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Volume MM, Number 8

April 26, 2018

## A Serious Business: Fighting Fraud and Protecting the Coop

By Frank Haberle

Almost every day, we hear of acts of fraud in big business, government, or the nonprofit sector. Often it involves people in positions of trust and responsibility who have secretly falsified documents or records to redirect money to their own purposes, or outsiders who have figured out how to falsify documents to trick institutions into paying them for services not rendered. Each time, the big business or government agency or nonprofit organization goes on record as committing itself to prevention, and investing in stronger stop-gap measures to assure investors and taxpayers that it will never happen again.

Since 1973, the Park Slope Food Coop has grown from a small grassroots operation into a \$56 million business with more than 17,000 members, all of whom are co-owners. Is the Coop vulnerable to fraud? In response to questions posed by the *Gazette*, General Coordinators Joe Holtz, Tricia Leith, and Jess Robinson weighed in on some of the ways that the Coop has set up its systems and operations to protect itself from fraud.

### Bad Checks: The 'Great Marilyn Monroe Caper'

An example of an attempt at business fraud against the Coop happened only recently. As Joe told the story, "our bank received a couple of checks that had been depos-



ILLUSTRATION BY DEBORAH TINT

ited into someone's account, from the Park Slope Coop, with the signature reading 'Marilyn Monroe.' As you may have guessed, Marilyn Monroe is not a registered signatory from the Coop." Tricia, who as General Coordinator for Finance manages the Coop's bank accounts, added that "we look at our bank account quite regularly and check out anything unusual or non-recognizable. Plus we reconcile our accounts routinely. There were two checks that seemed within dollar amount bounds, but we couldn't associate with any known payment. We requested check images and found the signature was 'Marilyn Monroe,' the actress. Her signature is readily available online! So the bank doesn't hold us responsible (after all, Marilyn

isn't a documented signer on our account). In fact the check image wasn't even ours.

"In discussions on prevention," Tricia continued, "we learned that there's a system that bank customers can use whereby checks written are uploaded to the bank upon creation. What isn't listed, won't get cashed by the bank. They also check for outdated checks (beyond six months in our case) and don't cash those either. We received four more fraudulent checks after Marilyn's and all were caught up in this new payment-approval process. Marilyn was the first of this type of fraud that we had encountered."

"Tricia signs every check to a vendor," Joe says, "and when she's on vacation I fill in for

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## Should Frozen Food Be on Your Shopping List?

By Heidi Brown

As shoppers find themselves with less time to cook, the gargantuan frozen-food cases in commercial grocery stores are taking up more and more space. There's no denying the convenience, even for Coop members, of popping a box of frozen organic spinach in a steamer or microwave to round out a meal at home. But you likely have found yourself wondering whether a package of ice-covered frozen spinach is inferior—nutritionally and ecologically—to emerald-green, jaunty fresh spinach picked days ago at a farm a few dozen miles away?

Judging by the size of the PSFC's produce section, it's clear what members prefer. The facts, however, are not straightforward. There are several elements that comprise the answer. They have to do with nutrition and environmental impact, of course, but also food safety and economic concerns.

Freezing technology has improved vastly since Clarence Birdseye patented an industrial application of freezing food in the 1920s after observing the Inuit use cold air and ice to freeze their freshly caught fish in modern-day Northern Can-

ada. Today, there are numerous varieties of machines that quickly reduce the liquid content of food below its freezing temperature. These include machines that use two metal plates through which food travels, lowering its temperature as it goes; fluidized bed freezers, which use liquefied gas to cool the food; contact freezers; belt freezers; immersion freezers; liquid nitrogen freezers and cryogenic freezers.

A basic rule in freezing food, according to the United Nations' Food and Agriculture Organization: Start with high-quality, fresh unfrozen product. In general, a freshly caught wild salmon does not improve in taste or nutrition after it is flash-frozen on a boat off the coast of Alaska. Green peas don't become more tasty or nutritious when they are washed; blanched in steam or hot water; sorted into boxes; and then frozen in a refrigeration plant. Nutritionists and scientists, however, have concluded that, in general, freezing does not harm the vitamins, minerals, and proteins in food before it is frozen. The more quickly the food is frozen—and consistently maintained at a frozen temperature until thawing—the

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### Next General Meeting on May 29

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The May General Meeting will be on Tuesday, May 29, at 7:00 p.m. at **St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

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

## Coop Event Highlights

**Thu, May 3 • Food Class:** Mother's Day Meals Honoring the African Diaspora 7:30 p.m.

**Fri, May 4 • Film Night:**  
Long Strange Trip 7:00 p.m.

**Tue, May 8 • Plow-to-Plate Film:**  
Rotten 7:00 p.m.

**Fri, May 11 • Wordsprouts:** Healing New Mothers from the Inside Out 7:00 p.m.

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

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# Food Policy Updates

By Alison Rose Levy

As policy changes affecting the food supply are occurring more rapidly, it's hard to keep up. To help members keep track of changes that might impact organic quality, food availability, and individual and family choices, here is a selection of recent activity.

## Chickens

In early March, the U.S. Department of Agriculture (USDA) withdrew the Organic Livestock and Poultry Practices (OLPP) rule, which would have closed regulatory loopholes used by producers who raise chickens under factory farm conditions, while labeling their poultry as organic.

The new regulation, which was originally slated to go into effect in March 2018, specified that organically raised farm animals must be given access to the outdoors in order to strengthen "the minimum requirements for the care and well-being of animals on organic farms," said the Center for Food Safety (CFS).

Crowded factory farm conditions undermine the health of livestock, scientific research has found. Intensive rearing conditions with high stock densities in poultry houses serve to increase the "manifestation and transmission of parasitic and viral diseases. In addition to that, due to poor condition management, the disease incidences are not only becoming more frequent, pronounced, and unmanageable, but also difficult to control in the long run." Factory farm conditions require increased drug use.

This has led to the emergence of microbes resistant to antibiotics, aka "antibiotic resistance," which lessens the overall efficacy of antibiotics for both livestock and humans. Finally, the same study found that the use of "indiscriminate and inappropriate higher doses of antimicrobial drugs is common, which eventually accumulates harmful residues in edible tissues of the poultry."

The planned regulation would also have mandated that "non-ambulatory livestock on organic farms must be medically treated, even if the treatment causes the livestock to lose organic status or be humanely euthanized." The regulation would have also "restricted some routine mutilations, including the docking of dairy cows' tails; limited

other mutilations, such as the "debeaking" of chickens; and specifically prohibited the practice of starvation-induced forced molting, which shocks the bodies of egg-laying hens into a new egg production cycle."

Although the USDA claimed that it was doing organic farmers a favor by nullifying the new requirements, "the regulation was the culmination of over a decade of work by organic stakeholders and the National Organic Standards Board.

"Out of the more than 47,000 comments the department received in the last public comment period, ... 99 percent were in favor of the rule becoming effective without further delay," said the Organic Trade Association (OTA) in a statement on its website.

"The organic egg market is flooded with eggs from big egg companies that are indistinct from conventional cage-free eggs," explains Lynne Curry, writing in *Civil Eats*. This "unfairly disadvantages smaller farmers who face higher costs of production and compete for market share. It also engenders consumer confusion over the meaning of the organic label, which organic industry and consumer advocates fear

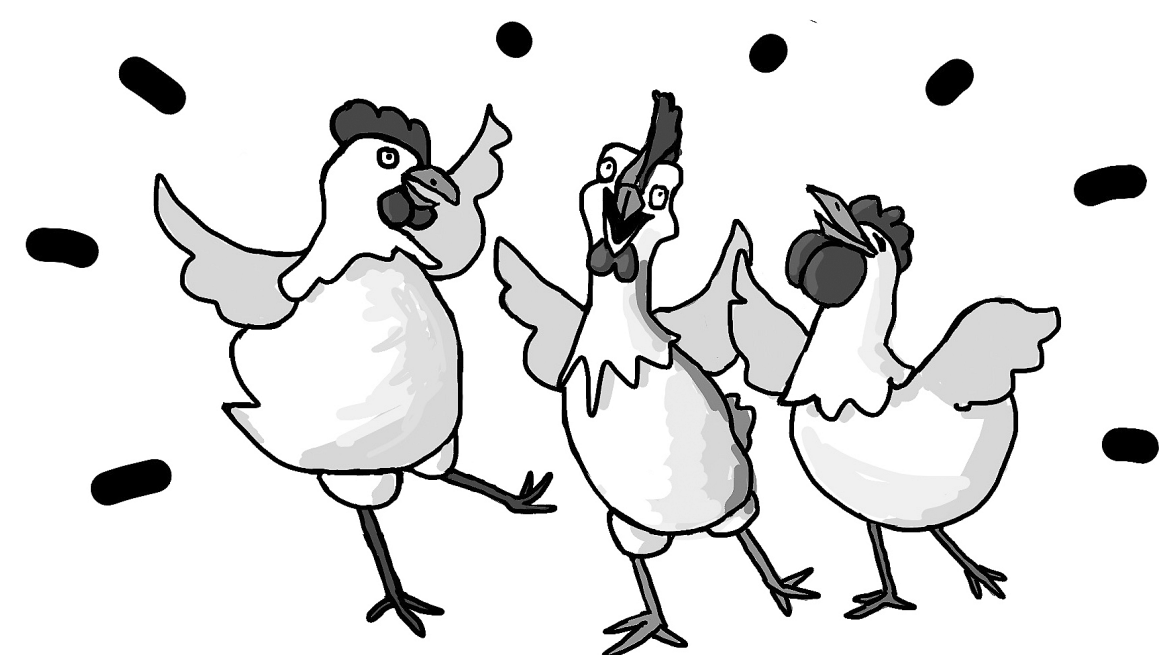


will erode the value of USDA organic label."

