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Volume MM, Number 20

October 11, 2018

Discussion of Online Voting for Board Elections Stirs the September GM

By Heidi Brown

Even the balcony of the St. Francis Xavier auditorium was full at the Park Slope Food Coop (PSFC) General Meeting held on September 25, 2018. After starting the proceedings around 7:15 on a warm, humid evening, Chair Committee Chairman Charlie Rogers asked if anyone had open items to discuss.

Workslot Makeup Misery

Two members commented that the number of required working hours seems to be excessive given the number of PSFC members and that making up missed shifts is too difficult given the demands of living in New York. One of them said she was at the GM solely to earn make-up credit and surmised that most people at the GM that night were there for the same reason. If so, she posited, it would make sense to reduce the number of hours a member must work. In response, a member who described himself as a business consultant said that FTOP has made it much easier to fulfill his work requirement, as he can now schedule workslots when he is available. FTOP assignments can be arranged through the membership office.

General Coordinator Ann Herpel reminded members that extensions on makeups are available, although, she said, many members appar-

ently do not know about this, perhaps because their squad leaders do not discuss this program. Herpel described the "One-for-One" program that helps members reduce their overdue makeups without losing their shopping privileges. Members who owe six or fewer make-ups can retain their shopping privileges by working at least one make-up per work cycle and attending all scheduled workslots (swapping is okay). To learn more about the One-for-One program, go to foodcoop.com >> Membership >> Coop Literature. Finally, Herpel noted that although it's true that the Coop has nearly 17,000 members, only 82% of these individuals are required to do a workslot. So, there are less people doing work than it might seem, she said.

Staffing Updates from Coordinators, Pizza Dough and Finances

Next up were reports from the General Coordinators. Lisa Moore updated members on staff "comings and goings," in September. Petra Claiborne was hired by the PSFC as an evening Receiving Coordinator. In the few weeks since the last GM where her hiring was announced, Stephanie Lee, who was hired in May as a GC and in June was elected as Treasurer, has stepped down from both positions. Because of the timing of her departure, Moore

said, no vote for an interim Treasurer could be planned for this GM. The election for the new Treasurer will happen at the October GM.

Moore then reminded members that there is still time to apply for a short-term workslot for the Inaugural Selection Group for the Pension Advisory Committee. The inaugural selection group will meet for 3 to 6 months. They will select members to be on the Pension Advisory Committee. These three to seven PSFC members will work with two Board members, Moore, and the Pension Plan's Administrator to select the actual members to serve on the Pension Advisory Committee and will meet for three to six months.

Joe Holtz then moved through the PSFC's Financial Statement for the 32-week period ending September 10, 2018. He said that the PSFC's current gross margin of 17.43%, compared to 17.11% for the same period last year, is better than average for the Coop. Other numbers in the report were not as straightforwardly positive. There was a loss of \$257,592, compared with income of \$228,824 for the same period last year. This is "not great," Holtz allowed, but he and the other General Coordinators are "working on turning this around," he said. The loss is due partially to

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Eyewitness to GMO History

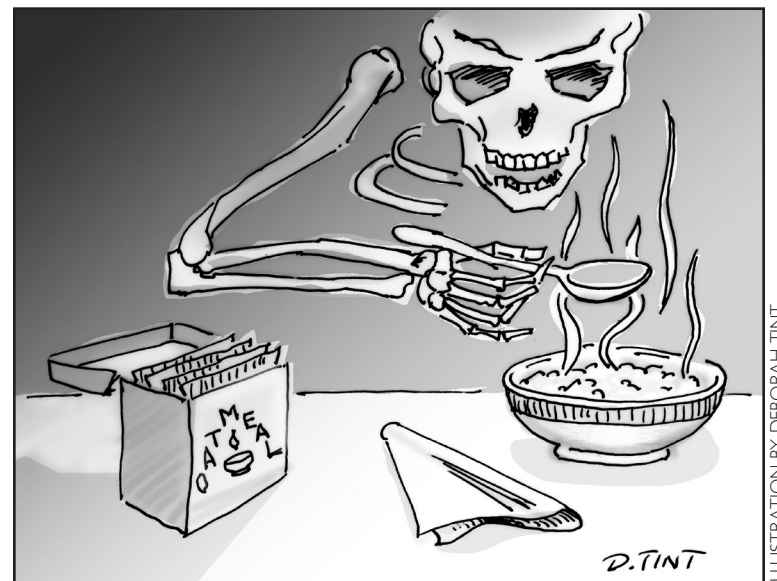


ILLUSTRATION BY DEBORAH TINT

By Alison Rose Levy

The Coop was ahead of the curve in the consumer movement to avoid GMO food. It began in 2000 when Greg Todd (of the GMO Shelf Labeling Committee) made a motion to ban GMO foods. While Coop members voted in favor of this ban, which is still in place, it has taken nearly two decades to validate what savvy health-oriented consumers first suspected back then. That's been the work for investigative reporters and independent scientists.

Although she never set out

to become a leading reporter on and critic of Monsanto and its GMOs, Journalist Carey Gillam was one of the first to look under the hood. The *Gazette* spoke with Gillam to get the inside story on her journalistic journey. At first, Gillam was a standard issue business reporter for Reuters, covering corporate America for over 25 years. Then in 1998, she was assigned to cover the food and agricultural industry. Since Reuters addresses the business community as well as a general readership,

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.**

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

Coop Event Highlights

Fri, Oct 12 • Wordsprouts:

An Evening of New Literary Fiction 7:00 p.m.

Sat, Oct 20 • Food Drive to Benefit CHiPS Soup Kitchen & Sun, Oct 21 9:00 a.m. to 7:00 p.m.

Thu, Nov 1 • Food Class:

Vegan Thanksgiving 7:30 p.m.

Fri, Nov 2 • Film Night:

Pull Out 7:00 p.m.

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

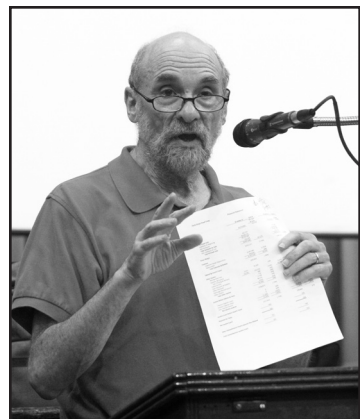
IN THIS ISSUE

Puzzle.....	3
Going for the Gold.....	5
Welcome.....	7
Mission Statement, Governance Information.....	7
Calendar of Events.....	8
Letters to the Editor.....	10
Community Calendar.....	11
Classifieds.....	11
Exciting Workslot Opportunities.....	12
Thank You.....	12

September GM

CONTINUED FROM PAGE 1

higher expenses, specifically, health benefits for employees. So far this year, the PSFC has spent \$1,093,243 versus \$844,571 over the same period in 2017 to provide health benefits to staff. The PSFC, Holtz explained, has opted to be a self-insurer. Although the number seems high, the PSFC saves money by not going through a large corporate health insurer, Holtz said.



