH REGARD TO GMOS

## MEMBERS,

It is long past time for the Coop to base its policies on facts, rather than feel-good ideologies.

This is especially relevant

to our stances with regard to GMOs and so-called homeopathic remedies.

In light of the recent comprehensive, peer-reviewed scientific study released by the National Academies of Sciences, Engineering, and Medicine on Tuesday which find that genetically modified crops on the market are not only safe, but appear to be good for people and the environment, I think it's time for a serious review of the Coop's policies with regard to this matter. Additional debate on the subject would be welcome provided it included qualified professionals with actual data rather than self-appointed activists with little or no scientific training (as we have had in the past.)

I don't know why we have a huge banner above the express check out that refers to GMOs and "the dangers they pose" when I have yet to find one Coop member who can tell me what those dangers are, much less provide some valid scientific documentation that identifies how these undefined "dangers" manifest themselves.

Similarly, medical authorities in numerous countries have officially declared homeopathy as "useless." The most recent member of this club is Australia. Anyone with a basic knowledge of chemistry can figure out that active ingredients do not become more effective as they are diluted to the point where barely a molecule or two exists in a "remedy" which is basically water.

If the Coop is to perform its mission properly, it's time to jump off the bandwagons, develop some critical thinking skills, and start looking at real data.

Paul Contursi

## BIENVENUE A LA LOUVE



## TO THE EDITORS:

While on a recent trip to Paris, I visited La Louve. The Coop profiled it in the July 7 *Gazette*, "Paris Cooperative Says Merci! for PSFC Help." What a nice coincidence to

return and see the article about it!

How did I find out about this Paris coop, which is modeled pretty much exactly on the PSFC? Looking for a local connection to explore during my visit, I Googled "food coop in Paris" and voilà. My email (in imperfect French) led to a friendly reply (in English) from the team there. So on a Saturday in late June I took the metro to their temporary small store in northern Paris.

I was welcomed by one of the founders, Brian Horihan. Originally from the Midwest, Brian has lived in Paris for a number of years. He was effusive in praise of General Coordinator Joe Holtz and the other PSFC Coordinators who have given, and are still giving, so much of their time and technical know-how to La Louve, with nurturing, step-by-step guidance to all of the complexities of setting up and running a cooperative food store. Brian said that he and other La Louve team members even spent a week in Brooklyn in February to learn literally by the side of the PSFC Coordinators.

My PSFC membership allowed me to shop at La Louve, and I look forward to returning some day to their new, much larger "super-marché" that is scheduled to open this fall. PSFC members going to Paris should be sure to pay a visit! Info at: [www.lalouve.net/](http://www.lalouve.net/)

Stephanie Doba

(photo attached of me and Brian Horihan)

## THANK YOU

## TO THE MEMBERSHIP,

Thank you, thank you, thank you, to all the founders (the original "small group of committed neighbors") and staffers past and present, who continue to guide the Coop with the unique and dedicated vision that has allowed us to be one of only four coops with retail space in the nation who require participation of all member owners and only sell to them. It's a big country out there, but these coops are all in Brooklyn, all having gotten their start with the help of PSFC.

For the past 27 years I have been able to bring home produce unmatched in even the most expensive of the city groceries, and products whose

ingredients I can trust—and all this for radically less money than anywhere else. Rare is my visit to the Coop where I do not find some new product, some improvement, some helpful revision on the shelves. The baked goods, the spices, the fresh fish and meats—I might especially point these out, but then I would have to add everything else in each aisle. I even found rosewater that I needed. Not to mention the kitchenware, the birdseed . . .

So, just a note of thanks as the summer bounty pours in. We have bounty all year round, in each department. I really just wanted to thank everyone.

Best,

Jess Greenbaum



## LOST AND FOUND DOLLS

## MEMBERS,

These lost dolls should be reunited with their owners. Maybe a photo in the *Gazette* would help.

Joshua Mack

# FOLLOW!

the Food Coop on

twitter & Instagram

Pinterest @foodcoop

**The Agenda Committee is seeking new members!**  
**Join the Committee and help set the monthly General Meeting agenda.**

### Requirements:

- ◆ Attend monthly Committee meetings on the first Tuesday of the month at 8:00 p.m.
- ◆ Attend at least five General Meetings per year
- ◆ Have a cooperative spirit and willingness to work in a collaborative committee environment
- ◆ Be interested in the ongoing business of the Coop
- ◆ Have a good attendance record

If interested, contact Ann Herpel at

718-622-0560 or [ann\\_herpel@psfc.coop](mailto:ann_herpel@psfc.coop).

The Committee will interview applicants before submitting candidates to the GM for election.

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



## CLASSIFIEDS

## BED &amp; BREAKFAST

LARGE, SUNNY ROOM with queen bed, semi-private bath, in spacious Prospect Heights townhouse full of Victorian charm with modern amenities. Smoke-free, no pets. Close to Q, B, 2, 3 stations. Short walk to all Brooklyn cultural attractions. Margaret 718-622-2897.

## MERCHANDISE-NONCOMMERCIAL

Iomega 500GB eGo USB 3.0 Portable External Hard Drive + cable, \$30 each, 2 available. Backup/store large files/video. Lightweight metal enclosures: 5.625" x 3.5 x 5/8". Hardened Drop Guard protects when dropped. Transfer speeds up to 5 Gbits/s. No external AC needed. Compatible with USB 2.0 slowen@verizon.net.

## SERVICES AVAILABLE

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



MADISON AVENUE HAIRCUTTER is right around the corner from the food 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 9 a.m.-5 p.m.

