

# LINEWAITERS' GAZETTE

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December 7, 2017

## What Is a Climate-Friendly Diet?

By John B. Thomas

In the context of federal policy that is antagonistic to climate change, Coop consumers may be wondering how they can “vote with their dollars” to choose food options that are both good for them and good for the planet.

Food production, consumption, transportation, and the industry at large has significant environmental impacts through the use of resources (water, energy, land, fertilizer, feed), the production of inputs (seeds, fertilizers), processing, packaging, transportation, and ultimately waste (Environmental Working Group).

In the context of climate change, the food consumption of the average American household emits 8.1 metric tons of carbon dioxide equivalent (CO<sub>2</sub>e) each year (‘CO<sub>2</sub> equivalent’ is a term scientists and policymakers use to standardize all greenhouse gas emissions (GHGs)—carbon dioxide, methane, nitrous oxide, and sulfur dioxide being the predominant GHGs). These are the gases responsible for the greenhouse effect that traps heat in our atmosphere, and results in rising temperatures, melting ice, and a whole host of climatic changes.

Production of food (farming, fertilizer, other inputs) accounts for 83% of those emissions, and transportation of the food accounts for 11% (University of Michigan). This is about 17% of total household CO<sub>2</sub>e



ILLUSTRATION BY PAUL BUCKLEY

emissions. Nationally, the food system contributes 30% of the U.S.’s total greenhouse gas emissions (*Science Daily*).

Conventional wisdom has it that the most climate-friendly diet is one high in fruits and vegetables and low in animal-based foods. This conventional wisdom is also supported by national guidelines. The Dietary Guidelines Advisory Committee (DGAC), a joint effort of the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA), states in their most recent findings: “...a diet higher in plant-based foods such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and

is associated with less environmental impact than is the current U.S. diet” (Department of Health and Human Services). They further state that these impacts are a result of the current diet being higher in animal-based foods and lower in plant-based foods than the dietary patterns HHS and USDA recommends. It is important to note that these recommendations are based on systematic reviews of scientific evidence, and not purely on the results of one study.

Despite this consensus, digging a little deeper shows some of the areas where questions remain about what kinds of animal and plant-based foods are better than others, and which sorts of dietary patterns are most climate-friendly.

CONTINUED ON PAGE 2

## Brooklyn Gardener Goes Native

By Pat Smith

Do you have a deep appreciation of leaf patterns among species of ferns (Class Polypodiopsida)? Or can you barely tell a peony from a pine tree? Either way, the Brooklyn Botanic Garden is for you. A spectacular collection of vegetation from the world over, since 1911 the garden has devoted about five acres solely to plants that have evolved in our area: The Native Flora Garden. The curator of this garden-within-a-garden since 2006 is Ulrich (Uli) Lorimer, a broad-shouldered, big-bearded horticulturalist, field botanist, and native plant nerd extraordinaire. I met up with Uli one evening at the Hungry Ghost café to talk about gardening, biodiversity, and his Coop shopping tactics.

### Roots of the Matter

Did Uli’s passion for plants begin in childhood? “My

CONTINUED ON PAGE 3



PHOTO BY INGSU LIU

Coop member and Native Plant Curator, Uli Lorimer, standing in his garden late in the season.

### Next General Meeting on December 19

The December General Meeting will be on Tuesday, December 19, one week early, due to the holidays. The GM begins at 7:00 p.m. at a different location: **John Jay High School, 237 Seventh Ave., between Fourth and Fifth Sts.**

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

## THE DECEMBER GENERAL MEETING



will take place one week earlier than usual,  
on Tuesday, December 19, at 7 pm.

at a different location:

**John Jay High School  
237 Seventh Ave., bet. Fourth & Fifth Sts.**

### IN THIS ISSUE

Puzzle . . . . .	4
Animal Welfare Committee Report . . . . .	5
Welcome . . . . .	7
Coop Calendar, Governance Information, Mission Statement . . . . .	7
Calendar of Events . . . . .	8
Letters to the Editor . . . . .	10
Community Calendar . . . . .	11
Classifieds . . . . .	11
Exciting Workslot Opportunities . . . . .	12
Thank You . . . . .	12

## Diet

CONTINUED FROM PAGE 1

For example, if one follows the train of thought inherent in the DGAC Guidelines, then the logical conclusion is that removing animal-based foods from our diets would be the most responsible thing to do from a standpoint of carbon emissions. One study by researchers at the Virginia Polytechnic University and the Department of Agriculture examined the theoretical effects of removing all animals from U.S. agriculture, and the resulting impacts on GHG emissions. This would be the equivalent of all Americans eating a vegan diet.