Joe Holtz went through the Coop's financial statement.

Pension costs also increased over the previous year, from \$373,193 or 1.09% of sales to \$397,721 or 1.15% of sales. Weekly sales averaged \$1,077,465 for the current period, compared to \$1,067,987 for the same period in 2017. This amounted to an increase of \$9,478, or 0.89%, over the same period in 2017. However, the average increased \$39,081, or 3.80% from the same period in 2016 to 2017. Nevertheless, sales per member remained about the same, at \$3,332 compared with \$3,289.

The PSFC's cash position, at \$2,541,519 (before accounts payable is subtracted) also shows an appreciable decrease from \$3,202,671 in the first 32 weeks of 2017. Holtz stated that he is "not worried" about the Coop's reduction in cash because "\$2.5 million is more than enough to run the business."

After Holtz finished, a member asked who at the PSFC was managing the finances of the

organization without a treasurer. Holtz responded that he and a team of General Coordinators and Bookkeeping Coordinators had put together the financial statement with little problem and that they were discussing next steps. Another member asked Holtz what the gross margin at grocery stores typically is, and Holtz responded that it can range from 14% for Costco all the way to 40% for many grocery stores.

General Coordinator Joe Szladek then presented the Food Report. He announced that shoppers can once again find pre-made pizza dough, in the case across from the cheeses, as before. This dough, from IL Forno Bread Company, is of high quality though slightly more expensive than the previous brand (which the Coop stopped ordering because it contains a preservative that does not meet Coop standards).

The PSFC is also carrying a new brand of chocolate that bills itself as vegan—Honey Mama's Chocolates, made with raw honey. Szladek reported to the members that he had discussed the "vegan" designation with a company representative since, he is aware that not all vegans eat honey. He asked for a show of hands in the audience of vegans who do eat it, and about a dozen people raised their hands. Szladek then noted that there are a few new ready-to-eat items in the case next to the frozen foods including tofu banh mi and a chicken shawarma wrap.

Szladek then touched on a couple of good deals available at the store. There are packs of cookies going for 30 cents—yes, cents—a pack from a distributor who had surplus inventory. There are also cans of beer available for about 75 cents each in out-of-season flavors. As a final note, Szladek reminded members that loose tea has now been moved from the spice section (which itself has been relocated to the produce area) to the same section as the boxed teas.

Next, General Coordinator Jessica Robinson addressed the question of whether the GMs will continue to be held in the same space as St. Francis Xavier is no longer running a school in the building where the auditorium is located. Robinson said that the "answer is yes for now." She added that the November/December GM will be held this year on

the Tuesday after Thanksgiving. (In 2017, PSFC members voted to consolidate the GMs in November and December into one meeting so there will be no GM in December.)

Robinson also encouraged members to try out the online Member Services available at FoodCoop.com to answer many of the same questions that members call the Membership Office for, such as membership, makeups owed and shopping status. (There is a separate tab on the website for shift swaps.) Members will also find a new website function that allows housemates to view each other's information if their household opts in for this feature. This convenience would allow roommates to check on each others' shift status. To register for an account, members should use the same email address they gave when they joined the PSFC. Other new functions are coming soon, including shift reminders and updates if a shift has been canceled. These online Member Services are accessible directly from the website, not from the Food Coop app.

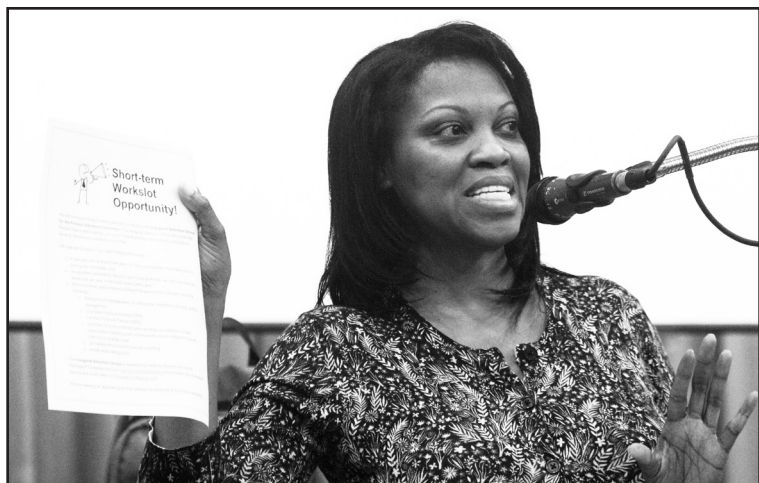
Bart DeCoursy and Helen Beichel, members of the International Trade Education Squad (ITES), spoke briefly about negotiations for the North American Free Trade Agreement. They said that NAFTA negotiations had been fast-tracked and bilateral—between only the U.S. and Mexico, not Canada—and that a deal between the two countries looked imminent. Canada had been marginalized from the discussions, partly because of its opposition to the U.S. demand for access to Canada's dairy market. (On September 31, a three-way agreement that did include Canada was concluded). DeCoursy and Beichel also announced an ITES-organized meeting, on October 17, at 7:00 p.m. at the Brooklyn Society for Ethical Culture (Prospect Park West at 2nd St.) where George Kimball of the Citizens Trade Campaign is scheduled to speak in greater detail about the bilateral NAFTA talks. DeCoursy said the discussion would include the impact of the agreement on food safety.

Committee Proposals and Elections

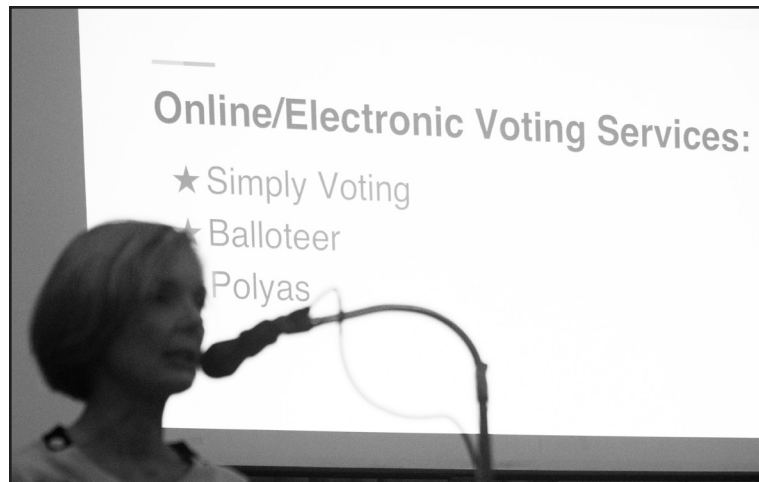
Committee Chairman Rogers then turned the meeting to the election of members of the Hearing Officers Committee (HOC) and the Hearing Administration Committee. The HOC is composed largely of attorneys and does not meet every year, since there are fre-



Helen Beichel and Bart DeCoursy of the International Trade Education Squad announced a meeting they're organizing at Ethical Culture on October 17 at 7 p.m.



