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Volume LL, Number 23

November 23, 2017

## Boycott Debates Occupy Coop GM



Clockwise from top left: GC Ann Herpel, GC Joe Holtz, Lew Friedman, Eric Frumin, Allen Zimmerman, Erika Inwald.

By Hayley Gorenberg

The Halloween GM at St. Francis Xavier School featured Coca-Cola products and Tom Cat Bakery boycott items, calls to fill critical shifts, an election, and a smattering of costumes.

### Tom Cat Bakery

Erika Inwald, Coop member and National Coordinator of the Domestic Fair Trade Association, sparked debate with a discussion item “to conditionally cease purchase of Tom Cat Bakery products in solidarity with former Tom Cat

*The new shift-swap system on foodcoop.com enables sorting by type of shift, particular day, etc., so you can quickly identify if there's work that you would like to do and swap with someone.*

immigrant workers who have specifically asked the Coop to support their fight for justice.”

Inwald pressed that for many members, Coop shopping expresses their social justice values and can counter attacks on immigrants and

labor organizing, of particular importance given current American politics. She reviewed the Immigration and Customs Enforcement audit of Tom Cat Bakery earlier this year, which led to the dismissal of immigrant workers who did not furnish documentation of their right to work legally in the U.S.

During the upheaval at the bakery, the workers' union—the Bakery, Confectionery, Tobacco Workers and Grain Millers International Union—negotiated a severance

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## The Things We Carry

By Gayle Forman

A granola bar appears on the end cap opposite the egg case and quickly becomes a Coop favorite. In the warmer months, a Korean-style short rib suddenly shows up in the meat case, and then, as the weather cools, just as suddenly disappears. A Sicilian eggplant flavored pasta sauce mysteriously arrives in aisle five.

For most Coop members, the ebb and flow of stock goes unnoticed and unremarked, unless it's a favorite item that has suddenly gone missing. But when new products show up on the shelves, and old ones disappear, it's rarely by accident. There's usually a reason. And often that reason has to do with one of the Coop's food buyers.



Margie Lempert, meat buyer.

PHOTO BY KEVIN RYAN

### In with the New

It's not easy for a new product to make it at the Coop. The shelves are bursting with items that members already love. The basement storage is limited. For a new product to penetrate, it has to earn its place, and keep its shelf space.

Coordinators like Gillian Chi, who buys groceries, and Margie Lempert, who's in charge of meat, are constantly looking for new items that fulfill the Coop's mission to provide healthy,

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### Next General Meeting on November 28

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The November General Meeting will be on Tuesday, November 28, at 7:00 p.m. at **St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

The agenda is in this *Gazette*, on [www.foodcoop.com](http://www.foodcoop.com) and available as a flier in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

## Coop Event Highlights

### Fri, Dec 1 • Film Night:

*Fix It: Healthcare at the Tipping Point* 7:00 p.m.

### Thu, Dec 7 • Food Class:

*Hanukkah Cooking for a Blended Family* 7:30 p.m.

### Fri, Dec 8 • Wordsprouts:

*Stay Cool, Calm, & Connected This Holiday* 7:00 p.m.

### Tue, Dec 12 • Plow-to-Plate Film:

*The Fish on My Plate* 7:00 p.m.

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

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## GM

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package for all workers who were terminated. The package, approved by the union, included one week's pay for every year a worker had been employed at Tom Cat, pay for all accrued vacation and sick time, and three months of continued health benefits. "But some workers didn't feel it was fair," Inwald said, and came to the Brandworkers organization and then sought a boycott to press further negotiations.

Inwald said the workers who did not accept the severance deal wanted further discussion, as well as implementation of policies promoted by the National Employment Law Project and other immigration rights groups that would have employers deny immigration authorities entry to workplaces in the absence of a warrant and would institutionalize longer periods of time to furnish documentation.

*"All hands on deck!" Herpel said, urging everyone to show up for their shifts, and to consider working makeups and doing FTOP during the holidays.*

Tom Cat Bakery's management provided a question-and-answer sheet distributed at the meeting, urging the Coop to continue purchasing from the bakery and asserting that in the negotiations it had acceded to every request by immigrant workers.

Lively discussion included concerns about challenging a union-approved severance deal and questions about whether the Tom Cat workers' union had been deemed ineffective.

Inwald urged that the policy recommendations from immigration experts illustrate that "there are things that did not happen that can happen."

"The poor owner of this bakery is caught in our time," one speaker responded. "This [immigration audit] is not an isolated incident. This is happening all over the country. That poor man in the bakery did everything he could for those people."

"I feel like the union failed, and I'm not sure boycotting the bakery is the best idea," another member said. "I feel like the severance package is fair. A lot of people get fired, and they get nothing. I'm curious about the union and why the union accepted it if it's not fair."

"How many people are really protesting their own union?" another discussant queried.

General Coordinator Joe Holtz offered the perspective of the Coop as an employer, noting that employers are "not supposed to be detectives." He pointed out, "You could be running a company and not know people are giving you false documentation." If federal officials were to come to the Coop and inspect documents, it "would be hard to resist," he said. Holtz said he had Googled severance packages and concluded that "it's outstanding" that the bakery had paid sick as well as vacation days, plus given 90 days of continued health coverage.

Addressing questions of whether a Coop boycott would have much effect, Holtz opined that cutting ties with Tom Cat Bakery would certainly have impact, as major news outlets routinely write about the Coop. While "we should be very proud" of our potential to affect worker rights, Holtz said, he also cautioned, "If, after Tom Cat gave the employees what seems to be on the face of it a fair package, a boycott by the Park Slope Food Coop could give companies pause about dealing with us, because maybe we'll make them famous for being a 'bad company' if ICE happens to come there." He continued, "This is a very complicated issue. Here we have a company that says, 'We're doing the right thing. We want these people back. We're guaranteeing their jobs if they can show us the documentation.' I don't know what we want Tom Cat to do." He concluded, "I'm very conflicted because I want to support labor struggles, and yet this is very murky to me."

### Coke Boycott Renewed

Reasons to continue the Coop's longstanding boycott of Coca-Cola products consumed a chunk of the meeting as Lew Friedman championed the annual renewal. Friedman emphasized the public health tolls (e.g., diabetes, heart disease) occasioned by high sugar consumption, noting that "the largest source of sugar in the American diet is sugary drinks."

General Coordinator Joe Holtz and retired General Coordinator and Board member Allen Zimmerman did not oppose the continued boycott, but pointed out that its original impetus had to do with international worker abuses, including

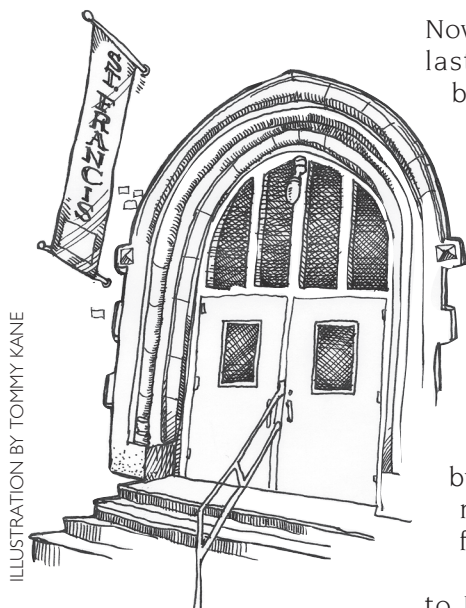


ILLUSTRATION BY TOMMY KANE

### The October GM was held at St. Francis Xavier auditorium.

reports of killing union organizers. Boycotting based on sugar content, they pointed out, could lead to arguments that the corporation's less sugary products should be exempted.