The results were surprising. While a plants-only agricultural system produced 23% more food in their model, it met fewer of the U.S. population's requirements for essential nutrients (notably calcium, vitamins A and B12, and fatty acids). Most notably, even though animals contribute 49% of agricultural GHG emissions in the U.S., removing animals only reduced GHG emissions by 28%, not fully counterbalancing the effect that animals currently have on emissions. The authors suggest the primary reasons being higher artificial fertilizer use (due to the loss of natural fertilizer from animals) and increased agricultural waste no longer used for feed (and therefore burned) (Proceedings of the National Academy of Sciences).

Scientists typically try to account for the full range of potential impacts using a methodology called life-cycle analysis, or LCA for short. LCA attempts to compare the full range of environmental impacts that could possibly be assigned to a product by quantifying the flows of inputs and outputs, and assessing and quantifying the impacts of those flows on the environment. So for an apple, an LCA could look at everything from the impacts of fertilizer used (artificial vs. natural), seeds, water, energy, land, pesticides, harvesting, transportation, distribution, consumption, and waste. Given the full range of potential items to be assessed and the frequent data limitations, most LCAs draw explicit boundaries about what is and is not included in the assessment.

**Romaine lettuce has almost the same environmental impact as beef, on a per calorie basis.**

One recent study by researchers at Carnegie Mellon threw a wrench into much of the conventional wisdom around diets and climate change. They examined the environmental impacts of the diets recommended by the DGAC (diets higher in fruits and vegetables and lower in meat) by doing LCA's on twenty common foods. What they found was in stark contrast to the conventional wisdom: that these diets are worse for the environment than the typical American diet. Shifting to these diets would increase energy use by 38%, water use by 10%, and GHG emissions by 6%, according to the study (*The Washington Post*).

How could this be? It's a mix of some uncomfortable truths and differing assumptions. On the side of uncomfortable truths, fruits, vegetables, dairy products, and fish have relatively higher environmental impacts when compared to foods with added sugars, which are a significant component of our current diets. Another uncomfortable truth is that not all fruits and vegetables are created equal. Romaine lettuce, for example, has almost the same environmental impact as beef, on a per calorie basis. But avocados, sweet corn, collards, broccoli, and a whole host of other fruits and vegetables have an order of magnitude less emissions than romaine lettuce. So food choice matters. And finally, a significant amount of fruits and vegetables tends to be wasted when compared to meat (40% vs. 33%), increasing overall life cycle environmental costs.

On the differing assumptions side of the coin, the authors of the CMU study included the environmental costs of waste, which differs from most previous studies on the topic. And notably, they made various assumptions about which foods would be included in the recommended diets. Choosing romaine over broccoli could drastically alter their results, for example.

While these findings are surprising and fly in the face of general wisdom, it's important to understand the assumptions underpinning this research, and to remember that it is only one study. But it does raise questions about what the average American and Coop Consumer should do if he or she is interested in reducing his or her impact on greenhouse gas emissions from food.

In the face of what might seem contrary or unclear, there is actually a fair bit of certainty that Coop consumers can take to heart if they're interested in a more climate-friendly diet:

Beef and lamb have the highest environmental impacts of protein sources. Beef production requires 20 times more land and emits 20 times more GHG emissions per unit of edible protein than common plant-based protein sources such as beans, peas, and lentils. Beef and sheep also consume a huge amount of calories and protein in order to produce a relatively small amount of calories and protein for human consumption (World Resources Institute).

Lots of food is wasted, which can drastically alter the GHG impacts of an item of food. As noted previously, more than 40% and up to 60% of fruits

and vegetables are wasted, vs 33% for meat. (*The Washington Post*)

**Beef and lamb have the highest environmental impacts of protein sources.**

Not all fruits and vegetables are environmentally friendly. Lettuce, cucumbers, eggplant, celery, bell peppers, tomatoes, and mushrooms all have relatively high levels of carbon emissions, comparable with other animal-based foods when accounting for food waste (*The Washington Post*).

Locally-produced food may have lower carbon emissions. Since transportation accounts for 11% of household food emissions in the U.S., choosing foods that have less distance to travel may increase the likelihood that they are low-carbon (University of Michigan).

Ultimately all food has an environmental impact, and what those impacts are depend on a range of factors—how it's produced, the inputs involved, the efficiency with which those inputs are used, how food is harvested, transported, sold, consumed (or wasted), and what is done with that waste. Understanding more about those impacts can help consumers make more informed

choices, and ultimately result in reducing the impact while maintaining or improving human health and well-being. ■

### SOURCES

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ILLUSTRATION BY MICHAEL J. COHEN

## Gardener

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grandmother lived in a small community in Germany close to the North Sea, and she had a garden with kitchen herbs and flowers in the front, and around the back she grew red and black currants, and always made lots of homemade jam. A highlight of visiting Grandma was the jam. My mom's garden in Wilmington, Delaware, was mostly focused on ornamentals—roses, daylilies, those sorts of things. But we used to go to state parks, and I remember wanting to know what kind of tree this was, and what kind of flower that was. We weren't too far away from Longwood Gardens, a well-known botanic garden in southeastern PA. Whenever we had people visiting from out of town, we would take them out to Longwood. I grew up with this influence, not knowing that it would steer my future path."

