

# LINEWAITERS' GAZETTE

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## Let Them Eat Candles

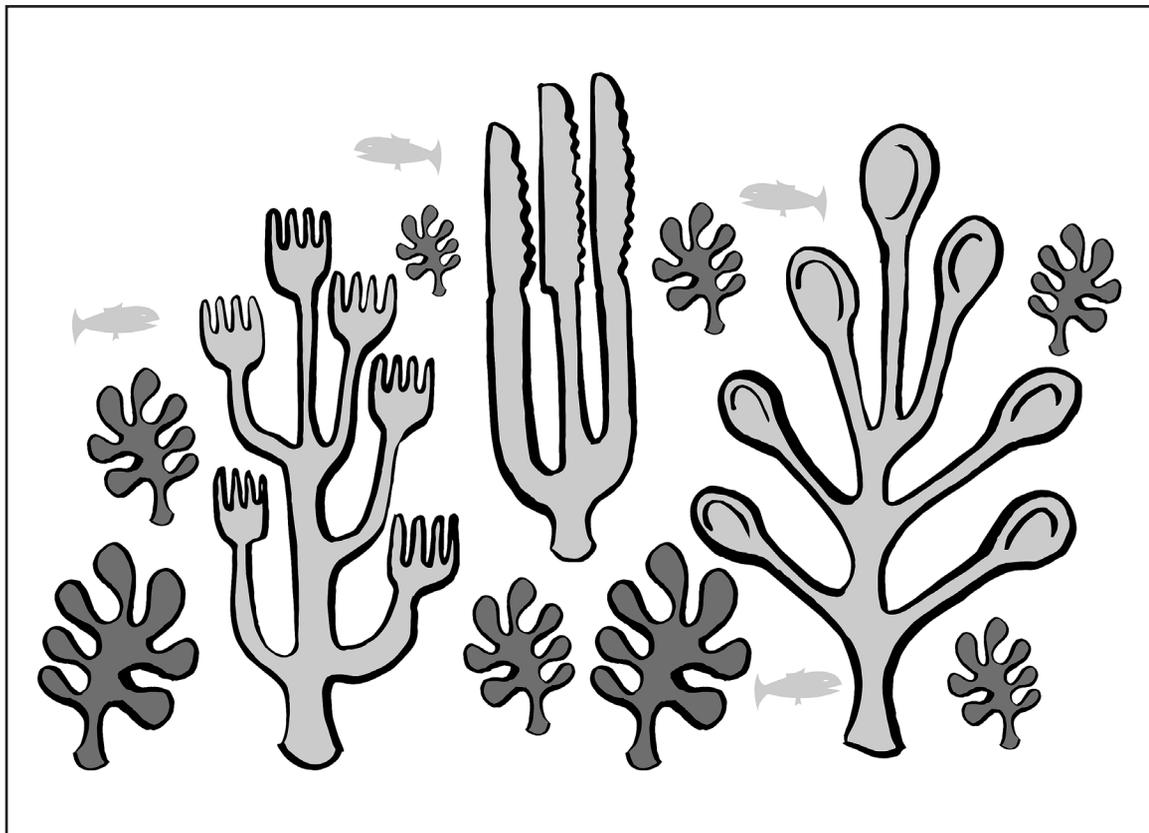


ILLUSTRATION BY VALERIE TRUCCHIA

By Rene Brinkley

**B**irthday celebrations typically are joyous occasions filled with traditions like parties, gifts, songs, and cakes topped with candles.

However, several years ago, when Loree Sandler was hosting her son's 12th birthday, the Illinois stay-at-home mom was appalled by one of these traditions: the candle dripping wax on the cake she baked.

"I thought why are we putting something we can't eat, on something we can eat. It just didn't make sense," Sandler recalled.

That question started her down an entrepreneurial path to create a better candle. Trained as an architect,

Sandler returned to school to learn about pastries and chocolate.

Three years later she launched her company featuring handcrafted chocolate candles. They come in milk and dark chocolate, feature colorful designs, and come in packs of three. They are available at Sandler's online shop, Let Them Eat Candles, and at retail shops across several states.

The candles have tiny wicks that burn just about as long as it takes to sing "Happy Birthday." The remainder can easily be removed. "I'm excited to see how far I can go with this," Sandler remarked. "My dream is a chocolate candle on every cake."

### Drowning in Plastic

Sandler is part of a group of entrepreneurs who are reimagining everyday products into edible items. They are driven to create by a variety of reasons. Sandler's motivation was based on aesthetics and keeping wax away from food.

Others are entering this space motivated by a desire to reduce waste. A study published last year by the journal *Science Advance*, found that 91% of plastic is not recycled. The majority of it ends up in the ocean, harming wildlife.

The World Economic Forum estimates that by 2050 the ocean will contain more plastics than fish.

CONTINUED ON PAGE 2

## Forage!

### New Foraging Cookbook Encourages Us to Eat More Wild Plants

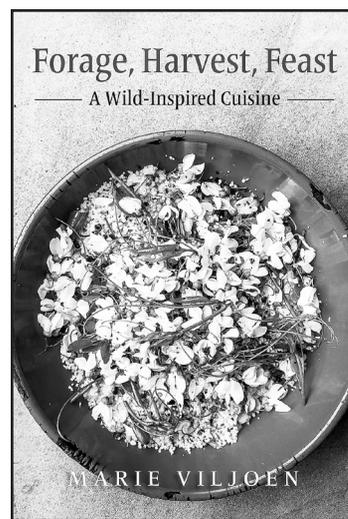


PHOTO BY CAROLINE MARDOK

By Leila Darabi

**A**round 6 p.m. on one of the last days of summer, Marie Viljoen pulled up to the Atlantic Avenue entrance of Brooklyn Bridge Park on a white bicycle.

It was very hot and very sticky, even this late in the day and this close to the waterfront. Yet you wouldn't have known this looking at Viljoen, who appeared immune to humidity in a crocheted white top and flowy white linen pants.

### Rediscovering the Local Park

From a wooden wine crate attached to the back of her

bike, Viljoen plucked a tote bag and, without locking it, leaned the bike against a bench for safe keeping. She and I have come to the park to taste wild plants.

"Ooh, look, beach plums!" Viljoen called out as we stepped into the park, handing me a sweet and tart snack. "I don't have any issues picking the fruit here because you're not displacing anything," she shared.

As I munched on my tiny beach plum, Viljoen recounted her journey to authoring the recently released cookbook *Forage, Harvest, Feast: A Wild-Inspired Cuisine*. It's a guide to cooking with wild and foraged plants.

### The Tiniest Floral Kingdom

Born in Bloemfontein, South Africa, Viljoen moved with her family to Cape Town at the age of 12. There, surrounded by new and diverse plants and raised by a mother who loved to garden, she started to study botany.

Because the Cape comprises one of the six floral kingdoms of the world—the Amazon rainforest is another—Viljoen had

CONTINUED ON PAGE 4

### Next General Meeting on October 30

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The October General Meeting will be on Tuesday, October 30, at 7:00 p.m. at **St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

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

**BIKE VALET**

**IMPORTANT INFORMATION**

There will be less space available for bike parking until the end of the Bike Valet season, due to work being done on the Coop roof.

**PLEASE PLAN ACCORDINGLY**  
as you might have to lock up outside of bike valet.

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## Candles

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Plastic is also piling up in landfills, where it can leach harmful chemicals into groundwater and pose a risk to human health.

Societies around the world are starting to address this global problem. One of

the biggest efforts to date is a massive clean-up of a gigantic patch of garbage floating in the Pacific Ocean. The ocean cleanup effort officially started earlier this month. In the meantime, entrepreneurs around the world are coming up with their own creative solutions to the plastic waste problem.

## Eat Your Plate

“Clean your plate” is a popular phrase often told to children to encourage them to eat all their food. But instead of “clean the plate,” what if we could tell kids to eat their plates?

This is now possible thanks to Jerzy Wysocki, a Polish wheat farmer. In the 1990s Wysocki was looking for ways to use excess wheat bran, which is typically used as animal feed or fertilizer. Wysocki started experimenting and discovered he could turn the

grain into fully biodegradable disposable tableware. It took over a decade to develop the manufacturing process that creates the tableware. The product was released to the commercial market under the name Biotrem in 2015 and now churns out an estimated 15 million units annually.

*Instead of “clean the plate,” what if we could tell kids to eat their plates?*

While it’s true that you can

take a bite out of the plate, Biotrem products have several other consumer-friendly features. They can be used in the oven and microwave. They can hold hot and cold items. And for those who would rather dispose of their plate instead of eat it, they disintegrate in 30 days.

Artur Bednarz, a marketing specialist for Biotrem, pointed out a few additional environmentally friendly features. He said Biotrem products are made from a natural raw material which is already available in large volumes almost everywhere around the globe.

The production of the products releases less carbon dioxide emissions than other disposable materials. Bednarz explained: “One kilogram of polystyrene disposable plates or cups generates in total around 8.5 kg of CO<sub>2</sub> [carbon dioxide]. Meanwhile one kilogram of wheat bran plates or bowls generates in total—considering the whole wheat cultivation process, transportation, processing and utilization—around 1.3 kg of CO<sub>2</sub>.”

He said one of the most important benefits of Biotrem products is that they can be turned into fertilizer for future crops instead of being dumped in a landfill.

Biotrem currently creates tableware and cutlery. The items are currently available in over 40 markets around the world. U.S. consumers can purchase the product online at Verifoodus.com or on Amazon.

