

Established
1973

ILLUSTRATION BY TOMMY KANE

Volume MM, Number 21

October 25, 2018

Almost Everything You Wanted To Know About Makeups, Leaves, FTOPs, Suspensions, and More

By Hayley Gorenberg

In the Coop the members come and go, talking of... the art of cooperating, PSFC-style. With the goal of distilling some of the science behind Coop processes, Membership Coordinator Mike Voytko chatted with the *Linewaiters' Gazette* recently to address some of the most common member questions.

Extensions and Grace Periods

Predictably, some of the most common questions involve actually getting through the door to shop—usually via extensions and grace periods to address suspensions. “That’s the one we see the most in the membership office,” said Voytko. “People show up, and they want to be able to shop, and they haven’t done all their makeups.” In most cases, members in that predicament can get an extension, which Voytko recommends exploring soon after the suspension goes into place rather than maxing out the 10-day grace period and then scrambling to figure out how to address their work backlog. “Some people use the grace period to shop for 10 days solid and then figure out what’s what.” An extension, by contrast, puts the member back onto work alert status and lasts until the next regularly scheduled shift—up to 28 days. If the member keeps working shifts, the extension can be rolled for six work cycles (potentially a half-year), per a decision ratified by the GM.

If you need an extension, call the Coop office and request one by phone. Or alternatively, you can negotiate with your squad leader and ask them to extend your work-alert status, rather than trigger a suspension. “This keeps you on work alert until your next scheduled shift,” said Voytko. “That’s the most seamless way to do it.”

Additionally, many squad leaders maintain a policy that allows a squad member who calls before or during their shift seeking an excused absence to rack up just a single makeup rather than the standard two make-

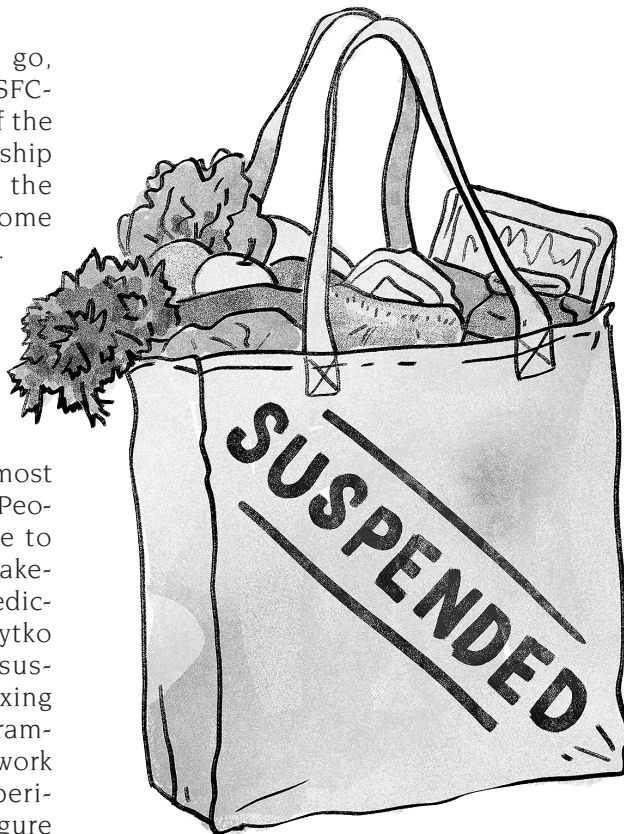


ILLUSTRATION BY BRIANNA HARDEN

Extensions and grace periods help address suspensions.

ups for a missed shift. “There are a lot of people who feel like that’s official Coop policy,” Voytko said. “That is not the case. It’s up to the squad leader, in the course of managing their squad. But a lot of people treat it like a magic phone call. We don’t have a magic phone call policy at the Coop level. It’s always up to the squad leader whether you get one or two.” He acknowledged there might be a larger conversation in the offing about fairness, flexibility, and squad autonomy. “Is there a better way forward? There are squads that are very permissive. That’s great, except the reason the Coop nearly failed in the 1970s was because fewer and fewer people came to their assigned time. Some squads are very

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Member Aims for Zero Waste

By Taigi Smith

When Ian Fried moved back to the United States after spending two years in India, he immediately noticed how much waste Americans throw away every day. As a teacher of environmental science, he has a natural inclination to preserve our environment, and he knew on his return that he wanted to do more than teach—he wanted to go “zero waste.”

“The amount of waste in America is staggering and breathtaking,” Ian said. “I’ve seen bananas in Saran Wrap. The amount of plastic we throw away...once you step into it from a world where that doesn’t exist, becomes visibly apparent.”

Ian decided to change his own ways, and in five months has managed to shrink his personal waste output to about the size of one small mason jar per month. He recycles just about everything and throws away almost nothing. “I basically cut out all single-use plastic in my life. A lot of the single-use plastic that I’m using right now is just stuff that I already had in my house, like a bag of pasta.” For plastics that can’t be recycled



PHOTO BY ZACHARY SCHULMAN

Ian Fried says that the amount of waste in America is staggering. He’s seen here holding five months’ worth of his own.

curbside, Ian uses TerraCycle. “It’s worth bringing your plastic stuff to them at the PSFC. They’ll recycle it in some way, shape, or form,” Ian noted.