### Friendly Flora

Why should we care about native plants? "Native plants are part of our natural and cultural history," Uli said. "Our landscape is what distinguishes New York from, say, Philadelphia or Chicago or Phoenix. Gardeners recognize the utility of native plants because of their reduced need of resources—they don't need lots of fertilizer, they generally need less pesticides. When they're established, and you choose the right site, you'll need less water. They're very pollinator and insect friendly. As I've come to know the flora of the region, I learned there's a native plant for every tough spot you can think of."

"From an ecological standpoint, we value native plants and gardens because they are very closely tied in with all the wildlife that we like to see, the butterflies, caterpillars, bees, and pollinators. All those organisms that live here coevolved with the plants. There's a very tight choreography that happens between them. It's important to provide wildlife with the plants they like."

### Space Invaders

What's so bad about non-native, invasive plants? "Invasive species aren't kept in check by the



PHOTO BY INGSU LIU

**The silky parachute of common Milkweed (*Asclepias syriaca*) help the seeds stay aloft and disperse.**

usual boundaries of competition and herbivory [being eaten by animals], the things that don't allow one plant to dominate," Uli said. "The horticultural industry and botanic gardens bear a lot of the responsibility for having brought these plants in from other places in the world for their ornamental

value, not realizing they would escape into the wild. The net effect is that these plants reduce overall biodiversity. You don't have all the little special things that used to be there. You have one plant that just dominates everything else. Invasive plants will often leaf out earlier, and then keep their leaves longer than



PHOTO BY ULRICH LORIMER

**Common Milkweed in bloom detail.**

natives, so there's a competitive advantage there."

### Hungry Butterflies

How does big agriculture affect native species? "A lot of the larger scale agricultural practices are geared entirely within the capitalist framework to maximize crop yields and profit," Uli said. "They look at plants as

means to an end—they're here to serve and provide for us as humans, whether as food, fiber, textiles, medicine, whatever it is that we need, we can take and take and take. And it comes at the cost of biodiversity of native species." "One of the classic examples is the monarch butterfly.

CONTINUED ON PAGE 4

**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**



## 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.

# Gardener

CONTINUED FROM PAGE 3

Milkweed is the sole host plant for the larvae of the monarch, but it's considered a weed by people that grow soy, wheat, and lots of other things. They've done such a good job of spraying it that there isn't a host plant for the monarchs. The overall effect is a drastic drop in their number."

"In response, there's been a concerted effort to plant more milkweed. People are reaching out to highway

departments to get them to put milkweed on medians, and to educate farmers that milkweed is a good thing. I used to get excited when I would see one or maybe two monarchs in the garden in a year, but this year we had days when there were 60 to 80 all at the same time—clouds of them. It was really a wonderful, heartening sight. Maybe it's an anomaly, maybe it's the beginning of a trend, we don't know. But it's that direct link between how we grow our food and how it impacts the

rest of the organisms."

## Old and New

What's it like to curate a garden that's 106 years old? "It has rewards and a lot of challenges," Uli said. "Many things are very entrenched and hard to get rid of. I still struggle with non-natives and invasives. But in the springtime this amazing show comes back every year—carpets of ephemerals, thousands of blossoms in a bed. You can't plant it to look like that, it has to develop on its own, without disturbance, for 60 years, 70 years at a time."

"We expanded about five years ago to include full-sun habitat, focusing on the pine barrens, and as a very young garden it also comes with its own sets of challenges—weed pressure, because it's sunny, a lot of things will grow there. I really try hard to make it look like I didn't do anything. But it is a tremendous amount of work. If anything, gardening teaches patience, and it teaches you to plan three moves ahead. You plant a tree, and you'll know that in ten years it will create shade. There are trees that I planted in 2006 that were two feet tall and now they're 40 feet. And it's like, I remember you when you were little, look at you now!"

## A Sprout on the Way

Another little thing that will be growing before Uli's eyes is the baby that he and his wife, Lise, a gardener at the Queens Botanical Garden, are expecting in late January. "It's a boy," Uli said. "A brand-new adventure for both of us! I have to think that, the fact that we're both gardeners has imbued us with a great deal of patience and the ability to try and look ahead into the future and to make good moves."