General Coordinator Lisa Moore highlighted short-term work slots.



Ann Herpel with slide show on shifting to an electronic balloting system.

quently no cases that require a hearing. The HOC meets only when the Discipline and Disputes Committee hears a case about a member accused of breaking PSFC rules, a sanction is issued and the member in question disputes the findings, in which case the HOC offers an opinion on the situation. Catherine McCaw, a prosecutor in the New York County District Attorney's Office who was up for re-election to the HOC, was not present at the GM as she was out of the country and did not provide a written statement. However, two committee members spoke about McCaw and endorsed her re-election. Paper ballots were distributed throughout the auditorium and the results tallied by members of the Chair Committee while the GM proceeded.

Next, Todd Scott of the Hearing Administration Committee explained the purpose of this committee. Its members are responsible for scheduling meetings for the Hearing Officers Committee; setting up the room for hearings; and breaking it down after. Scott noted that the committee has had a fairly long tenure comprising the same group of people and that such a situation can sometimes lead to unhealthy dynamics within the group. Rachel Garber, who was running for re-election after her term ended, provided a written statement, and ballots were distributed to members.

While the paper ballots for these two committee elections were hand tallied in front of the stage of the auditorium, General Coordinator Ann Herpel



ILLUSTRATION BY ETHAN PETTIT

presented a General Coordinators proposal to amend the PSFC by-laws to make it possible to use electronic voting to elect members of the Board of Directors at Annual Meetings. Herpel said she had done some preliminary research into the technology available for electronic voting at nonprofit corporations and other coops. A board member of the Sierra Club told Herpel that after his organization started to use electronic voting, membership participation in voting increased significantly.

Herpel presented some PSFC statistics that underlined the cost of paper ballots at the PSFC. For the last election of board members, 36,456 paper ballots were mailed out; 1,317 were returned, for a participation rate of just 3.6%. The cost of the paper, copying and postage—not including labor hours—of using multi-page paper ballots totaled \$23,986 for ballots mailed in 2018 she said. (Answering a member's question later about the high number of ballots mailed, Herpel clarified that more members are eligible to vote than are active. Members who are still invested in the Coop but don't shop or work are able to vote in the annual meeting).

So far, Herpel has identified three companies that offer technology for online voting: Balloteer, Polyas, and Simply Voting. In order to authenticate each voter's identity (and prevent multiple votes from one person), all of these companies require a current, valid email address for each voter—which could be challenging to obtain from members who have changed email addresses since joining. Herpel provided an example of prices. It is usually either by vote or per month for unlimited use. For example, one service charges \$120 per month for unlimited ballots.

Herpel mentioned that if the PSFC proceeded with this option, it would need to implement a mechanism to prevent a paper ballot from being mailed to a member who had opted to vote online. A paper ballot would be distributed only to members who had not voted electronically.

She also specified that candidates would continue to publish their personal statements in the *Linewaiters' Gazette* and online, and in-person voting would still occur at the Annual Meeting. After this, members were asked to comment or ask questions.

The national news seems to be affecting the way mem-

bers think about personal data and voting. Several people expressed concerns about the security of members' data. They mentioned the risk of hacking and asked whether Herpel could be sure that whatever software the PSFC chooses could prevent such incursions while others responded that it seems unlikely that a hacker would be interested in the email addresses of PSFC members. Member Barbara Schelkle suggested that Herpel look into having the PSFC's own IT Department create a system in-house, to both save money and maintain data security. Herpel promised to look into their

questions and concerns, although she expressed doubt that using the IT staff for this project would be practical.

Member Sun Yu expressed opposition for a different reason: He said that online voting tears at the fabric of democracy by removing the ability to audit results by hand. He said that by casting ballots over the

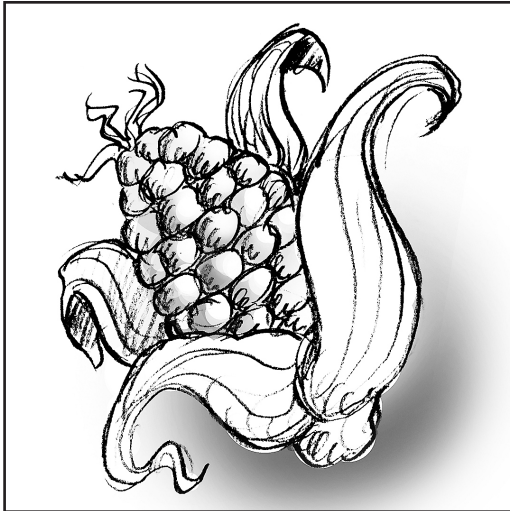


ILLUSTRATION BY ETHAN PETTIT

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



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

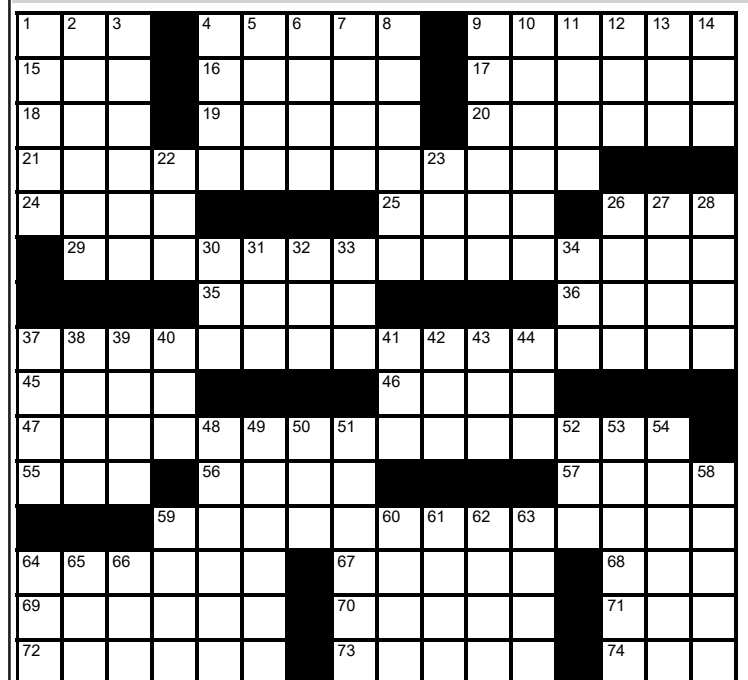
internet, members would no longer need to come together to discuss board candidates, thereby reducing the amount of personal interaction members have around the issue. Member Rob Goldberg asked whether the PSFC had ever imposed a fine or offered an incentive for voting to increase participation, citing the low rates of voting among the U.S. electorate. Herpel answered that that had not been considered.