"The Trump administration delayed the final rule's effective date three times, and then formally withdrew it," reported the CFS.

Wayne Pacelle, former CEO of The Humane Society, asserted that killing the rule "will prove crippling to family farmers all across the nation who treat their animals well and want to be able to market their products under an authentic 'organic' label," *Civil Eats* reported. In response, CFS is suing the Trump administration and the USDA Secretary Sonny Perdue.

This is the second time in less than a year that food advocacy groups have resorted to lawsuits in an effort to keep poultry production



ILLUSTRATIONS BY LYNN BERNSTEIN

humane and healthy. In June 2017, the Organic Consumers Association, Friends of the Earth, and the Center for Food Safety joined forces to sue Sanderson Farms, the U.S. third largest poultry producer. Though labeled "100% Natural," Sanderson poultry was found to be laced with a smorgasbord of antibiotics and pharmaceuticals banned for animal use, including chloramphenicol and amoxicillin. According to an article published in *EcoWatch*, "Sanderson Farms products also tested positive for residues of steroids, hormones, anti-inflammatory drugs—even ketamine, a drug with hallucinogenic effects." [Note: the Coop has guidelines on our website regarding what we sell and how to shop based on your own values and needs.]

## Soda

While the Coop sells soda, we do not sell commercial soda products (such as those made by Coca-Cola or PepsiCo), yet they are widely available in our community. With one in three adults—and one in six children—suffering from obesity, numerous studies have confirmed the link between the consumption of soft drinks and obesity, diabetes, and cardio-vascular illness.

In an effort to deter soda consumption, some localities have instituted soda taxes. Former New York Mayor Michael Bloomberg, during his administration, famously tried—and failed—to institute such a tax in New York. In 2017, Bloomberg donated approximately \$3 million to fund a similar campaign in Chicago. It too failed.

Nevertheless, according to the Center for Science in the Public Interest (CSPI), soda taxes are effective since they lead to "decreased con-

sumption of sugar drinks and increased consumption of healthy beverages, while providing needed revenues for other public health measures."

But why is it so hard to gain traction for their passage?

Follow the money. The Center for Media and Democracy (CMD) cites the \$48.9 million spent on campaigns that oppose soda taxes when major cities, like Chicago, Philadelphia, Boulder, San Francisco, Seattle, and more have sought to pass them.

Pepsi brands (like Mountain Dew) and Coke products, (which now include Honest Tea) represent a \$50 billion market in soda belong to the American Beverage Association (ABA), a trade group that appears to be following the same playbook used by the Grocery Manufacturers Association which opposed GMO labeling initiatives in California and Washington State—and spent \$70 million on misleading television ads to derail labeling.

Now, organized front groups with innocuous names "Keep Seattle Livable for All," and "Yes! To Affordable Groceries," have sprung up deploying a similar P.R. strategy that shifts "the terms of the debate" with television ads implying that all grocery store items would be taxed, not just soda.

In a recent report, CMD cited the fast-tracking (rapid passage) of bills that ban localities from taxing food and beverages in Michigan and Arizona—clear instances in which corporate special interests convince legislators to block local laws that would hurt their profitability.

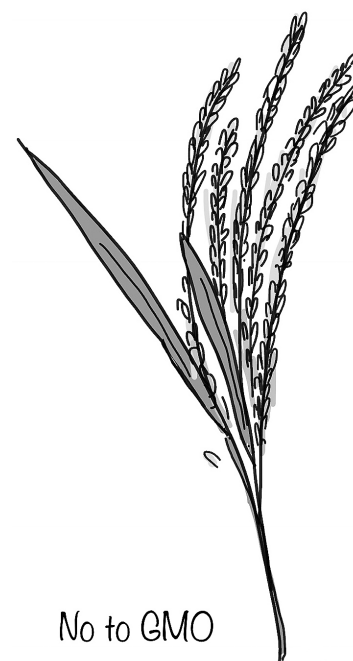
## Genetically Modified Rice

Although neither the U.S. nor China has formally approved cultivation of genetically modified (GM)

rice, Chinese scientists have developed one, called Huahui No. 1.

Due to "low acceptance" of GMO foods by the Chinese public, it's unlikely this rice will be grown in China. China has neither "conducted regional trials nor provided guidelines to examine genetically engineered rice," Professor Lin Yongjun, one of the scientific developers explained to the *Global Times*. He and his team are looking to the southeast Asian market for possible acceptance.

Nevertheless, the U.S. Food and Drug Administration (FDA) recently approved Huahui No. 1, the first such Chinese product allowed to enter the U.S. market. Disturbingly, this approval comes just as a team of researchers have linked glyphosate exposure to shortened pregnancies. (Glyphosate is the principle ingredient in Roundup, the herbicide used in the cultivation of GM foods.) Detectable urine levels of glyphosate were found in 93 percent of pregnant study participants. "Those with higher levels delivered earlier compared to those with less or none." ■





## Fighting Fraud

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her. The second I see a vendor I don't recognize, or a transaction I don't understand, I start asking the staff questions. I look into it, and I get others to look into it. There's always more than one person involved."

### Watching the Books: "The More Eyes on Everything, the Better"

A unique aspect of the Coop's structure requires that there are multiple sets of eyes checking and rechecking financial transactions. Jess observed that "fraud does happen in every kind of business. The Coop's position has always been to develop systems that involve many people in all aspects of operations as part of administration."

"As we're set up in the Coop, so many staff and members have input or a look at our accounting processes, that noticing oddities is more likely." As an example, Tricia cited the recent example of a food coop in Philadelphia where one staff member was caught embezzling thousands of dollars. "Their finances were focused on one person, and that person embezzled."



ILLUSTRATION BY DEBORAH TINT

Here, I can't imagine that. We have three General Coordinators who focus specifically on the finances, plus three excellent bookkeepers who focus on the daily business, plus the hundred or so members working on different pieces (cash received, payables, etc.). For example, adding a new vendor initiated by a buyer, takes the sign-off of a General Coordinator supervisor of that buyer, and requires review by our A/P bookkeeper and by the check signer."

On bookkeeping, Tricia noted that "members who work their shifts in the bookkeeping area end up in a tighter, cooperative relationship with the staff book-

keepers who supervise their work. The members are highly dependable—coming to their shifts, communicating, stepping in to cover work," Tricia said. "They have to be since this work is time sensitive—the Coop moves on a weekly cycle in bookkeeping. Plus being in a smaller group of member labor and working closely with staff, they are not at all reluctant to point out inconsistencies, documents missing, wrong amounts. In fact it's their job, part of their work, and is incredibly important. The more people reviewing our financial information the better."

"The more eyes on everything, the better," Tricia

added. "With our member labor system, we incorporate more and more safety when it comes to fraud."

"Another level that protects us is that we have a non-member certified public accountant who conducts a thorough audit," Joe said. "They can't guarantee they will spot all things, but they look through checks and internal controls to make sure they are adequate. We've been under the guidance of one CPA or other since 1977 to make sure internal controls are thorough. The auditor looks closely at employee records to ensure there is no staff fraud—for example, the existence of a 'ghost employee' receiving a pension or benefits. Three-fourths of our expenses go into personnel, and they look at that very closely."

