LINEWAITE S' GAZETTE

Volume MM, Number 22

November 8, 2018

The Changing Landscape of Meat and Meat Alternatives

By John B. Thomas

Established

Grass-fed beef. Plant-based alternatives. "Clean" meat?

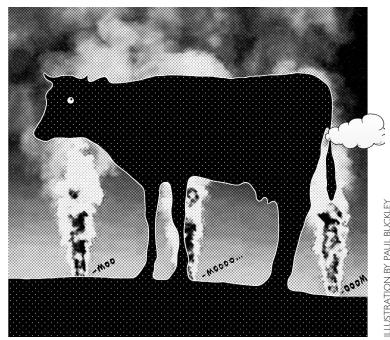
These are just a few of the terms that can sow confusion, or at least germinate questions for the omnivorous, flexitarian, vegetarian, and vegan among us.

For some time there's been the realization that industrial beef production has enormous environmental impacts, from greenhouse gas emissions to land, water, and energy use issues. Industrial beef production has led to deforestation and contributes majorly to climate change.

The World Resources Institute says if cows were a country they'd be the third largest greenhouse gas emitter on the planet, after China and the U.S. And while industrial beef is the major villain in this story, somewhat similar tales of negative environmental impacts and animal rights issues brand industrial lamb, pork, poultry, and even seafood production.

Small-scale Meat Producers

One way consumers have responded is by purchasing meat from small-scale producers, whose production systems generally have less of an environmental impact, whose products are typically healthier and more nutritious, and who focus on ensuring that animals are



Cow pollution.

raised in more responsible and humane ways.

One such farmer who supplies beef to the Coop is Ken Jaffe of Slope Farms in the Western Catskills. Jaffe's cows are 100 percent grass-fed (as is all the beef and lamb sold at the Coop), which is a diet more consistent with the ruminant digestive system than the corn-based feed of industrial systems. Jaffe also practices a grazing system that actually helps take carbon dioxide from the atmosphere, storing it in grasses and the soil, offsetting some of the greenhouse gas emissions associated with beef production. While all food production systems have impacts, food produced by smaller farms committed to principles of sustainability and responsibility are certainly a good alternative.

Plant-based Alternatives

Another major trend in the meat industry is the rise of plant-based alternatives to meat, to give those opting into flexitarian, vegetarian, or vegan diets nutritious, protein-packed alternatives. This includes everything from more traditional alternatives like tofu and tempeh to new, more meat-like veggie burgers and imitation cuts of meat made of plants high in protein, including peas, pulses, potatoes, soy, lentils, chickpeas, and mushrooms, foods that are generally

CONTINUED ON PAGE 2

Fall Into Winter: Local Produce Still Easy to Unearth

By Meredith Kolodner

The bounty of summer has disappeared from the produce aisle, and you might think locally grown produce would be harder to find. But there are many healthy local options still stocking the Coop shelves.

Calling All Squash

The beautifully striped and speckled squash in the bins and boxes of the produce aisle can be intimidating for the non-chef shopper—they look more like decorative items than something you could put on a plate. But many squash are easy to cook, and their rich taste make

them open to multiple seasoning strategies as well. If time is a factor for you, or you just aren't in the mood to chop up the big hearty vegetables, there are several varieties that are conducive to just one chop down the middle—then it's just a matter of scooping out the seeds and sticking them in the oven.

"At this time of the year all of the winter squash is local," explained Dominique Esser, who is one the Coop's five produce buyers. "Since some squash varieties store well, we will be able to carry them locally grown for several months, going

CONTINUED ON PAGE 3



Coop members Phyllis Martin and Ann O'Donovan with some of the winter vegetables.

The November 27 General Meeting is Canceled

The Agenda Committee was unable to create an agenda for the November GM because of a shortage of submitted agenda items that were ready to be scheduled. Therefore, the November GM will not convene.

Due to a permanent change to the GM schedule approved at the January 2018 General Meeting, there is no longer a December General Meeting on the last Tuesday of the month.

The next regularly scheduled GM will be Tuesday, January 29, 2019. The next scheduled Agenda Committee Meeting is Tuesday, January 8, 2019. For more information about the GM and about Coop governance, please see the center of this issue or foodcoop.com.

Thanksgiving shopping hours Thursday, November 22 8: 00 a.m. - 2:00 p.m.

IN THIS ISSUE

Puzzle	3
es We Can: Worker-Owned Coops	4
Welcome	7
Mission Statement, Governance Information	7
Calendar of Events	88
etters to the Editor	10
Community Calendar	11
Classifieds	11
2018 Turkey Delivery Dates & Prices	12
hank You	

Meat

CONTINUED FROM PAGE 1

more efficient at converting nutrients into protein than livestock and require less water, energy, and land.