Supporters mentioned that online voting reduces paper waste and could save the PSFC thousands of dollars per year which would be helpful considering the current losses

discussed in the Treasurer's Report. One member noted that Estonia introduced online voting in 2005, with a platform called i-voting, and had since seen its voter participation rate rise. Josef Szende of the Chair Committee asked members to "stay open-minded" and not "reject this from the beginning."

This was a discussion item, not a proposal, but a proposal will be presented at a future GM for further discussion and vote. Any amendment of the by-laws must be voted on at the next Annual Meeting, in June. This topic certainly provoked impassioned discussion among members. ■

Crossword Puzzle



Across

- Start of four TV drama titles of the 2000s
- Northern terminus of U.S. 1
- Public record?
- "Facilities," informally
- Email holder
- Words that often follow "Eek!"
- Pie ____ mode
- Town at the N.J. end of the George Washington Bridge
- iRobot vacuum
- Title estate of an 1814 novel
- Noted pseudonym in short story writing
- Court star Nadal, informally
- Drag away
- Where Romeo and Juliet meet
- One-named supermodel with a palindromic name
- Iowa's largest export
- Small business ... or a way of describing 21-, 29-, 47- and 59-Across
- Symphony, e.g.
- "Hmm, how shall ____ this?"
- George W. Bush's Texas Rangers position, until 1994
- Without this, Earth is just "eh"
- Biblical twin
- Fashion's ____ Saint Laurent
- Filipino boxer-turned-congressman
- Improper attire at a fancy restaurant
- Parting word that's 80% vowels
- Three after K
- Like
- Silents star Nita
- Part of a KFC order
- Wild Bill of Western lore
- Positive quality
- The ten in "first and ten": Abbr.

Down

- Shuts (up)
- Peace in the Middle East
- One of the Trumps
- Upset
- ____-Defamation League
- Suffix with convert or corrupt

- London's ____ Coward Theater
- Curved high-back bench
- Container for serving wine
- Hybrid music genre of the 2010s
- ____ and cranny
- Math calculation
- Kind of port for a flash drive
- Swell locale?
- Kim, to Kourtney or Khloé
- Digs
- "Star Trek: T.N.G." role
- Spanish "other"
- Vegas casino developer Steve
- Mathematician's "Done!"
- Call balls and strikes, informally
- ____ Savahl (couture label)
- Rock's ____ Speedwagon
- Play a role
- Midtown Manhattan cultural attraction, for short
- On ____ with (comparable to)
- Em, to Dorothy
- Cryptanalysis org.
- Die spot
- Clean Air Act org.
- 1921 play that introduced the word "robot"
- Lawyer: Abbr.
- Customize for
- Violates the rules
- Photographer Goldin
- English-speaking neighbor of Venezuela
- Greenwich Village sch.
- In a wicked way
- Really chewed out
- Spotify selections
- Relative of a ferret
- Forerunners of smartphones, for short
- Is under the weather
- Give up
- Give up
- 1995 Eazy-E hit "Just ____ Let U Know"
- Hit the slopes
- Fruit drink brand with a hyphenated name

Puzzle author: David Levinson-Wilk. For answers, see page 5.

GMO History

CONTINUED FROM PAGE 1

Gillam first covered the industry from a business viewpoint. Little did she imagine that two decades later she would win first place in the prestigious SEJ-Rachel Carson Environmental Book Award for *Whitewash: The Story of a Weed Killer, Cancer, and the Corruption of Science* (Island Press, 2017).

In those days, Gillam recalls that Monsanto was just “emerging as an important player due to a glyphosate-based herbicide called Roundup.” With the company’s patent exclusivity on glyphosate set to expire in 2000, other companies were planning to introduce competition: generic glyphosate-based weed killers. Developing genetically modified seeds tolerant to Roundup was an ideal way to “lock in market share for Monsanto and for glyphosate,” says Gillam. “Monsanto doesn’t advertise that to the public but they certainly didn’t hide it from the investment community,” Gillam recalls. In the process of developing this new technology, “they changed the way we grow food,” says Gillam.

Given industry access as a reporter, Gillam, spent a lot of time with Monsanto executives and scientists—in their test labs and out in the fields, looking at food crops. “At the beginning, I didn’t have a preconceived idea that this was bad or good,” Gillam says. “I just knew it was big and I had to cover it. It was my job to figure out how it affected farming, the food supply, and health.”

Although some claim that genetic modification is nothing new, Gillam disputes that. “Plant breeding and hybrids have been part of the history of agriculture. Monsanto’s novel patented technology took DNA from outside that planet species and implanted it into a different species, like corn or soybeans, in a way that could never happen in nature.”

Since its initial launch of GMO crops, “Roundup has become so pervasive. It’s used extensively in food production, by homeowners on lawns and gardens—also on golf courses and playgrounds, on forestry management,” says Gillam. Monsanto’s Roundup is the most widely used weed killer in the world.

Yet over time, the active ingredient glyphosate “has lost its effectiveness, and farmers must use more and more of it,” says Gillam. A combination of



ILLUSTRATION BY DEBORAH TINT

corporate influence on scientists and regulators, and the use of advertising and public relations to influence the press and consumers has “given a green light to ever higher uses.”

Monsanto and allied chemical companies and industry lobbying groups have convinced government regulators to “prioritize corporate profits over public safety and health. Unless you know the truth, you can’t act to protect yourself,” says Gillam.

“It’s in our soil, our water, our food. If you have your urine tested you will probably discover you have glyphosate in your body. When people spray it, it absorbs through the skin into the bloodstream.” Gillam has tracked the ever-mounting scientific evidence of harmful health effects.

How Did This Happen?

Gillam says that there is “example after example of the government approving something that turns out to be dangerous for us. In large part the regulatory system relies on the companies that are selling the products to provide the safety data and do the testing.”

Although many people believe that the government would not allow the sale of products that are unsafe, Gillam says that the Environmental Protection Agency (EPA) documents show that EPA scientists examined the research back in the 1980’s and noted that, “this looks like it might cause cancer.”

Monsanto researchers disagreed, and according to Gillam, “the EPA documents show that they argued back and forth for years. The EPA wanted to redo a big study. Monsanto refused.” The EPA

top brass agreed with the company, and glyphosate was approved.

There’s been a history of “serving the corporations like a client,” Gillam says. “It’s not just been Republican or Democratic administrations. You have scientists and others within these agencies who are dedicated public servants. And at the top are people whose jobs depend on keeping corporations happy. It doesn’t work well for the public.”

“[Glyphosate] is in our soil, our water, our food. If you have your urine tested you will probably discover you have glyphosate in your body. When people spray it, it absorbs through the skin into the bloodstream.”