In subsequent discussion, Coop members ranged over improvements toward democracy in Guatemala, questions about whether Coke now directly supports civil and human rights offenses that led to the Coop's original boycott, and whether the corporation pays its fair share of taxes.

Annual renewal of boycotts requires a vote of three-quarters of the GM, and a call for raised hands showed overwhelming support in the large room, including votes from the balcony—against perhaps a half-dozen opponents. "So it's not quite unanimous, but obviously well over 75 percent," GM Chair Committee Member Carl Arnold concluded.

### Late and Early Shifts

General Coordinator Ann Herpel put out the call for additional workers to address "significant shortages" Sunday evenings at 9 p.m. for the maintenance shift. "Those squads are really short, and it's making it difficult for us to get all of that more intensive heavy cleaning done to set up for the week."

For early birds, the newer "producer shift" working directly with a Receiving Coordinator in the produce aisle as early as 5 a.m. is critical. Herpel highlighted the new shift-swap system on foodcoop.com, with an improved interface that enables sorting by type of shift, particular day, etc., "so you can quickly identify if there's work that you would like to do and swap with someone."

Thanksgiving features pies and fresh turkeys starting

November 17 "as long as they last"—preceded by frozen birds. Herpel urged members to start buying baking staples (flour, sugar, nuts, dried fruit) now, to avoid any disappointment or simply avert long lines. The Coop will close early on Thanksgiving, Thursday, November 23, with shopping 8 a.m.–noon, so that members are "out by 1 p.m. to go enjoy their meals with friends and family."

The weeks leading up to January 2 generate high demand for work, Herpel emphasized. "We need everyone. All hands on deck!" She urged everyone to show up for their shifts and to consider working any makeups during that period, "or if you want to get ahead of yourself on FTOP, come and do it!"

Herpel advised that the Coop is embarking on major software upgrades focused on membership, inventory, and point-of-sale improvements, as well as the Coop website.

### Labor Committee

The Labor Committee reported on efforts by agricultural workers to better their own working conditions, with member Eric Frumin noting that farmworkers' "struggles over the decades have been legend." He highlighted decades-long, successful efforts of tomato workers in Florida to force huge retail companies to accept responsibility to pay premiums to workers and implement an enforceable system of worker complaints and strict labor standards addressing child labor, sexual abuse, and wage theft. "They've really transformed agricultural labor in Florida," he said, noting that key organizer Greg Asbed had won a 2017 MacArthur "genius award" for developing a model dubbed "worker-driven social responsibility" for improving conditions for low-wage workers.

Frumin reported that Wendy's was one of very few retail brands that had not agreed to purchase tomatoes farmed under the negotiated conditions, and announced a demonstration outside its business office in Manhattan on November 20. (By press time, faith leaders had announced a "National Day of Fasting and Witness in protest of Wendy's executives' ongoing and unconscionable refusal to join the Fair Food Program," scheduled for January 18, 2018.)

### Agenda Committee Elections

The Agenda Committee ran three incumbents and one new member for election. Glenn Moller, Fran Hawthorne, and Pinny Lew (who quipped, "It's pretty good. I'm happy!") asked to continue. Kate Spota, a Coop member since 2010 but new to the committee, ran on her efficiency, effectiveness, and organization, concluding her pitch, "So I mentioned efficiency, and with that I will stop talking!"

All four were overwhelmingly elected to serve after a brief interlude to distribute paper ballots throughout the hall, following objections by four members to election via a show of hands. During the balloting, a Chair Committee member whiled away the time by donning a presidential mask, spurring one attendee to indignant interrogation: "Why is Ronald Reagan running the Chair Committee?"

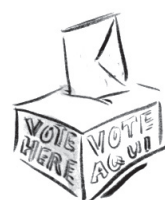
All the candidates were overwhelmingly approved.

### Election Squad?

A discussion item addressing the possibility of forming a work squad to plan and run elections of the Coop's board members devolved into a bit of shouting. Proponent Susan Metz asserted that "no one has jurisdiction over this job" of elections, and that "we've had glitches over the years, and it has caused pain to a lot of us." She cautioned, "We know what happens when we don't pay attention to elections enough!" and showed a slide depicting a *Gazette* headline from 1997: "Proxy Polemics Poison Board Election." Metz urged that an election committee "would unify us and make the Coop less tense" during a critical period of potential expansion.

Part way through the designated discussion period, after a series of inquiries, Metz objected, "I won't answer questions. I don't have a concrete proposal," challenged anyone who thought the idea was "worthwhile" to an impromptu showing of hands, and when no hands were raised, stepped away.

The Board of Directors accepted the minutes and the advice of the member regarding the boycott and the agenda committee election. ■





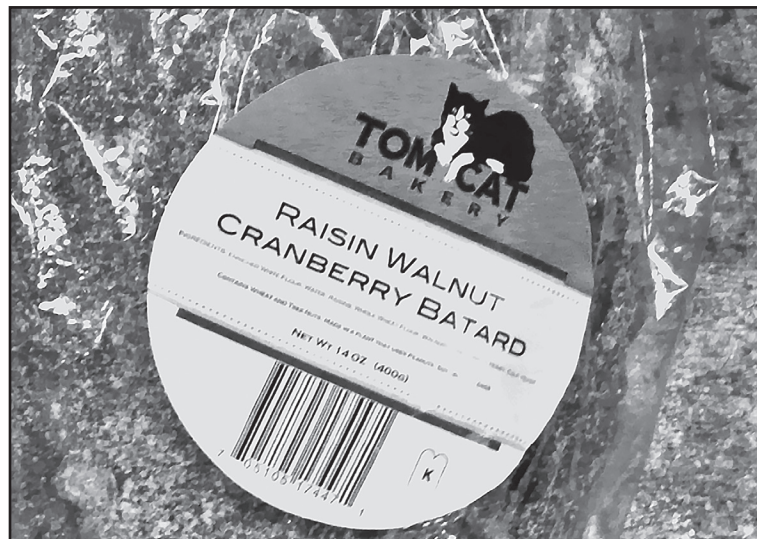
# Undocumented Breadmakers Say Tom Cat Bakery Offered Them Crumbs

By Taigi Smith

It has been almost nine months since Tom Cat Bakery fired 21 undocumented workers while under investigation by the Department of Homeland Security. According to a Tom Cat statement disseminated at the October 31 GM, "The U.S. ICE [Immigration and Customs Enforcement] Agency under the Department of Homeland Security (DHS) started an I-9 immigration audit of Tom Cat under the previous federal administration." That audit, as stated in the hand-out, found that 25 Tom Cat workers did not have the necessary documentation needed to legally work in the United States.