The plant-based alternatives to the meat industry saw sales of \$670 million in the U.S. in 2017, up 24 percent from the previous year, and vastly outpacing its previous growth rates, according to the Plant-Based Alternatives Association. A full 14 percent of U.S. consumers (43 million people) regularly consume plant-based alternatives, according to the Good Food Institute

Boca Burgers, Morningstar Farms, and Amy's Organics have been making plant-based alternatives to meat—veggie patties, "chicken" pieces, sausages, etc. for decades. To their credit, when analyzed using life-cycle analysis (that is accounting for the full impacts of production), plant-based alternatives had less than half the greenhouse gas emissions of their meat counterparts, according to the Dutch Consumers Association.

Silicon Valley Shakes Things Up

Within the plant-based alternatives market, an entirely new category of food has emerged from Silicon Valley in recent years: products that closely mimic the taste, texture, and even sensory experience of meat. Companies like Beyond Meat, with their Beyond Burger, and Impossible Foods' Impossible Burger have exploded onto the scene with plant-based burgers that look and taste like real beef burgers. They combine pea protein or potato protein with coconut oil and use beets to make them red like raw beef.

Fast Company reports that the Beyond Burger produces 90 percent fewer greenhouse gases and uses 46 percent less energy, 99 percent less water, and 93 percent less land than a quarter pound of U.S. beef.

It now seems like those who don't want to give up meat but want to reduce their environmental impact can have their proverbial burger and eat it too.

Targeting Meat Eaters

Interestingly, the consumers most interested in these products are meat

eaters. The Good Food Institute reports that 86 percent of those who consume plant-based alternatives do not identify as vegetarian or vegan. The three primary motivations cited for switching to alternatives are health-related, with environmental concerns coming in around number four, according to Nielsen. These consumer trends, combined with the economic performance of companies like Beyond Meat, are showing that plant-based alternatives can compete with meat on taste, price, nutritional quality, and accessibility. While this market is still less than one percent of the global market for meat, these fake meats are certainly an increasing force to be reckoned with. And the meat industry has taken note: Tyson Foods—the world's second largest meat processor—has invested in both Beyond Meats and Impossible Foods.

Advice from the Meat Buver

Margie Lempert, the Coop's Meat Buyer, has some advice for Coop members. "It's important to understand what you're making a choice between. If you're choosing between industrial beef and a plant-based alternative, the plant-based alternative is probably better. If you're choosing between plant-based alternatives and a small [beef] farmer, the

former option may not be a better decision." She continues, "Any time you have large demand for one thing there are going to be inherent problems, because you need efficient systems to produce food at scale, and there are negative impacts as a result." So, Lempert's ultimate advice: "Pay attention."

Meat from a Lab

"Pay attention" is good advice regarding another project underway in Silicon Valley, where some entrepreneurs and technologists are trying to take the notion of "no tradeoffs" in meat consumption to the extreme. They're creating "cultured meat," edible muscle and fat tissue grown from animal stem cells in a lab. The industry-preferred term for this is "clean meat," a nod to clean energy and the reduced risk of bacterial contamination.

In theory, this form of meat production does not require animals to be slaughtered, and could drastically reduce the water, energy, and land use of traditional meat production. There are also potential health benefits in terms of reduced bacteria and improved nutritional

On the flip side, this [alternative] could have a major negative impact on the economy, not just on the meat industry but on industries that rely on live-

stock production, including leather, cosmetics, and pharmaceuticals.

That said, there is currently no "clean meat" production system in operation, and as a result "All projections of impacts are almost certainly wrong," according to a 2015 study in the journal Environmental Science & Technology.

Overall, the implications of these trends throw some of the traditional thinking around dietary choices into disarray and raise a series of important questions: Is reducing meat consumption and increasing consumption of plant-based alternatives a more viable way to reduce environmental impact at a large scale than promoting vegetarianism? Is supporting local farmers more important than consuming plant-based alternatives that taste like meat? Is consuming plantbased alternatives that have fewer environmental impacts than meat still a better option, even though those companies may be partially owned by large meat conglomerates like Tyson Foods? Can we absolve ourselves entirely of the environmental and social challenges of eating meat? ■

SOURCES

"An Ocean of Opportunity: Plant-based and clean seafood for sustainable oceans without sacrifice." Good Food Insti-

Anzilotti, Eillie. "People are really, really into plant-based meat these days." Fast Company. Sep 12, 2018.

Datar, Isha. "Environmental impacts of cultured meat." New Harvest. Nov 19, 2015.

"Environmental impacts of meat alternatives." Dutch Consumer Association. Aug 3, 2017.

Nielsen Retail Sales Data for Plant Based Foods. Plant Based Foods Association. 2018. Mattick, Carolyn et al. "Anticipatory Life Cycle Analysis of In

Vitro Biomass Cultivation for Culture Meat Production in the United States." Environmental Science & Technology. Sep., 2015.