Who does the Coop shopping in their house? "We both do," Uli said. "We have a system where Lise gets the vegetables and I get the cheese, crackers, and milk. We divide and conquer and meet up in the checkout line. Most days it's not bad but I think every Coop member has experienced the very busy, crush days that try everyone's patience."

Those are the days *The Linewaiters' Gazette* was meant for! And you can read Uli Lorimer's essays on native plants on the Brooklyn Botanic Garden website, [bbg.org](http://bbg.org). ■



PHOTOS BY INGSU LUU

Like little puffy clouds, the seedbeds of the virgins bower (*Clematis virginiana*) are designed to help the plant disperse to new habitats.



Rare and endangered plants like Torrey's mountain mint (*Pycnanthemum torreyi*) can be observed in the Native Flora Garden.



This veteran sweetgum (*Liquidambar styraciflua*) stand watch over the 106-year-old woodland portion of the Native Flora Garden.



Many plants in the garden are grown from seed, like this wild bergamot (*Monarda fistulosa*) often used as an ingredient in blended black teas.

## Crossword Puzzle

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Puzzle author: David Levinson-Wilk. For answers, see page 10.

ANIMAL WELFARE COMMITTEE REPORT

# What You Should Know about Your Animal Welfare Committee

By Jesse Oldham,  
Animal Welfare Committee

The Animal Welfare Committee serves the Coop membership by providing transparent animal welfare information about Food Coop products. What does that look like for the shopper? We approach this work in a number of ways, some of which you may have seen around the Food Coop, like our Buyer's Guides. We also host workshops and provide content via articles in the *Linewaiters' Gazette* and on our blog.

One of the primary focuses of the Animal Welfare Committee is to decode labeling on products to let us, the shoppers, know what they actually mean. Sometimes there aren't any animal welfare claims at all, which makes it even harder for us to buy in alignment with our values if they include animal welfare. Our Shoppers' Guides that you see around the Coop shopping floor provide information directly from our farmers. For eggs, milk, chicken, beef, and (seasonally) turkey, we've figured out the best questions to ask our farmers based on the type of animal and have provided this information directly to the Coop membership via the guides. Thanks to the good relationships that the Food Coop and our staff buyers have with our vendors, we are able to communicate

with the vendors directly. We take the answers that the vendors provide us and communicate it directly back to the membership.

For those who want to swap out dairy milk for plant milks, we've researched the best analogs for your baking, coffee drinking, cereal-eating, and more. And for animal testing, we've outlined how to read the two legitimate No Animal Testing certifications, which of the two is more stringent and how to recognize their logos. (We have some knock-off bunny logos floating around our shopping floor.)

The Animal Welfare Committee also hosts workshops. The two workshops we currently have in our roster are "Eating Plant-Based" for members who want to swap out plant-based products for meat, fish, and dairy and, in the near future, "Shopping by the Guides" for

members who want to better understand how to use our guides on eggs, milk, chicken, beef, turkey, animal testing, and so forth to make informed decisions as they stock their pantries.

What are we doing next?

Upcoming guides include: pet food, cheese/cheese alternatives, butter/butter alternatives, and pork—and, of course, the seasonal turkey and turkey alternatives guide!

Keep an eye on our blog (linked on the main Food Coop site) and our social media accounts for upcoming workshops!

Interested in participating in the work that the Animal Welfare Committee does? We're looking for two new members! 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. ■

## FTOP WORK AVAILABLE FOR ONE PSFC MEMBER

IN GOOD STANDING WHO IS INTERESTED IN DOING SOME RESEARCH ABOUT FOOD COOPS. PSFC IS A MEMBER OF THE MID-ATLANTIC FOOD COOPERATIVE ALLIANCE (WWW.MAFCA.COOP) AND MAFCA NEEDS SOMEONE TO HELP COMPILE INFORMATION AND UPDATE CONTACT LISTS FOR COOPS IN OUR REGION. WORK WILL MOSTLY BE INTERNET RESEARCH, EMAILING AND SOME PHONE CALLS. CONTACT CGBLAYER@GMAIL.COM IF YOU ARE INTERESTED.