Tom Cat was in a quandary. The DHS was threatening fines of up to \$21,916 for each undocumented employee found working on the premises. And DHS didn't care how dedicated or hardworking those employees had been. "DHS informed us that we had to terminate employees whose documents did not meet federal guidelines, or face legal consequences, including heavy fines and possible criminal charges," wrote Tom Cat in their statement to the PSFC.

Tom Cat says they notified the employees in question and sat down with their union, BCTGM (Bakery, Confectionery, Tobacco, and Grain Millers) Local 53, to see what



could be done, but in the end, Tom Cat could not legally resist DHS. Of the 25 employees in question, one quickly provided documentation; two others, writes Tom Cat, chose to quit; and one was no longer working in the bakery. In all, says Tom Cat, it "had to let go" of 21 employees.

Erika Inwald, a member of the PSFC Labor Committee and the national coordinator at the Domestic Fair Trade Association, has worked stints at the Congressional Hunger Center and the Food Chain Hunger Alliance. Erika has watched the case of the Tom Cat 21 closely, and it's her opinion that the treatment of those without documents was unjust. "They were told to either provide the correct paperwork or be fired," says Erika. And those workers, she says, were given just 10 days to produce proper documentation. "The 10 days was not set

by ICE but by Tom Cat Bakery."

According to *The New York Times*, the bakery advised 31 people to seek immigration counseling and offered to help pay for lawyers. These were not short-term day laborers, but long-term employees.



several of whom had been with Tom Cat for more than a decade.

Once the 10 days were up, those who were unable to produce the necessary documentation were dismissed. "These were longtime workers....They helped build the company. The people who supply the food we eat deserve to be treated fairly," says Erika. But Tom Cat believes it did treat workers fairly, and after several public protests and intense media scrutiny, a severance package was hammered out with the workers' union. That



PHOTOS BY KEVIN RYAN

package included one week's pay for every year of service, full pay for unused vacation, personal, and sick days, 90 days of continued health-care benefits, and a guarantee that workers who provided necessary paperwork within six months could return to their old jobs with the same pay and the same seniority.

Tom Cat says that 13 of the 21 affected workers accepted their package, but Erika Inwald says those who signed the deal did so because they were financially strapped. "The workers helped build this company to be successful. They didn't feel it reflected the time they'd put on the job. They couldn't go that long without accepting a severance package," says Erika, who is now lobbying the PSFC membership to officially boycott Tom Cat. "This deserves as much attention as animal rights and environmental rights. We need to bring labor up to the same level as a lot of others issues in this food realm," she says.

When it comes to worker justice, Gabriel Morales, the campaign manager for Brandworkers, a workers' rights organization is on the front lines. "These workers helped make Tom Cat the bakery that it is today. It's a factory owned by one of the largest baking conglomerates [Yamazaki Baking Company] in the world. The least senior of these workers had a decade at the factory, and the workers with the most seniority had at least 16 or 17 years. The only reason Tom Cat offered anything at all is that these workers organized. It's unconscionable."

Last year, the PSFC spent an estimated \$74,000 on baked goods from Tom Cat Bakery. With immigrant populations around the country dealing with what is arguably an immigrant backlash, members are now forced to confront some serious issues when shopping for food. "It's always disheartening to hear these kinds of stories," says Coop member Uni Lee.

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## Sudoku

Sudoku is a puzzle. You are presented with a 9x9 grid of squares, and that grid is divided into 3x3 zones. You solve the puzzle by filling the empty squares with single-digit numbers so that every zone, column and row uses each of the numbers from 1 to 9.

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

Puzzle author: Abdul Powell. For answers, see page 11.

# COMPOST HAULERS NEEDED

If you don't mind working outdoors, getting your hands dirty, love saving the planet from food scraps, this is the job for you.

Work in a team of two. Openings for members with a truck (preferred), or be willing to walk with a U-boat to our garden partner on Union Street.



E-mail: [annetteATpsfcDOTcoop](mailto:annetteATpsfcDOTcoop)



## Carry

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affordable, sustainable food, as well as items that members might want.

Chi meets regularly with brokers, who represent dozens of different products and who pitch everything from canned tuna to dish soap. Potential items are evaluated. "What are the ingredients?" Chi asks herself. "Where is it made? How many other items in the category do we have?"

When considering meat, Lempert analyzes three main criteria: Price, whether the animal has been raised humanely, and locality. "We have to make sure we're providing a range of price points," Lempert says. "And we try to buy things that are treated humanely and are regional, while also paying attention to humane standards and proximity to New York City."

### The Audition Process

If buyers determine that an item fills a niche, it often goes through a sort of audition process. New grocery items often start their run at the Coop in the end cap opposite the egg case. (Don't bother looking for a new item there now; it will be dominated with holiday specialty foods until after the New Year.) If an item sells well there, Chi will begin to stock it regularly. This was how Rao's pasta sauces made it into aisle five, alongside the long-time mainstays like Muir Glen and Newman's Own.

There's no end cap for meats, so new brands just begin showing up and if they do well, they stay. A previous meat buyer introduced deli meats and fresh cuts from The Piggery, located in Trumansburg, NY, several years ago. After a recent visit to their farm and retail store, Lempert was impressed with their standard of care for the pigs, which are raised outside in a wooded area. She is looking to add products from them as they become available for wholesale. Minnesota may not be close to this region, but our newest beef supplier Thousand Hills is committed to working with cattle farmers who are good land stewards through humane and careful management of their 100% pastured herds. The quality of the meat is flavorful, excellently priced, and Coop members love it. For all of those reasons, it's a fair trade-off to go outside of this region to round out our more local offerings.

Alas, not every product can make it in the Coop. After a



The early bird gets the granola bars.

brief run in the ice cream case, Nonna's Golden Sesame was pulled, because, says frozen foods buyer Ev Ruch, no one bought it. RIP: Sesame ice cream.

### Demand and Supply

One of the great things about the Coop is that its stocks products from small suppliers, be they farmers or bakers. One of the not great things about small suppliers is that sometimes they go out of business and take their supply with them. And other times, their supply is inconsistent. Lempert explains: "When you work with small producers, depending on where they are in their career, they're not always going to be able to be a consistent supplier. If they're newer, they might be less consistent." Other times, even with the most veteran suppliers, things happen. A poultry farmer's flock might get sick. A poultry farmer's flock might be eaten by predators. And when that happens, fewer chickens.

*"In summer, we buy more steaks and things you can grill," Lempert says. "But during colder months, we usually increase the amount of braised slow-cooked meats that we're buying."*

Coop members have voracious appetites, and sometimes suppliers just can't keep up. Take Early Bird granola bars, a current Coop obsession. Chi cannot order enough of these things. "People asking for Early Bird get frustrated because they're under the impression we didn't order enough," she says in a bemused tone. In spite of complaints—including one recent page over the intercom from a member claiming that the lack of Early Bird granola bars was ruining his life—the Coop is not intentionally withholding. "We ordered a ton," Chi says. "The baker cannot make enough. Our demand is higher than the

bakery's supply."

Because the Coop buys via distributors, stock is to some degree dependent upon what they carry. "If the distributor is out of stock, we are out of stock," says Chi, even though an item might be readily available at a different store that uses a different distributor. "Sometimes a distributor will cut a product that sold really well for us, but didn't sell well enough for them. They stop carrying it and the Coop does, too."