Mattick, Carolyn, Amy Landis, and Brad Allenby. "The Problem With Making Meat in a Factory." Slate. Sept 28, 2015.

Peters, Adele. "Most Americans will happily try lab-grown 'clean meat.'" Fast Company. Aug 1, 2018.

Peters, Christian J. et al. "Carrying capacity of U.S. agricultural land: Ten diet scenarios." Elementa: Science of the Anthro-

Ranganathan, Janet. "Sustainable Diets: What You Need to Know in 12 Charts." World Resources Institute. April 20, 2016.

Raphael, Rina. "Meatless burgers vs. beef: How Beyond Meat's environmental impact stacks up." Fast Company. Sep 26, 2018.

EXPERIENCED REPORTERS Please Apply



Workslot Description

We have four distinct Linewaiters' Gazette teams-each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team's editor every eight weeks.

For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please contact Annette Laskaris in the Membership Office or e-mail her at annetteATpsfcDOTcoop.

Please send a letter of application and two writing samples at least 800 words long (one sample must be a reported interview, not a Q&A) to annetteATpsfcDOTcoop. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editors, Alison Rose Levy and Carl Arnold.

Seeking Diversity on the Gazette Staff

The Gazette is looking for qualified reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the Gazette and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

Special Ordering Temporarily Suspended

\$ &

We will not be taking special orders 11/12/18 through 2/3/19 (special orders resume 2/4/19)

Vitamins/Supplements special orders are suspended indefinitely and will not

resume on 2/4/19

No special orders on fresh baked goods

Orders for bulk or produce by the case must be placed directly with a bulk or produce buyer

Fall into Winter

CONTINUED FROM PAGE 1

into the winter, but eventually Mexican-grown squash will replace local."

Almost all winter squash have lots of fiber and are low in calories, and some varieties are shockingly high in vitamin A, vitamin C, and potassium.

Acorn squash, for example, is packed with vitamins and minerals—one cup has more potassium than two bananas. Butternut squash provides almost three times the amount of vitamin A than most adults need in a dayand half the vitamin C. Butternut also has a good amount of beta-carotene and magnesium. And for those who shy away from this firm vegetable because of the difficulty cutting it, longtime Coop member Susan Perlstein suggests coating it in olive oil and popping the whole thing in the oven for 20 to 30 minutes to soften it up. That makes it easy to cut and season before roasting or sautéing it.

Delicata squash is one of the beautiful ones, arriving as an orb or in a pumpkin shape with green ribbons and specks. But unlike the gourds it resembles, delicata has a soft flesh and can be sliced without much muscle. It is also high in vitamin A and provides some vitamin C as well.

The other lovely looking varieties, including sweet dumpling, carnival, buttercup, honeynut, and Hubbard, all have a good amount of vitamin A and other nutrients and carry their own slight variation of taste and texture.

Pumpkins aren't as easy to cook—but they are worth it if you have a cleaver, a sharp knife, or simply are brimming with determination.

Once chopped into cubes, pumpkin is tasty in stews and soups and can be slotted in for butternut squash for a different flavor. Long-term roasting also prepares it nicely for a hearty addition to salads.

A cup of pumpkin gives you twice the suggested daily intake of vitamin A as well as a decent amount of vitamin C and magnesium. And those seeds! They are easy to roast and delicious—many kids will crunch them down (and you can let them handle the gooey process of separating them from the pumpkin's flesh). They're packed with protein, fiber, magnesium, and even some iron.

Spaghetti squash don't have the vitamins the other varieties provide, but they've got fiber and can be used as an alternative to pasta.

Pears and Apples

As always, the Coop is carrying a bewildering array of apples and pears. Fall is their peak season, and many are grown locally. Since they store so well, many will remain on the shelves throughout the winter. Apples provide fiber as well as some vitamin C, and there's not a lot of nutritional differences between the different kinds. Pears have even more fiber, although less vitamin C. Asian pears have slightly less sugar than their pear relatives.

Greens, Romanesco **Broccoli and Purple** Cauliflower

Heartier greens will continue to be plentiful throughout the winter, according to Ken Macdonald, a produce buyer for the Coop. That includes kale, somewhat famously chock full of vitamins A and C. Kale also delivers diners some calcium. The easy to store collard greens provide a good amount of vitamins A and C. And the versatile Brussels sprouts have a ton of vitamin C as well as some vitamin B, A, and fiber.

Broccoli is another staple that can be counted on this winter. The go-to vegetable for many families offers twice the suggested daily intake of vitamin C as well as some vitamin B, fiber, and potassium. Broccoli's cousin, Romanesco, also in season, doesn't have quite the high vitamin content of its relatives, but its spiral shapes, somewhere between twirling evergreen trees and conch shell points, give meals beautiful texture, and it cooks up quite quickly.