Since glyphosate was approved, “it’s been allowed into an ever increasing array of food crops. It’s found in cereals, snacks, breads, and extensively in oatmeal,” says Gillam. In 2013 Monsanto asked for and got another increase of the amount of weedkiller residues allowable in food.

“The USDA and FDA are supposed to test annually to see if those limit levels are holding. They don’t test for glyphosate. They haven’t looked for decades. The government has fallen down on its job of protecting the public,” says Gillam.

A scientific method called “bio-monitoring,” would allow scientists to monitor the population for exposures to specific chemicals and track those findings against the incidence of disease. There is “a great deficit of knowledge,” says Gil-

lam, “because bio-monitoring is not being done by anybody. The CDC (Centers for Disease Control and Prevention) does a little. We are just waking up to this.”

Gillam, who currently is Research Director for US Right to Know (USRTK.org), a prominent anti-GMO advocacy organization, follows research done all over the world by independent scientists publishing in peer-reviewed journals.

When the findings uncovers health concerns, “Monsanto always claims that these (scientific findings) should be discounted—it was not credible, or politically motivated. In 2013, when the International Agency for Research on Cancer’s¹ (IARC’s) “looked at all the research, including animal studies and epidemiological studies and found that glyphosate probably causes cancer... Monsanto and the chemical industry called it “junk science,” and told the public that “you can’t believe what they say.”

Moreover, Gillam says that there has been evidence that all along that “Monsanto has been manipulating scientific evidence.” In certain supposedly independent studies, “Monsanto

¹<http://www.sciencemag.org/news/2018/02/who-rebuts-house-committee-criticisms-about-glyphosate-cancer-warning>

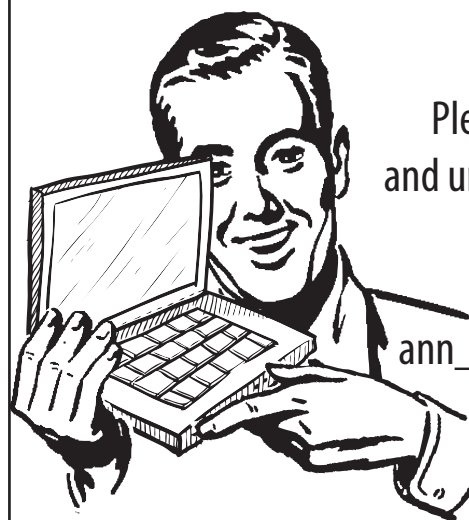
internally manipulated the documents and ghost wrote those papers,” which were then published under different names to appear independent of Monsanto, even though the authors were “paid to sign and put their names on it. This is evidence of deep deception that alters the scientific record on a very important chemical,” a chemical ultimately characterized as a carcinogen, says Gillam.

These formerly secret files became accessible when lawsuits compelled Monsanto to “turn over pages of records,” says Gillam. Legal discovery revealed “deception in marketing and message and influence on public policy that it almost sounds like a conspiracy movie—it’s very surreal,” she says. “It’s been an education for me.”

When products make money, “we don’t want to look too closely or reign in the more harmful and widespread ones. We hear the propaganda—that GMOs will feed the world. But we also have to look at the risks when we are exposed to them—we have to balance the risks against the rewards and make smart decisions,” says Gillam. “The corporate capture of the regulatory system is producing a pesticide treadmill endangering all of us. We need a bigger push for a paradigm shift if we are going to provide a healthier, safer future.” ■

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

Going for the Gold

Two PSFC Members Run Toward the Olympics

By Frank Haberle

Longtime PSFC members Angela Ortiz and Lauren Perkins are marathon runners who are currently training for the Olympic Trials, to be held in February 2020 in Atlanta. Angela qualified with her performance in the New York City Marathon last fall, and will run it again on November 4. Lauren will attempt to qualify in the Chicago Marathon on October 7. If Lauren qualifies with a time under 2 hours 45 minutes, then both PSFC members will compete in the trials. If they make the Olympic team, their next stop will be Tokyo, Japan, for the 2020 Olympic Games.

For those PSFC members who struggle to catch our breath pushing shopping carts up Union Street, the thought of training to run in a marathon may seem a bit beyond our reach. But we can all draw a lot of inspiration from Angela and Lauren's deep commitment to becoming world-class distance runners, potentially at the Olympic level. As Lauren says, "Training for the marathon is about becoming a better athlete overall, physically and mentally. It's a really meaningful process that I enjoy very much, even beyond the actual race outcome." The *Gazette* spoke with Ortiz and Perkins to learn about their experiences, their training and diet regimens, and the role the PSFC plays in their success.

Discovering a Renewed Passion for Running

"I ran track and cross country in high school, but was never that good," Ortiz, a 20-year Brooklynite and a PSFC member since 2009, says when asked how she became a competitive long-distance runner. "Eight years ago a friend dared me to run a four-mile race in Central Park with him. I had totally forgotten how to run a race. I sprinted too hard at the start and got a side cramp by mile two (rookie mistake)! Still, I had such a blast at the race that I decided to sign up for more. I



joined a team, and met other men and women who were training for various races of different lengths. This got me started down the competitive running path."

Perkins, a 10-year resident of the Borough and a five-year PSFC member who works on a Monday Maintenance team, has been running competitively for a long time. "I was a member of cross country and track teams in both high school and college, but I've discovered renewed passion for the sport as an adult." Both Perkins and Ortiz are members of the North Brooklyn Runners Club team, and they share the same coach.

"I train almost exclusively in the morning in Prospect Park during the week, and may venture elsewhere on the weekends," Perkins adds. "I run seven days a week according to a plan that my coach sets out in advance. Every day of training has a purpose towards a larger goal, and each week, I'll run a mix of easy and harder runs and workouts. When training for the marathon, we'll run a quality long run on a weekend day, along with one or two additional days of speed."

Ortiz has a similar training regimen. "I run seven days a week with the exception of a couple of weeks per year, when I'll take a 'down week' and just run whenever and however long I feel I want to. 'Down weeks' often come after big races or just before the start of an important training cycle. During the buildup to a marathon (like right now) I'll run between 80-90 miles a week, in addition to strength work (weights, plyometrics, drills) and recovery (stretching, massage, physical therapy). Training at this level takes up a lot of time!"

Fuel for the Body

On such an intense train-

ing schedule, food and nutrition play a critical role before, during, and after the race. "I'm burning a lot of calories a day," Ortiz says, "so I don't worry about how much I eat—but I do think about whether or not what I'm eating has the nutritional value to help me stay healthy. Normally it's toast or oatmeal in the morning, a salad with some protein for lunch and something with a little more carb (rice, noodles, grains with veggies, fish, or meat) for dinner. On the day of a race I'll eat oatmeal with dried fruit, nuts and vanilla protein powder mixed in and coffee. ("All from the Coop!" she adds.)