Given the wide availability of wheat bran, Bednarz envisions that Biotrem could one day dominate the disposable category. He stated: “From one ton of wheat bran we can produce up to 10,000 plates or bowls. Globally, the milling industry produces around 160 million tons of wheat bran a year and most of it is simply wasted or at least utilized in the wrong way.”

Bednarz estimated that the excess wheat bran could be turned into around 1.5 trillion plates, bowls, cups and other tableware. “This is practically the entire global annual demand for disposable tableware,” he said.

## The Last Straw

In the fight against plastic, an evil villain has emerged. That villain is on the tip of everyone’s tongue and is none other than the ubiquitous plastic straw.

People all over the world use plastic straws; Americans

# THE FOOD CLASS

is seeking “chef instructors” for the monthly Food Class occurring **the first Thursday of the month 5:45 to 9:30 p.m. in the 2nd floor kitchen.**

“Chef instructors” would work one class: demonstrate 3-4 recipes assisted by team members for an audience; attendees receive tastings. Recipes highlight Coop products, relate to food culture, nutrition, and/or cooking techniques. Professional training not necessary but helpful.



FTOP credit would be earned for prep and class time.

Please contact [parkslopefoodclass@gmail.com](mailto:parkslopefoodclass@gmail.com) to propose a class.



ILLUSTRATION BY VALERIE TRUCCHIA

## PLASTIC PACKAGING RECYCLING

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

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

### For Coop members only

Please be prepared to show your Coop membership card.

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

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

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

**Plastic food storage zip lock bags** (any size), plastic cling wrap, and small bulk bags.

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

### For all community members:

Pre-sort and separate according to the categories below.



- Toothbrushes and toothpaste tubes
- Energy bar wrappers and granola bar wrappers
- Brita water filters and related items (other brands also accepted)
- Cereal and cracker bags/box liners



**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? 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)



# LINEWAITERS' GAZETTE

seeks members with InDesign knowledge for the production teams.



Be one of a four-member team that works every eight weeks on Sunday at the Coop. You must have extensive knowledge of InDesign for print.

Please send inquiries to [annetteATpsfcDOTcoop](mailto:annetteATpsfcDOTcoop).

use an estimated 500 million a day. Anti-straw warriors have emerged in the form of organizations that include The Last Straw, Strawfree.org and Strawwars.org. These groups aim to educate the public and recruit members for the anti-straw revolution. Hashtags in the revolution include #stop-sucking and #plasticsucks.

The movement has seen a number of successes this year. Seattle became the first major city to enact a ban on plastic straws and several other cities are considering or have proposed a similar ban. The U.K and Taiwan both announced bans on single use plastic items which include straws. Several major corporations, including Starbucks and American Airlines, have also announced plastic straw bans.

Cities, countries and companies are searching for plastic straw alternatives which include compostable plastic straws, reusable metal straws and paper straws.

Entrepreneurs are stepping in with more colorful solutions. Loliware, a startup that achieved fame in 2015 when its founders appeared on Shark Tank featuring an edible cup, has come up with what they say is the “world’s first edible, hyper-compostable, marine-degradable straw aimed at replacing plastic straws.”

The Lolistraw, as it is called, is made from a seaweed based material. It will be available for purchase in October and will come in various colors and flavors.

The founders, Chelsea Briganti and Leigh Ann Tucker, are industrial designers who created a straw designed to disappear. Their website

states: “Lolistraw creates new value after it is used in three key ways—by transforming into plant fuel through composting, machine fuel through anaerobic digestion, or human fuel through eating.”

*Cities, countries, and companies are searching for plastic straw alternatives which include compostable plastic straws, reusable metal straws and paper straws.*

The entrepreneurs have raised over \$100,000 on

crowdfunding sites and earlier this year announced a partnership with a spirits and wine company, Pernod Ricard.

**The Future of Food**

As societies work to reduce toxins in the food supply and plastics in the environment, we can expect to see more entrepreneurs experimenting with seaweed, wheat bran, chocolate and other ingredients in an effort to create eco-friendly alternatives.

These edible products are mostly available for purchase online. The road to the supermarket shelf, including the

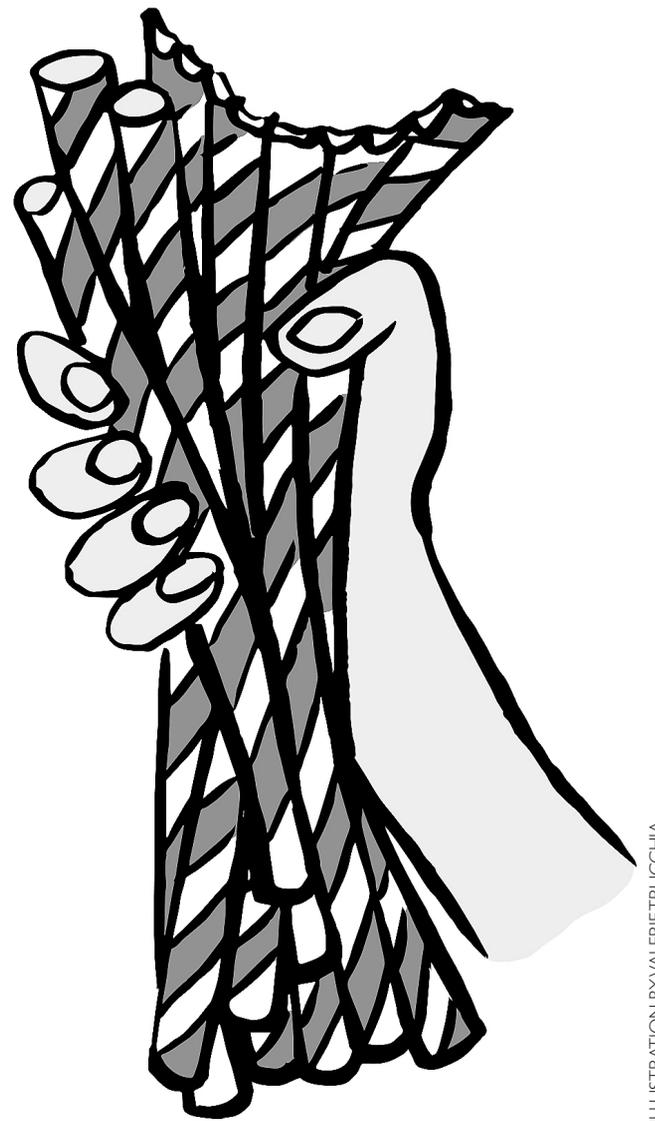
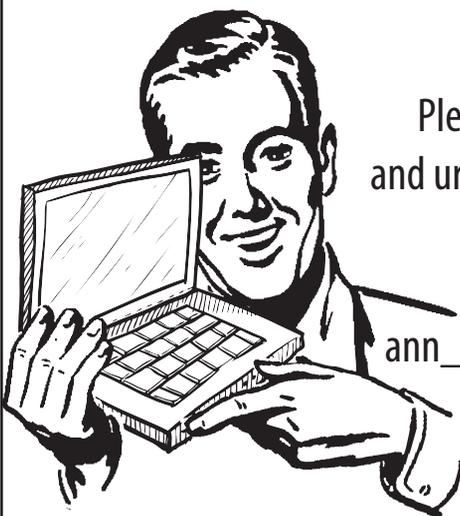


ILLUSTRATION BY VALERIE TRUCCHIA

**SPECIAL WORKSLOT OPPORTUNITY!**

**Web/Front-End Designer needed to work on cooperative alliance project. EXPERIENCE WRITING WORDPRESS THEMES REQUIRED.**



Please send portfolio and urls of live sites that use your work to:  
GC Ann Herpel at [ann\\_herpel@psfc.coop](mailto:ann_herpel@psfc.coop)

Park Slope Food Coop shelf has been more challenging.

Liz Christ, a buyer for the Coop stated: “We did at one time carry Preserve brand plates and bowls that could be consumed but they did not sell well. My guess is the price

point.” She went on to say that the Preserve products, which are nontoxic and not marketed as edible, were more expensive than other compostable tableware offered in the store. Preserve was pulled from the Coop shelves after six months. ■

**Sudoku**

Sudoku is a puzzle. You are presented with a 9x9 grid of squares, and that grid is divided into 3x3 zones.

You solve the puzzle by filling the empty squares with single-digit numbers so that every zone, column and row uses each of the numbers from 1 to 9.

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

Puzzle author: Abdul Powell. For answers, see page 14.

**3 REASONS TO REGISTER FOR MEMBER SERVICES ON THE WEB!**

- Never miss your work shift again! Member Services displays future work shift dates, including FTOP.
- Avoid surprises at the entrance desk: check your status before coming to the Coop!
- Review details of your membership without calling the Office!

Ready to enroll? Go to [foodcoop.com](http://foodcoop.com) and click on “Member Services” in the upper right-hand corner to get started.

**HINT:** You will need your email address on file at the Coop to register. Don’t remember that email? Visit the Office in person to verify or update your email.

## Cookbook

CONTINUED FROM PAGE 1

access to a wealth of botanical literature. From an early age she began “geeking out on indigenous plants,” she said.

“Cape Town is the tiniest floral kingdom, but it’s the most diverse,” she said, describing the joy she found in learning about the seasonal changes in local plants and flowers.

As a young woman, Viljoen began to sing opera. Music eventually drew her to Washington, D.C., where a mysterious bout with whooping cough forced her to take a break from singing.