### Member Fraud: Cooking the Books

Another form of fraud that the Coop has to protect against is member fraud, which may entail falsifying work records. "We make it very clear in rules that doing this kind of thing jeopardizes membership," Jess said. "If they do it for themselves they have broken the cardinal rule of being a Coop member and

they risk losing their membership. Someone signing in for someone else is actually very hard to do. Multiple members and staff have their eyes on the records; if there is a pattern they will see it. Our IT department regularly looks at the database and reflects oddities back to us. And on regular workslots, the person taking attendance is physically present in the space. They can notice when something is going on, and they bring it to our attention."

"Does fraud happen?" Joe said. "Yes. Do we learn from it each time it happens? Yes. It can take a while, if there's real collusion. All the things we do continue to uncover issues that makes it show the system works."

"If we saw nothing," he added, "I'd be worried. These are the things businesses face."

Jess observed that, "because we are a Coop, everyone is an owner. When members report things they observe—we thank them and we follow up. Our members care about the Coop and this translates to a healthy community."

"We've been working on the issues of crime and theft for 40 years," Joe said. "We've been busy trying to not get ripped off all of this time." ■

## Frozen Food

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less the taste and texture are impacted, says the FAO.

A 2015 study published in the *Journal of Agricultural Food Chemistry* looked at the impact of freezing on the nutritional content of eight vegetables and fruits: green beans, corn, blueberries, strawberries, peas, spinach, broccoli, and carrots. It found that, on the whole, the produce did not experience a loss of most of its nutrients, except for the level of beta-carotene in three foods (spinach, carrots, and peas), while the content of a-tocopherol increased. The preparation of the vegetables for freezing can actually enhance their healthfulness, since the blanching process also cleans them of debris and contaminants.

Additionally, freezing halts oxidation. Even after fresh fruits and veggies are picked, they continue to ripen. Oxidation causes browning and softening, and nutrients are also lost in this process. So, a bunch of Swiss chard picked on a farm in Long Island that is shipped to the Coop, purchased by a member and eaten a couple of days later likely has fewer nutrients than

its frozen counterpart.

Then there's the health benefit of killing and preventing the growth of microbes, for which freezing is also effective. Since 2015, all sushi restaurants in New York City are required to freeze their fish before serving it to kill any parasites. Freezing these products also allows people who might not be able to afford local meat or freshly caught fish to access these foods more affordably.

Frozen food, though, heavily burdens the environment. As Edward Blonz, PhD, of the University of California at Berkeley's *Wellness Letter* points out, the packaging for frozen food (especially frozen meals) is often plastic or non-recyclable. Since freezing perishable food gives consumers the convenience of eating foods that are out of season or from distant places, the industry essentially incentivizes long-distance, carbon-intensive food transport. And freezing itself has an environmental impact. The machines used to freeze food in large facilities (as opposed to a fisherman's portable, onboard flash freezer) tend to be electricity hogs and use refrigerants that have caused environmental degradation,

especially ozone depletion.

Because of the public's growing awareness of the impact of human activity on the environment, however, some of these issues are getting addressed. Under an EPA directive targeting ozone-depleting hydrochlorofluorocarbons (HCFCs), by 2020 the production and domestic sale of HCFCs, which are used in air conditioners and in industrial freezing facilities, will be prohibited (and no, EPA Commissioner Scott Pruitt hasn't acted to rescind it, yet). For the last few years, the frozen-foods equipment industry has been working on retrofitting and replacing machinery that uses R-22, the most common HCFC refrigerant, which will also be banned. [Note: the Coop uses 404a in our freezers, which is an HCFC-free refrigerant.]

Some frozen-food producers have begun focusing on reducing and reformulating the packaging of their food. There is a move within the industry to make the plastic wrapping used for frozen fish more easily recyclable. Even industrial-sized frozen-food producers like Kellogg's and Smithfield are experimenting with reducing the environmen-



PHOTO BY ROD MORRISON

**Most view frozen spinach as inferior, but freezing produce does not cause a loss in nutrients.**

tal impact of their production by using packaging that weighs less and recycling water used in the production of their food.

Competition is also having an impact. As attentive PSFC shoppers are aware, frozen food is no longer the exclusive turf of giant food manufacturers like General Mills (which owns Cascadian Farms). Private producers like Woodstock Farms are surfacing in the market. Some are offering frozen food options in increasing variety and sophistication—like single-serving organic adzuki bean burgers (Hilary's, in Lawrence Kansas). Paradoxically, the Environmental Working Group gives Cascadian Farms the group's highest

rating for sustainability in its frozen foods category—a 1 on a scale of 1 to 10 (where 10 is of "highest concern").

From a social justice perspective, freezing is a reliable, cost-effective way to give large numbers of people access to healthy, high-quality food. The refrigerants involved, the transportation required and packaging employed do detract from its sustainability from an environmental perspective. Nutritionally, eating frozen food can be more beneficial than local, depending on how quickly the fresh food is consumed. It's not an easy dilemma, but luckily the Coop gives plenty of options to choose from. ■



## INTERNATIONAL TRADE EDUCATION SQUAD REPORT

## Civil Society Priorities in the NAFTA Renegotiation

By Susan Metz and Helen Beichel,  
International Trade Education  
Squad

The Coop joined 1,043 other civic organizations in signing a letter to members of Congress outlining what a fair and just NAFTA would look like for the peoples of North America. We presented the letter at an hour-long meeting with Senator Charles Schumer's Community Outreach Director on April 5. In 1993, then Representative Schumer voted against the original NAFTA. He and Senator Gillibrand also voted against the reauthorization of "fast track" legislation in 2015 which gave power to the Executive Branch to negotiate trade deals in secret and to come back to Congress for an up or down vote with no powers to make changes in those trade agreements. And both Senators have opposed TPP. After the meeting with Schumer's office, we hand-delivered the letter to our contact in Senator Gillibrand's office.

After being signed by Joe Holtz, we also mailed the letter to the local offices of the

six-member Brooklyn House delegation. Those at the meeting included members of the Coop's ITES, Environmental, and Labor Committees. The ITES seeks to continue and improve its inter-squad communication and cooperation as trade agreements often address non-trade regulatory agendas that touch on environmental, animal rights, consumer protections, and labor policies. We can use the knowledge and experiences of the members of these and other Coop squads. In addition to these Coop members, we were joined by members of Brooklyn for Peace and 350NYC, whose organizations were also signatories to the letter, as well as a member of the Green Party. A copy of the letter with a link to the complete list of signing organizations has been posted on April 13 at the ITES blog <https://coopites.wordpress.com>

In the letter and at the meetings, we urged Senator Schumer and his fellow members of Congress to demand that the NAFTA renegotiation include provisions to:

- Stop outsourcing and raise wages by adding strong labor and environmental standards with swift and certain enforcement;
- Eliminate NAFTA terms that promote the outsourcing of Americans' jobs, including Investor-State Dispute Settlement (ISDS) provisions;
- Protect consumers and the environment and ensure a level playing field for U.S. businesses, farmers, and workers by ending NAFTA rules that threaten food safety and food labeling;
- Make medicine more affordable by eliminating NAFTA rules that increase costs;
- Ensure a fair playing field for American job creation by adding strong, enforceable disciplines against currency manipulation;
- Create American jobs and reinforce improved labor and environmental standards by strengthening "rules of origin" and stopping transshipment;
- Protect health and the environment by requiring that all imported goods and all services and service providers

meet U.S. standards and add a specific safeguard for domestic environmental, health, labor, and other public interest policies;

- Boost the rural economy by overhauling NAFTA rules that harm family farmers; and
- Make the NAFTA renegotiation process transparent and participatory.

The importance of this meeting was that we were able to present the connection between the behaviors of multinational corporations—through international treaties—how they are able to impact land ownership, food sovereignty, food safety and labeling, the dangerous working conditions and low wages of farm workers, resource degradation and extraction, and immigration issues on the local level. These are issues the Coop is already engaged with.

We ended the meeting emotionally urging the Senator, as the Senate minority leader, to whip votes for the values that the Coop advocates, fair and just trade and food policies. We proposed an ongoing relationship with the office as we

had during our meeting with Senator Gillibrand's office. The Community Outreach Director showed interest in the possibility of our meeting with the Senator during the summer recess in August.