"While training, it's essential to eat a balance of whole foods," Perkins says. "And it's important to eat enough to ensure proper recovery from all of the miles I run. I try to eat as many plant-based foods as possible, and ensure a daily mix of healthy fats, protein, carbohydrates, vitamins, and minerals. My pre-race meals have been the same for years—gluten-free pasta and marinara sauce, along with a leafy green."

Both Perkins and Ortiz treat themselves after a big race. "After a marathon, I'll immediately crave either a burger, or in the case of the Chicago Marathon, a classic deep dish pizza," Perkins says. Ortiz adds that "after a big race I generally crave a burger and a beer."

The NYC Marathon: A Race Like No Other

Both runners agree that the New York City Marathon is their favorite. Ortiz says that "I've run hundreds of races over the years, and honestly my favorite is the NYC marathon. It's got an energy like no other race. Half of it's in Brooklyn! They like to say it's a 26.2 mile-long block party, and that pretty much hits the nail on the head." Perkins

adds, "I generally run one marathon a year. I have run the New York City Marathon three times before, and it's undoubtedly my favorite marathon event. The energy is unmatched, and it's my favorite NYC weekend of the year. Perkins adds that "as much as I love running in the NYC Marathon, I enjoy cheering almost just as much, and am very excited to support Ortiz from the sidelines as she runs in this year's race."

The PSFC: A Major Support Role

Access to healthy, nutritious, and affordable food plays an important role in both runners' training. "It's wonderful that I can rely on the Coop for supplying such vast fresh and healthy food options—from local produce, to organic meats and dairy, and other unique products that allow me to achieve healthy and appropriate nutri-

tional balance," Perkins says. "Being a runner connects me to an energizing community of inspiring people in Brooklyn and beyond, as does being a member of the Coop. It's much more meaningful to run, or to shop, knowing that your efforts are contributing to something much larger than yourself."

"The Coop helps me stay healthy on a budget," Ortiz adds. "There's so much variety and quality at the Coop that I can eat healthily and organically without breaking the bank. This is enormously important as a runner because how you fuel yourself from day to day has a huge impact on how well you are able to train and race. I can find pretty much everything I need to stay in peak shape in the aisles of the Coop from supplements to food to the occasional pint of ice cream (more for mental health than anything else)! ■

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

Crossword Answers

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



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.

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.

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

**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**

PARK SLOPE FOOD COOP 782 Union St., Brooklyn, NY 11215 (btwn 6th & 7th Av.) • (718) 622-0560

RETURN POLICY



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

REQUIRED FOR ANY RETURN

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

CAN I EXCHANGE MY ITEM?

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

CAN I RETURN MY ITEM?

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

**NEVER
RETURNABLE**

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

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

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

RETURNABLE

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

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Index: Len Neufeld

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WELCOME!

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

Luca Ameri	Hope Campbell	Saeng-Fah Graham	Sam Jung	Malaika Mumeka	Kendra Ross	Ellie Tucker
Isaac Arnsdorf	Gustatson	Nicole Green	Prianka Kazi	Ben Nabors	Gavin Schalliol	Cara Turett
Pranav Bandi	Jonathan Chajet	Curtis Greene	Georgia Kinsley	Monica Narang	Amy Seabolt	Zachary Verbit
Jason Basalyga	Katherine Chen	Nicolas Gueroui	Lydia Kopecky	Judy Nemzoff	Streeter Seidell	Cynthia Walker
Paul Benney	Iver Cleveland	Emma Handte	Nicolee Kuester	Diana Nijenhuis	Vanessa Seidell	Jessica Weakley
Vicki Bergquist	Paloma Contreras	Laurie Hefner	Ruby Lewis	Hinkinus Nijenhuis	Jaeeun Sim	Elizabeth Williams
Mary Bergstrom	Mateo Correa	Debbie Hellweg	Jonathan Lopez	Brandon Perdomo	Kyuin Sim	Michelle Williams
WILLY BERLINER	Elizabeth Deutsch	Eric Hellweg	Ella MacKinnon	Miguel Perez	Eban Singer	Louisa Willis
Carol Bibeau	Ashley Doliber	Mariely Hernandez	Michiel Maes	Glorina Phillip	Jacob Solomon	Jared Winkelman
Zack Block	Jeffrey Dreifus	Edith Honan	Tiffany Malakooti	Nicholas Protopappas	John Spain	Austin Wood
Adam Boese	Benjamin Jacob Dyme	Xi Hua	Ariel Marsh	Kathleen Puccio	Yale Spector	Carol Yang
Valerie Bondarevsky	Phil Elverum	Ellie Hunter	Mary McCommons	Alan Raderman	Timothy Stahl	Katarina Yee
Astrid Borje	Luis Ferrer	Jahde Huntley	Stelios Michas	Arielle Ray	Lauren Stotts	Adam Yokell
Ian Brininstool	Chloe Frank	Yahdon Israel	Krystina Miller	Andrew Rindlaub	Sam Szuflita	
Maya Brown	Stephan Fuller	Ricki Jackel	Alexandra Mitrovich	Monica Rocha	Jason Taylor	
Jennifer Calivas	Maria Geyman	Ori Jacobson	Isaiah Mobley	Santiago Rodriguez	Rachel Tenney	
Jason Caloras	Nicole Giannini	Chelsea Jones	Jillian Mojica	Manchego	Heather Thiry	

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.

Have questions about Orientation? Please visit 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

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.

General Meeting Info

TUE, OCTOBER 30:

GENERAL MEETING: 7:00 p.m.

TUE, NOVEMBER 6

AGENDA SUBMISSIONS: 7:30 p.m.

Submissions will be considered for the November 27 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Oct 25 issue: 12:00 p.m., Mon, Oct 15
Nov 8 issue: 12:00 p.m., Mon, Oct 29

CLASSIFIED ADS DEADLINE:

Oct 25 issue: 7:00 p.m., Wed, Oct 17
Nov 8 issue: 7:00 p.m., Wed, Oct 31

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 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 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. 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

oct 12
fri 7 pmWordsprouts: 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.**

oct 19
fri 8 pmTomas 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 watertight 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.**



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 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 pmMove 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 20-21
sat-sun 9 am-7 pmFood 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 pmLearn 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

For more information on these and other events, visit the Coop's website: 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.

oct 12–nov 13 2018

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 30
tue 7 pm

PSFC OCT General Meeting



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

between 7 and 7:15 p.m.

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

I. Member Arrival and Meeting Warm-Up

II. Open Forum

III. Coordinator and Committee Reports

IV. Meeting Agenda

Item 1: Treasurer Election (15 minutes)

Election: The Treasurer is one of the PSFC's required corporate officer positions, all of which are typically filled each year at the June General Meeting. The Treasurer elected at the June 2018 GM has resigned. According to article VII of the PSFC's By-Laws, "In case of an officer position becoming vacant, there shall be an election at the next director's meeting to fill the vacancy for the unexpired portion of the term." The Treasurer is one of the two corporate officer positions that may be filled from the membership-at-large, and does not need to be held by a member of the Board of Directors. Members may be nominated from the floor.