Single Use Plastic (SUPs)

Ian began his quest to cut down on his personal waste by issuing a simple challenge

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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

Thu, Nov 1 • Food Class:

Vegan Thanksgiving 7:30 p.m.

Fri, Nov 2 • Film Night:

Pull Out 7:00 p.m.

Fri, Nov 9 • Wordsprouts:

Connecting Across Differences 7:00 p.m.

Tue, Nov 13 • Plow-to-Plate Film:

H.O.P.E. What You Eat Matters 7:00 p.m.

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

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Almost

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strict, and no one wants to join that squad.” The Coop is again struggling with people not coming to their shifts and expecting one makeup as a penalty, then showing up in large numbers on a holiday when fewer people are needed.

Voytko noted that people sometimes say the reason they cheated on makeups and suspensions was that they got overwhelmed and didn’t want to ask for help. “Exploring how extensions and makeup programs work is much better than breaking Coop rules,” he said. “We have many policy options to help people keep shopping, despite our reputation on the street for being very strict.”

Temporary Leaves

The Coop grants temporary leaves for not less than eight weeks at a time. Typically, if a member gives a definite return date, the member can return to that same shift. If a member seeks to extend a leave beyond that date, their workslot may be given to another member.

Taking a leave pauses all aspects of membership, including shopping, working, and doing makeups. “We get a lot of leave requests in the summer months,” Voytko said. “People leave in June, July, and August. Then they come back, and we get crowded again.” During the summer, sometimes as many as a thousand members may go on leave.

Banking FTOP

The Future Time Off Program (FTOP) suits people from many walks of life, including freelancers, teachers, and people with unpredictable work schedules. Instead of working a regular shift on the ABCD cycle, FTOPers work sporadically to fill the Coop’s constantly changing needs. Any member, whether or not they are technically on FTOP, can also bank shifts using the FTOP program. “If you work but didn’t owe a cycle, it goes into the FTOP bank,” Voytko explained. This enables members who work a regular shift to take some time off from that shift and still keep shopping. Some members have used their banked FTOP program to push their retirement date a little closer.



PHOTOS BY KEVIN RYAN

FTOP suits people with unpredictable schedules. Dr. Nathan Franck, a Downstate intern, spends his shift resolving member issues.

In order to bank credits, you have to schedule them through the office. You can’t simply walk into the store hoping to do a shift and receive FTOP credit for it. Also, in order to bank shifts, you must be a work-active member—that is, you cannot owe any makeups.

Banked FTOPs can’t be used as a makeup for just



Bulk food, along with produce, cheese and books are all non-returnable items.

one shift. They have to be used at least two at a time, and no more than six at a time. If you work a regular shift and accumulate more than six banked FTOPs, you may lose your regular workslot and be categorized as an FTOP worker. In other words, members can “spend” two to six FTOP credits and still retain their workslot.

Return Policy

The Coop doesn’t do exchanges, but does allow returns within 30 days under various circumstances. Some items are never returnable, including produce, cheese, and bulk items. That said, if those items suffer a quality issue, one can discuss the problem with a staff buyer

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 & Oils
Juicers	
Sushi	

*A buyer is available during the week-days to discuss your concerns.

Refrigerated Goods (not listed above)

Frozen Goods

Meat & Fish

Bread

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

NEVER RETURNABLE

RETURNABLE ONLY IF SPOILED BEFORE EXPIRATION DATE

Packaging/label must be presented for refund.

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.

Signage clearly indicates the Coop’s return policies.

and, in certain circumstances, negotiate some credit. In the non-returnable and non-negotiable category are books, calendars, sushi, seasonal holiday items, refrigerated supplements and oils, special orders, and sunscreen.

Frozen and refrigerated items including meat and fish are returnable only if spoiled, and dated items are returnable only if spoiled before their expiration date. All other unopened items in resalable condition are returnable within 30 days if accompanied by a paid-in-full receipt.

“We have many policy options to help people keep shopping, despite our reputation on the street for being very strict.”

If you dislike a product or are otherwise dissatisfied, Voytko reminds the membership of the possibility of contacting the manufacturer for a refund or coupons. “We all have stories about people who try to return things like a half-eaten tub of hummus,” Voytko said (acknowledging

“Alert” for work: owing makeups but still allowed to shop. Members who find out they are “alert” at the Entrance Desk and are surprised should contact the Membership Office ASAP to investigate. Ignoring “alert” status can result in becoming “suspended” and losing your shopping privileges.

“Suspended” for work: happens when a member owes any number of makeups for more than four weeks. Being suspended means you are unable to shop. There are steps you can take to return your status to “alert” or “active” and regain your shopping privileges. If completing all your owed makeups immediately is not an option, request an extension, or join the One-for-One program through the Membership Office.

Makeups: work shifts, possibly in addition to the required 13 shifts per year, accrued by members for not attending their regularly scheduled ABCD workslots. All makeups owed should be completed by the next meeting of your regular shift. If they are not completed you will become “suspended” for work. You may, however, intervene on your own behalf to avoid “suspension” by requesting an extension.

Grace Period: a 10-day period, activated at the Entrance Desk, during which shopping privileges are granted even though a member is “suspended.”