## HOLIDAY SHOPPING HOURS:

December 24: 6 am to 5 pm

December 25: CLOSED

December 31: 6 am to 5 pm

January 1, 2018: 10:30 am to 10 pm



# 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)

## 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

# 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:

Coordinating Editor: Alison Rose Levy

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Carey Meyers

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John B. Thomas

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Beverly Brooks

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Editor (production): Regina Mahone

Final Proofreader: Nancy Rosenberg

Puzzle Master: David Levinson-Wilk

Index: Len Neufeld

Advertisement: Eric Bishop

## WELCOME!

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

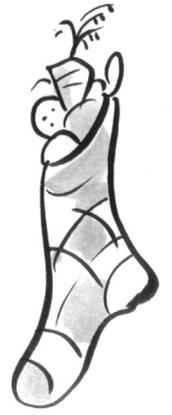
Gabriela Arias  
Maura Balaban  
Nick Balaban  
April Bethea  
Claire Bleiler  
Phoebe Boone  
Natascha Born  
Daniel Braun  
Alex Canovas  
T.J. Christofferson  
Rachel Cochran  
Douglas Crowell  
Anisha Dayal

Rosana Defex  
Erik Dolan  
Erica Dorn  
Teri Duerr  
Vered Engelhard  
Sara Enright  
Douglas Galante  
Gustav Gauntlett  
Chelsea Gregory  
Alison Griswold  
Cathy Haft  
Jaclyn Heeney  
Alison Hertell

Darren Hertell  
Thomas Iuele  
Alice James-Yudekovitz  
Yshai James-Yudekovitz  
Emma Jenkins  
Kayla Jenkins  
Adeline Kim  
Ken Kinoshita  
Ashley Kuenneke  
Tommy Le  
Alexander Lee  
Gale Levine  
Peter Levine

Puck Lo  
Megan Madden  
Kim Mazzucco  
Meghan McCafferty  
Terrence McCafferty  
Lawrence Meadows  
Karin Aleah Papes  
Theodore Papes  
Katherine Patterson  
Corrinne Popp  
Raj Rao  
Bram Riems  
Matthew Rullo

Kristin Russotti  
Matthew Russotti  
Matthew Schlecht  
Griet Seurs  
Sonali Shroff  
Alan Skandon  
Lauren Tamaki  
Laura Tucker  
Mathilde Virard  
Melanie Wilson  
Jami Wolf-Dolan



## 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, DECEMBER 19: ONE WEEK EARLY**  
GENERAL MEETING: 7:00 p.m.

## TUE, JANUARY 2

AGENDA SUBMISSIONS: 7:30 p.m.  
Submissions will be considered for the January 30 General Meeting.

## Gazette Deadlines

## LETTERS &amp; VOLUNTARY ARTICLES:

Dec 21 issue: 12:00 p.m., Mon, Dec 11  
Jan 18 issue: 12:00 p.m., Mon, Jan 8

## CLASSIFIED ADS DEADLINE:

Dec 21 issue: 7:00 p.m., Wed, Dec 13  
Jan 18 issue: 7:00 p.m., Wed, Jan 10

## 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, December 19, 7:00 p.m.

The General Meeting is ordinarily held on the last Tuesday of each month. December's meeting is one week earlier, due to the holidays.

## Location

John Jay High School, 237 Seventh Ave., between Fourth and Fifth Sts.

## 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.

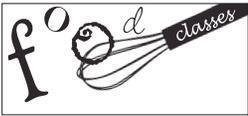
**We welcome all who respect these values.**

park slope  
FOOD COOP

# calendar of events

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](mailto: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 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@wordsproutspfc.com](mailto:John.Donohue@wordsproutspfc.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



**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.

# dec 7 2017–jan 17 2018

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.**

**dec 19**  
tue 7 pm

## PSFC DEC 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 takes place one week earlier than usual, at a different location: John Jay High School, 237 Seventh Ave., between Fourth and Fifth Sts.**

**I. Member Arrival and Meeting Warm-Up**

**II. Open Forum**

**III. Coordinator and Committee Reports**

**IV. Meeting Agenda**

**Item 1: Merge November and December General Meetings into One Single Meeting (15 minutes)**

**Discussion:** Henceforth each year in the two-month period comprising November and December there shall be only one General Meeting scheduled. The one General Meeting in this two month period shall always be scheduled on the Tuesday immediately following Thanksgiving day. Some years the meeting will be held on the first Tuesday of December and some years it will be held on the last Tuesday of November depending on the specifics of each year's calendar.

—submitted by the General Coordinators

**Item 2: Arts Committee for Work Slot Credit (35 minutes)**

**Discussion:** To establish an active committee with a mission to improve the appearance of the Coop and raise morale through artistic projects.