HAIRCUTS HAIRCUTS HAIRCUTS. Color, high lights, low lights, hot oil treatments in the convenience of your home or my home. Adults \$35-40. Kids \$20-25. Call Leonora 718-857-2215.

## SERVICES-HEALTH

Anger Management Group starting in Fall of 2016. Get help and techniques in handling your anger. Run by certified Anger Management Specialist and LIC. Psychoanalyst Ray Reichenberg 917-627-6047 for more information.

## 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.



Organic Cold Pressed Juices

Organic Superfood Smoothies  
Organic Wraps & Salads

PS Coop members enjoy a 15% discount on all Bklyn Juice label beverages (show your card)  
75A 5th Ave Brooklyn

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

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

## THE FUND FOR NEW FOOD COOPS

a Project of the Park Slope Food Coop

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

## How can you donate?

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

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

Summertime



## Crossword Answers

G	A	R	B	S		A	R	C	S		B	C	U	P
I	D	E	A	L		N	I	N	A		U	H	N	O
N	A	M	B	Y	P	A	M	B	Y		G	U	C	K
			I	S	R			C	A	P	A	B	L	E
G	R	A	Y			E	T	C		H	O	B	B	E
R	E	B	A			P	R	O	M		L	O	Y	
A	B	B	R			P	U	R	A		L	O	H	A
T	O	Y		B	Y	A	N	D	B	Y		U	N	O
E	X	C	E	L		N	C	A	A		C	B	G	B
			A	L	I		T	O	M	S		A	B	E
B	I	D	E	N	S		B	E	E		L	Y	R	E
A	D	A	G	I	O	S				L	I	Z		
B	I	B	I			H	O	B	B	Y	L	O	B	B
K	O	B	E			O	D	I	E		K	N	U	T
A	M	Y	S			T	A	N	G		S	E	T	U

## PARK SLOPE FOOD COOP MEMBERS ARE INVITED TO SHOP AT GREENE HILL FOOD CO-OP.

GREENE HILL FOOD CO-OP IS OPENING ITS DOORS TO PSFC MEMBERS. JUST SHOW YOUR PSFC MEMBERSHIP CARD AT THE DOOR.



Greene Hill Food Co-op is open for shoppers:

Mon & Wed 3pm - 9pm

Sat & Sun 10am - 6pm

18 Putnam Ave., Brooklyn (bet. Grand Ave. & Downing St.)  
greenehillfood.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 2-20lbs, 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 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](mailto:britt_henriksson@psfc.coop).

### OFFICE SET-UP

**Monday, Tuesday, Wednesday, 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.

### ATTENDANCE RECORDERS

**Monday, Friday, 6 to 8:30 p.m.**

The Coop needs detail-oriented members to help maintain attendance records for Coop workers. You will need to work independently, be self-motivated and reliable. Good attendance is a requirement. Members will be trained for this position, and staff members are available for further assistance. Workslot requires a six-month commitment. Please contact Lewanika in the Membership Office at 718-622-0560 if you would like more information.

### OFFICE DATA ENTRY

**Friday, 3:30 to 6:15 pm**

Must have been a member for at least one year with excellent attendance. Are you a stickler for details and accurate on the computer? Do you like working independently? If this sounds like you, then Office Data Entry will be your perfect shift. Please speak to Ginger Jung in the Membership Office 718-622-0560 (or put a note in her mailbox) prior to the first shift for more information and schedule training. Must make a six-month commitment to the workslot.

### ENTRANCE DESK

**Friday, 5:45 to 8 a.m.**

Supervised by Membership Coordinators, you will be staffing the Entrance desk in hours of the weekday before the Coop is open to shoppers. Primarily you will be checking in working members, informing them of their member and household status, and handing out entrance desk slips to members who need them. Entrance workers provide an essential member service and must be welcoming, polite, able to read and interpret information on the entrance desk screen, able to clearly convey information about member status directly to members. Entrance workers also provide a key security function, and must remain alert throughout the shift, which may have slow periods. Therefore reading, writing, talking on the phone, texting, etc. is not allowed. Punctuality and good attendance will be essential, as you will be the only Entrance worker scheduled at this time of day. Paid Membership Coordinators will be present to train you on your first (and second) shift, and then to support you and answer questions going forward.



### STORE EQUIPMENT CLEANING

**Monday, Wednesday, Friday, 6 to 8 a.m.**

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

### BATHROOM CLEANING

**Monday, Wednesday, 12 to 2 p.m.**

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

### LAUNDRY AND TOY CLEANING

**Friday, Saturday, 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.



## WORD SPROUTS

THE PARK SLOPE FOOD COOP'S READING SERIES

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

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

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



## COMMITTEE TO STUDY THE POSSIBILITY OF A SECOND LOCATION FOR THE COOP

**Members interested in serving on the committee should have significant professional experience in at least one of these areas:**

- commercial real estate • construction planning and management
- finance • feasibility studies • business planning
- community organizing • administration

**ALL PARTICIPANTS MUST ALSO SHARE A CONCERN FOR THE COOP'S SUSTAINABILITY AND FOUNDATIONAL VALUES.**

The work of the committee could take up to 18 months. The committee will have a regularly scheduled monthly meeting. In addition, committee members should expect to put in more than the minimum work requirement for the duration of the study.

If you feel you have the qualifications to be considered for participation on the study committee, please state your interest and relevant experience at:

<http://bit.ly/PSFC2ndLocation>

Thank you for your interest.  
The General Coordinators