During this time, she got a job at a local plant nursery and rediscovered her childhood love. As she learned

more about what grows in the Northeast of this country, she launched a business designing backyard and terrace gardens, focusing on indigenous plants.

### Foraging Tours

For nearly 20 years, Viljoen has called Brooklyn home (although she isn’t a Coop member). She still designs gardens for certain “well heeled” New Yorkers, but her focus has shifted to food, she said.

Writing about edible plants, authoring cookbooks and leading urban foraging tours now make up the bulk of her livelihood.

“I approach foraging not as means of survival, but as a cook and imbibor looking for new ingredients and fla-



PHOTOS BY CAROLINE MARDOK



**eokvetch**

the environmental  
committee blog

## Tip of the MONTH!

**Save electricity by skipping the dry cycle on your dishwasher—crack open the door, turn off the machine and let your dishes air dry instead.**

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



Receiving Coordinator Eric Vasquez displays a forager’s harvest at the Coop.



PHOTO BY CAROLINE MARDOK

vors," she states on the foraging section of her blog, 66squarefeet.blogspot.com. It's named for the size of her terrace in a past apartment.

#### A Wild Picnic

Viljoen had put together a wild picnic for our mini tour of Brooklyn Bridge Park, a culinary and visual delight—all from recipes in her new book. From her tote bag emerged small metal tins, each hiding a treat. We had mugwort and yogurt lamb with beach plum dipping sauce (page 256); yogurt cheese with wild herbs (page 194); mugwort olive oil crackers (page 250) and best of all, bayberry beach plum gin (page 31).

The strained yogurt and lamb accented by fruit evoked the Middle Eastern flavors I grew up eating. But it was her presentation that left a lasting impression.

Viljoen had not only seasoned the kebabs with mugwort, but used the thick stems of this wild plant as skewers. Before topping our infused gin with seltzer, she plopped in wisteria ice cubes (page 441) with pretty purple buds suspended in the ice. She had also pressed wild herbs into the yogurt cheese along with a pretty pattern of fermented elderberry capers (page 135).

#### Do It for the 'Gram

The overall effect of the presentation was both rustic and stunning, absolutely photo worthy. Indeed, Viljoen said there's an international and educational foraging community on Instagram (Viljoen's handle is @66squarefeet), many connected by the hashtag #WildFoodLove.

I asked Viljoen if she had followed the story of Johnna Holmgren, a Minnesota-based Instagram star who shares photos of herself, her husband and their young children farming and foraging under the handle Fox Meets Bear. Just two weeks before our picnic in the park, Holmgren's foraging cookbook had been recalled for recommending "potentially toxic" recipes based on foraged foods, according to news reports. One of the book's suggestions that received particular attention was to dip morel mushrooms in chocolate. Critics pointed out that morels should be cooked before they are eaten.

*"I approach foraging not as means of survival, but as a cook and imbibers looking for new ingredients and flavors."*

Viljoen said she has "mixed feelings" about the ordeal. She said her publisher first alerted her to Holmgren's book, *Tales from a Forager's Kitchen*, as potential competition. Yet when critics began to attack the other author, she said she couldn't bring herself to join in. "It was so vicious that I found myself feeling sorry for her," she said.

#### Wild Menus

Viljoen didn't include any mushrooms in her book, in part due to the safety concerns that did in her competition and in part because she had so many other flavors to choose from.

"It's new flavors! Everyone's like 'why do you forage?' and I'm like 'why doesn't everyone forage?' Here's a flavor we don't have," she said.

*Forage, Harvest, Feast* is divided into 36 chapters, each featuring a different plant. Twelve of them can be found in season at the Coop (amaranth, burdock, dandelion, elderberries, fiddlehead ferns, field garlic, lamb quarters, nettles, pawpaw, persimmon, purslane and ramps).

Others, like pokeweed and prickly ash, are less common and mainly found by foraging. Each chapter starts with background on the plant, where and when it grows and what familiar plants it tastes like. The descriptions are followed by a handful of recipes.

#### Cooking with Weeds

Following our walk, I made a purslane, onion and cucumber salad sprinkled with sumac, following a recipe from the book. I found the purslane at the farmer's market. Viljoen describes its taste "like succulent baby spinach, with some sourness."

I bought the sumac in a little baggy from the Coop. It's a spice my Iranian family sprinkles on kebabs, so it would never have occurred to me to put it in a salad. But, with red onion, cucumber and a light vinaigrette, the tangy sumac blended well with the delicately sour purslane greens. The dish went over very well at the Labor Day rooftop party I attended—and made for a great conversation piece.

Bolstered by this success, I set off to Prospect Park in search of mugwort—which cannot be found at local green markets or the Coop. Marie suggested I look around Lookout Hill, and with those instructions, I quickly found vast swaths of the mildly fragrant weed.



Once home, I followed the book's recipe for mugwort olive oil crackers. Though subtler in flavor than the dandelion salad, the green speckled homemade crackers drew accolades on social media alongside requests from friends to forage together in the future.

*Forage, Harvest, Feast* is available from Chelsea

Green Publishing ([www.chelseagreen.com/product/forage-harvest-feast](http://www.chelseagreen.com/product/forage-harvest-feast)) and Coop members may use offer code FHF35 at checkout for a 35% discount. ■



## Hearing Officer Committee SEEKS NEW MEMBERS

The Hearing Office Committee is seeking two new members. The committee conducts and presides over disciplinary hearings, ensures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines what disciplinary action should be taken against the member. Applicants should be Coop members in good standing for at least two years and have good attendance records. Judicial, arbitration, or legal backgrounds a plus, but not required. Experience running meetings is desirable.

Members of the committee meet and earn workslot credit on an as-needed basis only, that is, when hearings are required. Therefore these members must maintain regular Coop workslots in good standing or be FTOP members in good standing.

The nature of the committee's work requires that all members maintain strict confidentiality with respect to all matters on which they work. The committee seeks an applicant pool that reflects the diversity of the Coop membership at large.

Those interested, please telephone  
Marian Hertz of the Hearing Officer Committee  
at 212-440-2743.

# Fish Oil: The Benefits and Controversy Behind a Popular Supplement

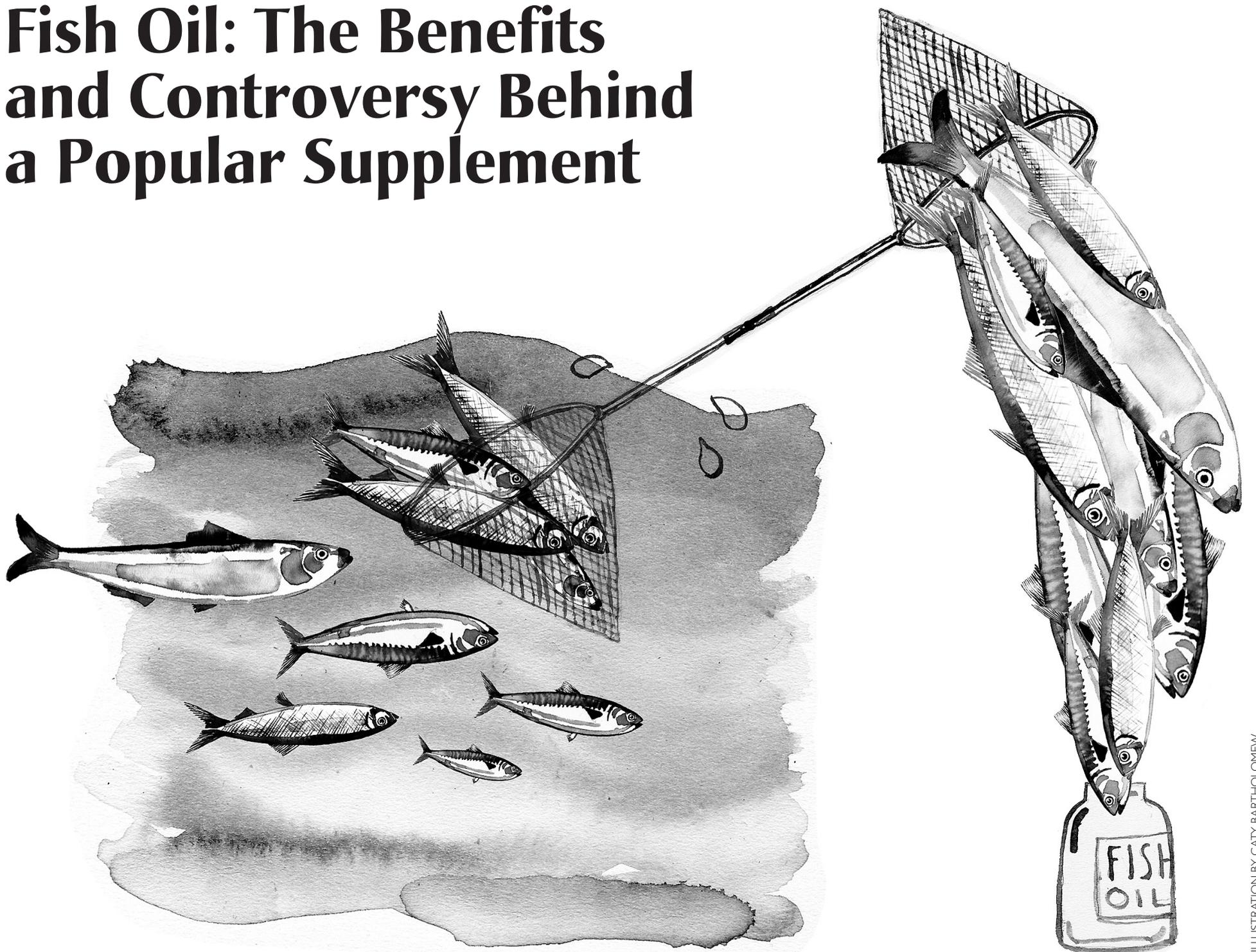


ILLUSTRATION BY CATY BARTHOLOMEW

By Jess Powers

Fish oil supplements are often recommended by health and medical professionals for many types of preventative care. They are high in omega-3 fatty acids and are said to benefit cardiovascular, cognitive, mood, and immune system health.