Extension: when members who have lost their shopping privileges request to be taken off work “suspension” and put on work “alert” by the Membership Office or by the request of their Squad Leaders, giving them more time to complete their makeups while allowing them to shop; each extension lasts only until a member’s next regularly scheduled workslot. Members may receive extensions only during the six work cycles after becoming suspended for work. Beyond those six work cycles, members will lose their shopping privileges unless/until they work the owed makeups down to zero or take advantage of the One-for-One program.

One-for-One Program: take advantage of this program only if you have exhausted your access to extensions. Joining One-for-One allows you to retain your shopping privileges when you would otherwise be “suspended” for work, as long as you agree to work steadily over time to reduce owed makeups. (This program is for members of regular ABCD squads only and does not apply to FTOP members.) You may join One-for-One by talking to your Squad Leader and asking them to make a note in the attendance book or by contacting the Membership Office.

Regular ABCD workslot: a shift that meets at the same day and time every four weeks.

FTOP: Future Time Off Program, which allows members to work on a relatively flexible schedule, making it possible to bank any number of work shifts for future use. Some members are assigned to the FTOP committee, meaning they do all of their Coop work commitment through the FTOP program. These members are not assigned to a regular ABCD workslot.

Banking FTOP: when members on regular ABCD squads who owe zero makeups and are “active” for work schedule additional shifts through the Future Time Off Program (FTOP). Shifts scheduled and completed through FTOP are “extra” work credits that do not expire; they can be saved and used in the future. These work credits are called “banked FTOP” shifts. All FTOP shifts must be scheduled through the Membership Office.

Temporary Leave of Absence: when a member requests to put their membership on hold for a temporary period of time, with a minimum of eight weeks of leave and a maximum of one year of leave requested at a time.

For future reference, all of the above (and so much more!) is contained in the Membership Manual and various informational flyers available in the Membership Office or in electronic form on foodcoop.com. Look in the Membership section under Membership Manual, Member FAQs, and Coop Literature.

he was the staff member who rejected that attempt). But where you don't fall within our return policy, sometimes you can deal directly with the manufacturer. "One member came in and told me she felt she shouldn't have to do that, and that the Coop should stand behind their product. However, our mission statement explains that we are a buying agent for our members, not a selling agent for any industry. A member dissatisfied with quality can make the case directly to the producer."

Store Credit

If you do request and receive store credit for an item, be aware that those credit slips expire in 30 days. Some members find this policy too tight, Voytko noted. "In some ways, we are not as permissive as certain big-box retailers. People come in on day 32 and say, 'Why can't I have my money?' Voytko noted with 30 days to return an item and 30 more days to use the credit, "in theory that's almost 60 days to get your money back if you need to return something. My local Met Food," he said, "has a seven-day limit. Big-box stores may be more permissive about their return policy but charge a higher margin. We're interested in helping people buy what they need, and in exchange for that, we ask people to be more careful about what they do buy, and if they make a return, we ask them to do it promptly."

Some members have used their banked FTOP program to push their retirement date a little closer.

For members who don't want to concern themselves with keeping track of credit slips, Voytko suggested proceeding directly to the cashier with the store credit for an immediate payout, termed a "tender exchange." "A lot of people don't know you can go to the cashier and they will hand you cash for that slip if you don't want to hang onto it till your next shop," he said. "Then it's done. And cash doesn't expire." ■

To learn the fine points of these policies, see the sidebar, or consult the membership manual, which can be found on the Coop website under the Membership tab.

Zero Waste

CONTINUED FROM PAGE 1

to himself: "Let me see how much single-use plastic I can cut out." He no longer uses plastic bags at all. "I think it's so much easier than people think to stop using single-use plastic. It's really easy. You think you don't have a choice, but every time you go the grocery store, you're voting with your money."

Even if you do use plastic bags, you don't need to throw them in the trash. "You can recycle plastic bags in NYC even though you cannot put them in your recycle bin," Ian noted. "You can bring them to a commercial supermarket, and by law, commercial grocery stores are required to recycle plastic bags."

Preparing his own food has helped Ian go a long way toward decreasing the amount of trash he produces each month. "I cook a lot and make a lot of my own food. I'm not really eating a ton of meat right now. When I do buy meat, I go to butchers and they're happy to put my meat in Pyrex. I bring Pyrex glassware. I've even brought it to the Japanese restaurant to do take-out. A lot of people are happy to do it," although Ian says that sometimes he gets the feeling he's being a pain in the butt.

You don't have to throw plastic bags in the trash. By law, commercial grocery stores are required to recycle them.

Virtues of the Bidet

Speaking of butts, Ian has also figured out a way to cut out toilet paper waste and consumption. "Another thing that people do in India is use a kind of bidet. I have a bidet. You remove your toilet-seat cover and install the bidet. It's the best thing I've



PHOTOS BY ZACHARY SCHULMAN

During the first 12 days of October Ian generated a very small amount of non-compostable, non-recyclable, non-reusable waste.

ever done. You can get one with heated water," he says. "I have toilet paper for guests.



Preparing his own food decreases the amount of trash Ian produces. He's also lost weight by going zero waste.

I'll buy a roll every three or four months.... After all, how often are guests pooping at your house? Still, I encourage friends to try the bidet."