Cauliflower's pale demeanor can trick shoppers into assuming that it's low in nutritional value, but it has a lot of vitamin C as well as some potassium, fiber, and vitamin B.

For those who want to add a little royal variance to their meal, behold the purple (and local!) cauliflower, which will soon grace Coop shelves. You lose none of the vitamins with this bold choice and may even gain some health benefits in the form of additional antioxidants.

These cruciferous vegetables, as they are known, tend to survive the more dramatic weather our region has endured recently, which is more difficult for other kinds of produce.

"Overall, it's been a very wet, humid summer, and we have struggled with quality for some of the tender greens and stone fruit," said Macdonald. "Hurricanes in the south haven't helped."



Selection of winter fruits.

Roots

Carrots are among the nutritional stars of this group, providing mounds of vitamin A. Sweet potatoes also seriously pack in the vitamin A, and they carry a decent amount of fiber and vitamin B. But the paler root veggies like parsnips also provide benefits, such as vitamin C, potassium, and fiber. Potatoes are also sometimes slotted into the non-healthy food box, probably due to their favorite as a fried treat. But they have an enormous amount of vitamin C and stand out for their potassium and vitamin B quantities as well as providing some fiber and magnesium.

Mushrooms

The tantalizing mushroom varieties currently dominating a corner of the produce aisle can transport imaginative shoppers into a moist, dark forest. Locally grown mushrooms will be available in the coming months as well.

Mushrooms don't contain many vitamins, but there is ample research showing that they do provide nutritional value, owing to certain antioxidants. The more common button mushroom is the highest in potassium and selenium. But the funkier looking varieties, such as oyster, maitake, and porcini, have high concentrations of desirable antioxidants such as ergothioneine (ERGO) and glutathione (GHS).

Citrus

As frost begins to cover the farms of the northeastern United States, Florida citrus starts to reach its peak performance.

The Coop's buyers stick with Florida for as long as possible, "because of the shorter transit distances, which result in fresher fruit with less environmental impact," said Esser, who is in charge of the citrus purchasing.

True to reputation, one orange provides almost an entire day's suggested amount of vitamin C. Grapefruit also packs in the vitamin C.

Specialty citrus will start appearing on the shelves soon. Because Coop purchasing decisions aren't based on profit margins, it can offer varieties that aren't in a lot of traditional grocery stores, Esser explained. As a result, shoppers

are likely to find yuzu lemons, Buddha's hands and more in the produce aisle this winter.

Meanwhile, tropical items like bananas, pineapples,

plantains, papayas, and mangos are almost always on the shelves, although they too are not grown locally.

The Coop's buyers do conscientiously mine local options, but there is a limit to what will be available in the colder months.

"If members want to stick to as local a diet as possible they will need to choose fewer items, and begin applying heat," Macdonald advised. "Soups and stews of produce that have been in storage or cured. They can also keep an eye on the source of items listed on the shelf labels." ■

Crossword Puzzle 36 43 63

Across

1. Preppy clothing line

5. Some jets

10. Email best not replied to

14. Bit of viral web content

15. Sleep clinic concern 16. Racer with the tortoise

17. What Tom Brady suffered on the field before he wed Gisele Bundchen?

20. John Quincy Adams, to John Adams

21. Ostracized sort

22. Lock of hair

23. Ally (with)

24. "Two, three, four" lead-in

25. "Goldman's banking partner? He's

catching some rays!" 33. The "P" of R.S.V.P.

34. Polemologists study them

35. "May

36. Where Arthur Ashe played college

tennis 37. Exclamation of feigned innocence

39. "Bonanza" brother

40. Orbison or Lichtenstein

41. Very large, informally 42. Disney and Whitman

43. Title that Kenny G would gladly

accept, presumably? -Del

48. Bingo relative 49. Katherine of "27 Dresses"

52. Green

54. Filmdom's Farrow

57. Situation after all the security guards quit their jobs at a luxury store located at 611 Fifth Avenue?

60. Stick_ _ in the water

61. Kind of nerve

62. "Star _____ Beyond" (2016 film)

63. Do some programming

_ you!' 65. Pro votes

Down

1. Parenting challenges

2. It's nothing3. Unsettling dream, maybe 4. One on the left?: Abbr.

5. U.S. city that hosts the world's largest

ialapeño festival

6. Allergy sufferer's lifesaver

7. Card game stake

8. Behind 9. Actor Mineo

10. Sterling or Shannon of the NFL

11. Go back and forth

12. Big boats

13. Slob's creation

18. Most wanted

19. Concert memorabilia

23. Actor LaBeouf

_ goes nothin'!" 25. San Antonio hoopsters

26. Major manufacturer of soda cans

27. Flower part

28. When some bars close

29. Overly theatrical type

30. Garlicky mayonnaise

31. "NCIS" airer

32. "Siddhartha" author

37. Sunset's direction

38. 6 ft., maybe

Yello (soft drink)
41. _____Yello (soft drink)
42. Dropped off
44. "Heer ' 39. Xbox space-war franchise

44. "Hear, hear!"