### Seasons Matter

It's probably clear to most members that seasonality determines what produce the Coop carries—watermelon in February? Not so much—as well as grocery items. (Hence, the proliferation of stuffing, special chocolate, and pies that will be in stock from now until the New Year.) But the weather also determines what meat buyers order, beyond the influx of turkey, geese, ham, and brisket the Coop stocks during the holidays.

But if you've ever tried to find a brisket in August and come up short, here's why: "In summer we buy more steaks and things you can grill," Lempert says. "But during colder months, we usually increase the amount of braised slow-cooked meats that we're buying. Short ribs, roasts, and stew meats are more popular."

No matter the weather, however, the Coop buys two steers a week, plus several pigs and lambs, all year long. A cow is a cow and a pig is a pig, but buyers adjust how the meat is cut to fit seasonal demand. "We have short ribs cut differently in summer," Lempert explains. "Korean-style short ribs are thinner and easier to grill. In winter, they go back to the thicker, braisable cuts."

### Trendspotting

Even the most stalwart Coop shopper is susceptible to food trends. Buyers like Lempert and Chi try to stay abreast of the latest craze to anticipate what shoppers will want. When paleo hit, Chi



Rao's homemade sauce.

adjusted the stock to make sure there were compliant products.

And every time a recipe in *The New York Times* cooking section includes some unusual ingredient, "you can guarantee that six or 10 members will come in requesting it," says Chi.

And in case anyone is wondering: Yes, this was how the Coop came to carry pomegranate molasses. ■



Diwadi pomegranate molasses.

PHOTOS BY KEVIN RYAN

### How to Suggest an Item

One key way new products find their way onto Coop shelves is via member suggestions. If there's a particular product you want, write it down in the product suggestion book, which is kept by the entry desk. Buyers keep careful tab on suggestions and order accordingly.

## 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 workslot? 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)





## SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *The Fish on My Plate*

By Adam Rabiner,  
Safe Food Committee

If I were pitching *The Fish on My Plate* to a big-shot Hollywood mogul, I'd sell it as *Supersize Me* meets *Salmon Confidential* and *Sushi: The Global Catch*, three films that have all appeared as part of the Plow-to-Plate movie series. Of course, you'd need to be a faithful fan of the series or a reader of these reviews to appreciate the comparison.

On the one hand, *The Fish on My Plate*, like the latter two documentaries, is a probing film about the state of our oceans and seas as they relate to the fishing industry, as well as a look into the pros and cons of aquaculture versus wild fishing. One disturbing discovery is that very little of the seafood that we buy today actually is wild; the vast majority is raised on fish farms.

On the other hand, like *Supersize Me*, *The Fish on My Plate* uses the diet of the filmmaker to study the link between food and personal health. Like Morgan Spurlock, who ate McDonald's for an entire month, Paul Greenberg included shell or regular fish in every meal for a year to increase his Omega 3 fatty acids and test health benefits of a fish diet.

Greenberg, a middle-aged New Yorker, grew up on Long Island, where he developed a love for fishing. His books include: *American Catch* and *Four Fish*. Next summer he



ILLUSTRATION BY TOMMY KANE

will publish *The Omega Principle*, about his year-long fish diet.

*The Fish on My Plate* appeared on *Frontline* this year, but does not have the hard-hitting journalistic gravitas of the typical *Frontline* episode. It is serious journalism but also personal, autobiographical, and literary—not the usual fit. For example, the documentary is divided into chapters, each of which contains an illustration. Chapter one is “The Biggest Little Fish in the Sea,” and the first several lines appear on the screen, read by Greenberg, as if from the pages of a book.

Greenberg journeys to many exotic places and explores a variety of issues. The first stop is Peru; in its coastal waters lives one of the world's largest populations of anchovies, a tiny

fraction of which is actually consumed by human beings. Ninety-nine percent of the catch is ground into meal and boiled down for oil, then sent to China as fertilizer, animal, and fish feed. Anchovies, not the most popular of pizza toppings, turns out to be the best food for aquaculture.

He pays a visit to Copenhagen, Denmark's capital, to interview Jorn Dyerberg MD, “the father of the omega-3 movement,” who in his youth in the 1970s studied Inuit Eskimos north of the Arctic Circle, a population which ate a high-fat fish and marine animal diet, yet had very low rates of heart disease. He goes to the top of the world to talk to Steve Damato, founder of Blue Circle Foods, an innovative fishery committed to sustainably sourcing from Norway and Iceland, and treks to Alaska, where wild salmon have made a comeback.

It's not all international globe-trotting though. You find Greenberg in his home, hosting a dinner party of experts with diverse opinions, chartering the *Lady L II* fishing boat from Sheepshead Bay with his young son Luke, and visiting his doctor on lower Broadway in the Financial District to receive his test results—he discovers that although he has extremely high levels of Omega 3, his vitals are pretty much identical to what they had been a year ago, and promptly and disappointedly heads to a hamburger joint. A little farther afield you find him in Lazy Point, Long Island chatting, rod and reel in hand, with a childhood friend, now a naturalist, fellow writer, and fisherman, and to Thimble Islands, in Branford, Connecticut,

where he meets Bren Smith, a former fisherman turned sustainable shellfish and seaweed farmer.

*The Fish on My Plate*, a folksy whirlwind of a film with great depth and breadth, complements yet contrasts with last month's Plow-to-Plate film, *Fish Tails*, a lyrical documentary about small-scale commercial fishing in the Azores at the dawn of the 21st Century. It's worth seeing, if just for the world tour. ■

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).

*The Fish on My Plate* will be presented on Tuesday, December 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.

## Special Ordering Temporarily Suspended



We will not be taking  
special orders  
11/13/17 through 1/4/18  
(special orders resume 1/5/18)

Vitamins/Supplements special orders  
are suspended indefinitely and will not  
resume on 1/5/18

No special orders on fresh baked goods

Orders for bulk or produce by the case  
must be placed directly with  
a bulk or produce buyer

## 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



"I JUST GOT PARDONED  
BY A REAL TURKEY!"

ILLUSTRATION BY ROD MORRISON



# 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.

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

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



## PROSPECT CONCERTS



"Local folkie **Robin Aigner** croons witty, vintage-sounding tunes with dashes of klezmer and swing."—*Timeout New York*. A founding member of Brooklyn's Antique-Garde, Aigner plays original, engaging and emotive history vignettes on guitar and tenor ukelele, taking cues from 1930s novelty tunes, old-time folk, mid-century country-and-western, and Eastern European traditions.

**Valerie Farber** is a Brooklyn-based vocalist with an incurable jazz soul. Trained classically on both voice and violin and fed a steady diet of bluegrass at home, her interest in music developed early on. Once she was introduced to jazz she fell head over heels in love. Valerie has collaborated with musicians, DJs, and fine/performance artists across the globe and self-released her first EP, *So This Is Love*, in February of 2016.



[www.facebook.com/ProspectConcerts](http://www.facebook.com/ProspectConcerts)

53 Prospect Park West [at 2nd Street] • \$10 • 8pm [doors open at 7:45]  
Performers are Park Slope Food Coop members and receive Coop workslot credit.  
Booking: Bev Grant, 718-788-3741

## RETURN POLICY



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

### REQUIRED FOR ANY RETURN

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

### CAN I EXCHANGE MY ITEM?

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

## CAN I RETURN MY ITEM?

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

NEVER  
RETURNABLE

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

RETURNABLE  
ONLY IF SPOILED  
BEFORE  
EXPIRATION DATE  
Packaging/label  
must be present-  
ed for refund.