But a recent book by journalist Paul Greenberg raises questions about their effectiveness. The book—*The Omega Principle: Seafood and the Quest for a Long Life and a Healthier Planet*—also points out that fish oil supplements may have a negative impact on the environment.

The good news for Coop shoppers is that our choices are generally better than at other retailers.

## Purported Health Benefits of Fish Oil Supplements

Humans can't produce omega-3 fatty acids, so eating foods high in these healthy fats is usually considered the best option for

getting the health benefits.

Fatty fish—especially wild-caught salmon, mackerel, tuna, herring, anchovies, and sardines—as well as flax seeds, and nuts (walnuts in particular) are good sources of the nutrient. Since most people don't consume enough omega-3 fatty acids through food, supplements are a good alternative. They are even available in higher doses by prescription.

Fish oil supplements are proven to lower high triglycerides, a type of fat in the blood. They reduce inflammation, the underlying cause of most disease, and doctors may advise taking them for a host of conditions.

Proponents of fish oil supplements claim that they have numerous other benefits, including reducing the risk of heart disease, cancer, and stroke. And they supposedly help with mobility, pain, arthritis, or swelling and fight brain ailments such as Alzheimer's disease, anxiety and depression.

Likewise, proponents claim there is evidence that fish oil supplements help or support people with diabetes, eye disorders, and asthma, while promoting immune system function, healthier skin and hair, fertility, and weight loss.

With such a long list of purported benefits, it's no surprise that some people are skeptical of the supplements' effectiveness.

*Greenberg argues that fish oil supplements have a "very limited effect."*

In *The Omega Principle*, Greenberg examines these claims and argues that fish oil supplements have a "very limited effect." He says that the supplement industry relies on association studies (such as, people who eat more fish also tend to have better cardiovascular health) rather than randomized clinical trials. Arguably, nutritional research is unreliable.

People who take the sup-

plement seem unfazed by the latest counterclaims. Anna Kowalska, a graphic designer, part-time personal trainer, and avid cyclist who lives in Sheepshead Bay, says: "There are mixed opinions about every aspect of life. Anything."

Kowalska says fish oil has had a positive impact on her own hair, nails, skin and gut. She said she plans to continue using it, particularly because she eats a diet low in animal protein.

Jessa Fisher, the vitamin and supplement buyer at the Coop, says that people use their own intuition, listen to their doctors, or do their own research when considering supplements. She says she's aware of some studies that have come out saying that claims about fish oil aren't supported.

But the research parameters are often very limited. She adds: "Just because a certain brand at a certain dose on a certain population for a specific condition was proven to have no effect compared to

a placebo doesn't mean that it wouldn't work for other things in other circumstances."

*Sales of fish oil products at the Coop are steady. They are in the top 10 or 15 items sold in the vitamin and supplement section.*

Regardless, sales of fish oil products at the Coop are steady. They are in the top 10 or 15 items sold in the vitamin and supplement section.

## But What About the Taste?

Some consumers complain about the flavor of fish oil or its tendency to "repeat" the fishy taste. Fisher says that she and her family enjoy Barlean's Fish Omega Swirls (located on the top shelf of the yogurt case.) She says: "They are so delicious, you would never know they were fish oil. My whole family eats them. My one and one-half and five-year old love them."

The oils are emulsified and blended with flavors like pineapple, mango, passion fruit, and lemon. She says they can even be mixed into yogurt, topped on ice cream, or used in place of maple syrup on a waffle or pancakes.

**Sourcing from Sustainable Producers**

The other concern about fish oil supplements is sustainability and the impact their production has on the ocean ecosystem. One eighth of all of the fish caught on the planet, Greenberg says, are caught, ground into animal feed, or boiled into dietary supplements.

He recommends consuming pelagic fish (like the anchovies or herring that are used in supplements) and farmed bivalves (mussels, clams, or oysters) directly rather than taking supplements. They have the added benefits of being lower in contaminants like mercury and actually filter the marine environment, respectively.

But not all fish oil supplements are created equal. Many are sourced from fisheries, and some anchovy and sardine fisheries have reputations for being very well managed. Most of the fish oil products sold at the Coop have some kind of certification for standards in working with sustainable fisheries and aquaculture.

*The other concern about fish oil supplements is sustainability and the impact their production has on the ocean ecosystem.*

The Coop sells fish oil supplements in both liquid and capsule form. Fisher says that the brands are very reputable,

well established, and trusted. Carlson Labs, for example, a family-owned company since 1965, regularly wins awards for its fish oil and as a health food store supplement brand.

Minami Platinum Omega-3 Fish Oil by Garden of Life obtains its fish from “sustainably managed waters,” according to its website. The company is a certified B Corporation, a for-profit business that is legally required to take worker rights, the supply chain, community, and environmental impact into account in its decisions. It also claims to be the “only fish oil in the world to receive EMAS (Eco-Management and Audit Scheme) status—a highly stringent European standard” for environmental performance.

Barlean’s, founded by a fisherman in the Pacific Northwest, uses wild caught fish from cold and clean waters. The small fish used for fish oil accumulate fewer toxins because of their relatively short life span and size.

NOW, which has manufactured supplements since 1968, has extensive information about testing, safety, and quality assurance on its website. The company uses Antarctic krill, a kind of miniature shrimp and one of the “planet’s most abundant animal biomass,” the website explains.

A krill fishery management commission sets precautionary catch limits. Recently, the catch limit was regulated to 2.7% of the total biomass, but less than 0.6% of the biomass of krill was actually harvested each year.

One critic of some parts of the mass produced fish oil business is Brett Tolley, a former Coop member for eight years who now lives in Massachusetts in order

to be closer to his family and fishing community. He works at the Northwest Atlantic Marine Alliance, a fishermen-led organization which builds a movement toward healthy fisheries and fishing communities.

He explains that the fish used in fish oil supplements—krill, herring, menhaden, and anchovy—are the base of the marine food chain. “They are extracted from the ocean as part of a global industrial-scale supply chain by factory fishing vessels for the purpose of grounding up into fish meal and fish oil, primarily to feed industrial aquaculture and factory livestock production,” he says. Fish oil is a byproduct of that process.

Such high levels of extraction put stress on the predators that rely on these fish for food. In New York waters, limits on commercial fishing of menhaden—also known as bunker fish—led to a resurgence of the fish that attracts whales and dolphins and reduces excess nitrogen in the water.

Locally, stocks of cod and herring, respectively, are in trouble. Tolley encourages readers to support community-based fishermen, particularly local fishers off the coast of Long Island. He says that monkfish and skate livers may support a values-based approach to yielding fish oil from species and fish parts that might otherwise go to waste.

Certifications, he argues, mask the real question of who is doing the fishing. Tolley explains: “We believe when it comes to who should catch our seafood, connection to coastal communities creates a much stronger sense of conservation and stewardship than a connection to Wall Street.” ■

**WORD SPROUTS**  
THE PARK SLOPE FOOD COOP'S READING SERIES

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

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

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



**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



PHOTO BY KEVIN RYAN

# 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 via e-mail to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop).**

**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, October 19, 8:00 p.m.

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



## PROSPECT CONCERTS



**Tomas Rodriguez** has developed a unique repertoire for solo guitar performance that is rooted in his ancestry and guided by the diverse styles of music that have inspired him. Rodriguez' own compositions, as featured on his new recording "Ruminations," emerge from his diverse musical inspirations, including original Brazilian choros, Venezuelan waltzes and flamenco granainas. He is joined by **Urbano Sanchez**, percussion, and **Barry Kornhauser**, cello and a few surprise guests TBA.

It's hard to describe the music of **Miwa Gemini**. The songs are soaked in a whiskey barrel that's a hundred years old, dried off on the balcony of an apartment somewhere in 1920s Paris, then polished by the hustle and bustle of New York City. Their unique blend of watertight harmony is accompanied by a simple, yet intricate, instrumentation, and their infectious melodies will have you smiling in no time.



[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

park slope  
FOOD COOP

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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Index: Len Neufeld

Advertisement: 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.