45. Husky cousins 46. Football Hall-of-Famer Ernie

49. Grp. that interrogated Alger Hiss

50. Within: Prefix

51. Apple debut of 2001

52. Carter of "Gimme a Break!"

53. Something to clear up? 54. Farm female

55. Store with a three-syllable name in

four letters

56. Requests, with "for" 58. Moonshiner's vessel

59. Dump

Puzzle author: David Levinson-Wilk. For answers, see page 11.

Yes We Can: Worker-Owned Coops

By Alison Rose Levy

Counded in 1973, (yes, that's 45 years ago!) the Park Slope Food Coop is one of the oldest and largest consumer food coops in the country. It's a presence in our lives, the source of our food, and a center for community engagement. And it's also part of a larger coop movement that stretches back in time and exists in many parts of the

Dario Azzellini travels the globe studying, teaching, writing, and producing documentaries about cooperatives. He is currently a visiting scholar at the Community and Worker Ownership Project of CUNY's Murphy Institute (https://sps. cuny.edu/academics/jsmi/ community-and-worker-ownership-project). Azzellini has a broad perspective on the place of cooperatives in the history of humanity. His work can be found at www.azzellini.net.

Cooperation in Human History

Although not always designated by the term coop, "cooperation is anthropologically embedded in human beings. Cooperatives go back thousands of years. We wouldn't have developed without them," says Azzellini.

Over the course of human history, "if humans had used today's business norms and laws we wouldn't have evolved beyond the state of Neanderthals. Humankind thrived because of cooperation," he says. Azzellini points to numerous examples throughout human history—beginning with antique Greek mills and on through medieval times, when serfs and workers began "building networks of cooperation to resist the power of rich, commercial business and enterprises. During industrialization, this developed into what we know as coopera-

tives, often founded by urban workers to survive the brutal force of industrialization and early abuses of labor.

"They built cooperatives to strengthen each other, to build social networks, to assure mutual health in daily life. People in the countryside also started to build cooper-

atives for financial aid, and to resist the pressure of rising commerce and the enclosure of the commons. In Germany, the first social security systems were based on worker-built cooperatives that Kaiser Wilhelm expropriated to build a modern social welfare system."

What Do **Cooperatives Provide?**

According to you need. Coops give

everyone the same possibility, the rules."

these shared values, which

reinvest profits made in that neighborhood. In contrast, a coop distributes its earnings to its members, who spend money where they live." (In the case of the PSFC, it dismoney and other assets are concentrated in fewer and fewer areas, and extracted from everywhere else. Azzellini considers cooperatives a counterforce to these developments, which in his view devastate both people and

tributes its earnings to mem-

bers through the low mark-up

on food and other products.)

munity development, as

well as local production and

consumption. Elsewhere,

thanks to international trade

and distribution, globaliza-

tion increasingly dominates

world economies. Both

It's an important way that worker coops support com-

many regions of the Earth. To see that impoverishment first hand, "we don't even have to look to Africa or Latin America, we can go to New Jersey or upstate New York," Azzellini points out. "In all these places, coops are a mechanism to strengthen local communities and economies—an important democratic exercise. We are told that we're living in a democracy and everyone should be democratic. But democracy is reduced to a single vote in an annual election. You make an X on a paper and that's it."

Azzellini maintains that there can and should be broader ways to sustain and build democracy. The production and consumption of goods and services is a key and often untapped arena, he says. Cooperation helps people examine their values, the value of money, goods, food, and the value of the work behind it. "In a coop, you can ask questions about priorities that you can't in a chain supermarket. Nor can you

Azzellini, two primary coop functions are offering solidarity and equality, leveling the playing field. "It doesn't matter how much you put in, you get out what

the same services. The participants set the priorities and

Decisions are based on

differ from those of the commercial marketplace, where financial power or property ownership are ruling factors, Azzellini says. In capitalism, ownership and size of property dictate the share of decision-making. "In the past, the chief was the recipient of the fruits of people's labor in a community. Today, a Walmart in the neighborhood doesn't



WORKSLOT OPPORTUNITY Print Production Professional Signage Committee

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

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

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

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

If interested, see the ANNOUNCEMENTS on foodcoop.com



raise such questions in the hierarchy of the work place with your employer."

Not All Cooperatives Are Altruistic

Yet many coops have moved away from their original purpose—due to marketplace pressures, says Azzellini. Some are managing prisons for immigrants. Others may institute hierarchies, increasing pay for some workers over others, or hire more outside workers. A famous Basque cooperative turned into a corporation, without any say by the workers.

The most authentic coops have what he calls "shop floor democracy" where it's one person, one vote. People who have struggled to set up or maintain a coop, value solidarity.