The bidet fits next to the toilet. Ian found his for about \$30. "They're really lovely. They're truly wonderful. After using it for the first time, I was like, holy shit, this is amazing." No pun intended.

Ian says that while he loves living a waste-free life-

style, he misses pre-packaged snacks like chips. "I've lost some weight by becoming zero waste," he noted. He'd love to eat dried fruit from the PSFC, but refuses to purchase it because it comes in plastic. He wishes the PSFC would cut out the use of plastic bags altogether. "I don't like that we get so, so much stuff and put it in plastic bags. If people start using things that come in recyclable packaging, companies will start packaging fewer items in plastic. In some countries, plastic bags are illegal. You can go to prison for using plastic bags in Rwanda." Ironically, the PSFC still has reams of plastic bags in its aisles.

Less of Everything

In addition to cutting down his use of plastics, Ian managed to diminish his waste output by consuming

less of everything—meaning he buys fewer things across the board. "I think re-using is important, but I think it's more important to use less stuff. I'm big on using Craigslist, and I take a lot of curb stuff. I think Craigslist is a pretty amazing resource. Why would you buy a new car? It's crazy to me. I think buying things used is really, really great. I'm a really big rock climber, and I buy used rock-climbing equipment and I've saved about \$700. The quantity of new clothing that I buy is really small."

"I've even brought Pyrex glassware to the Japanese restaurant to do take-out."

Ian often wonders why people buy things new when they can give pre-owned goods a second life. It also saves on packaging. Except for his bidet, he almost never shops online. "It comes in a ridiculous amount of packaging. I'm like, 'Support your local businesses!' There's a huge carbon footprint that goes with shipping things through Amazon."

A native New Yorker, Ian finds usable items among the things his neighbors leave curbside. "You throw anything out on the street that has some use and people will take it." Referring to the curbside freecycle culture, he added, "That's one of the things that India and Brooklyn have in common." ■

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.

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

Puzzle author: Abdul Powell. For answers, see page 10.

A volunteer-based, private recycling company, TerraCycle collects non-recyclable waste for use in new products. TerraCycle's collection times outside the Coop are on the second Wednesday of the month from 3:45 to 6 p.m. and the fourth Saturday of the month from 1:45 to 4 p.m. Acceptable items include plastic bags, wrapping, and packaging; thin plastic film wrap from notecards, tea boxes, and pre-packaged cheese; juice packs, plastic food-storage Ziploc bags (any size), plastic cling wrap, small bulk bags, plastic roll bags distributed by the coop, toothpaste tubes and toothbrushes, energy and granola bar wrappers, Brita water filters, and cereal and cracker bags and box liners.

SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *H.O.P.E. What You Eat Matters*

By Adam Rabiner,
Safe Food Committee

The intentions of those who made *H.O.P.E. What You Eat Matters* are pretty clear. They want people to stop eating all meat, including fish and fowl, and also dairy. The film contends that if everyone took up a plant-based diet, we'd all be healthy and the

planet would be saved from environmental degradation and impending catastrophe.

You see this streak of idealism in one scene where people of various ages and ethnicities gather on a grass field, hand in hand, as cameras pan their serious faces and inspirational music majestically crescendos. It reminds you, intentionally I

think, of that popular Coca-Cola commercial from 1971, "I'd Like to Teach the World to Sing (in Perfect Harmony)." The filmmakers would like to teach the world to eat according to their food philosophy.

H.O.P.E. uses various points to persuade. Its first argument answers the question "What's in it for me?" with a selection of

scientists who say that a vegan diet delivers better health. Biologist and nutrition expert T. Colin Campbell and physician Caldwell Esselstyn cite scientific evidence. The film also depicts case studies of individuals on the verge of early death avoiding surgery and turning their health around after adopting low-fat, whole foods, plant-based diets.

The tone darkens dramatically when *H.O.P.E.* pulls out all the stops, making the case for saving the Earth and its animals. We often take for granted the harmful effects on our environment of our industrial food system. It can all seem extremely removed and theoretical. But sometimes a simple image can bring it home: a huge swath of burning rainforest, a massive ancient tree being felled by a lone man with a chainsaw, the treatment of animals. The film is most difficult to watch in the final section revealing the cruel treatment of feed animals—cows, pigs, chickens, and other farm creatures. I wanted to turn my eyes away.

The film seems particularly in sync with the present zeitgeist. Scenes of calves being separated from their mothers shortly after birth echo current events in federal detention facilities. Cows were shocked and prodded onto cattle cars, pigs gas-stunned into uncon-

sciousness before slaughter; overcrowding and squalor, sickness, squeals and shrieks, tears (animals actually cry), the sheer brutality and inhumanity of it all. The narrators, former farmers and butchers themselves, reveal what goes on behind the scenes that we never see. In the United States it is actually illegal to film inside a slaughterhouse, so much of the film footage in *H.O.P.E.* is European.

People love and pamper their pets. We cuddle and nuzzle with our dogs, pet and stroke our cats, sing and talk to our birds. We buy fancy treats and even clothes for them, provide them shelter, take them on trips with us, and pay Fido's expensive veterinary bills. We are revolted by the idea of eating certain domesticated animals. Clearly and paradoxically there is a double standard when it comes to the animals we eat, what is referred to in the film as "carnism," a kind of racism that views some animals as more equal than others.