Amarie Baker  
Stephanie Banham  
Herwin Paul Bautista  
Mariscelle Bautista  
Jonathan Bell  
Elena Bertozzi  
Jessica Bird  
Amanda Brown  
Claire Burniat  
Marc Canellas  
Jeremiah Carr  
Xiomara Castro  
Kexin Cha  
Joanne Peien Chua  
Christina Corrales  
Laura Corrin  
Joel Cunningham  
Sholeh Dalai  
Pauline Defaux

Stephani Deluca  
Kevin Dempsey  
Louisa Denison  
Alexis Dennis  
Anatalia Diaz  
Scott Dougan  
Tracey Douglas  
David Dreilinger  
Samantha Dreilinger  
Daniel Eddy  
Henrik Ekwall  
Liam Epstein  
Jill Everett  
Samuel Feldman  
Kaitlyn Ferrara  
Devra Ferst  
Antrico Forbes  
Daniel Forman  
Patrick Gallo

Sherry Garrison-Taylor  
Joshua Geller  
Michelle Geller  
Vanessa Gezari  
Ashley Ginzburg  
Daniel Ginzburg  
Kari Godsill  
Saul Guerrero  
Daniella Guetta  
David Guetta  
Rachel Haga  
Curtis Mae Harbison  
Colleen Harriss  
Mark Humburg  
Pablo Jansana  
Elian Jeifez-Neiman  
Hesper Juhnke  
Shana Knizhnik  
Nora Komposch

Rebekah Carlyn Krulee  
Mary Jane Kwan  
Alix Lambert  
Cosima Langer  
Samuel Lee  
Madeleine Levin  
Lydia Lichtiger  
Maria Lixouriou  
John Lopez  
David Guetta  
Arthi Madhusudhan  
Alice Makham-Cantor  
Chris Manno  
Jennifer Maravillas  
Marcela Marzumillaga  
Tim McAleer  
Sandra McClean  
Montoya  
Donna Mehrabi

David Mettler  
Kimberly Mettler  
Joshua Milowe  
Giulio Minguzzi  
Ulrika Modeer Eriksson  
Pontus Modeer  
Rio Morales  
Gillian Moran  
Alex Morera  
Jackie Morgan  
Michela Moscufo  
Patrick Needham  
Tal Neiman  
Galicia Outes  
Fernanda Penfold-Perez  
Mercedes Perez  
Rachel Perkins  
Amber Pesklevis  
Alan Pierson

Nicholas Pohl  
Theodore Poulis  
Danielle Puret  
Madhu Raghunathan  
Firdaus Rashid  
Emily Rehberger  
Eliza Rose  
Kaitlin Ruggiero  
Sasha Rydlizky  
Leah Samuels  
Sara Sarakanti  
Vicent Sendra Ibarra  
Almog Sharvit  
Andrea Silenzi  
Robert Singleton  
Carl Snodgrass  
Rob Spenser  
Eva Stanton  
Avi Stein

Meredith Steinhaus  
Megan Steintrager  
Reed Swier  
Winston Taylor  
Will Van Sant  
Peter Velsey  
Yuko Velsey  
Mathieu Volpoet  
Morgann Volpoet  
Lauren Whitehead  
Adam Wile  
Laura Wile  
Bob Williams

## 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).

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, OCTOBER 2

AGENDA SUBMISSIONS: 7:30 p.m.

Submissions will be considered for the October 30 General Meeting.

## TUE, OCTOBER 30:

GENERAL MEETING: 7:00 p.m.

## Gazette Deadlines

## LETTERS &amp; VOLUNTARY ARTICLES:

Oct 11 issue: 12:00 p.m., Mon, Oct 1

Oct 25 issue: 12:00 p.m., Mon, Oct 15

## CLASSIFIED ADS DEADLINE:

Oct 11 issue: 7:00 p.m., Wed, Oct 3

Oct 25 issue: 7:00 p.m., Wed, Oct 17

## 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, October 30, 7:00 p.m.

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

## Location

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

## How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Ann Herpel at the Coop.

## Meeting Format

**Warm Up (7:00 p.m.)** • Submit Open Forum items

• Explore meeting literature

**Open Forum (7:15 p.m.)** Open Forum is a time for members to bring brief items to the General Meeting.

If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

**Reports (7:30 p.m.)** • Financial Report • Coordinators' Report • Committee Reports

**Agenda (8:00 p.m.)** The agenda is posted on [foodcoop.com](http://foodcoop.com) and may also appear elsewhere in this issue.

**Wrap Up (9:30-9:45)** • Meeting evaluation • Board of Directors vote • Announcements, etc.

## Attend a GM and Receive Work Credit

Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

Following is an outline of the program.

## • Advance Sign-up required:

To be eligible for workslot credit, you must sign-up at [foodcoop.com](http://foodcoop.com). A computer dedicated to sign-ups is located in the elevator lobby. You may sign up for the meeting all month long, until 5 p.m. of the day of the meeting.

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

sep 29  
sat 10:45 am

## An Ayurvedic Approach to Eating with the Season

"Ayur"- Life, "Veda"- Science or Knowledge, is a holistic medical system started in India more than 5,000 years ago. The goal of Ayurveda is to be in balanced harmony with nature's cycles and actualize one's full potential. Fall is a transitional time when nature starts cooling and preparing for the winter. In this workshop, we will examine the elemental qualities of the seasons, your own unique qualities, and how to incorporate particular autumnal foods and spices into your dietary arsenal to help your body flow restoratively with the seasonal shifts. Coop member **Mary A Whitlock** is a certified Health Coach and Postpartum Doula specializing in Ayurvedic wellness. After struggling with her own hormonal and anxiety issues, Mary was determined to find balance and healing and found it when she studied under some of the most influential Ayurvedic teachers in the U.S. and India. She remains passionate about providing families and individuals with the resources, empathetic support and nurturing needed to maintain a healthy and balanced life.

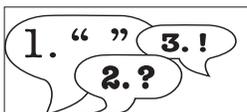
sep 30  
sun 12 pm

## Financial Health Intro

Want to FEEL rich? Want to let go of fears and doubts? **Suzanne Meadows** encompasses an alternative and wholistic approach to include emotional and spiritual well-being. She provides a down-to-earth and comfortable space to discuss finances based on mutual trust, respect, and honesty. Suzanne has been a Coop member since 2003, has a MS in Finance from Baruch College and is a ThetaHealing® Practitioner who worked internationally before returning to Brooklyn.

oct 2  
tue 7:30 pm

## Agenda Committee Meeting



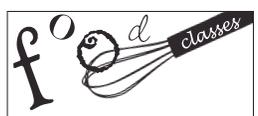
The Committee reviews pending agenda items and creates the agenda for future General Meetings. Drop by and talk with committee members face-to-face between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the

General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at [foodcoop.com](http://foodcoop.com).

**The October General Meeting will be held on Tuesday, October 30, 7 p.m., at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.**

oct 4  
thu 7:30 pm

## Food Class: Roll-Your-Own Summer Rolls



This part-demo, part hands-on class will teach how to be creative in making vegan summer rolls, the perfect, customizable snack/meal popular in sub-tropical Southeast Asian countries. Among the variety of fillings

to put into your rolls, we will learn to make a quick pickle and a versatile sauce for dipping. **Barry Schwartz**, minister of culture for Grown In Brooklyn, makers of Barry's Tempeh, has served food at Smorgasburg for two years and has done numerous pop-ups around the city. He loves to mix food cultures and mostly cooks vegan. *Menu includes: Vegan Summer Rolls with seasonal vegan fillings; Quick Red Onion Pickle; Almond Cilantro Pesto*

**ASL interpreter available upon request, please contact the Membership Office.**

**Materials fee: \$5. RSVPs by September 27 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).**

oct 5  
fri 7 pm

## Film Night: The Macaroon King; Bouncehäus; Liberty; Test



This 2018 film follows Arnold Badner, the "Macaroon King," as he struggles with changes at his Brooklyn Kosher for Passover Bakery. The film touches on issues of Jewish identity, family dynamics, small business owners, unions and labor in New York City. This cinéma-vérité style documentary is an engaging and often funny view

into a small corner of Brooklyn manufacturing. "Bouncehäus" is a kids' show that uses surrealism, humor, techno music and guided meditations to give kids (and adults) a break from the often fast-paced world of children's media. The show, created by Coop member **Adam Brody** and his friend Clayton Long (who met at UCLA's film school), is currently in its pilot phase. Three short episodes are currently in progress, that take on themes like: narratives of self; expanding the idea of what a good smell is; looking away from the screen; and loving one's feet. "Test" is where a seemingly unremarkable man spends a day taking a bizarre test at a mysterious facility. Through his day he interacts with the odd, detached employees of the facility, guiding him from section to section, obscuring the intentions or duration of the test. "Liberty" is a dinner of two lovers with a twist.

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

oct 7  
sun 12 pm

## Sweet Relief Home/Office Organizing Workshop

Does your home or office get in the way of your life? You deserve to be inspired, productive and at peace in your space. You can be free of feelings of overwhelm and shame and have surroundings that support you to live as you wish and know best! In this interactive workshop you'll get perspective and practical strategies, learn how to open your spaces for new possibilities and see that you are not alone. **Shira Sameroff** has been a member of her beloved PSFC for 25 years. Her work has evolved over 25 years of experience with individuals, groups and organizations as a counselor, workshop facilitator, program director, event planner, activist, board president, volunteer coordinator and more. Her many passions include trees, singing, biking, travel and dark chocolate.

oct 9  
tue 7 pm

## Safe Food Committee Film Night: Chef Flynn



Ten-year-old Flynn transforms his living room into a supper club using his classmates as line cooks. With sudden fame, Flynn outgrows his bedroom kitchen, and sets out to challenge the hierarchy of the culinary world.

**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).**

oct 12  
fri 7 pm

## Wordsprouts: An Evening of New Literary Fiction



Two prolific authors will read and discuss their most recent literary fiction. **Fran Hawthorne** has written eight books of nonfiction, but *The Heirs* is her first novel. It explores the legacy of guilt over generations, as a woman digs into her mother's harrowing childhood in Poland

during the Holocaust. **Thomas Rayfiel** has written eight novels, most recently *Harms' Way*, which takes place in the voice and head of Ethan Harms, an inmate of a "supermax" detention facility. Hawthorne and Rayfiel will read from their latest work and discuss their long, accomplished, and varied careers. It's sure to be an inspiring and interesting night for all lovers of literature.