—submitted by Rick Midler

**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.

**jan 2**  
tue 7:30 pm

## Agenda Committee Meeting

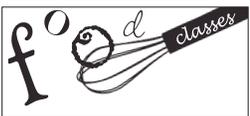


The Committee reviews pending agenda items and creates the agenda for future General Meetings. Drop by and talk with committee members face-to-face between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda 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: Eating Right For Your Blood Type



This class gives an introduction to the Blood Type Diet and demonstrates a few simple dishes that inspire a transition from a plant-based diet to an omnivorous diet based on bio-individuality for healing unresolved health

issues resulting from a vegetarian or vegan diet. Note: This class will be most beneficial if you come with the knowledge of your blood type. There are blood type testing kits (eldon cards) available at your pharmacy. You can also request the blood type test specifically from your physician or obtain the information for free when you donate blood. "Eat Right Chef" **Louisa Wah** is an Integrative Nutrition Health Coach and a health-supportive chef who specializes in teaching people how to eat and live according to their bio-individuality—specifically, their blood types and genetic attributes. *Menu includes: Homemade Ghee; Everyday Eggwich; Bright Vegetable Stir-Fry with Fish; Creamy Squash Dessert with Ghee*

**ASL interpreter available upon request, please contact: [jason\\_weiner@psfc.coop](mailto:jason_weiner@psfc.coop) by December 21.**

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

**jan 5**  
fri 7 pm

## Film Night: The Magic Bomb



*The Magic Bomb* is about a Mexican-American dreamer who gets enmeshed in a plot to nuke Manhattan on his wedding day. Conrad Lopez, the main character, struggles to stay in this country while an invisible all-powerful group uses him as a pawn to commit the most destructive act imaginable. **Randy Gordon-Gatica** was

born in Los Angeles. He's been making films since he was in high school. This is his first feature. He lives in Prospect Heights with his wife and two children. He is Mexican-American.

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

**jan 6**  
sat 3 pm

## Happy Tummy, Happy Life

The 90-minute workshop will talk about the digestive system, the way we can improve our digestion and feel better about ourselves in general. The phrase "you are what you eat" is especially true when it comes to modern-day life when many kids don't recognize real fruits and vegetables and the whole society in general doesn't know the difference between whole food and junk. Presenter **Victoria Grager** has been a Coop member since 2005. She is a doula, student midwife, and an herbalist. Being around women and children all her life has taught her that nature can take care of us better than modern medicine.

**jan 7**  
sun 12 pm

## Don't Make Pain the Enemy

Led by Coop member **Dan Cayer**, an Alexander Technique and meditation teacher, this workshop will teach you how true pain relief and sustainable posture are not the result of struggle and vigilance. In fact, our efforts to micro-manage our pain and posture only make things worse. You will learn how to tap into your body's natural structure and wisdom through group exercises and individual hands-on adjustments. Creating an attitude of openness and curiosity paves the way for true healing. By learning to not micromanage our body, we discover our body's natural intelligence and posture. The Alexander Technique and mindfulness will be applied to help you directly contact innate healthiness and ease, without having to try to be "better." These are practices and an attitude shift that you can take with you long after the class. The goal is not to stay the same forever, rather that when we stop resisting the present moment, we truly begin to change.

## still to come

jan 9

*Plow-to-Plate Film*

jan 14

Kids' Variety Show Audition

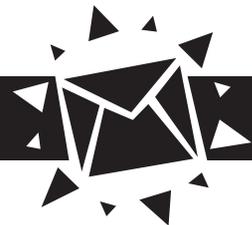
jan 12

*Wordsprouts*

jan 17

Cheese Class

LETTERS TO THE EDITOR



**MANY THANKS**

**TO THE GAZETTE,**

I would like to thank you for what I perceive to be an increase in articles about food policy, such as “Should Hydroponics Be Classified as Organic?”, as well as the very informative reports of the International Trade Education Squad. This is exactly the kind of information I am seeking in order to help me be the active citizen that current times require. I use this information to communicate my views to my politi-

cal representatives. I also use it to make food choices. For example, now that I have been made aware of the undermining role of hydroponics in the organic food movement, I will seek to minimize my consumption of such products.

I also appreciate articles regarding business actions in the food industry, such the article “Corporate Acquisitions and the Coop Food Supply” on Amazon’s acquisition of Whole Foods. I gain valuable context from such articles, including the perspective of the producers

themselves—something that is often not easily available in other news sources.

Again, thank you for your devoted efforts and may this trend in informative articles on food policy, politics, and business continue.

*Anna Kramer*

attractive and led me through this issue with ease. Thanks to all of you literary Coop-ers.

*Moe Kornbluth*

**BOYCOTT OF COCA-COLA RENEWED BY COOP GM**

**MEMBERS,**

One additional fact about Coca-Cola: In December, the UN Human Rights Council will publish the list of 150 companies that are operating in and profiting from the growth of Israeli settlements in the West Bank, East Jerusalem and the Golan Heights. The “blacklist” will include Coca-Cola according to the *The Times of Israel*.