In the upcoming weeks we plan on following up with the other six Brooklyn members of the House. With the exception of Dan Donovan, they are all members of the 75-member Congressional Progressive Caucus who have presented its proposals in "A Fair Trade Agenda: Renegotiating NAFTA for Working Families," which can be viewed under an April 13 post here: <https://coopites.wordpress.com>

Predictions about when the NAFTA vote will happen and how it is possible that the Administration will negotiate its way into the Comprehensive and Progressive Agreement for Trans-Pacific Partnership (formerly the TPP) are impossible to make. We need to be proactive in putting forth our values with regards to what we want in trade agreements to counter the reactionary rhetoric put forth by competing corporate interests. ■

## SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *Rotten—The Peanut Problem*

By Adam Rabiner,  
Safe Food Committee

Independent filmmakers and documentarians have been making critical movies about the food industry for the past decade. Food Inc., one of the first big budget movies in this vein, came out in 2008 and ushered in a slew of films that have investigated the many facets of modern food production, distribution, and consumption. Our series, Plow-to-Plate, has been bringing many of these films to the Park Slope Food Coop since

September 2009. More than 70 of these films have been reviewed in this newsletter.

Commercial giant Netflix has finally caught up. Its series on famous restaurateurs, *Chefs Table*, now in its third season, mostly pays homage to cooking shows but also occasionally addresses more serious issues. Last year it released *Wasted! The Story of Food Waste* hosted by Anthony Bourdain and this past January it debuted a new series, *Rotten*, which explores more of the themes of our

series. *Rotten* tells the not-so-sweet truth about the honey supply in episode one, focuses on *The Peanut Problem* in episode two, and profiles seafood, dairy, and chicken farming, and the garlic industry in the remaining four segments. Bonus points! Plow-to-Plate organizers have even secured a

speaker associated with the film to come for a Q & A following the screening.

*The Peanut Problem* is about the dramatic increase in various food allergies, over the past 20 years or so, across a wide range of countries, and especially in children. About 5.9 million children in the U.S. have food allergies, or about one in 13 kids, including the children of two of the experts featured in the episode, Ming Tsai, a Boston chef whose restaurant is famous for its explicit and clear menus, and researcher Ruchi Gupta, M.D., M.P.H., of Lurie Children's Hospital and Northwestern University.

Like Colony Collapse Disorder, discussed in the first episode, *Lawyers, Guns & Honey*, the reason for this phenomenon is something of a mystery. Experts don't really know why bees are disappearing or why people are increasingly allergic, but have floated a hypothesis that it may have something to do with changes to the human microbiome or the collection of microorganisms that reside in the gut,

resulting from a more sterile environment. But since increased allergies are global, this theory implies that there are few countries left where kids still play in the mud.

It turns out that there is one country where peanut allergies are less common, Israel, and the cause of this exception is an unlikely hero, Bamba, an all-natural peanut butter corn puff, like a Cheese Doodle in texture if not flavor. This discovery led to a reversal in the conventional wisdom, which had been to avoid the eight key food groups that cause allergic reactions: shell fish, tree nuts, eggs, milk, fin fish, soy, wheat, and peanuts. Because of Israelis' relative tolerance to peanuts, the prescription now is to slowly but surely increase exposure to potential allergens.

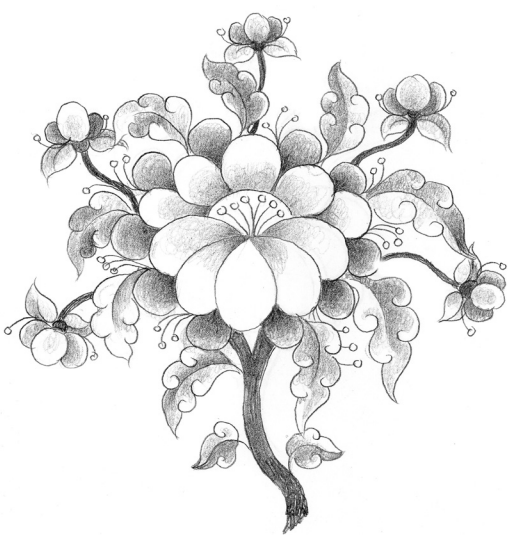
*The Peanut Problem* sounds trivial to those who can down these healthy, crunchy, and tasty treats with abandon. But the case of Mohammed Zaman, a restaurant owner in England whose attempts to cut costs by replacing almonds with peanut pow-

der resulted in the sickening of at least one customer and the death of another, underscores its seriousness. Zaman is now serving time in jail for manslaughter.

Others are also running into serious legal problems due to food allergies. In a recent *New York Times* article, "In Allergy Bullying, Food Can Hurt," children who bullied others with food allergies have been charged with assault and battery and felony aggravated assault. In a case similar to Zaman's, Panera has been sued because a rogue employee hid peanut butter in a grilled cheese sandwich. ■

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).

*Rotten—The Peanut Problem* will be presented on Tuesday, May 8, 7 p.m. at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments (including Bambas, which the Coop sells) will be served.





## MEMBER SUBMISSION

## Local Nonprofit Brings Community Together Through Dance

By Christie Kim

On March 29, friends and neighbors enjoyed respite from the cold for a fun-filled night of dancing in Park Slope, Brooklyn. The event “Let’s Dance! Dancing through the Decades” was presented by Imani House, Inc. (IHI), a local nonprofit providing health and education services to families and immigrants throughout Brooklyn.

Bisi Ideraabdullah, IHI founder and executive director, says she created the multi-cultural event “to give neighbors opportunities to meet, have fun, and join together for a good cause.” The dance floor was alive with R&B music, Chicago-style stepping and slide line dances, while footage of IHI’s afterschool and adult literacy programs played on the big screens.

“Let’s Dance! is a good example of what community collaborations are about,” wrote Ideraabdullah. Imani House teamed up with DJ Tony Cortez, emcee Marc Gilkes, and the Chicago-Style NY Steppers, to fill the friendly, warmly lit Kings Beer Hall on Saint Marks Place. All proceeds from “Let’s Dance!” went directly to IHI’s afterschool and adult literacy programs.

Attendees expressed thanks for a chance to dance and let their hair down in a safe, mature space. One dancer shared, “my friends and I needed a place to go out and dance that wasn’t a club!”

Imani House looks forward to making Let’s Dance! a recurring event. “People need to have fun, especially now,” said Ideraabdullah, and dancing is a fun way to stay active.

The next event in their health and well-being initiative is the sixth annual Walk-to-Live—A Fight to End Childhood Obesity on June 3. Families are invited to walk Prospect Park, learn how to practice healthy lifestyles, win raffle prizes, and

gather with community.

For more information about Imani House, please visit [www.imanihouse.org](http://www.imanihouse.org), email [imani@imanihouse.org](mailto:imani@imanihouse.org), or call 718.638.2059.

**About Imani House, Inc.**

Imani House is a 28-year-old Brooklyn-based 501(c)(3) nonprofit. Located on Fifth Ave. in Park Slope, IHI provides free afterschool academic and performing arts programs and summer camps for inner-city

children, and free adult education/literacy/ESOL/GED classes for immigrants and locals. In addition, IHI maintains a Maternal and Child Health Clinic and adult education programs in Liberia, West Africa. Their services reach over 15,000 marginalized youth, families, women and immigrants each year. ■

Contact Imani House, Inc., 76-A Fifth Ave., Brooklyn, NY 11217; 718.638.2059; e-mail [imani@imanihouse.org](mailto:imani@imanihouse.org); [imanihouse.org](http://imanihouse.org)



PHOTO BY DAVID A. POWELL

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, Alison Rose Levy and Carl Arnold.

**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.

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**

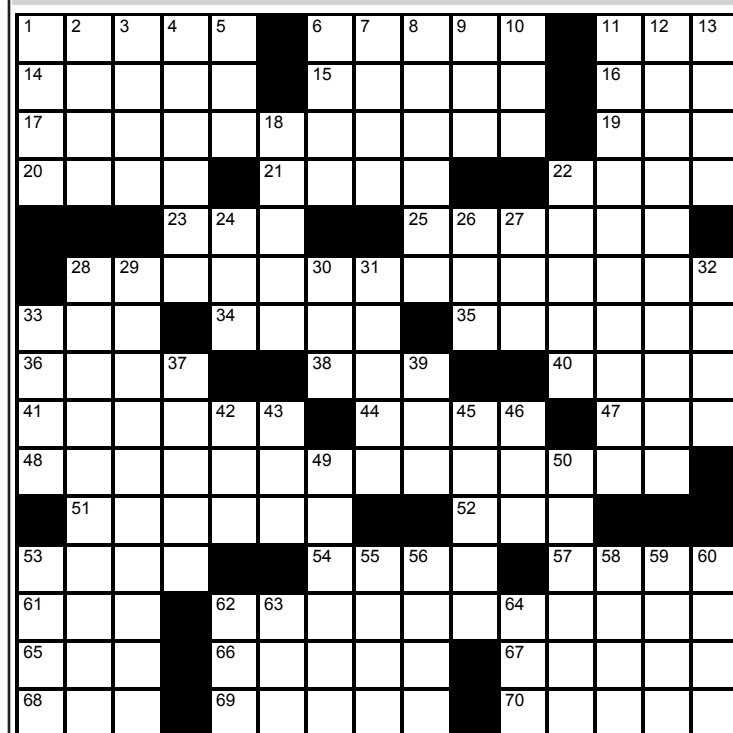
The cooperative principles are guidelines by which cooperatives put their values into practice. The International Cooperative Alliance adopted the revised Statement on the Cooperative Identity in 1995.