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

# sep 29–nov 4 2018

oct 19  
fri 8 pm

## Tomas Rodriguez; Miwa Gemini



Tomas Rodriguez has developed a unique repertoire for solo guitar performance that is rooted in his ancestry and guided by the diverse styles of music that have inspired

him. Rodriguez' own compositions, as featured on his new recording "Ruminations," emerge from his diverse musical inspirations, including original Brazilian choros, Venezuelan waltzes and flamenco granainas. He is joined by **Urbano Sanchez**, percussion, and **Barry Kornhauser**, cello and a few surprise guests TBA. It's hard to describe the music of **Miwa Gemini**. The songs are soaked in a whiskey barrel that's a hundred years old, dried off on the balcony of an apartment somewhere in 1920s Paris, then polished by the hustle and bustle of New York City. Their unique blend of water-tight harmony is accompanied by a simple, yet intricate, instrumentation, and their infectious melodies will have you smiling in no time."

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.



since 1975. He is a meditation instructor at the New York Shambhala Center and Nalandabodhi New York and has taught meditation at corporate venues. He lives in Park Slope, has been a Coop member for many years, and is a retired school psychologist.

oct 27  
sat 11 am

## Medicare Made Clear

Confused by Medicare? What does Medicare cover? How much does Medicare cost? When can I change my coverage? These are a few of the questions we will answer in Medicare Made Clear, an educational workshop. Join us to learn all about your Medicare choice. We'll also share tools and resources to help you understand the coverage that may be right for you, including a free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, we're here to help. Long-time Coop member **Mary Blanchett** is a Financial Services Professional who helps Medicare recipients understand their coverage and options. **Rae-Carole Fischer** retired as a financial advisor after 25 years. She has helped more than 1,000 people make their Medicare decisions.

oct 27  
sat 2 pm

## Pumpkin Decorating Event



Glue, glitter, and pumpkins! Bring your own pumpkin or purchase one on site. Participants younger than 16 need to have an adult accompany them. The event is free and open to all.

oct 28  
sun 12 pm

## Move Through Life With Ease

Learn about a practical approach to eliminating pain and tension based on the Feldenkrais method of somatic education. Thanks to its non-corrective nature, this work is more gentle and more effective than massage or physical therapy. It is designed to facilitate lasting improvements by meeting each person where they are at and helping them naturally discover more ease and freedom of movement. This change integrates seamlessly into daily life, because it was discovered by the person, rather than introduced by corrective intervention or learned by imitating others. In this workshop you will have an opportunity to experience the benefits of the method firsthand as well as ask questions. People of all levels of fitness and ability can benefit. **Igor Shteynberg**, Feldenkrais Practitioner and a Coop member, whose goal is to help people feel better naturally and enjoy their daily life without being distracted by pain and tension.

oct 30  
tue 7 pm

## Coffee 101

Whether you love brewing coffee and hope to take your skills to the next level or just getting into coffee and want to learn more, this class is for you! We will briefly explore the origins of coffee, and the journey it takes from the farm to our Coop. We will learn how to extract the best flavors out of coffee beans, and demonstrate different techniques to make delicious coffee at home! **Manju Gupta-Koley** has been a worker-owner at Equal Exchange Coop for almost nine years. She is a self-diagnosed coffee geek, fair-trade enthusiast and Bollywood dancer. She lives in Connecticut and can't wait to talk coffee with PSFC members.

oct 20-21  
sat-sun 9 am-7 pm

## Food Drive to Benefit CHIPS Soup Kitchen

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

oct 23  
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.

oct 26  
fri 7:30 pm

## Meet Your Mind

Class in basic meditation. The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. Meditation opens and calms the mind. This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique. **Allan Novick** has practiced meditation

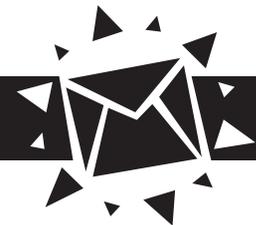
## still to come

oct 30 **PSFC OCTOBER General Meeting**

nov 2 **Film Night**

nov 1 **Food Class**

nov 4 **Sick & Tired**

**REPUBLICAN  
POLITICAL  
DONATIONS  
SUPPORTED BY  
BABY CARROT  
SALES****MEMBERS,**

As a member, I was interest-

ed to learn that the proceeds from the sale of Grimway organic Baby Carrots at the Coop are used to support Republican Party causes, including a movement called "Protect the House" intending to prevent Democratic control of the House after the November elections.

Members should be aware that by buying these carrots they are indirectly making a political contribution.

Bill Hall

**WI-FI DEBATE****MEMBERS,**

Emma Rae Norton's original letter in the 8/2/18 *Gazette* seeking Wi-Fi in the Coop said in part:

"I went to the office to ask about the possibility of Wi-Fi and I received a hard NO without explanation. I am writing here to see if anyone can offer an explanation. I would be really interested to know" The thrust of her letter was the desire to stay connected to work.

This led to Janet Gottlieb's response in the 8/30/18 *Gazette*:

"I, for one, don't think the Coop should be expected to accommodate members who visit, not to shop, but to do personal and professional business unrelated to the Coop's functions."

This, in turn, led to Emma Rae Norton's rejoinder in the 9/13/18 edition, framing

her stance on the issue. In response to Gottlieb, Norton observed,

"Given the fast paced, high rent, and competitive city we live in, it is hard to imagine a world where a 2 hour and 45 minute shift can be done without the anxiety of getting back to work—a reminder that this is a Coop that exists in 2018...not 1970."

I understand how she feels. But, in a way, that's the very point of shedding the shuffle of all work—all the time. Part of the benefit of the Coop is that we can choose to give ourselves the gift of a shift without the shaft of the shrift. [Say that ten times without fumbling.]

As I watch my granddaughter's attachment to her iPhone, I see a kind of compulsion. In my own business, people are enslaved to their devices. The tyranny of intrusion into every part of one's waking life is exactly that.

One of the reasons for being here is not to return to the '70s but to experience what it is and be a part of it now. You miss out if you're somewhere else. The world

can spare you for 2 hours and 45 minutes. It'll be fine. There's a whole wonderful microcosm here.

Norton's letter closes with: "The Coop, being a community, should consider all options when it comes to Wi-Fi because why not."

I think the reason is obvious.

Rodger Parsons

**ELECTIONS****DEAR COOP FRIENDS:**

While some might call this another of her hair-brained ideas...as I looked over the list of NYS Senators for our primary election I was totally unenthusiastic about my choices (except for Zellnor Myrie in the 20th SD); there are few to get excited about.

The Coop has so many articulate, responsible, members committed to doing good for the greater good; why wouldn't someone step up to run for elected office? We could help you get nominating petitions signed and fund raise. After all how hard could it be?

Riva Rosenfield

**WORKSLOT OPPORTUNITY****Print Production Professional  
Signage Committee**

The Coop Sign Committee is responsible for designing and producing signage throughout the Coop. You will sometimes put in more than the requisite 2.75 hours per month and will therefore accrue hours. You must meet the following requirements:

- Ability to attend Monday or Thursday night meetings every four-five weeks at 7 PM at the Coop
- Willing to use your own software and to work from home on your own computer
- Must be a Coop member for at least six months
- Must have a good attendance record

**Seeking experienced PRODUCTION PROFESSIONAL who meets (at least most of) the following criteria/abilities:**

- General graphic design knowledge for signage work (familiarity with InDesign, Illustrator, and Photoshop preferred). Ideally candidate will have access to these tools at home.
- Ability to prepare files for output using a variety of large format print technologies and PDF workflow. This includes reviewing files from other designers and confirming compatibility for output: color specs, sizing, fonts, etc.
- Checking prepared signage files to ensure designs meet Signage Committee stylebook standards.
- Initiating and managing print jobs with multiple sign projects sent to different outside print vendors, according to project requirements.
- Maintaining pending project database and job file archives.
- Direct knowledge of and working contacts with local signage production houses would be helpful.
- Familiarity with different large format printing systems and materials to determine the best fit for diverse indoor and outdoor signage needs.

If interested, see the **ANNOUNCEMENTS** on [foodcoop.com](http://foodcoop.com)

**THE GAZETTE INDEXES**

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

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

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

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

**VISTA OUTDOOR****MEMBERS,**

See letter below that I sent to Vista Outdoor as promised at the last General Meeting.  
Joe Holtz, General Manager

**Park Slope Food Coop**

*"Good Food at Low Prices for Working Members through Cooperation since 1973"*

September 12, 2018

The Board of Directors  
Vista Outdoor  
262 N. University Avenue  
Farmington, Utah 84025

Dear Members of the Board of Directors of Vista Outdoor,

I am writing to inform you of our decision to stop buying products of Vista Outdoor for resale at our store. Specifically, we have stopped our purchases of your CamelBak products which have been quite popular with our shoppers.

We are a 17,000 member cooperatively owned store with over \$56,000,000 sales volume last year.

Our General Meeting, attended by hundreds of our member-owners, approved this decision overwhelmingly and our Board of Directors approved it unanimously.

The impetus for our decision is because you manufacture semi-automatic weapons. Such weapons have been used in multiple mass killings and school shootings. In addition, you manufacture ammunition for these weapons.