In watching *H.O.P.E.* and how humans have commodified animals, I also thought about how badly human beings have treated one another throughout history; about how people once justified slavery; about ongoing war and genocide; about the current #MeToo movement. Can *H.O.P.E.* and other films like it be the Harvey Weinstein of the animal rights movement, a linchpin marking a turning point of cultural awareness about the desperate plight of many of our four-legged friends?

Beloved primatologist Jane Goodall bookends *H.O.P.E.* with the same clip opening and closing the film. Staring straight at the camera and directly addressing the audience, she tells us, "I think the most important message that I have is that you, I'm speaking to you watching this film, you make a difference. You as an individual make a difference.... Your life matters. You matter. Use your life wisely." ■

See upcoming events, past reviews and a comprehensive list of films shown at 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.

H.O.P.E. What You Eat Matters will be presented on Tuesday, November 13, 7 p.m. at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.

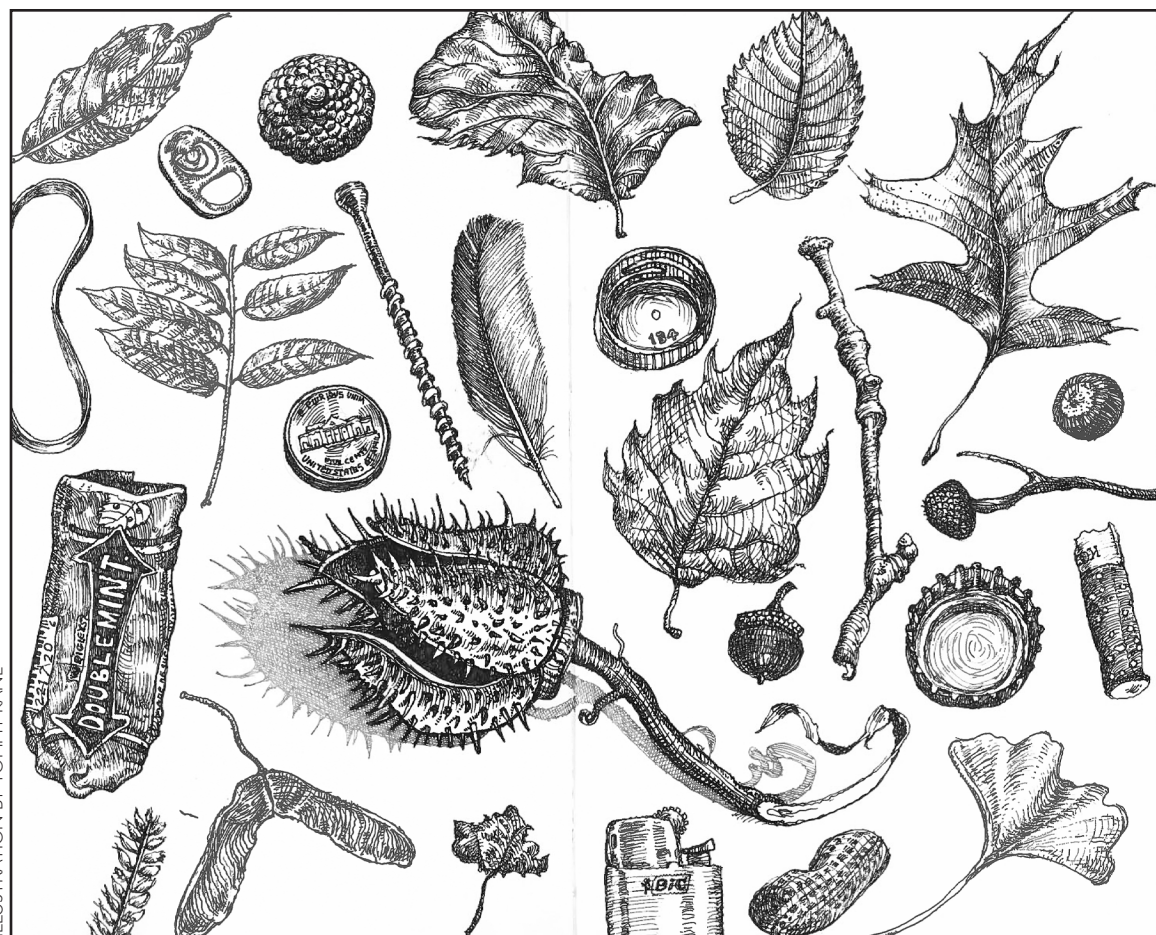


ILLUSTRATION BY TOMMY KANE

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

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.**

WORDSPROUTS COMMITTEE REPORT

A Night of Literary Fiction

By Sarah Schenck

On Friday, October 14, Wordsprouts hosted a reading and discussion of recent literary fiction, featuring Fran Hawthorne and Thomas Rayfiel. 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.

Wordsprouts' Sarah Schenck shares observations and insights from her virtual conversations with these two exciting authors.

Do you feel any particular obligations about writing to rouse the people politically during this tumultuous era?

Tom: It's not so much rousing other people as rousing myself. I feel this great need to act, to do something. I'm bad at marching. I'm bad in crowds. I'm no good at arguing... so I try in my work to address what's making me go around snorting like a cartoon bull.