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](http://ICA.COOP)

## Crossword Puzzle

**Across**

1. Roy \_\_\_\_, lead role in “The Natural”
6. Shipping unit
11. Crossed (out)
14. Divvy up
15. See 2-Down
16. Suffix with block
17. WEST HIG \_L \_ND WH \_TE TE \_RIER
19. Anderson Cooper’s TV home
20. Big Apple enforcement org.
21. Anti-apartheid activist Steve
22. Some car wash grps.
23. Angry music genre
25. Take the top off, in a way
28. EDI \_OR \_AL W \_IT \_R
33. 1963 title role for Paul Newman
34. Hamlet, e.g.
35. Egyptian god of the universe
36. “... there \_\_\_\_ square”
38. Thought was really cool
40. “Mine!” in a schoolyard
41. Highway entry
44. What an only child lacks
47. Expression of disgust
48. \_RANKLIN D \_L \_NO \_OOSVELT
51. Classic jetliner
52. Derek Jeter’s jersey number
53. Slapstick props
54. “I Am \_\_\_\_” (Jenner’s reality show on E!)
57. Hanukkah gift
61. The Hawks, on scoreboards
62. \_XYGEN \_IFLU \_ \_IDE
65. Take to court
66. Kidney-related
67. Instrument at Rick’s Café
68. Quick on the uptake
69. \_\_\_\_-slipper
70. Book of the world

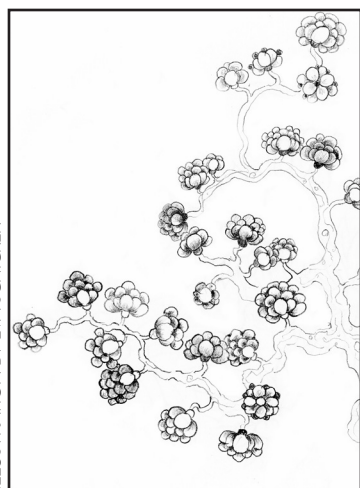
**Down**

1. Chemistry Nobel Otto
2. Skin care brand that dropped

## 15-Across from its name in 2000

3. Momentary disruption
4. Line on a map
5. Cardinal’s cap letters
6. Mozart’s “\_\_\_\_ Fan Tutte”
7. Calculated thing
8. Novelist Huxley
9. “\_\_\_\_ funny!”
10. Trio after D
11. “Precision cutting” product
12. “Giant” novelist, 1952
13. Comfy retreats
18. Virus in 2014 news
22. Went carefully (over)
24. Club \_\_\_\_
26. “Straight Outta Compton” rappers
27. \_\_\_\_-com
28. Cranked some tunes
29. Band with a person’s name
30. One may be bitter
31. “The Lorax” author
32. Impetuous
33. What a horseshoer shoes
37. Grosses
39. Poet/musician \_\_\_\_ Scott-Heron
42. 1051, on a monument
43. Confident crossword solver’s implement
45. Midler of “The Rose”
46. Glimpsed
49. Back up
50. Loafs on the job
53. “El Condor \_\_\_\_” (1970 Simon & Garfunkel hit)
55. Like \_\_\_\_ of sunshine
56. Woes
58. Even, in French
59. \_\_\_\_ Del Rey, singer with the 2014 #1 album “Ultraviolence”
60. General \_\_\_\_ chicken
62. Magic, on scoreboards
63. Government org. in “Breaking Bad”
64. Place to go for a “me day”

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





# 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, May 18, 8:00 p.m.

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



## PROSPECT CONCERTS



**SAMBA!** Groove to the music of women rocking' the house with the pulsing sounds of Carnaval! Members of Paprika and Batala join forces to celebrate the lilting melodies of Bossa Nova, the heart-thumping rhythms of Samba, and the dare-you-to-stay-seated sway of Samba Reggae. The space will be set up for dancing and grooving, to have everyone moving to the national rhythms of Brazil. Beckoned back for the fifth year, your power-bateria for the evening is: **Robin Burdulis, Terry Dame, Viva DeConcini, Dawn Drake, Deinya Phenix, Vanessa Roe, Rita Silva and Michelle Williams.**

[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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Alison Rose Levy

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Editor (production): Regina Mahone

Puzzle Master: David Levinson-Wilk

Final Proofreader: Nancy Rosenberg

Index: Len Neufeld

Advertising: Mary Robb



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.

Charlotte Abbott Dinali Abeyskera Noor Al-Samarrai Elizabeth Alarnick Mary Argimon Aria Ashrafzadeh Shirly Bahar Adam Banicki Eric Baribeau Alex Benton Dillon Blatt Marc Borkan Lake Buckley Tertius Bune Francesca Carini Chesley Castello Trisha Chakraborty Audie Champion-El Diana Cilenti	Darwensi Clark Jeniffer Cogliantry Michael Cogliantry James Coil Carin Collin Sara Constantineau Cary Curran Jamie Curran Rebekah Dalfonso Derek Davidson Tess Davidson Vincenzo DeSimone Jose Diaz Michael Donaldson Taylor Drotman Lisa Druley-Dempsey Alix Ecorcheville Gildas Ecorcheville Tanya Farmer	Edie Feinstein Benjamin Flast Josh Fraidstern Jason Fullford Melanie Gabor Galina Gaebenyuk Blake Gatti Briana Getterman Sophie Glickman Daniel Goddard Roberto Goizueta Emma Gordon Haym Gross Tatiana Gumerov Andrew Gyves Ragnhild Handagard Elizabeth Hanka Oonagh Hayes Porsohia Henderson	Emily Hoffman Michael Horn Elizabeth Horvath Bohb Jadhav Nina Jordan Shannon Joyce Lilliana Kaplan Elizabeth Kehl Kathi Ko Maya Kutz Bogdan Kwiatkowski Victoria Langan-Khalil Julia Lee Lee Lichtsinn Lola Lorber David Lynch Emily Manley Velina Manolova Susan Maples	Liam McCarthy Michael McCarthy Kevin McDonald Celeste McMickle Brian McTaggart Patricia Mejia Joseph Miller-Gamble Sachin Mitra Sue Morris Abigail Morrissey Emily Nassetta Hannah Nesbat Afika Nxumalo Charlene Obernauer Lola Ono Andy Ozment Laura Page Roz Parr Jeremy Piednoel	Graham Pierce Darnell Pierre Walter Matt Plassche Marion Quenault Martha Quitoeno Andrew Reller Robin Renzi Damitria Richards Alciria Rivas Carl Roberts Mika Rogers Michael Romani Samuel Rothenberg Jaime Rutherford Lili Salmeron Habiba Sanda Daniel Saraste Mary Saunders Sarah Saxty	Gabriela Scopazzi Patrick Skelley Bettina Sorg Sofiya Spenser Paul Sulzer Mari Taisch Cameron Toler Alexandra Trippe Halvar Trodahl Judith Ullman Natsuki Wada Jacqueline Wang Sean Whitney Zach Williams Claire Wolff
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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, APRIL 24:

GENERAL MEETING: 7:00 p.m.

TUE, MAY 1

AGENDA SUBMISSIONS: 7:30 p.m.

Submissions will be considered for the May 29 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Apr 26 issue: 12:00 p.m., Mon, Apr 16  
May 10 issue: 12:00 p.m., Mon, Apr 30

CLASSIFIED ADS DEADLINE:

Apr 26 issue: 7:00 p.m., Wed, Apr 18  
May 10 issue: 7:00 p.m., Wed, May 2

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, May 29, 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

apr 29  
sun 12 pm

## From.MeToo.WeRise

Time to heal the world from sexual assault. Sexual assault/harassment/incest is a bigger discussion for healing than the workplace. Accepted worldwide in a pandemic of manipulation and suppression, they are a human problem at home, worldwide everywhere in all history... in battles, genocide and every day. The time for healing is NOW. Discussion, non-judgmental and frank. How can we heal ourselves and can we expand that healing into the rest of the world which we reach out to in our lives? **Sensho Wagg** is a Certified Professional Coach in Transformation Coaching, trained specifically to use deep intuition without offering consulting, advice or instruction. With tools from other industries (natural foods and products, birthing and breastfeeding, speech therapy and cochlear implants, music and profound Buddhist practice), Sensho offers big experience and sensitive awareness to all who wish a full life and (!) joy.