Sincerely,

Joseph Holtz  
General Manager

782 Union Street Brooklyn, NY 11215 Tel: 718-622-0560

## MEMBER SUBMISSION

# Panic About the Justice for Palestine Campaign Is Wrecking Our Coop Democracy. What Is to Be Done?

By Jan Clausen

At the Park Slope Food Coop, we pride ourselves on democratic process. We're not just about great food at fair prices, but meaningful member participation. Any member can place an item on the General Meeting's agenda, and all who attend the GM can vote on proposals ranging from practical business matters to measures like the one that authorized our historic participation in the boycott of apartheid South Africa, or the current Coca-Cola boycott.

It sounds great—almost utopian, in a society bossed by giant corporations and unresponsive politicians. Recently, however, the debate over justice for Palestine, centered on proposals to boycott Israeli products as part of the international movement for Boycott, Divestment, and Sanctions (BDS), has revealed serious flaws in our governance mechanisms.

Understanding this claim requires some context. In March, 2012, the General Meeting voted on whether to hold a Coop-wide referendum on joining the BDS movement. The measure failed, approximately 650 in favor to 1,000 against. Note that this was not a vote on BDS itself, but a "vote on having a vote," and although it was an exceptionally large General Meeting, the attendees still represented a small fraction of the total membership. At the April, 2015 General Meeting, Park Slope Food Coop Members for BDS proposed a narrower boycott targeting SodaStream seltzer kits. Opponents physically and verbally disrupted the presentation.

In the wake of this shocking breach of cooperative and democratic process, four members were eventually disciplined with suspensions. But some in Coop leadership reacted as though the problem really lay with the boycott proposers and not the disrupters, maneuvering to constrain the options for debate and building higher hurdles to the approval of boycotts. Readers wishing more detail may consult a flier handed out at last May's GM, available at <https://psfcbds.wordpress.com/timeline-action-alerts-events/gm-bds/may-2018-gm-bds-flyers-handed-out/>

*We can't find a large enough venue, and/or nobody wants to rent space for a meeting on this scary topic.*

Fallout from the 2015 episode has included serious erosion of our Coop democracy with worrisome implications for members of all political persuasions. Based on a measure adopted in 2016, boycott proposals will only pass if they receive a 75% supermajority "yes" vote, a provision targeting BDS but with consequences for other boycott campaigns like the recent effort in support of Tom Cat Bakery workers. Following a successful educational presentation in the Coop meeting room on issues facing Bedouin people in Israel, the General Coordinators banned use of that space to discuss Middle East-related topics, thus opening the door to new restrictions any time they dislike a topic or

group. The editors of the *Linewaiters' Gazette* "managed" the BDS debate by imposing increasingly convoluted strictures on submissions to a publication that used to feel authentically accessible to all members.

Worst of all, in over three years since the SodaStream boycott proposal, the GM vote on the topic that is clearly required by the Coop's bylaws has never been held, supposedly because we can't find a large enough venue, and/or nobody wants to rent space for a meeting on this scary topic. This development highlights a pre-existing flaw in the GM structure: a physical "town meeting" style process may have its virtues, but promoting effective participation by the full membership isn't among them. The truth is that decisions governing a Coop of more than

17,000 are routinely made by a tiny fraction (typically, several hundred people) who find the time to attend. Talk about the tail wagging the dog! But rather than pursue solutions (such as online voting methods in use elsewhere), our leaders—including General Coordinators and Board members—consistently duck the problem. When questioned, they fall back on absurd Catch-22-style excuses that translate to "you can't get there from here."

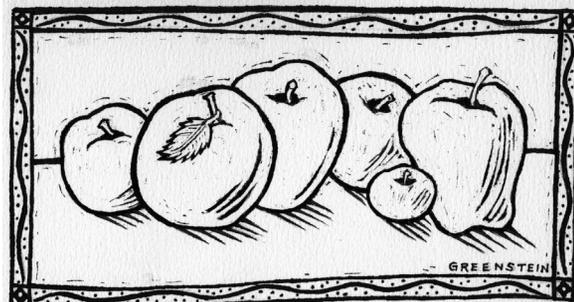
What to do? Collectively, PSFC members possess incredible reserves of creative energy. We need to cooperatively access this resource, pressing our leadership to help find modern solutions (possibly including video presentations of proposals as well as electronic voting.) We must take back our right of access to the meeting room and the

*Gazette*. We should reconsider whether we really want future boycott proposals to face the hurdle of an undemocratic supermajority requirement.

*More democracy, please!  
It's time.*

At the May GM's Open Forum, an overwhelmingly positive response to statements by Park Slope Food Coop Members for BDS reflected the clear alignment between the urgent issue of justice for Palestine and our Coop's mission. I ask those who applauded our message in May to join with others who want to restore a genuinely member-driven governance system. More democracy, please! It's time.

For more information: [psfc.bds@gmail.com](mailto:psfc.bds@gmail.com). ■



...needs your help!

We have less than 4 weeks to raise \$25,000 or risk closing forever.

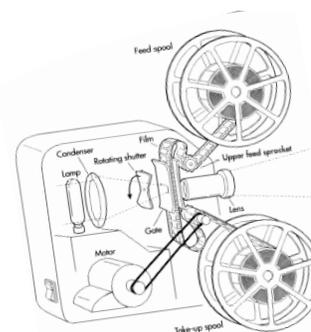
If we reach our goal, we'll be able to shore up financials, expand our inventory so we can offer more of the products our members want, and improve the store so it's an even more welcoming hub of community goodness.

Please contribute to our campaign:  
<https://www.indiegogo.com/projects/save-the-lefferts-community-food-coop/>

Thanks in advance for your generosity!

## ARE YOU A BROOKLYN-BASED FILMMAKER?

Would you like to screen your work at the Coop?



Then submit your film for possible inclusion in the Coop's Friday Film Night Screening Series.

If you're a Coop member you'll receive one FTOP credit for screening and offering a Q+A with your film. If you're not a member, it's still a chance to spread the word about your work and build your fan base by screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a group).

**Please e-mail Gabriel Rhodes for details at [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).**

# Plow-to-Plate Movie Series Presents: *Chef Flynn*

By Adam Rabiner,  
Safe Food Committee

**C**hef Flynn spans about six formative years in the life of one of the U.S.'s youngest celebrity chefs. It premiered at Sundance in January and will be presented at the Coop on October 9, before its release to the general public. The filmmakers are planning to be in attendance.

Flynn McGarry began cooking before he was a teenager and today is only 19 years old. But his career so far has covered more high profile venues than those of many seasoned chefs who are nearing retirement age.

In the movie, you learn about McGarry's early years running an informal "supper club," Eureka, out of his house on top of a hill in Studio City, California. The movie also covers his sold-out guest stint at the Los Angeles restaurant Playa, internships, cooking for a week at Eleven Madison Park, and his own pop-up restaurant.

*Chef Flynn* traces McGarry's evolving talent and growing celebrity status beginning with a feature notice in *The New Yorker's* "Talk of the Town," a guest appearance on "Larry King Live," a Ted Talk-like

appearance on the changing face of the restaurant industry, and a cover photo and feature article in *The New York Times Magazine*. It's a meteoric ascent for any up-and-coming chef. Zagat cited McGarry in 2014 as a "culinary game changer under 30." When the movie was being made, he wasn't yet 16 years old.

You first meet McGarry running down the slope of a hill like any ordinary playful boy with an affinity for the outdoors. But McGarry is pointing out the various edible shrubs, flowers, and weeds, like a young "Wildman" Steve Brill. "Flynn has always been different," his artistic mother, Megan (Meg) McGarry, later tells us. "I try and make sense of how this happened."

Even though *Chef Flynn* is directed by Cameron Yates, it is very much Meg McGarry's film. A film-maker as a young unmarried woman in the 1980s, she continued creating movies after she had a family, prominently featuring her children and husband (a photographer) in starring roles. Her predilection for incessantly filming everyone in her household provides rich fodder for scenes such as baby Flynn playing with pots

and a hard-boiled egg or a 10-year-old Flynn, dressed in a white apron and chef's hat, using a blow torch to prepare an elaborate banquet for his family.

Meg documented kitchen-centered playdates with schoolmates and even made a mockumentary about his "restaurant" Eureka, which opened in 2010 and was named after a nearby street. But Flynn was upset by this playful look at him running a little-kid "exclusive" restaurant. So Meg decided to make more serious follow-ups featuring Flynn's signature dishes: deconstructed Caesar salad, faux tuna sushi (watermelon cubes covered with sugar and sesame seeds,) sous-vide short ribs with shitake mushrooms and polenta in a blackberry red wine reduction sauce, and Beet Wellington. Throughout the film, Meg provides steady, thoughtful, often humorous but always insightful narration. "I feel like I wrote this," she observes of the arc of Flynn's career and life. And in many ways she did.

Even though Flynn is different (your typical 10-year-old doesn't use a cleaver to split open a huge turkey in order to cook it evenly) and home-schooled (Meg decided on this after witnessing him being repeatedly bullied,) he is a pretty "normal," good-natured, and well-adjusted child in most respects. Parents will recognize his sometime self-consciousness at the constant gaze of the camera and occasional embarrassment—"Get my mom out of the dining room!" he orders on one particularly stressful night when he felt she was doing more harm than good talking to the patrons.

Flynn's level-headedness and maturity are especially tested after his star appearance on the cover of *The New York Times Magazine*. Many trolls questioned why he deserved it, slammed him for his parents' "connections" to Hollywood and belittled him because they bought him \$1,000 worth of restaurant equipment which he kept in his bedroom. It must have been difficult to have been the focus of so much hate on social media but many of his chef collaborators took to Twitter to defend him. He is comforted



later on when two random strangers approach him at the Union Square Farmers Market to tell him they're on his side. While the media is making a big fuss over Flynn, he doesn't like the word "prodigy" or even much "chef." Flynn prefers to say, "I cook food."