—submitted by the General Coordinators

Item 2: Annual Agenda Committee Election (15 minutes)

Election: Two two-year terms are open. Current committee members Cynthia Payne and Michael Katzenellenbogen will stand for re-election.

—submitted by the Agenda Committee

Item 3: Annual Renewal of Coca-Cola Boycott (15 minutes)

Proposal: The Coop is currently boycotting Coca-Cola products. As per a General meeting decision, all Coop boycotts have to be renewed annually. The proposal is to continue the Coop's boycott of Coca-Cola products.

—submitted Lew Friedman

Item 4: Dispute Resolution Committee Oversight (45 minutes)

Discussion: We propose to require Oversight and Transparency for the Dispute Resolution Committee, and add the right to appeal decisions in cases of misconduct and violation of DRC guidelines. Any judicial system requires checks and balances. As of now, there is no formal way to appeal or question the Dispute Resolution Committee's decisions or any way to file a formal grievance about their actions. The committee claims its decisions are final and cannot be appealed. They also claim the right to withhold evidence or even formal-

ly name accusers. As a result, we propose the ability for a member to report directly to the Hearing Administration Committee when pertaining to issues involving the DRC. As currently constructed, the DRC will not hold a hearing involving themselves or one of their own committee members.

—submitted by Malcolm Armstrong

V. Board of Directors Meeting

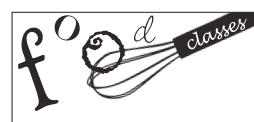
VI. Wrap-Up. Includes member sign-in for workslot credit.

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

nov 1
thu 7:30 pm

Food Class:

Vegan Thanksgiving



A demonstration of how to cook a few non-traditional Thanksgiving-inspired plant-based recipes that will please both vegans and non-vegans alike. Chef **Dianne de la Veaux** is a graduate of the Natural Gourmet

Institute and has worked in the food business for 12 years in both vegan and non-vegan restaurants, catering companies and cafes. She currently works as a private chef all around the city and regularly teaches classes at Haven's Kitchen in Chelsea. *Menu includes: Savory Mushroom & Rosemary Phyllo Triangles; Seasonal Roasted Vegetables Tossed with Homemade Romesco; Pecan-crusted Seitan with Cranberry Sauce; Wild Rice-stuffed Baby Squash with Cashew Sage Sauce*

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

Materials fee: \$5. RSVPs by October 25 are appreciated, contact

parkslopefoodclass@gmail.com. To inquire about leading a Food Class, contact parkslopefoodclass@gmail.com.

nov 2
fri 7 pm

Film Night: Pull Out



Fifteen years, five wrecked relationships, one girl's reckless idea: go back and find out why... **Jyllian Gunther** (director/producer) is an Emmy-winning director, writer and producer. Most recently, she was producer on the ABC docu-series "The Last Defense" executively produced by Viola Davis. Her last film, *The*

New Public, aired on PBS and was added to the library collections of more than 100 educational institutions nationwide.

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

nov 3
sat 2 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.

still to come

nov 4

Sick & Tired

nov 9

Wordsprouts

nov 6

Agenda Committee Meeting

nov 13

Plow-to-Plate Film

LETTERS TO THE EDITOR



"SUNSET CLAUSE" IN NAFTA RENEGOTIATIONS MEMBER,

In response to my report THE U.S. SHOULD INSIST ON A "SUNSET CLAUSE" IN NAFTA RENEGOTIATIONS, *Linewaiters' Gazette*, August 16, 2018, Josef Szende wrote a letter to the editor that appeared in the *Linewaiters' Gazette* of September 13, 2018 (MM, No. 18). I'd like to thank Mr. Szende for taking the trouble to engage on this issue, and to respond.

Following the 2016 election, the PSFC-ITES reported that in his campaign, Trump usurped the progressive-populist posi-

tion that many aspects of Free Trade Agreements (FTAs) are hurtful for the work force. Though taking these positions worked well for him in the election, few Coop members would honestly have expected Trump to honor them, but it was worth pointing out that they were somewhat consistent with a progressive approach to reshaping FTAs. And true to form, Trump through U.S. Trade Representative Robert Lighthizer, first negotiated in favor of abolishing Investor-State Dispute Settlement (ISDS) provisions, in line with progressive trade positions (see for example, Public Citizen Global Trade Watch; Sierra Club), only then

in the last minute to renege and reinstate ISDS, back in line with hard-right Republican policy (as reported today yesterday, Oct 1). Therefore, it remained important to support abolishing the ISDS provisions of FTAs, despite that being Trump's position, since he was not expected to keep his word. The same holds true for the sunset provisions I discussed in my report.

The PSFC-ITES has further written several reports that NAFTA not only negatively impacted blue-collar workers' jobs and wages in the U.S., but also decimated jobs and incomes in Mexico. This is due to structural problems in NAFTA that cause a "race to the bottom." In other words, Mr. Szende's choice between global humanism and nativism is not an actual choice. By instituting and enforcing the same labor and environmental protections in all participating countries, jobs will be less like to be lost in any of the participating nations of an FTA, and improved trade will benefit not only company shareholders, but also their workers, and national economies, more broadly.

NAFTA doesn't entail environmental provisions that are stronger than the Federal laws of the U.S., and whatever the provisions, they are not enforced. The suggestion that we should use international trade agreements, negotiated by our government, to overcome said government's inability or unwillingness to institute or enforce environmental protections seems to me to be at odds with democratic values.

Chris Marshall

EVENING WORKSLOT OPPORTUNITIES on Unique PSFC Committee

If you are interested in contributing to Coop management and know how to work collaboratively, we want to hear from you.

The Personnel Committee is an elected group of members that serves in an advisory capacity to the General Coordinators (the Coop's collective managerial team). We offer support and perspective on operational and strategic issues such as Coop operations, resource allocation, succession planning, the development of human resources policies, staffing, etc.

We would like the Personnel Committee to reflect the diversity of the Coop. We are especially interested in people who have skills in finance, running a business, upper-level management, organizational development, personnel, and human resources. Applicants should have a minimum of one year of Coop membership immediately prior to applying, experience doing work shifts at the Coop, and excellent attendance.

The Committee meets with the General Coordinators the third Tuesday of each month from 6 to 7:30 p.m. At times, additional work and meetings outside the scheduled time will be required.

If you are interested, please do the following two things: e-mail your resume and a letter explaining why you would like to be part of the Committee to pc.psfc@gmail.com.

Please put "Personnel Committee Application" in the subject line then go to <http://bit.ly/120Dn2s> to fill out a short questionnaire.



Tip of the MONTH!