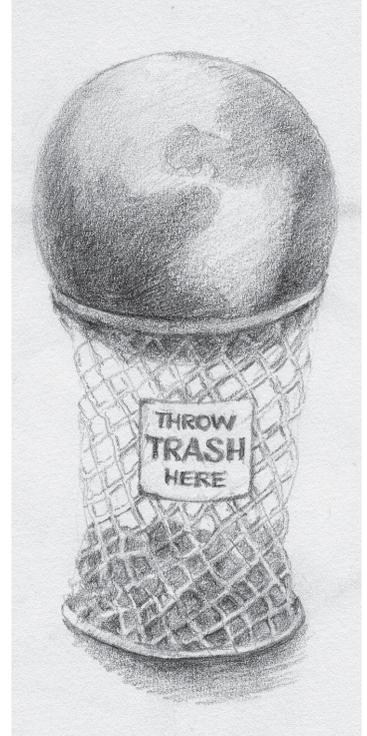
<https://www.timesofisrael.com/150-companies-said-to-get-letters-from-un-threatening-to-add-them-to-blacklist/>  
<https://www.timesofisrael.com/coca-cola-teva-on-un-blacklist-of-settlement-friendly-firms-report/>

*Mary Buchwald*  
 PSFC members for bds  
<https://psfcbds.wordpress.com>

**LATEST GAZETTE**

**GAZETTE STAFF,**

I’m a long-time reader of the *Gazette*. Just wanted to let you know how enjoyable the 11/9 issue was. I even read the advertisements and “Letters to the Editor.” It seemed to me that there is a new layout. At least it seemed new to me, very easy on the eyes and



**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)

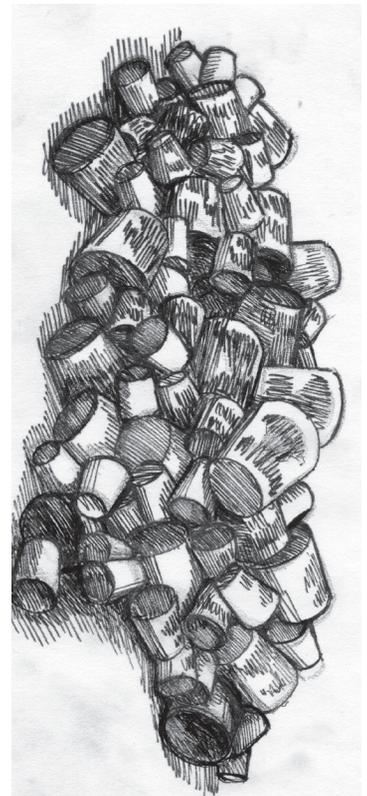
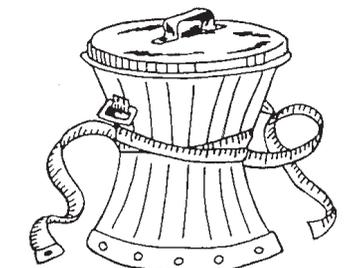
Food residue and paper labels OK.  
 No shopping bags.

**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)



**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**

**Crossword Answers**

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

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 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. dragqueenstoryhour.org.

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.

Dec. 9-10, 12-6 p.m. Flatbush Artists art exhibit and sale. 502 Ninth St., between Seventh and Eighth Aves., Brooklyn.

WED, DEC 13

7 p.m. Abigail Welhouse and Evan Johnston sign copies of *Memento Mori*, their poem/comic collaboration that is available as a tiny limited-edition zine. Carmine Street Comics, 34 Carmine St., West Village. Free.

SAT, DEC 16

8 p.m. Gloria Matlock and Michael Nix; Jeremy Aaron. Com-

munity 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 23

8 p.m. Tribes Hill Holiday Showcase (joint fundraiser for Tribes Hill and 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.

SAT, JAN 6

8 p.m. Reggie Harris; Pat Victor. 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, JAN 13

8 p.m. John O'Connor; Lindsey Wilson & the Human Hearts Trio. 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, JAN 14

4 p.m. BPL Chamber Players: Benjamin Hochman, piano Raman Ramakrishnan, cello. At the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library, Brooklyn. Free.

SAT, JAN 20

8 p.m. Martin Swinger; The Raging Grannies. 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, JAN 21

4 p.m. BPL Chamber Players: Imani Winds. At the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library, Brooklyn. Free.

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.

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.

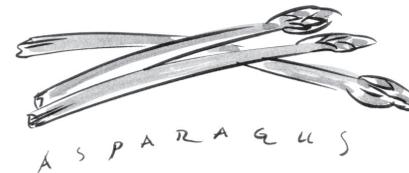


SENSHO WAGG, CPC  
sensho@senshowagg.com  
347-596-0153

Make the changes you long for with intuitive support

Transform your life

TRANSFORMATION COACH  
senshowagg.com



CLASSIFIEDS

BED & BREAKFAST

BED & BREAKFAST, THE HOUSE ON 3RD ST, serving Park Slope for over 20 yrs. Large floor-thru, located between Fifth and Sixth Aves. Parlor floor, sleeps 4-5, private bath, deck, AC, wifi, kitchenette, 12' ceilings. houseon3st.com, or call Jane, 718-788-7171. Grandparents are our specialty.