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

RETURNABLE

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

### This Issue Prepared By:

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Final Proofreader: Lisa Schorr

Index: Len Neufeld



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.

Fadwa Abbas Bridgid Abrams Jordan Abrams Jonathan Adams Juan Alduey Calvin Atwood Brian Baade Zula Babayeva Dylan Baker-Rice Kayla Bennett Cat Beurnier Jessica Blauvelt Jessica Bookout Julianne Branda Elizabeth Breit Seraphine Brenac	Deirdre Brill Grace Cho Michelle Cohen Nicholas Cohen Lauren Collins Taisy Conk Emilie Cresp Gustavo D'Amico Ari Danhi Caitlin Davey Mary Davis Daniel DeBonis Kelly DeBonis Liz (Ann) Deluca Savannah DeMontesquio Cynthia Denimis	Gerrit Devynck Claudia Di Martino Raygine DiAquoi Jessica Espinoza Danna Feintuch Adam Flomenbaum Alfred Gingold Nicole Grijsztein Steven Hall Emma Hathaway Richard Heidel Sophia Heinke Jana Herman Charlotte Heyrman Michael Hisry Chithra Jeyaram	Hannah Johnson-Walsh Yuko Kawasaki Kristi Kleila Stanley Knights Noah Koch Lauren Kolm Sofia Kriger William Jess Laird Danielle Lam Sarah Levine Ashleigh Lovelace Federico Manaigo Jen Marlowe Peter Marvelli Tomek Miernowski Lauren Modiano	Antara Nader Leslie Nash David Nusan Mathieu Oudot Abishek Pai Ambika Pai Eric Paskin Derek Petersen Katherine Petito Alexander Points-Zollo Alessandro Preda Helen Rogan Jamie Lee Rotell Angela Ruggiero-Corliss Zachary Schoenhut Maria Sevilla	Beldan Sezen Saron Smith-Hardin Robert Stevenson James Strosahl Clark Thorne Sara Thorne Brittany Tiger Jermaine Tracey Rufus Urion Emma Wade Joyce Wah Jordyn Wells David Wetherell Daphne Yeh Zacmari Zamostina
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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, NOVEMBER 28**  
GENERAL MEETING: 7:00 p.m.

**TUE, DECEMBER 5**  
AGENDA SUBMISSIONS: 7:30 p.m.  
Submissions will be considered for the December 19 General Meeting.

Gazette Deadlines

**LETTERS & VOLUNTARY ARTICLES:**  
Dec 7 issue: 12:00 p.m., Mon, Nov 27  
Dec 21 issue: 12:00 p.m., Mon, Dec 11

**CLASSIFIED ADS DEADLINE:**  
Dec 7 issue: 7:00 p.m., Wed, Nov 29  
Dec 21 issue: 7:00 p.m., Wed, Dec 13

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, November 28, 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

nov 28  
tue 7 pm

## PSFC NOV General Meeting



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

between 7 and 7:15 p.m.

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

I. Member Arrival and Meeting Warm-Up

II. Open Forum

III. Coordinator and Committee Reports

IV. Meeting Agenda

**Item 1: Dispute Resolution Committee Election** (20 minutes)

**Election:** Two potential new members to the DRC will stand for election. DRC members work on a FTOP basis and serve three-year terms.

—submitted by Grace Protos of the Dispute Resolution Committee

**Item 2: Creating a Walker Squad** (25 minutes)

**Discussion:** To separate the walkers from the Shopping Squad and make them their own entity.

—submitted by David Bijur

**Item 3: Proposal to Temporarily Boycott Tom Cat Bakery Products** (45 minutes)

**Proposal:** To conditionally cease purchase of Tom Cat Bakery products in solidarity with former Tom Cat immigrant workers who have specifically asked the Coop to support their fight for justice.

—submitted by Erika Inwald, Nancy Romer, David Pratt and Genna Cherichello

V. Board of Directors Meeting

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

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

nov 28  
tue 7:30 pm

## Meet Your Mind

A Class in Basic Meditation. The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. Meditation opens and calms the mind. This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique. **Allan Novick** has practiced meditation since 1975. He is a meditation instructor at the New York Shambhala Center and Nalandabodhi New York and has taught meditation at corporate venues. He lives in Park Slope, has been a Coop member for many years, and is a retired school psychologist.

dec 1  
fri 7 pm

## Film Night: Fix It: Healthcare at the Tipping Point



*Fix It: Healthcare at The Tipping Point* is a powerful documentary that reaches across the political and ideological divide. It takes an in-depth look into how our dysfunctional healthcare system is damaging our economy, suffocating our businesses and discouraging physicians, while remaining unaffordable for a third of our

citizens. The film was two years in the making, with more than 40 voices advocating for reform, including: activists, health-policy experts, economists, physicians, nurses, patients, business and labor leaders.

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

dec 3  
sun 12 pm

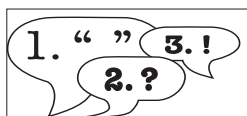
## Holiday Card-Making Party



Bring family and friends of all ages to a Holiday Card-Making Party in the Coop's Meeting Room. We'll supply the glue, markers, paper, and some fun art-making tips. You supply the rest! Bring any other special art materials you would like to use or contribute. Seasonal refreshments will be available!

dec 5  
tue 7:30 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 7:30 and 7:45 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 December General Meeting will be held on Tuesday, December 19, 7 p.m., at John Jay High School, 237 Seventh Ave., between Fourth and Fifth Sts.**

dec 7  
thu 7:30 pm

## Food Class: Hanukkah Cooking for a Blended Family



The working title of this collection is "Seders by Baldassano, Recipes for a Blended Family." The demonstration will be a Hanukkah-themed class inspired by Chef **Sue Baldassano's** own blended family.

A long-time Coop member, Baldassano created the Coop's Food Class in 1997, and continues today as a team member. For 25 years she was employed by the Natural Gourmet Institute as a chef instructor, and director of the Chefs' Training Program. She was also the head chef of Angelica Kitchen, and has been a private chef as well. In order to pursue her interest in legacy cooking, she led tours for 20 years through her company, "To Grandmothers House We Go" cooking tours. These tours included cooking classes with grandmothers in New York City, Mexico, Italy and Turkey. Currently she is a part-time culinary instructor at the Natural Gourmet Institute, and retreat chef with First Descents, an organization that sponsors adventure trips for young cancer survivors. Her most recent culinary project includes putting together a collection of recipes, stories, and drawings based on her culinary experiences. *Menu includes: Grandma Sue's latkes; applesauce with lemon & Mexican cinnamon; green beans with fried chickpeas; pickled red onions & roasted garlic tahini dressing; dark chocolate date bar with toasted coconut & golden raisins.*

**ASL interpreter available upon request, please contact: jason\_weiner@psfc.coop by November 23.**

**Materials fee: \$5. To inquire about leading a Food Class, contact [parkslopefoodclass@gmail.com](mailto:parkslopefoodclass@gmail.com).**

dec 8  
fri 7 pm

## Wordsprouts: Stay Cool, Calm, & Connected This Holiday



**Dian Killian**, PhD and a Certified Trainer with the International Center for Nonviolent Communication, is the author of two books, *Urban Empathy: True Life Adventures of Compassion on the Streets of NY*, and *Connecting across Differences: How to Connect with Anyone, Anytime,*

*Anywhere* (now in its third edition, and in German). She's also a certified life coach (a graduate of the Coaching for Transformation program) and the founder and former director of the Center for Collaborative Communication. She offers coaching and training via her company, Work Collaboratively, to diverse organizations from small and large NGOs to multinational and Fortune 100 companies. She also leads the annual East Coast Women's Retreat and has regularly offered

**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.



# nov 28 2017—jan 9 2018

public programming at Kripalu, the 92nd St Y, Omega, the NY Open Center, NVC Academy, and in the Bahamas and Europe.