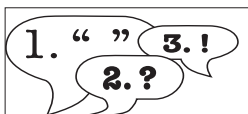
may 1  
tue 7 pm

## Learn About Cheese at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional **Elena Santogade**. This month's class will feature a selection of unique cheeses from around the world! Coop member and American Cheese Society Certified Cheese Professional Elena Santogade will lead the tasting and offer guidelines for pairings and for designing cheese tastings of your own.

may 1  
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 May General Meeting will be held on Tuesday, May 29, 7 p.m., at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

may 3  
thu 7:30 pm

## Food Class: Mother's Day Meals Honoring African Diaspora



Come learn how to cook down-home Virginia family recipes and Congolese and Haitian meals that mama used to make while discovering how food is used to celebrate ancestors and spirits. Deriving from dishes that honor their mothers, personal chefs **Cleo Zuli** and **Travis Young** introduce you to meals that spark matriarchal memories and conversation about the history of foods from the Diaspora. The chefs are founding team members of BLK PALATE, a media and event production company focused on curating content that amplify the Diaspora and dining parties that decolonize food culture and hospitality. *Menu includes: Mamba (Spicy, Haitian Peanut Butter); Beef & Peanut Stew; Coconut & Thyme Rice; Southern-Caribbean Greens; Grandma's Southern Rice Pudding.*

**ASL interpreter available upon request, please contact the Membership Office. Materials fee: \$5. RSVPs by April 30 are appreciated, contact [parkslopefoodclass@gmail.com](mailto:parkslopefoodclass@gmail.com). To inquire about leading a Food Class, contact [parkslopefoodclass@gmail.com](mailto:parkslopefoodclass@gmail.com).**

may 4  
fri 7 pm

## Film Night: Long Strange Trip



The Grateful Dead rejected conventional notions of fame and power and transcended the world of rock and roll to become a vital American cultural force. Yet their commitment to improvisation and spontaneity only brought Jerry Garcia and the Dead more of the kind of adulation they hoped to avoid. Amir Bar-Lev's

*Long Strange Trip* explores the Grateful Dead's unlikely success story, and the tensions and paradoxes of a life in pursuit of artistic freedom. We will be screening the second part of this four-hour documentary. Director Amir Bar-Lev will be present for a q&a after the screening. Amir Bar-Lev's directorial credits include *Fighter* (2001), *My Kid Could Paint That* (2007), the Emmy Award-winning *The Tillman Story* (2010), *Happy Valley* (2014) and *Long Strange Trip* (2017). Bar-Lev also co-produced the 2009 Academy Award Nominee *Trouble The Water*.

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

may 8  
tue 7 pm

## Safe Food Committee Film Night: Rotten



*Rotten* is a new documentary series about corruption in the food world. Created by Zero Point Zero Production, it consists of six hour-long episodes featuring farmers, fishermen, scientists, and doctors shedding light on the surprising and at times downright disgusting ways that common foodstuffs are brought to market.

Episode 2, *The Peanut Problem*, brings awareness to the surge in the prevalence of food allergies and the people working behind the scenes to combat it. The episode features world-renowned allergy and asthma researcher, Dr. Ruchi Gupta of Northwestern University and Lurie Children's Hospitals, as well as Susie Hultquist, founder of Spokin.

**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).**

may 11  
fri 7 pm

## Wordsprouts: Healing New Mothers from Inside Out



Just in time for Mother's Day, Wordsprouts is proud to present **Valerie Lynn**, known as The Mommy Planner, who has been a major force in introducing traditional Malaysian after-birth recovery practices to women across the globe. When experiencing postpartum anxiety and

Obsessive Compulsive Disorder after the birth of her son in 2007, Lynn turned to traditional feminine healthcare—herbs, feminine-focused body treatments, and an enriching diet—to rebalance her hormones and heal herself naturally. Drawing on this experience, along with extensive research in Malaysian hospitals and in the field, Lynn wrote *The Mommy Plan: Restoring Your Post-Pregnancy Body Naturally Using Women's Traditional Wisdom*. As a Maternity Consultant and Home Healthcare Educator, she's created a unique six-week recovery program for new mothers. Please join us as she discusses her important work, and shares practical advice for how to care for a new mother's physical, emotional, and mental health in the sensitive weeks following a birth. Her book has guided nearly 1,500 new mothers through recovery and recuperation after pregnancy and childbirth through developing an easy-to-follow, step-by-step recovery plan. She is currently working on a cookbook, *The Mommy Plan Recipe Book—Healing Meals: Simple Recipes for New Moms*.

**Free for all Coop members & non-members. Refreshments will be served. Bookings: John Donohue, [wordsproutspsc@gmail.com](mailto:wordsproutspsc@gmail.com).**

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

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



# apr 29–jun 26 2018

may 12  
sat 12 pm

## Feel Better Without Fighting Yourself

Introduction to the Feldenkrais Method. Do you want to feel better, but tired of trying to correct your movement and posture? Good news is that you don't have to fight yourself through endless self-correction. It is possible to naturally improve your movement habits by taking advantage of your innate ability to learn (neuroplasticity). The unique benefit of this approach is that it brings about lasting changes and does not require you to memorize "correct ways" to move or constantly attack "bad" movement habits. **Igor Shteynberg**, Feldenkrais practitioner and a Coop member, whose goal is to help people feel better naturally and enjoy their daily life. 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.

may 18  
fri 8 pm

## SAMBA!



Groove to the music of women rocking' the house with the pulsing sounds of Carnaval! Members of Paprika and Batala join forces to celebrate the lilting melodies of Bossa Nova, the heart-thumping rhythms of Samba, and the dare-you-to-stay-seated sway of Samba Reggae.

The space will be set up for dancing and grooving, to have everyone moving to the national rhythms of Brazil. Beckoned back for the fifth year, your power-bateria for the evening is: **Robin Burdulis, Terry Dame, Viva DeConcini, Dawn Drake, Deinya Phenix, Vanessa Roe, Rita Silva and Michelle Williams.** 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. Booking: Bev Grant, 718-788-3741

may 20  
sun 12 pm

## Spring Forward! Live Your Greatest Vision

Spring is a potent time to reinvigorate your intentions from the New Year and re-align with your greatest vision. After Winter's hibernation, you now feel energized to create many different things in your life, from expanding influence, impact, and prosperity in your career to deepening and attracting love in your life, improving your health, and more. Where to get started? How to bring these potentials forth? Join my Spring Visioning Workshop and discover the most potent practices to connect with the areas of your life that are most "in season" for you to focus on. You'll discover the power of Clarity & Intention, Alignment, and Committing to your Destiny Path. **Rashmi** is a Certified Transformational Coach and Trained Facilitator, a prolific and accomplished actress, screenwriter, producer, and singer/songwriter who is passionate about generating powerful transformations for gifted creatives, entrepreneurs, and game changers who are on fire to uplevel their impact in the world. Rashmi is a proud member of the Coop and loves her entry-desk shift where she gets to meet and greet members at 5:45 a.m.

may 24  
thur 7 pm

## Learn About Cheese at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional **Elena Santogade**. This month's class will feature a selection of unique cheeses from around the world! Coop member and American Cheese Society Certified Cheese Professional Elena Santogade will lead the tasting and offer guidelines for pairings and for designing cheese tastings of your own.

may 29  
tue 7 pm

## PSFC MAY General Meeting



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

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

jun 1  
fri 7 pm

## Film Night



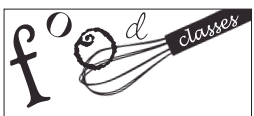
Film to be announced.

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

jun 7  
thu 7:30 pm

## Food Class:

## Fermented Condiments



Fermented Condiments with Contraband Ferments. In this class we will explore the world of fermentation: the science, history, and how to DIY your own fermented condiments. We'll be tasting a variety of ferments as well as

making a ferment to take home. Chef **Cheryl Paswater** is a fermentationist, educator, health coach, artist, beekeeper, and writer. She contributes as a writer for *Edible Brooklyn*, has guest co-hosted on the radio show "Fuhmentaboutit!" (on Heritage Food Radio Network), organizes the NYC Fermentation Festival, and is an organizer of the NYC Ferments Meetup. She is currently working on her first book and teaches workshops and at festivals both regionally and internationally. She lives in Brooklyn with all of her cultures as pets (aka: bacteria, yeast, and mold). **Menu includes: Fermented Ketchup; Fermented Chutney; Fermented Pesto** **ASL interpreter available upon request, please contact the Membership Office.** **Materials fee: \$5. This class is designed around participation. Space is limited. RSVPs are required by May 31, contact parkslopefoodclass@gmail.com.** **To inquire about leading a Food Class, contact parkslopefoodclass@gmail.com.**

jun 8  
fri 7 pm

## Wordsprouts



Authors to be announced.