Flynn is tested again on opening night of an NYC pop-up restaurant where he churns out excellent meals but does not deliver on service. "I need to calm down before I have a brain aneurysm," he tells himself. "This is the worst experience of my entire life." His mom tries to put this in perspective for him, but he has to learn the hard way that failure is an important lesson that all masters-of-their-crafts must learn at some point.

*Chef Flynn* tells the story of Flynn's single-minded pursuit to realize his dream of opening up a restaurant in New York City. It's sometimes hard to tell the difference between the archival home video and the up-to-date footage, though one clue is Flynn's higher, pre-pubescent voice versus his deeper one. The movie reminded me in some ways

of the film *Boyhood* by Richard Linklater, filmed over 12 years with the same cast. As in *Boyhood*, you see an imperfect but loving family doing its best to make its way in the world.

The Plow-to-Plate Film Series is very fortunate to screen this moving and multi-layered documentary. It's rich and endearing and is sure to leave you rooting for Flynn's new restaurant, Gem, (Meg spelled backwards) here in New York.

*Chef Flynn* is scheduled to open on November 9 at Film Forum in New York City and November 16 at Nuart Theatre in L.A. before expanding to select cities nationwide. ■

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).

*Chef Flynn* will be presented on October 9, at 7 p.m., at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.



## Plow-to-Plate Film Series needs a Screening Technician



The Plow-to-Plate screenings are the second Tuesday of every month, at 7 p.m.

The technician must be present at every screening. Tasks include:

### Pre-screening

- Must check the viewing method for the screening (must check the Plow-to-Plate Google doc for information): DVD, Vimeo, etc. Check to make sure that the links or DVD work properly.

### Evening of the screening

- Must come to the Coop by 6:15 p.m. to set up for the 7 p.m. screening, and ensure that the computer/equipment is working properly. If there is a Skype Q&A after the screening, must set up for that.

For information about the Plow-to-Plate screenings, check our website:

**PlowtoPlatefilms.com.**

Interested? Please e-mail Margaret at [MMAugenest@aol.com](mailto:MMAugenest@aol.com)



### Solution to this issue's sudoku puzzle

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

## 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.

## THU, SEP 27

6 p.m. "Let's Dance 2! Dancing Through the Decades" Join friends and neighbors. Dance for a cause and celebrate in style! DJ Tony Cortez. R&B music. Happy hour starts 6 p.m. A fun-filled night of dancing. Kings Beer Hall, 84 St. Marks Pl. Tickets: \$20, <https://letsdance2.eventbrite.com>. 718.638.2059, Proceeds benefit ImaniHouse.org programs.

## SAT, SEP 29

8 p.m. Elias Ladino Ensemble; Mara Goodman, at the Peoples' Voice Cafe, 40 E. 35th St., NY. Wheelchair-accessible. Sug. contribution \$20/\$12 for subscribers, youth, students. For info call 212-787-3903 or see [www.peoplesvoicecafe.org](http://www.peoplesvoicecafe.org).

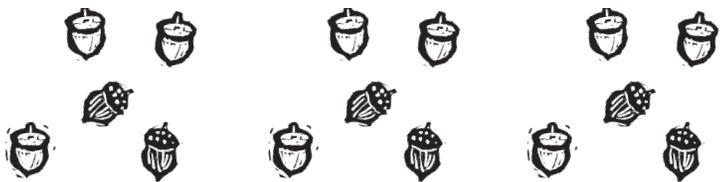
# FOLLOW

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## CLASSIFIEDS

## BED &amp; BREAKFAST

BED & BREAKFAST, THE HOUSE ON 3RD ST, serving Park Slope for more than 25 yrs. Large floor-thru, located between Fifth and Sixth Aves. Parlor floor, sleeps 3, private bath, deck, AC, wifi, kitchenette, 12' ceilings! [houseon3st.com](http://houseon3st.com), or call Jane, 718-788-7171. Grandparents are our specialty.

## MERCHANDISE

HAND-LOOMED WOOL RUGS from Oaxaca, Mexico, for sale, various sizes, \$95-450. Proceeds go to weavers in Teotitlan via nonprofit Friends of Oaxacan Folk Art. See at 12th St. Fair near Seventh Avenue, by appt. 718-288-6874. Credit cards accepted.

## 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 pack-

ing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071.

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

MADISON AVENUE HAIRCUTTER is right around the corner from the Food Coop, so if you would like a really good haircut for a decent price, please call Maggie at 718-783-2154. I charge \$60. Wednesdays through Sundays.

ATTORNEY CAROL LIPTON has been practicing law for decades with Barton L. Slavin. We represent victims in auto, construction, and slip and fall accidents. We also handle co-op and condo transactions, estates and wills, guardianship, business litigation, and civil and family court appeals. We pro-

vide courteous, attentive service. Convenient midtown location. 718-436-5359 or 212-233-1010. [nycattorneys.com](http://nycattorneys.com).

## VACATION RENTALS

Rent a charming one-bedroom apartment in Paris from long-time Coop members. Located in a lovely residential neighborhood; top floor of a classic building with elevator and quintessential views of Parisian rooftops. Wi-fi, cable TV, DW, W/D. Photos/description: [guesttogoest.com/en/homes/view/425686](http://guesttogoest.com/en/homes/view/425686). email: [magisson@gmail.com](mailto:magisson@gmail.com).

## VACATIONS

THREE-SEASON BUNGALOWS Affordable 1- and 2-BR cottages in historic cooperative community in Westchester County, near the Hudson, 1 hour NYC. Swimming pool, organic community garden, social hall w/internet, social activities. \$74K-76.5K. [www.reynoldshills.org](http://www.reynoldshills.org). Contact [cottages@reynoldshills.org](mailto:cottages@reynoldshills.org).



## 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.

## TECH HELP

Mac, Windows, phones, tablets and more.....

[www.tech11215.com](http://www.tech11215.com)

Call Dan: 347-954-9353 • [info@tech11215.com](mailto:info@tech11215.com)

**Mentis Estate Extra Virgin Olive Oil**  
**Direct From Our Farms**  
**Mentis Sea salt Fleur de sel hand**  
**harvested from Neapolis Laconias,**  
**Greece**

**Support Local Producers**  
**Mentis Estate EVOO from our farms**

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.

Classified advertising in the *Linewaiters' Gazette* is available only to Coop members. Publication does not imply endorsement by the Coop.

Read the *Gazette* while you're standing on line OR online at [www.foodcoop.com](http://www.foodcoop.com)

☆ EXCITING WORKSLOT OPPORTUNITIES ☆

### Store Equipment Cleaning

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

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

### Bathroom Cleaning

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

This job involves cleaning the Coop's six bathrooms: two on the shopping floor, one in the basement, and three on the second floor. Using a checklist of tasks the squad of two members will coordinate the work by dividing up various cleaning tasks that include, but are not limited to, scrubbing floor tile, cleaning toilets and sinks, mopping floors, and re-supplying the bathrooms. The Coop only uses all natural products for its maintenance tasks. This job is perfect for members who like to clean and will be conscientious about doing a thorough job. Please report to Mary Gerety in the Membership Office on your first shift.

### Office Set-Up

**Friday, 5:45 to 8:15 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. Six-month commitment is required. You must contact Mary Gerety in the membership office at 718-622-0560 before your first shift. Mary is available Monday-Friday mornings.

### Receiving Produce

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

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

### Terracycle—Plastic Recycling—Wednesday

**3 hours per shift, 1 shift per month, shift meets on the second Wednesday of the month, 3:30 to 6 p.m.**

Must be prepared to work outdoors in front of the Coop—winter months included. Tasks include: setting up the TERRACYCLE table and bringing supplies down to your work area. Staffing the TERRACYCLE table throughout the shift. Helping to educate recyclers about the TERRACYCLE PROGRAM. Making sure only acceptable recyclables are donated. Packing the TERRACYCLE shipping box/boxes and taking them to the UPS store. More details provide once you sign up—this squad communicates via e-mail so please make sure the Membership Office has your correct e-mail address on file. Second Wednesdays through end of year: September 12, October 10, November 14, December 12.

**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.**



## SHORT-TERM WORKSLOT OPPORTUNITY!

**We are looking for three to seven members to serve on the Inaugural Selection Group for the Pension Advisory Committee. The Inaugural Selection Group along with the Pension Plan's Administrator and up to three Board Members will vet candidates to serve on the Pension Advisory Committee.**

**We urge you to apply if you have these qualifications:**

- A member with at least three years of Coop membership immediately prior to joining the committee; and
- An excellent attendance record in your Coop work slot, i.e., not more than two absences per year in the most recent years; and
- Minimum three years relevant professional experience in at least one of the following:
  - Pension fund management, or institutional investment advising, portfolio management
  - Chartered Financial Advisor (CFA)
  - Certified Financial Planner (CFP)
  - Volunteer at a non-profit/educational/religious institution or labor organization interfacing with endowments and/or long-term financial planning on a large scale
  - journalists who focus on financial reporting
  - similar work background

**The Inaugural Selection Group is expected to meet for three to six months. Interested? Complete this form <http://bit.ly/PACselection> and forward your professional resume and cover letter to: [PACselection@gmail.com](mailto:PACselection@gmail.com)**



**We are seeking an applicant pool that reflects**

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