**Free for all Coop members & non-members. Refreshments will be served.**

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

**dec 9**  
sat 12 pm

## Headaches

Pain is one of the most common reasons cited for visits to doctors and hospitals, and headaches can be one of the most debilitating types of pain. Whether it's from sinus pressure, tension or allergies—from cluster headaches to migraines—if you've ever suffered from chronic headaches, you know how miserable they can make you feel. While there are lots of remedies—both natural and pharmaceutical, over-the-counter and prescription—getting to the root cause of why you're having chronic headache pain is the only way to begin to reduce/eliminate your condition. Join us for an in-depth look at the various types of headaches and what can be done to get rid of them! Nutrition Response Testing is a precise analytical tool that helps the clinician custom-design a health improvement program by identifying what nutritional imbalances your body is experiencing and what specific nutrition will help correct it. Coop member **Diane Paxton**, MS, LAc, has been a colon hydrotherapist and digestive health specialist for more than 25 years. She is a licensed acupuncturist, advanced Nutrition Response Testing practitioner and the founder of Inner Fire Integrative Health.

**dec 9**  
sat 3 pm

## Detecting Early Symptoms of Dementia

Have you experienced trouble remembering? Is it serious? Join us for an informational meeting where your questions will be answered. The presentation will highlight what dementia/Alzheimer's is, the warning signals/risks and the process of obtaining diagnosis as well as an overview of NYC-based support organizations and their services. Coop member **Corinna Zuckerman** partners with low-income communities in NYC to develop worker-owned businesses, such as Golden Steps Eldercare Cooperative—a caregiver-run business serving elderly New Yorkers and specializing in dementia care. Corinna will host this workshop with **Roberto Reyes Jr.** from Caring Kind and **Sara Paredes**, member/owner of Golden Steps.

**dec 10**  
sun 12 pm

## Move Better, Feel Better, Live Better

Learn about practical approach to eliminating pain and tension based on the Feldenkrais method of somatic education. Thanks to its non-corrective nature, this work is more gentle and more effective than massage or physical therapy. It is designed to facilitate lasting improvements by meeting each person where they are at and helping them naturally discover more ease and freedom of movement. In this workshop you will have an opportunity to experience the benefits of the method firsthand through group exercises and personalized hands-on mini-sessions. People of all levels of fitness and ability can benefit. **Igor Shteynberg**, Feldenkrais practitioner and a Coop member, whose goal is to help people feel better naturally and enjoy their daily life without being distracted by pain and tension. His clients appreciate his ability to relate to their concerns, as well as his patience and care in helping them improve how they feel on a daily basis.

**dec 12**  
tue 7 pm

## Safe Food Committee Film Night: The Fish on My Plate



"What fish should I eat that's good for me and good for the planet?" Bestselling author and lifelong fisherman Paul Greenberg sets out to answer that question in *The Fish on My Plate*, a PBS Frontline documentary.

As part of his quest to investigate the health of the ocean—and his own—Greenberg gave up meat and spends a whole year eating seafood at breakfast, lunch and dinner—some 700 portions—while investigating open-sea fishing and fish-farming practices in places like Alaska, Norway and Peru. See what effect this diet had on his cholesterol, high blood pressure, weight and omega-3.

**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).**

**dec 15**  
fri 8 pm

## Robin Aigner; Valerie Farber



"Local folkie **Robin Aigner** croons witty, vintage-sounding tunes with dashes of klezmer and swing."—*Timeout New York*. A founding member of Brooklyn's

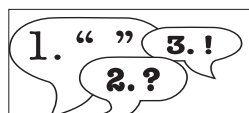
Antique-Garde, Aigner plays original, engaging and emotive history vignettes on guitar and tenor ukelele, taking cues from 1930s novelty tunes, old-time folk, mid-century country-and-western, and Eastern European traditions. **Valerie Farber** is a Brooklyn-based vocalist with an incurable jazz soul. Trained classically on both voice and violin and fed a steady diet of bluegrass at home, her interest in music developed early on. Once she was introduced to jazz she fell head over heels in love. Valerie has collaborated with musicians, DJs, and fine/performance artists across the globe and self-released her first EP, *So This Is Love*, in February of 2016.

**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.**



**jan 2**  
tue 7:30 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 7:30 and 7:45 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 January General Meeting will be held on Tuesday, January 30, 7 p.m., at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

**jan 4**  
thu 7:30 pm

## Food Class



Food Class to be announced.  
**To inquire about leading a Food Class, contact [parkslopefoodclass@gmail.com](mailto:parkslopefoodclass@gmail.com).**

## still to come

**jan 5** Film Night

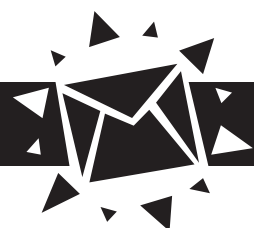
**jan 6** Happy Tummy, Happy Life

**jan 7** Don't Make Pain the Enemy

**jan 9** Plow-to-Plate Film



## LETTERS TO THE EDITOR

SHOPPING CARTS  
ASTRAY

## TO THE EDITOR:

Monday morning, not for the first time, I noticed an abandoned PSFC grocery cart outside a building a few blocks from the Coop. While ordinarily it's possible that

a member had entered their residence with groceries, and then planned to return the cart to the Coop, this cart was still dripping wet, apparently having been out in the rain during a storm which had ended before 8 a.m. Monday morning. (An eagle-eyed member on a tighter schedule

than I had apparently already called the Coop to report the errant cart: after I walked a few dozen yards towards the Coop, a vested "OUTS" worker with no cart was walking in the opposite direction, in search of it.)

I have also, from time to time, seen empty unattended

carts outside Seventh Avenue retail stores and banks.

While members may enjoy and even expect the luxury of a "walker" to bring their cart back to the Coop, the impatient member, when "walkers" are scarce, is responsible for returning any cart s/he pushes to her home or car. What

Coopers did after we got carts and before the innovation of "walkers." The carts the Coop uses are expensive pieces of equipment, and as cooperators we are all responsible to preserve them.