Fran: As a human being, I definitely feel a tremendous obligation to rouse people politically during this dangerous (not just tumultuous) era, and in fact, I'm spending every spare minute volunteering on political campaigns. But I also strongly feel that it would be wrong to somehow require every novel to take an explicit stand on Trump or U.S. politics or immigration or any other current issues, no matter how dire the times are. Each novel creates its own universe. As it happens, my novel is very much about refugees and ongoing generations of ethnic hatred, but in this case the guilt and ethnic tension stem from the Holocaust.

What mistake(s) have you made in your writing?

Fran: The worst feedback is probably from me. I see my characters making repetitive gestures that I wish I'd pruned. I should have spent more time draw-

ing out a couple of the relationships. Well, I think I'd better shut up now before I give readers too many bad ideas!

Tom: I've made tons of mistakes! But they seem, looking back, inevitable, part of the trajectory. Sometimes it feels like all art is simply the making of mistakes, failing at increasingly higher levels.

What is the value of the written word in today's video-centric universe?

Tom: The value of the written word is almost non-existent! But there are freeing aspects to irrelevancy. Poets, when poetry was the dominant form of literature, used to have the weight of the world on their shoulders. Now they are exploring all sorts of interesting by-ways of the human condition, when not scrounging in garbage cans for scraps of food.

Fran: Words, pictures, music, motion—each has its own unique way of communicating, and it's so important for the video generation to appreciate the treasure of reading. But how can we make this happen? We authors have to write interesting books, of

course, but the burden also falls on parents, teachers, the advertising industry, government, and society in general to treat writing with respect—and they don't.

Who are the writer(s) who most profoundly influence you?

Fran: Where do I begin? Nicole Krauss and Jennifer Egan, for their amazing ability to weave Moebius-strip plots in *The History of Love* and *A Visit from the Goon Squad*. Yaa Gyasi in *Homegoing* and Andre Dubus III in *Gone So Long*, for their powerful descriptions that hit you from all your senses. And those are just some of the moderns I've read recently. I'm still in awe of Tolstoy and Dostoevsky for the vast worlds they created, populated with so many varied yet full-blooded characters—and especially in Dostoevsky's case, the gut-intensity of his characters' frenzied emotions. As a teenager, I used to say my role models were Faulkner and Hemingway (who of course are total opposites in style).

Tom: I don't think of "influences" as much as lasting crushes. The writers I return to over time include Henry James, Ivy Compton-Burnett, James Schuy-

ler, and Richard Howard. But there are many more.

What you would be doing and how you would be living if you had a TOTALLY different life than this life you are living?

Fran: I would be either a politician or an actor. I still kind of regret those lost opportunities ... which may be why I'm so active in politics and why I love giving book talks!

Something you wish you'd known when you were getting started as a writer?

Fran: I sure wish I'd known more about technique. I don't have an MFA; I've taken only a few writing workshops in my life;

so I wasted a lot of time rewriting drafts where I fiddled with the leaves on the trees and missed the forest entirely. (I also wasted a lot of opportunities by sending half-baked manuscripts to agents who were interested in the novel's basic concept but rightly rejected the actual pages.) So, while I still don't think a full MFA is necessary, I guess I'd recommend that beginning writers enroll in a lot of writing classes, residencies, peer workshops.

Tom: I wish I'd known about the negative pages, the mountains of discarded sentences you have to plow through just to get to page one. Everything is necessary and there is no such thing as a bad day's work. Or so I tell myself. ■

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
to propose a class.

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



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, November 16, 8:00 p.m.

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



PROSPECT CONCERTS

Come out for a night of big-band swing-dance music with the **Swing Shift Orchestra**. Fun for singles, couples or the whole family! Join saxophonist **Lisa Parrott** and drummer **Rob Garcia** as they lead a swing band of world-class jazz musicians. There



will also be professional swing dance instructors giving a group lesson of some basic steps. It's going to be a great night of music, dance, snacks and good vibes to benefit the Park Slope Food Coop.



Dan Blankinship—Trumpet; **Hugo Moreno**—Trumpet; **Emily Asher**—Trombone; **Jenny Hill**—Tenor Sax; **Lisa Parrott**—Alto/Bari Sax; **Stefan Bauer**—Vibraphone; **Art Bailey**—Piano; **Jamie Fox**—Guitar; **Alexis Cuadrado**—Bass; **Rob Garcia**—Drums; **Todd Isler**—Percussion; **Debbie Deanne**—Vocals

There will also be free dance lessons with professional dance instructors **Arturo Perez** and **Carolynn Murphy**.

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 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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Editor (development): Ed Levy

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Taigi Smith

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Index: Len Neufeld

Advertising: Mary Robb

WELCOME!

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

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 Protopoulos	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:

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

Nov 22 issue: 12:00 p.m., Mon, Nov 12

CLASSIFIED ADS DEADLINE:

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

Nov 22 issue: 7:00 p.m., Wed, Nov 14

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 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 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 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 formally 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*

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 26–dec 7 2018

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 11 am

CBD Oil Info

Everything you ever wanted to know about CBD oil but didn't know where to ask! This informational workshop is to help you understand what CBD oil is and how it works with your body's endocannabinoid system. Hear answers to frequently asked questions such as, "Is it true that CBD oil is anti-inflammatory?" "Does it help to improve focus?" "What's the difference between CBD and THC?" Join PSFC staffers **Jana Cunningham**, **Theresa Gray** and **Jessa Fisher** along with **Greg Kerber** (CEO of Gnome Serum), for an afternoon of facts, discoveries and insights. Bring your curiosity, questions and open mindedness.