Coops that survive long term get people in their community more involved.

In the U.S., Azzellini says he's seen "a decline in cooperatives, as more people adopt neoliberal ideas."

Azzellini and other researchers differentiate worker-owned coops from "hybrid" coops such as "consumer" coops like the PSFC, where members contribute some but not all labor. In member-worker and consumer coops, when participants retain their rights and uphold cooperative values, the coops over time become more organic, GMO-free, and community-oriented.

Azzellini questions the widespread assumption that individual consumer choice is all-powerful.

"I don't think it's useful or okay to put all the responsibility on the single consumer for example, for destroying the world. Because a single consumer purchase or even many such purchases don't determine business or governmental policies. It's a neoliberal lie that just by changing our individual behavior, we are going to change the world. It doesn't matter if we avoid one air trip, but rich people keep flying around in private jets. And yes, I can buy a car that uses less gas. But what will really change the situation is free public transport. We live in a world where most people can't buy organic products. They get poisoned by the food they can afford to buy—and that's not their choice."

Azzellini believes that supporting cooperatives, whether by joining a coop—or buying from cooperatives—is a more systemic, and hence more effective way to bring about social change. And PSFC

members have ample opportunity to support New York Citybased worker cooperatives.

NYC Network of Worker Cooperatives

The New York City Network of Worker Cooperatives or NYC NOWC (https://nycworker.coop/home/.com) functions as a trade association, says its program director Tamara Shapiro. Thanks to recent City Council funding, NYC NOWC administers grants to new worker cooperatives, maintains a directory of area cooperatives (between 60 and 80 in the city), and offers training in how to start and manage worker-owned cooperatives.

The city is a hotbed of activity. In the Bronx, the country's largest worker cooperative, Cooperative Home Care Associates (www. chcany.org) has 1,000 members and 200 workers, who provide home health care

services. In Brooklyn's Sunset Park, Si Se Puede! (https:// www.wecandoit.coop) is the largest worker-owned housecleaning cooperative. A social media platform called Up and Go (https://www.upandgo. coop) helps people find and book housecleaning services. Worker-owned child-care, catering, food packaging, printing, bookkeeping, dog walking, petsitting, tutoring, composting, tech, and jewelry design cooperatives. Many of these cooperatives are owned by immigrants. All and more can be found in NYC NOWC's business directory (https://nycworker.coop/ business-directory/).

"It's important to build up connections between different coops and build up commodity and service chains across coops. When the people you deal with are in cooperatives too that changes the relationships you have," says Azzellini. ■

PLASTIC PACKAGING RECYCLING

2nd Wednesday of every month 3:45-6 p.m. 4th Saturday of every month 1:45-4 p.m. **For Coop members only**

Please be prepared to show your Coop membership card.

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

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

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

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

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

For all community members:

Pre-sort and separate according to the categories below.



Toothbrushes and toothpaste tubes

Energy bar wrappers and granola bar wrappers Brita water filters and related items (other brands also accepted)

Cereal and cracker bags/box liners

Donations in any amount are welcomed to help offset the cost to the Coop of this collection.

Interested in joining the squads that run the Wednesday/Saturday collection? Contact Cynthia Pennycooke in the Membership Office.

For more information about Terracycle, visit terracycle.com Questions about items we accept should be e-mailed to **ecokvetch@yahoo.com**





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/2mFY2p1 to fill out a short questionnaire.





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.

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

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 sub-mitted 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:

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.

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 the Broom, 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 The Paid-In-Full receipt MUST

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* Cheese* Books

Juicers

Meat & Fish

Sushi

Bulk* (incl. Coop-bagged bulk) Seasonal Holiday Items Special Orders

Calendars Refrigerated Supplements & Oils *A buyer is available during the week days to discuss your concerns.

Refrigerated Goods (not listed above) Frozen Goods

> Packaging/label iust be presen ed for refund.

NEVER

RETURNABLE

RETURNABLE

ONLY IF SPOILED BEFORE

EXPIRATION DATE

RETURNABLE

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

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

This Issue Prepared By:

Coordinating Editors: Alison Rose Levy Editor (development): Dan Jacobson

Reporters: Meredith Kolodner

Alison Rose Levy

John Thomas

Art Director (development): Michelle Ishay

Illustrators: Paul Buckley

Michelle Ishay

Photographers: Ingsu Liu Thumbnails: Diana Quick

Photoshop: Fanny Gotschall

Preproduction: Claudia Reis Art Director (production): Phan Nguyen

Desktop Publishing: Beverly Brooks

Diana Quick

Dana Rouse

Editor (production): Lynn Goodman Final Proofreader: Nancy Rosenberg

Puzzle Master: David Levinson-Wilk

Index: Len Neufeld Advertisement: Eric Bishop

WELCOME!