Janet Gottlieb

## MEMBER SUBMISSION

## The BOD Squad

By Jesse Rosenfeld, Secretary to the General Meeting

At the October 2017 General Meeting (GM), Susan Metz presented her latest agenda item to improve governance of our Food Coop. She said, "The idea is that we form a squad of members to plan and implement the elections for the Board of Directors (BOD). At the moment there is no one who has jurisdiction over this job. The General Coordinators are stretched...the Agenda Committee or Chair Committee can't plan these elections."

As Secretary for the monthly GM, I record each meeting in order to ensure accuracy in the minutes. Having listened to Ms. Metz's presentation several times, this is a summary of her discussion points and

their responses.

She focuses her concerns through the prism of our 2015 Interim Board of Directors elections, in which, boasting higher-than-usual attendance for eight candidates competing for two seats, only one candidate won outright. Ms. Metz thinks a BOD Squad could have explained voting procedures to the audience and in turn avoided this unusual (but nonetheless legal and transparent) outcome. The Chair Committee, however, already has this task and have admitted they could have done the job better. Dedicated members, they've demonstrably improved since. So the BOD Squad is redundant.

Ms. Metz says of 2015: "We never found out in the

meeting who was elected." The truer story is we did return the results before the meeting officially adjourned, something Metz herself admits. It's just that the meeting ended so late the chair gave our impatient audience permission to leave (while still getting workslot credit) before all the ballots were counted. It may be a distinction without a difference, but regardless, an overseeing BOD Squad would not have sped up this process. More likely, they would have weighed it down.

Ms. Metz suggested the BOD Squad should also oversee the minutes. Indeed, in my October 2015 draft, I overlooked a whopper erroneously showing candidate Tim Platt had won a Board seat, and this a full month after the actual results

were published. During her presentation Metz gleefully recalled my typo, as if it proved something. But a veteran like her already knows that minutes errors are given official time at each GM to amend. So, why a BOD Squad should elbow in now remains a mystery.

Next, Ms. Metz thinks the General Coordinators (GCs) shouldn't endorse candidates. This is an odd position for a democracy activist to take, going against traditions of free speech. Anyway, her BOD Squad could have no power over the GCs.

Ms. Metz's most impassioned argument alleges that the BOD Squad would have created "...an open, transparent, inclusive, clean, fair, and democratic..." election procedure that we all understand. Too late, as GC Ann Her-

pel explained. Board election procedures are already bound from start to finish by two documents—PSFC's by-laws, and The Guide to the GM: all available to the public. Additionally, every ballot is counted twice by volunteer members. Plus, under NY State law, ballots are saved for auditing purposes. Finally, Ms. Herpel offered that no one has ever submitted evidence of any improper elections to begin with. So the BOD Squad here would be, predictably, apropos of nothing. But instead of appreciating a healthy debate, these simple facts seemed only to irritate Ms. Metz, who disrupted the proceedings more than once and at length (grounds for membership suspension, by the way), forcing the Chair Committee to ask her to desist over and over again.

Now, let's fill in a huge blank. The run-up to the 2015 interim Board election was a public weigh-in on whether the Board could be potentially split over boycotting Israel. This aroused the opposition of a huge portion of our membership, so much so that we campaigned behind a candidate who emphatically belabored the point that partisan politics and the Board don't mix: your author. If we factor in as well that four candidates were unknowns, three of them were openly pro-BDS, one of them withdrew their candidacy, one sent a proxy instead of showing up, and again, that the Chair Committee didn't fully explain voting procedures, then my exclusive win in an open election becomes understandable.

No specialized team has jurisdiction over planning and implementing the Board elections because there is no need for one. The BOD Squad is a solution in search of a problem. ■

THE ANIMAL WELFARE COMMITTEE  
SEEKS NEW MEMBERS

Join our small research- and education-based committee to help provide animal-related reference materials, articles, workshops, and product suggestions as they relate to Coop products (meat, eggs, dairy, and products tested on animals).

## CAN YOU...



Use your research, writing, editing, design, presentation, publicity, or marketing skills to serve our mission of providing our entire membership with transparent information on animal-welfare issues?

Interview farmers and vendors about how they treat their animals?

Attend monthly committee meetings (Monday C week, 7-8:30 p.m.) at the Coop, logging agreed-upon committee work so that you work an average of 2.75 hours/month? (Applicants must have good attendance records and be Coop members for a least a year.)

If so, please apply at [psfcanimals.blogspot.com](http://psfcanimals.blogspot.com), telling us as much as possible about yourself, your passion for the cause, and why you'd like to join us. Deadline for all applicants is **Friday, December 1**. (Paper copies of the application are available in the Animal Welfare Committee wall pocket outside the copy room on the second floor.)

We seek to reflect the racial, ethnic, sexual orientation, and gender diversity of the Coop (including dietary diversity—we're not all vegans!). We strongly encourage people of color to apply.

Park Slope Food Coop Members  
are invited to shop  
At The Windsor Terrace Food Coop

Windsor Terrace Food Coop is located at  
825 Caton Ave  
(corner of E8th Street & Caton  
just south of Coney Island Ave.)

Thursday 7- 9 am 3-9 pm  
Friday 9-11 am 4-7 pm  
Saturday & Sunday 10 am - 4 pm





## COMMUNITY CALENDAR

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

## SAT, DEC 2

8 p.m. Charlie King; Rick Burkhardt. Community Church of New York Unitarian Universalist, 40 E. 35th St., NY. Wheelchair accessible. Sug. donation \$20/12 for subscribers. For info call 212-787-3903 or see peoplesvoicecafe.org.

## SAT, DEC 9

8 p.m. Thea Hopkins; The Peace Poets. Community Church of New York Unitarian Universalist, 40 E. 35th St., NY. Wheelchair accessible. Sug. donation \$20/12 for subscribers. For info call 212-787-3903 or see peoplesvoicecafe.org.

## SUN, DEC 17

4 p.m. BPL Chamber Players: Adela Peña and Michael Roth, violins, Ah Ling Neu, viola, Roberta Cooper, cello and Peter Weitzner, double bass. At the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library, Brooklyn. Free.

## SAT, DEC 9

3:30 p.m. Drag Queen Story Hour captures the imagination and play of the gender fluidity in childhood and gives kids glamorous, positive, and unabashedly queer role models. For children ages 3 & up. At the Brooklyn Public Library Central Youth Wing <https://www.dragqueenstoryhour.org/>.

## SAT, DEC 16

8 p.m. Gloria Matlock & Michael Nix; Jeremy Aaron. Community Church of New York Unitarian Universalist, 40 E. 35th St., NY. Wheelchair accessible. Sug. donation \$20/12 for subscribers. For info call 212-787-3903 or see peoplesvoicecafe.org.

## SAT, DEC 23

8 p.m. Tribes Hill Holiday Showcase (joint fundraiser for Tribes Hill & Peoples' Voice Cafe). Community Church of New York Unitarian Universalist, 40 E. 35th St., NY. Wheelchair accessible. Sug. donation \$20/12 for subscribers. For info call 212-787-3903 or see peoplesvoicecafe.org.

## Solution to this issue's sudoku puzzle

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

## CLASSIFIEDS

## BED &amp; BREAKFAST

BED & BREAKFAST, THE HOUSE ON 3RD ST, serving Park Slope for over 20 yrs. Large floor-thru, located between 5th and 6th Ave. Parlor floor, sleeps 4-5, private bath, deck, AC, wifi, kitchenette, 12' ceilings! [houseon3st.com](http://houseon3st.com), or call Jane, 718-788-7171. Grandparents are our specialty.