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.

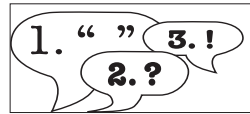
nov 4
sun 12 pm

Sick and Tired of Feeling Sick and Tired?

Wish you had more energy? Can't seem to get through the day without that second (or third) cup? Hopeful that your stress level will drop but never seem to feel that way? Got all the energy you need for the upcoming holiday season? Nutrition Response Testing is a non-invasive system of analyzing the body to determine the underlying causes of ill or non-optimum health. We can help identify nutritional deficiencies that contribute to stress and fatigue and support your body with whole-food supplements, dietary changes and lifestyle hacks that will put the pep back in your step! Long-time Coop member **Diane Paxton**, MS, LAc, is an acupuncturist, colon therapist and Nutrition Response Testing Advanced Clinical Master. She is also the owner of Inner Fire Natural Health Improvement Center with offices here in Park Slope and in midtown Manhattan.

nov 6
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.

The October General Meeting will be held on Tuesday, November 27, 7 p.m., at St. Francis Xavier School, 763 President St., between Sixth and Seventh Aves.

nov 9
fri 7 pm

Wordsprouts: Connecting Across Differences



How to get through the holidays still talking with those you love. Wanting more ease this holiday season? And a way to connect in an authentic way with family and friends, despite past hurts, misunderstandings, and political divides? We are pleased to present this introductory program on compassionate, nonviolent communication with author **Dian Killian**, Ph.D. Drawing on her great well of experience, Dian will share practical tips and skills to support you in being heard, hearing others, and finding greater harmony and shared understanding with those you love. Equipped with these concepts and strategies, you'll be sure to have a more easeful, enjoyable holiday! Dian is a Certified Trainer with the International Center for Nonviolent Communication, a certified life coach (a graduate of the Coaching for Transformation program), and author of two books, *Urban Empathy: True Life Adventures of Compassion on the Streets of NY*, and *Connecting across Differences: How to Connect with Anyone, Anytime, Anywhere* (now in its third edition, and in German). She has been a member of the Coop since 2000.

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

nov 13
tue 7 pm

Safe Food Committee Film Night: H.O.P.E.



H.O.P.E. What You Eat Matters is a life-changing documentary uncovering and revealing the effects of our typical Western diet high in animal-based foods. It contrasts the limited interests of the pharmaceutical and agricultural industry with the all-encompassing interests of living beings on this planet and with the power of responsible consumer action. *H.O.P.E.* is an urgent call to action to all of us to commit to a change toward sustainability and safeguarding our living environment. It has a clear message: by changing our eating habits, we can change the world!

See upcoming events, past reviews and a comprehensive list of films shown at 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.

still to come

nov 16

Prospect Concert: Swing Shift

dec 2

Public Charge Rule

nov 28

Cheese Class

dec 6

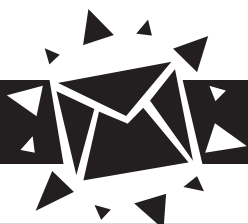
Food Class

dec 1

Holiday Card-Making Party

dec 7

Film Night



LETTERS TO THE EDITOR

SEVENTH GENERATION FABRIC SOFTENER SHEETS

MEMBERS,

The above product recently changed from an “Unbleached Paper Sheet” to a “Rayon Sheet.” The old sheets were compostable and could also be recycled in the NYC paper recycling program.

The new sheets are neither. The new box says in fine print to discard the sheet in the garbage. It is easy to miss this change.

*In Cooperation,
Stewart Pravda*

FORAGING FOR FOOD IN THE PARK

DEAR MEMBERS,

I worry about encouraging people to forage for wild foods in our urban parks (“Forage!” article, *Linewaiters’ Gazette*, September 27). Our parks provide vital sustenance for resident and migrating wild animals—must we humans compete with them for these critical resources? Foraging book author Marie Viljoen is quoted as saying “I don’t have any issue picking the fruit here [Brooklyn Bridge Park] because you’re not displacing anything.” How does she know this? Many wild animals live at the margin of survival when it comes to food. A piece of fruit eaten by a person is a piece of fruit no longer available for another species to eat.

Let’s shop at the Coop and give the critters some space.

Curtis Skinner

ELECTRONIC VOTING

TO THE MEMBERS,

It was very encouraging to read about the proposal to use electronic voting made by General Coordinators at the last GM. This is a step in the right direction toward a more democratic Coop, something we’ve been needing for years.

The proposal for electronic voting is limited at this point just to the election of Board Members, not to other issues of importance to the functioning of a democratic institution. The participation rate for electing Board Members, according to the Coordinators, is under 4%. We’ve long known that the tiny percentage of the membership that actually votes at

any given General Meeting on any given proposal is even smaller than that!