Your toilet will waste less water if you replace some of the water in the tank with a tank bag or with a brick in a zip lock bag.

Learn more at:
ecokvetch.blogspot.com

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** 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. ➤

COMMUNITY CALENDAR

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

SAT, OCT 13

10 a.m. Old Stone House (Fourth St. & Fifth Ave.). 7th Annual Permaculture Festival celebrates 14 years of landscape & community development at Washington Park. Permaculture is a global grassroots movement to build sustainable cultures & improve individual quality of life. Indoors/outdoors. Garden tours, education, discussion, networking. Free. Potluck lunch—bring handmade finger foods. permaculture-exchange.org.

8 p.m. Dilson Hernandez; Ben Grosscup, 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.

FRI, OCT 19

7:30 p.m. Brooklyn Contra Dance. If Swing and Square dancing met in a bar, you'd get Contra. Live music, bringing a partner is not necessary. A great way to meet new people! @ Camp Friendship, 339

Eighth St., Brooklyn. \$15 General / \$12 Student / Volunteer—Dance Free. www.brooklyncontra.org.

SAT, OCT 20

7 p.m. Please join us for the NYC premiere of a Coop-member film, *Personal Statement*, about three high school seniors who are working as college counselors in their schools: at the Margaret Mead Film Festival at the American Museum of Natural History. Tickets: <https://bit.ly/2OwfU6l> Trailer & more info: personalstatementfilm.com.

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.



Green burials, home funerals, cremations at Green-Wood

Amy Cunningham
Director
718-338-8080
amy@fittingtributefunerals.com



FITTING TRIBUTE
FUNERAL SERVICES LLC

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/package from most products sold at the Coop—food and non-food.

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

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

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

Questions about items we accept should be e-mailed to ecokvetch@yahoo.com



CLASSIFIEDS

BED & BREAKFAST

THE HOUSE ON 3RD ST, serving Park Slope for over 25 yrs. Large floor-thru, located between Fifth and Sixth Aves. Parlor floor, sleeps three, private bath, deck, AC, wifi, kitchenette, 12' ceilings! houseon3st.com, or call Jane, 718-788-7171. Grandparents are our specialty.

EMPLOYMENT

Looking to boost your income? Get a workout? Attention to detail? Ability to think logically? Can do what you are told w/o taking it personally? We might have the right fit for you! CV Moving is looking for part time/day time assistance to help with moves within NYC. Submit your resume at moving.with.cv@gmail.com.

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

HAIRCUTS HAIRCUTS HAIRCUTS. Color, low lights, highlights, hot oil treatments in the conve-

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Acres for organic farming

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Five miles north of New Haven

www.rockycorner.org

Rocky
Corner

nience 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.

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

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

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 provide courteous, attentive service. Convenient midtown location. 718-436-5359 or 212-233-1010. nycattorneys.com.

VACATIONS

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

★ EXCITING WORKSLOT OPPORTUNITIES ★

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 recycles 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 detail provide once you sign-up—this squad communicates via email so please make sure the Membership Office has your correct email address on file.

Office Set-up
Thursday, Friday, 6 to 8:30 a.m.

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

Office Post-Orientation
Wednesday, 11:15 a.m.

Work with a small, dedicated team to facilitate new members joining the Coop after orientation. Attention to detail skill a plus. Must have excellent attendance and Membership Office experience. No new members. Contact Jana Cunningham in the Membership Office at 718-622-0560 within 48 hours of signing up for this shift.

Entrance Desk
Thursday, 5:45 to 8:00 a.m.

Supervised by Membership Coordinators, you will be staffing the Entrance desk in hours of the week-day before the Coop is open to shoppers. Primarily you will be checking in working members, informing them of their member and household status, and handing out entrance desk slips to members who need them. Entrance workers provide an essential member service and must be welcoming, polite,

able to read and interpret information on the entrance desk screen, able to clearly convey information about member status directly to members. Entrance workers also provide a key security function, and must remain alert throughout the shift, which may have slow periods. Punctuality and good attendance will be essential, as you will be the only Entrance worker scheduled at this time of day. Paid Membership Coordinators will be present to train you on your first (and second) shift, and then to support you and answer questions going forward.

Bathroom Cleaning
Monday, Thursday, 12 to 2:00 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 the Membership Office on your first shift.

Store Equipment Cleaning
Monday, 6 to 8:00 a.m.

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

Receiving Produce
Monday through Friday, 5:00 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.

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.



ILLUSTRATION BY
ETHAN PETTIT

THANK YOU!

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

Nathanya A. Rebecca	Samson Dealy Tarek Debira	Paula Hible Faye Hirsch	Hannah Mason David McMahon	Alexandra Seeman Lida Shao
Ackerman Shoshana Dentz	Michael Devereux	Roger Hodge Elisabeth Inman	Paul Melnikow Joseph Miller-Gamble	Sarah Shapiro Evan Shinnars
Beatrice Anderson	Hannah Diamond	Ella C. Jacobson Tracey Jain	Katheryne Mir Grace Moore	Danya Shneyer Lisa Sigal
Brittany Anjou	Melissa DiPinto	Sonya K. Anthony Katchuba	Rebecca Noyes Dennis Nytra	Hillela Simpson Ian Smith
Caroline Batzdorf	Ana Djordjevic	Molly Kerker James Killen	George O. Kiril Orenstein	Joanna O. Smith Marion Spencer
Allison Behringer	Stacey Dreher	Byron Kim Abbey Kornhauser	Daniel Paul Daniel Poeana	Maxine Steinhaus Jamie Sterns
Carly Benkov	Jes Dugger	Jennifer Krasinski Ian Kuhnert	Dee Polyak Angelica Ramdhari	Mark Swier Jennifer Sydor
Nicholas Black	Jeremy Duhme	Brian Lazarus Anne Leonard	Kate Reese Nancy Romer	Erica T. Mahrah Taufique
Edward Brito	Eddie Ingrid Ellis	S. Valentine Leung Victoria Lin	Joe Rydell Helene S. Ross Schaner	Annie Trowbridge Toby Vann
Sara Brooks	Jeff Faerber	Cecilia Lipira Eli Lloyd	Amelia Schonbek Michael J. Sclanfani	Rebecca W. Annie Waldman
Sarah Burns	Naomi Fischer	Igor Lumpert Susan Maples		Holly Waterfield Laura Wile
Celine C. Ida Cheng	Cecilia Galarraga			Tracy Wuischpard Winnie Zwick
Nora Christiani	Michael Gates			
Greyson Clark	Ada Gilad			
Alanna Coby	Shachar Gilad			
Ethan Cohen	Dustin Grella			
Samantha Cooper	Sebastien Grouard			
Katey Cox	Jessica Hamlin			
David Dash	Ana Maria Heeren			
Tullah Dash	Julian Hernandez			
Anderson Davis				
Esther Daye				

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**