## 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. Thou-

sands of satisfied customers. Great Coop references. 718-670-7071.

HAIRCUTS HAIRCUTS HAIRCUTS. Color, low lights, highlights, oil treatments. Specialist in autistic and special needs children and adults. In the convenience of your home or mine. Children \$25-30. Adults \$35-40. Call Leonora, 718-857-2215.

Madison Avenue haircutter is right around the corner from the Food Coop, so if you would like a really good haircut for a decent price, please call Maggie at 718-783-2154 I charge \$60.00 Wed-through Sundays 9 a.m.-5 p.m.

## To Submit Classified or Display Ads:

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

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

SENSHO WAGG, CPC  
sensho@senshowagg.com  
347-596-0153

Make the changes you long for  
with intuitive support

Transform your life

TRANSFORMATION COACH  
senshowagg.com

## Never miss a beet.

The Park Slope Food Coop app notifies you when new produce comes in.

The app is free and made by members.

EXPERIENCED REPORTERS  
Please Apply

## Workslot Description

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

## For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please contact Annette Laskaris in the Membership Office or e-mail her at [annetteATpsfcDOTcoop](mailto:annetteATpsfcDOTcoop).

## To Apply

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

Seeking Diversity on the *Gazette* Staff

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



## Tom Cat

CONTINUED FROM PAGE 3

"The game of life is like chess. The pawns take the hits, are on the frontlines, live with the most risk, work the hardest, and yet they are the most expendable. The severance offered is often insulting, especially for those who are laboring. I feel that the Coop should move into political activism through consumer purchasing power."

Morales says I-9 audits are as devastating to immigrant communities as workplace raids. "This is another tactic of ICE. . . . What happened at Tom Cat was the first I-9

cerned about this and told them there is a democratic process that could result in the removal of the product from the PSFC. This is something membership should come out and vote on. We want to see how other members feel about this issue."

Another member attending the October GM was not as certain. "I feel like the union failed, and I'm not sure boycotting the bakery is the best idea," she commented. "I feel like the severance package is fair. A lot of people get fired, and they get nothing. I'm curious about the union and why the union accepted it if it's not fair."

Member Audrey Komaroff wishes all of the Tom Cat workers would've taken the original severance package. "I wish the employees took the severance package they were offered and then

tried to have the Coop try to get them more. I don't know how many employees Tom Cat still has, so boycotting them might affect many more people," adds Komaroff, who believes the issue of worker's rights is complicated. "I would be a part of a boycott if the Coop felt it would help. I don't agree with these immigration rules that hurt hard working people, but until the laws are changed, it's difficult to know



PHOTO BY LISA COHEN

**Erika Inwald hopes the membership will vote to boycott Tom Cat Bakery at the November GM.**

what to do."

Morales, however, is clear about what he wants to happen. In a statement to the *Linewaiters' Gazette*, he wrote, "Following the I-9 audit crisis at Tom Cat Bakery, Brandworkers members shared learnings and insights with National immigration law advocates, including NELP [the National Employment Law Project] and the National Immigration Law Center. These groups helped develop a set of common sense policies specifically designed to protect immigrant workers in their workplace." Morales wants Tom Cat to adopt those policies. "Rewarding Tom Cat's negligence with continued 'business as usual' risks setting a very dangerous and poor standard for all NYC employers and workers. Le Bernardin dumped Tom Cat. That's huge. If Le Bernardin can be a leader in this fight, we're hoping that the PSFC can be a leader in the same."

The vote to temporarily cease buying products from Tom Cat bakery will take place at the November 28 General Meeting. ■

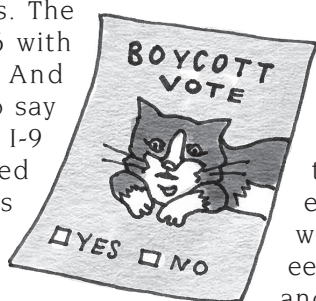


ILLUSTRATION BY BRIANNA HARDEN

## FOOD CLASS ASSISTANTS

The Coop's Food Class needs to add two assistants to its team.

### Tasks include:

Preparing and pre-cooking ingredients for the recipes demonstrated in class • Preparing and serving food samples • Cleaning up after the event.

**The assistant should be familiar with cooking and should be proficient in basic knife skills. Professional training is not required.**

### Requirements:

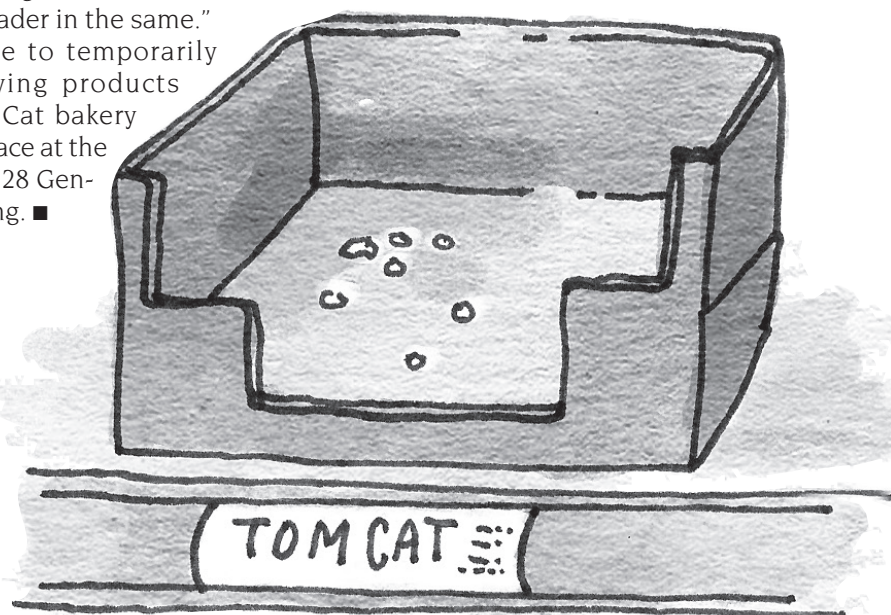
Hair cover and closed-toe shoes to be worn during shift • Punctuality • Timely responses to team communication outside of class • Excellent attendance record at your current Coop shift.

### Shift times:

Every first Thursday of the months September through June (10 months) between the hours of 5:45 p.m. and 9:30 p.m. This is a seasonal shift. Credit applied as FTOP.

If interested, please tell us about yourself, explaining your interest in this shift. Please include your member number and contact information for a short interview by a current team member.

Send materials to: [parkslopefoodclass@gmail.com](mailto:parkslopefoodclass@gmail.com)



"Tom Cats' tasty baguettes will disappear if the GM votes for a boycott."

ILLUSTRATION BY BRIANNA HARDEN



**ecokvetch**

the environmental  
committee blog

## Tip of the MONTH!

**Worried about climate change? Spend three minutes each day writing or, even better, calling one of your elected officials. Then, go check the air in your tires; it's safer and you'll use less fossil fuel.**

Learn more at:  
[ecokvetch.blogspot.com](http://ecokvetch.blogspot.com)