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

Romain Marvam Adamu Gaetano Akiya Kelley Akiya Thomas Aleinikoff Rafal Aleksin Frances Amaah Lekan Andrew David Angelatos Fred Arcoleo Assaf Ariely David Atkin Ellie Backer Stephen Backer Tassos Bareiss Jennifer Bombardier

Faith C. Bowman Valerie Braaten Christine Brown Iuan Cerda Elizabeth Chick Amanda Chua Cynthia Clegg Adam Cobb Kaycie Cobb Rachel Cohen Brendan Corr Cassandra Da Costa Alvaro Del Val Resano Isabelle Demenge Mikaela Dougherty Michelle Feldman

Shira Finman Shantaa Foster Jordan Rose Frye Brian Gallagher Anna Garrido Laura Geraty Anais Gibaud Sarah Gluck Vickie Gocht Victoria Gocht Sarah Gross David Gruber Karen Hao Susan Homer Petra Houbova Emi Howard

Lisa Iaboni Rosemary Jermakian Dillon Johnson Lucas Kadar Gabrielle Kaplan Keophommasane Viengkeo Keophommasane Grace Klein Margaret Kremer Chris Lambert Katherine Lesnewich

Iasen Loughlin David MacDonald

Sierra Mauricio

Allan Micael Marina Micalizzi Monique Michael Klancy Miller **Enid Myers** Amit Narula Obediah Odom Alonso Orellana Bethany Pastina Eric Phillips James Plummer Mateja Putic Beckie Rogers Cemalettin Sakar Nuran Sakar Mia Scharphie

Suzannah Schneider Shera Selzer Anita Sharma Tracy Shupp Marina Sinebok Allison Steffmann Oliver Steffmann Gabriella Stern Greg Swiatek Theresa Thackara Alvssa Valentin Barbara Smith Vargo Alex Vogel Timo Vollbrecht Katharina von Ankum Preeti Wali

Connie Wang Jennifer Washington Billie Watson Jenny Watts Marshall Weber **Brad Winters** Jean Wong John Young

COP 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

NOVEMBER GM IS CANCELED

TUE, JANUARY 8

AGENDA SUBMISSIONS: 7:30 p.m. Submissions will be considered for the January 29 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

12:00 p.m., Mon, Nov 12 Nov 22 issue: 12:00 p.m., Mon, Nov 26 Dec 6 issue:

CLASSIFIED ADS DEADLINE:

Nov 22 issue: 7:00 p.m., Wed, Nov 14 Dec 6 issue: 7:00 p.m., Wed, Nov 28

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

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-forworkslot-credit program two times per calendar year.

Squads eligible for credit:

Shopping, Receiving/Stocking, Food Processing. Office, Maintenance, Inventory, Construction, and FTOP 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.

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.

• November General Meeting •• Is Canceled

Next Meeting: Tuesday, January 29, 7:00 p.m. At 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.

park slope FOOD COOP

calendar of events

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, wordsproutspsfc@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.

nov 16

Swing Shift Orchestra



Come out for a night of bigband 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.

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.

nov 28

Learn About Cheese at the Coop

Special Edition Cheese Class! Deep Dive: Bertinelli Parmigiano-Reggiano. For this session, Coop member and American Cheese Society-certified cheese professional **Elena Santogade** will be joined by friends from Forever Cheese to talk in depth about the exquisite Parmigiano-Reggiano that they import from Bertinelli. We will taste the Parm alongside Casa Forcello mostarda and Cazzola Italian honey—true Italian favorites from the specialty end-cap! Come to this class, and your whole perspective on Parmigiano-Reggiano (and especially the one we get here at the Coop) will be changed.

dec 1 sat 11 am

Explore Healthier Cultural Sweets

Join members of the Diversity and Equality Committee for a fun workshop on reducing and replacing sugar in traditional cultural recipes. We'll tastetest chocolates and desserts available at the Coop, increase our knowledge of sugars and alternative sweeteners, and raise our nutrition-label IQ. Bring a hard copy of a favorite cultural recipe and we'll brainstorm on cutting the sugar without sacrificing the taste. Recipes will be photocopied to share and take home. RSVP not required, but appreciated for our dessert-shopping list: diversitycommittee@psfc.coop.

dec 1

Holiday Card-Making Party



Bring family and friends of all ages to a Holiday Card-Making party in the Coop's Meeting Room. We'll supply glue, markers, and paper and some fun art-making tips. Bring any other special art materials you would like to use. Hot cocoa and chocolatey treats will be available to purchase.