Clearly, the time for electronic voting and ways to be more inclusive of the entire membership are long overdue. Structural changes in how our Coop, which has outgrown its original policies on how to be inclusive and democratic, are sorely needed. The apparent impossibility of finding a physical space to hold a vote, or even a civil discussion, on the longstanding proposal of boycotting Israeli products—whether you’re pro or con!—is

a case in point.

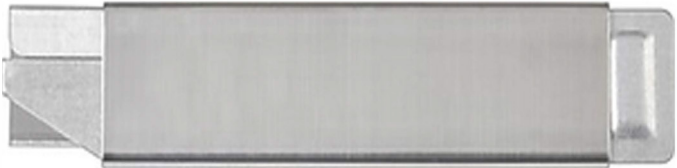
We need to brainstorm the possibilities that are available to us. We have the know-how and the will and the technological capability to make a truly democratic Coop a reality.

Let’s get a committee together or generate some proposals to get our beloved Coop into the 21st century and help it become the member run democracy that we all deserve.

The General Coordinators are to be commended for proposing a first small step in that direction.

Carol Wald

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



THANKS FOR YOUR COOPERATION.

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.

Solution to this issue's sudoku puzzle

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

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.psf@gmail.com.

Please put "Personnel Committee Application" in the subject line then go to <http://bit.ly/2mFY2p1> to fill out a short questionnaire.



COMMUNITY CALENDAR

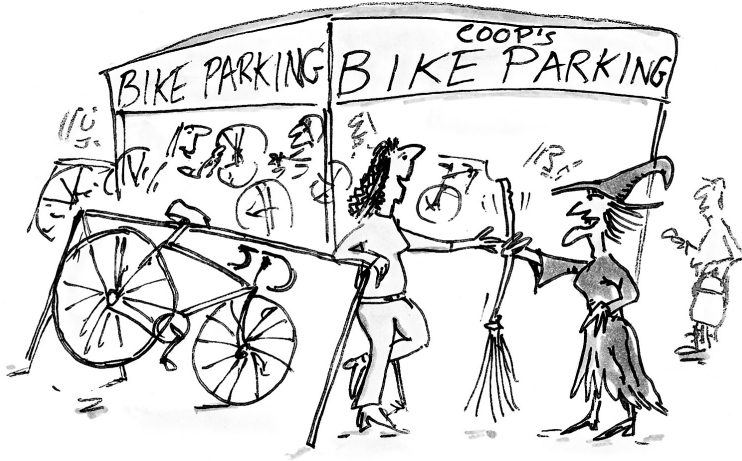
Community calendar listings are free. Please submit your event listing in 50 words or less to GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

THU, OCT 25

8 p.m. Aaron Fowler; Joel Landy, 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, NOV 2

7:30 p.m. Brooklyn Contra Dance. If Swing and Square Dancing met in a bar, you get Contra. Live music, bringing a partner is not necessary. A great way to meet new people! @ Camp Friendship, 339 Eighth St., Brooklyn. \$15 General / \$12 Student / Volunteer. Dance Free. www.brooklyncontra.org.



"Happy to park your broom"

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.

HOUSING AVAILABLE

Seeking Roommate to share large 2BR across from Pros. Park in Windsor Terrace. Large room, closet, two windows. Share large LR DR EIK in elevator bldg. with laundry. Great home, great location, trains, shopping, dining right on corner. Seeking female roommate. I'm clean, quiet, easygoing. Term flexible. Available now. Call or text 646-458-1412. \$1300.

MERCHANDISE

Hand-Loomed Wool Rugs from Oaxaca Mexico for sale, varied sizes \$95-\$450. Proceeds go to weavers in Teotitlan via Non-Profit Friends

of Oaxacan Folk Art. See at 12th St. near Seventh Ave by appt, 718-288-6874. Credit Card accepted.

SERVICES AVAILABLE

RESTORATION Did you break a special vase or chip enamel jewelry? I restore pottery and small objects (antique or just treasured) made of enamel, ivory, horn, tortoise, some plastics and wood, etc. Estimates cheerfully given. References available. Near the Coop. Roberta: 718-623-6777 or rrgordon42@gmail.com.

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.

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.

THE ARTFUL DODGER is a reasonable, clean, efficient artist run company that has served NY for over 35 yrs. Everything from the initial stages of wall prep to the final coat of paint are handled with the same level of expertise. Insured. Satisfaction guaranteed! FREE estimates. 646-734-0899, eyegrease@earthlink.net.

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.

Free consult to consider ways in which you might better see, manage and possibly resolve disappointment, frustration and confusion in your experiences of yourself and others. 52 yrs, practice with individuals and couples. 14 E. Fourth. St., near Astor Pl., Broadway Lafayette and W. Fourth St. Subways. 718-638-0192.

Professional organizing services available. I specialize in home decluttering, downsizing, space maximization & moves. Kitchens, closets, bathrooms, offices, basements. Sessions include product recommendations & resale expertise. Available in the NYC area. www.homedec cluttered.com. Contact claire@homedec cluttered.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.



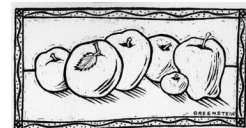
Green burials, home funerals, cremations at Green-Wood

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

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www.tech11215.com
Call Dan: 347-954-9353 • info@tech11215.com



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



☆ 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 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.

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 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.



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. ➤



ecokvetch
the environmental
committee blog

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

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