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

jun 12  
tue 7 pm

## Safe Food Committee Film Night: Eight Short Films



A selection of eight short films from the international Real Food Films Contest and a Ted Talk by 11-year-old Birke Baehr. The contest is an initiative of Real Food Media—an organization that "harnesses media and storytelling to educate, inspire, and grow the movement for sustainable food

and farming." Since its launch by Real Food Media in 2013, the contest has received more than 440 submissions from 34 states and 31 countries, of which about 70 are featured in their films library. June's features include: *A Greene Generation*, *At Needle-point*, *Hunger in America's Heartland*, *Home-girl*, and *Feed Your Baby*.

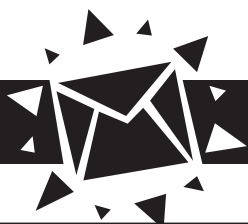
**See upcoming events, past reviews and a comprehensive list of films shown at [www.plowtoplatefilms.com](http://www.plowtoplatefilms.com) which can now also be reached via a link on the Park Slope Food Coop's home page at [www.foodcoop.com](http://www.foodcoop.com).**

## still to come

jun 23–24 **Food Drive to Benefit CHIPS Soup Kitchen**

jun 26 **PSFC JUNE Annual & General Meeting**

LETTERS TO THE EDITOR



USDA REAPPROVES CARRAGEENAN IN ORGANIC FOODS

MEMBERS:

The information in this letter is from the Cornucopia Institute, a farm policy research group. Reversing a vote by the National Organic Standards Board (NOSB) in November 2016 to remove carrageenan in organic food, an ingredient known to cause intestinal inflammation, Secretary Sonny Perdue has overruled the NOSB. While carrageenan continues to be allowed in organic food, many companies have voluntarily removed it from their products, thanks to consumer pressure.

A list of prominent companies that have removed carrageenan from their formulations is provided in this article ([https://www.cornucopia.org/2018/04/usda-rejects-advice-of-expert-panel/?utm\\_source=eNews&utm\\_medium=email&utm\\_content=4.14.18&utm\\_campaign=CarraMORE](https://www.cornucopia.org/2018/04/usda-rejects-advice-of-expert-panel/?utm_source=eNews&utm_medium=email&utm_content=4.14.18&utm_campaign=CarraMORE)).

National Organic Standards Board is an expert industry panel set up by Congress.

After hearing from medical and scientific experts describing carrageenan's link to intestinal inflammation, cancer, and other human health risks, the NOSB voted to remove carrageenan from the list of approved synthetic and non-organic substances for use in organic food production. In a move unprecedented during the last 25 years of organic industry rulemaking, the USDA ignored the NOSB vote in the Federal Register without an opportunity for the public to comment on

their decision before it goes into effect.

Here is Cornucopia's shopping Guide to Avoiding Organic Foods with Carrageenan:

<https://www.cornucopia.org/shopping-guide-to-avoiding-organic-foods-with-carrageenan/>

Here is Cornucopia's Toothpaste Buyers Guide:

<https://www.cornucopia.org/scorecard/toothpaste/>

A response from the Coop buyers in these various departments would be appreciated.

Mary Buchwald

**Editor's note:** Please refer to the Coop's website regarding our policy about additives and what foods we are phasing out.

NEW YORK STATE DAIRY INDUSTRY

DEAR MEMBERS:

An article appeared in the Wednesday 03/21/17 *New York Times* "I'd Sacrifice My Life So My Family Could Keep the Farm." It describes the severe financial problems in the small dairy farm industry in our state. This has led to hundreds of farmers losing their farms and a rise in the number of suicides, sometimes spurred by the hope that the life insurance money will help the family.

One small way PSFC consumers of milk and milk products can help, is to consider purchasing products that bear a code starting with "#36-xxxx." While not all products have this code, which is in the same space as the "expiration date," many do. The code is on the lid or side of the lid, or on the bottom of the container of milk, yogurt, sour cream, cottage cheese, etc. The number

"36" shows that the processing plant is in New York State. While not a guarantee that the milk came from a NYS farm, it makes it more likely.

Thank you for your consideration of the above.

In Cooperation,  
Stewart Pravda

DISTURBING BEHAVIOR, LG, MARCH 29, 2018, RULES AND EXCEPTIONS

TO THE EDITOR:

In the March 29, 2018 *Linewriters' Gazette*, the letter describing "Disturbing Behavior" was understandable. Rules and exceptions—the one necessitates the other. The service area for Walkers, is clearly delineated on the map at the entrance. A Walker having to beg the boundaries to an irate Cooper demanding an exemption has got to be a tad more than annoying.

For a person who has difficulty walking or with special needs, however, would it be wise to create an exception? Perhaps it would be helpful to take this up at a General Meeting and see where the discussion goes. This is not so much to second-guess the rule as it is to examine the reason for Walkers in the first place.

Making an exception for the elderly, disabled, or a parent with kids would be a way of preserving the ability to shop and get the groceries home. The point of the original article was to point out that some of the Walkers were already doing this not so much for cause but personal choice. This created the problem in the first place.

There is no question that there are a few Coopers that are less than cooperative. For the writer of the article suffering the disdain of an entitled Cooper is understandably frustrating. Keep the rule, a work slot should not be a moment of misery for anyone. I suggest that the Walker Service Area Map be added to the website, perhaps with an expanded extension zone for those with special needs.

Not for the solipsist, but for cause—might we make such exceptions? Isn't that what the spirit of the Coop is supposed to be about?

Rodger Parsons

**Editor's note:** The walking area map is on the Coop's website.

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/package 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.

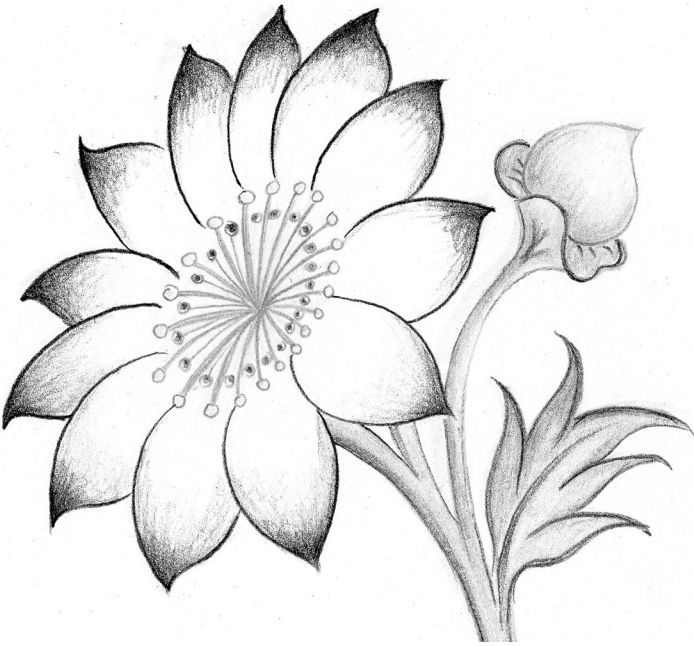
For more information about Terracycle, visit [terracycle.com](http://terracycle.com)

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



Crossword Answers

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





## COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to [GazetteSubmissions@psfc.coop](mailto: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, APR 28

8 p.m. David Dodson & Mary Kate Small; Ben Tousley. Peoples' Voice Cafe, 40 E. 35th St., NY. Wheelchair accessible. Sug. donation \$20/12 for subscribers. For info call 212-787-3903 or see [peoplesvoicecafe.org](http://peoplesvoicecafe.org).

9:30 a.m. One World, One Breath: A Global Event. Be part of creating a wave of healing energy that circles the globe.

Learn tai chi moves. Join us for a simple qigong routine. See demonstrations of tai chi and kung fu. Free. All ages and abilities welcome.