HOUSING AVAILABLE

FULLY RESTORED HISTORIC MIDCENTURY HOME Ft. Pierce, Florida. Minutes to pristine beaches. Walk downtown, cafes, marina, theatre. 2BR, original bath, kitchen, hardwood floors, fireplace. Attached garage/workshop. Private porch, patio, garden. Arts community. Midway W. Palm Beach, Orlando. \$265K negotiable. Cathy 347-265-7117.

SERVICES AVAILABLE

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

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

GIVE—OR GAIN—A LITTLE perspective for the holidays! A new year is coming. Work with your north star to make it count! La Jeffa is redding @ Botanica. La Femme Magique Noire! Call 347-325-5614 for a tarot or feng shui consult. Stay blessed!

SERVICES-HEALTH

I WOULD LIKE to recommend a certified home health aide. She is an excellent caretaker, supports me and is helpful. She is a good cook, shopper and cleaner. She also does child care. Contact Lorraine 917-213-7535.

VACATION RENTALS

HISTORIC 2BR COTTAGE, Ft. Pierce, Florida. Minutes to white sand beaches. Walk downtown, cafes, Sunrise Theatre. Period bath & kitchen. Fireplace. Porch. Garage/workshop. Laundry. Wifi. National parks, water sports, kayak, yoga, artists community. Pets considered. Long-term rental welcome. 347-265-7117 or newyorkrescue@yahoo.com.

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, 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.



★ EXCITING WORKSLOT OPPORTUNITIES ★

**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 DATA ENTRY**

**Friday, 3:30 p.m.**

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. Familiarity and comfort with comput-

ers needed. Must make a 6 month commitment to the workslot. Please contact Camillie Scuria at [camille\\_scuria@psfc.coop](mailto:camille_scuria@psfc.coop) to arrange training before your first shift.

**RECEIVING PRODUCE**

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

Start your day early with a workout and a sense of accomplishment! Work side-by-side with our paid staff receiving daily fresh produce deliveries. If you are willing to get your hands a little dirty, lift and stack boxes, and work in our basement coolers, then you'll fit right in. We promise your energy will be put to good use. Boxes usually weigh between 2-30 lbs, but can weigh up to 50 lbs.

**OFFICE SET-UP**

**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 Mary, Jana or Cynthia in the Membership Office for more information.

**WELDER NEEDED**

to repair uboats, flat carts and shopping carts for FTOP credit.

**Required:**

- License
- Facility or Personal Shop
- Transportation

Please contact Jonathan Cruickshank by calling the Coop at 718-622-0560, Friday-Tuesday evenings.



**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)

**THE GAZETTE INDEXES**

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

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

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

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



**THANK YOU!**

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

Abbie	Sean Claffey	Melissa Friedman	Jeejung Kim	Kate N.	Rebecca Soboti
Philippa Anderson	Ziad Dallal	Tommy Gallagher	Caroline Lange	Yevgeniya Nagorny	Hana Stanojkovic
Joan Arnold	Ashima Dayal	Sally Gil	Hindy Leitner	Gretchen Ostheimer	Lou Svahn
Alec Baxt	Phoebe DeVincenzi	Tina Goldstein	Ruth Levine	Aaron Paas	Kevin Sweeting
Carly Benkov	Babitha Dhuler	Samuel Greenhoe	Simone Levine	Haley Paas	Maggie Thom
Ben Blackshear	Gabriella Di Piazza	Alan Grubner	Michael Loew	Rui Pereira	Tim
Rebecca Block	Louise Dodet	Frank Haberle	Alberto Lorenzi	Vince Peterson	Kim Van Duzer
Bianca Bockman	Donald	Eliza Harrison	Fiona Maazel	Anya Rous	Abby Weiss
Devin Briski	Lilah Dougherty	Augustus Heagerty	Ashwini MacDonald	Mary Russotti	Melissa Weiss
Russel Bush	Jean Ann Douglass	Julianne Hing	Elizabeth Mangum	Melissa S.	Ciera Wells
Carolina	Heather R. Ehmer	Cory Jacobs	Brendan McBride	Gabriella Safyer	Leonora Wiener
Celina	David Elkin-Ginnetti	Molly Kammien	Mimi Melek	Parul Shah	Gabriele Wolf
David Charne	Christopher Fiorello	Michael Katz	Quincy Myers	Danesha Shaw	Jenya Zamostina
Julia Christie	Autumn Francois	Harvir Kaur	Deborah N.	Ellen Simpson	