## FRI, MAY 4

7:30 p.m. Brooklyn Contra Dance. If Swing and Square dancing met in a bar, you get Contra. Live music, bringing a partner is not necessary. A

great way to meet new people! Camp Friendship, 339 Eighth St., Brooklyn. \$15 General / \$12 Student / Volunteer. Dance Free. [www.brooklyncontra.org](http://www.brooklyncontra.org).

## SUN, MAY 6

BPL Chamber Players: The Claremont Trio. At the Dr. S. Stevan Dweck Center for Contemporary Culture Central Library, Brooklyn. Free.

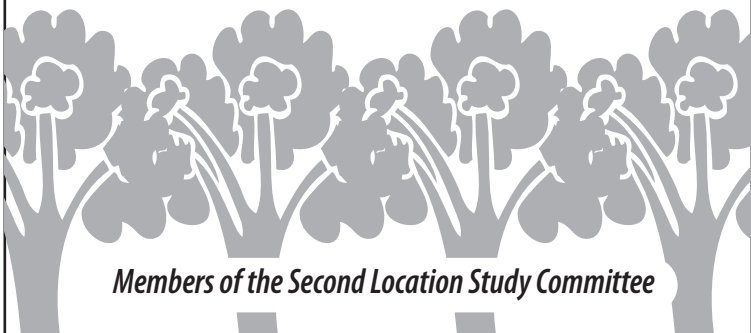
## HOW MIGHT THE PARK SLOPE FOOD COOP GROW AND CHANGE IN THE FUTURE?

**We are studying the possibility of a second location and need your input.**

Please take 15 minutes to fill out this community-wide survey and share your thoughts about a second Coop location.

[www.foodcoop.com/coop-location-survey](http://www.foodcoop.com/coop-location-survey)

Thanks for your time and cooperation!  
Survey ends May 1, 2018.



*Members of the Second Location Study Committee*



PHOTO BY KEVIN RYAN

## CLASSIFIEDS

## 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.

**HAIRCUTS HAIRCUTS HAIRCUTS.** Color, low lights, highlights, hot oil treatments. Specialist in autistic and special needs children and adults in the convenience of your home or mine. Kids \$20-up. Adults \$35+up. Call Leonora, 718-857-2215.

**PHOTO SCANNING SERVICES—** I can scan the negatives, slides and old prints that you've been meaning to but never got around to on my V750 Epson scanner. Any DPI and file size. Color correct and cleanup if you'd like. Contact Fred Becker 347-661-6634. [fbeckerphoto@gmail.com](mailto:fbeckerphoto@gmail.com).

**CV MOVING.** Professional and Experienced Mover. No job too big or too small. Providing a stress free move based on Respect, Trust and Communication. **YOUR MOVE IS OUR PURPOSE!** NYS DOT# T-39866. As required in all advertisements from licensed movers. Contact 917-822-9590 or [CVmoving.com](http://CVmoving.com) so we can assist!

**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 Wednesdays through Sundays.

## SERVICES-HEALTH

You are invited to my medication-free psychotherapy practice to receive healing for your overwhelming stress and anxiety. Psychiatrist with more than 20 yrs of experience. For more info visit [www.anxietyreliefpsychiatrist.com](http://www.anxietyreliefpsychiatrist.com) or call 718-570-7701. Albert Speranza, MD.

## 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).

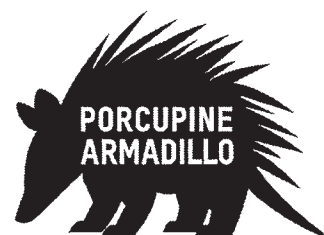
Submission forms are available in a wallpocket near the elevator in the entrance lobby.



Attorney Carol Lipton has been practicing law for decades with Barton L. Slavin, with offices in mid-town. We represent Accident Victims for Car Accidents, Slip and Falls and Construction Accidents; Sellers and Buyers of Co-ops and Condos; Estates and Wills, Guardianship, Business Litigation, Bankruptcy, and Civil and Family Court Appeals. We concentrate only in these areas of law. **718-436-5359 or 212-233-1010** [www.nycattorneys.com](http://www.nycattorneys.com)

New York Ski Club is looking for New Members! Our cabin is located in Center Berlin, New York; we ski at Jiminy Peak, 20 minutes away

The Affordable way to ski and enjoy the Berkshires year-round -Kind of Like Indoor Camping w/friends Guest Weekend is St. Patricks' Day weekend FMI call Paul 908-723-3706



Video content for brands that just want to be loved.  
[PORCUPINEARMADILLO.COM](http://PORCUPINEARMADILLO.COM)

**PLEASE RETURN FOOD COOP BOX CUTTERS AND PENS TO THE FOOD COOP, IF YOU HAVE THEM IN YOUR POCKETS OR AT HOME.**



**THANKS FOR YOUR COOPERATION.**

## WE NEED YOUR HELP!

**Greene Hill Food Co-op is relocating to Fulton St. and needs your support.**

**DONATE** to help build our new location. Even \$5 gets us toward our goal. Visit: [igg.me/at/greenehillfoodcoop](http://igg.me/at/greenehillfoodcoop)

If you want to **help with the move** or have a **specialized skill** such as carpentry or painting that could assist with our build out, please contact [move@greenehillfood.coop](mailto:move@greenehillfood.coop)

☆ EXCITING WORKSLOT OPPORTUNITIES ☆

**VITAMIN WORKERS**  
**Flexible Hours**

Looking for workers to work exclusively with supplements and vitamins both in the aisle and in the basement. You will be working directly under the vitamin buyer. Must have extreme attention to detail. Flexible hours: we will work together to find a time that works for both of us. Involves extensive training so must commit to the shift for one year. Please email Jessa at [jessa\\_fisher@psfc.coop](mailto:jessa_fisher@psfc.coop) to inquire.

**COUPON INVOICING**  
**Sunday, flexible start time**

This is a task-oriented job that requires a lot of attention to details. Must be able to work independently and be comfortable using Macintosh computers. Must be able to do one longer-than-normal shift at the end of January each year. Since training is required, must be able to commit to work-slot for at least six months.

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

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

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

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

**BATHROOM CLEANING**  
**Tuesday, 12 to 2 p.m.**

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

**RECEIVING PRODUCE**  
**Monday through Friday,**  
**5 to 7:30 am**

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.

**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).



**ecokvetch**

the environmental  
committee blog

**Tip of the  
MONTH!**

**Keep your freezer full—even if you just fill it with jugs of water. It will use way less electricity—which equals less pollution. Similarly, letting hot food cool down before freezing or refrigerating it cuts down on the appliance's electricity use.**

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

**THANK YOU!**

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

Claire Adams	Nicholas Cope	Morgan Karabel	Natalia P.	Emily Schenkein
Ade	Marcos Toto Cullen	Laura Karlen	Meredith Padgett	Zafir Schop
Sapna Advani	Helen Dames	Stephanie	Padmini	Seb
Camella Aitcheson	Liora Danan	Kauffman	Narumanchi	Jeri Silverman
Anna Avrekh	Samuel Davidson	James Kizer	Jamie Penkethman	Sonia Singh
Ben B.	Nedda De Castro	Caroline Kolb	Jamie Pietras	Andrew Sloat
Giulia Basile	Jeremy Deaton	Morris Kornbluth	Amy Potter	Eiko Teshirogi
Nicole Baum	Dan Edelstein	Sarah Koshar	Rebecca Pronsky	Lia Tsarnas
Stephane Bee	Elisa G.	Yannick Lanner-	Gianluca R.	Savannah Turley
Yevgeniya	Andrew Gladstone	Cusin	Rachel Rabhan	Matthew Van Oss
Berelekhis	Karen Gibbons	Marilyn Lee	Rebecca	Louisa Wah
Tammy Burgess	Elizabeth Gollan	Laura Leopardo	William Redekop	Joseph Weissman
Lisel Burns	Zipi Green	Carly Liebman	Cecelia Rembert	Erica Wolff
Claire C.	Raffaella Hanley	Stephen Maples	Carolyn Robbins	Camilla Yohn-Barr
Julia Calderone	Caitlin Hersey	Neeta Menon	Scott Roben	Jeremy Zimmerman
Oleksandra Chorna	Daniel Hersey	Andrea Morrell	Raquel Rosario	
Michael Clancy	Matthew Hoagland	Angela Mulligan	Natalya Rovynskaya	
Catherine Clark	Heather Hogan	Valerie Nero-Reid	Sarah Ruel-	
Ben Cohen	Alexandra Jones	Sverrir Norland	Bergeron	

**Have you lost something  
valuable?**

**Perhaps you lost it at the  
Park Slope Food Coop!**

**Come up to the  
Membership Office to  
reclaim your valuables.**