dec 2 sun 12 pm

Forcing Immigrants to Choose

Forcing Immigrants to Choose Between Food, Health and Green Cards. A draconian Trump Administration proposal would force a million lawfully present immigrants in New York to choose between legal status and health by denying their applications for green cards if they use benefits for which they are eligible, such as SNAP (food stamps) or Medicaid, Earned Income Tax Credits or an array of other public programs. In this one-hour workshop, Coop member and professor of public policy Katherine Fennelly will describe the proposed changes to the Public Charge Rule and what we can do to oppose them. Fennelly is professor emerita of public policy at the Humphrey School of Public Affairs, University of Minnesota, where she has taught courses on immigration policy for more than 20 years. She now resides in Brooklyn, where she is active with several local and national policy groups, and is a member of the Park Slope Food Coop.

dec 6 thu 7:30 pm

Food Class: Gluten-Free **Holiday Baking**



We'll make three different baked gluten-free treats that you can serve or take to a holiday party, give away as thoughtful gifts or just eat yourself at a family get ot together. We'll use both nut flours and gluten-free flour

to achieve the right texture and form. You'll be surprised by how delicious each treat tastes. Chef Esther Farkas loves to bake and has been baking with her mom since she was small and with her three daughters since they were small. When she was diagnosed with a gluten allergy two years ago, she learned to adapt all her favorite recipes to be gluten-free and still just as tasty

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.

8-jan 19201

as the originals. Menu includes: Easy Holiday Apple Cake; Almond Flour Chocolate Chip Cookies; No-Bake Energy Bites.

ASL interpreter available upon request, please contact the Membership Office. Materials fee: \$5. RSVPs by November 29 are appreciated, contact parkslopefoodclass@gmail.com. To inquire about leading a Food Class, contact parkslopefoodclass@gmail.com.

Film Night: Noah Wise



As a saxophonist's quartet comes to an end, he meets a singer-songwriter whose career is just beginning. Ben Zuckert is a Brooklyn-based filmmaker whose second feature film, Noah Wise, premiered at the Twin Cities Film Fest and Hof International Film Festival in Germany this October. He composed the

original music and lyrics in the film.

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

dec 11 tue 7 pm

Safe Food Committee Film Night: **Under Contract**



For the first time in a full-length documentary, contract farmers tell their stories and industry experts reveal how the corporate production model pits farmer against farmer. Under Contract: Farmers and the Fine Print takes audiences on a road trip across the American

South and to Southern India to understand what's happening to farmers living under contract and what we can do to change our food system for the better. 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.

Wordsprouts: Art Historian **Matthew Israel**



DECEMBER WORDSPROUTS LOCATION IS AT OLD FIRST CHURCH, 729 CARROLL ST., ON THE CORNER OF CARROLL AND SEVENTH AVE. (RIGHT ACROSS FROM KEY FOOD). In these turbulent times, we take solace in art of all kinds, from thoughtful

words to beautiful paintings. Both will be on display when we welcome art historian Matthew Israel for an insightful reading about the contemporary art world, work which is grounded in his vast knowledge of art history and the global gallery scene. This will be followed by a lively conversation moderated by Wordsprouts' own Sarah Schenck about Israel's research and his vast professional experience, in particular with Artsy, an online platform for discovering and collecting art. Israel is an art historian based in New York and is currently head curator at Artsy, where he was previously the founding director of Artsy's Art Genome Project. Israel has written for international art magazines and exhibition catalogues; delivered talks about modern and contemporary art and his work at Artsy globally; worked for prominent galleries; managed major artist estates and foundations; organized public conversations with hundreds of contemporary artists, and taught modern and contemporary art at NYU, where he received a PhD in Art History and Archaeology from NYU's Institute of Fine Arts. Schenck is a writer, director, and producer who is deeply passionate about public health.

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

dec 21

Brian Shankar Adler; **Aviv Roth**



Drummer/percussionist Brian Shankar Adler, is not easy to put in a box. Raised in an ashram in the Catskills, one-half Argentine and conservatory-trained, his

music follows suit and is a global mash-up of cage-free ingredients. He has toured several continents and can be heard often around Brooklyn with the Human Time Machine and Bombay Rickey. Join us as Brian is joined by several extremely talented Coop members calling themselves The Neighborhood Jam Band! Aviv Roth is not your standard singer-songwriter. He likes "songs that are unusual, musically interesting or really, really funky." People who've had the experience of hearing him play tend to say things like, "smooth," "soulful," "dark, with that off-beat sense of humor" to describe





him. Aviv's songs deliver funny, thoughtful stories with complex melodies that never forget where the beat lives.

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.

Forget the Tutor

Master math with a game. If your child is struggling in math class, they are not alone. When I tell people I teach math, the most common response I get is a big smile and, "Oh, I hate math!" This sad state of affairs is hurting our future, and it is by no means how things need to be. Most of the time, kids have trouble in math because they didn't master the fundamentals. When they have to then learn more complex ideas and solve challenging problems, they get stuck using all of their mental energy on the simple calculations, and their minds have no space left to take in new information or use problem solving techniques. I will show you how to get your kids back on track (and ahead) in math by playing a SIMPLE and FUN game together. You as a parent are far more powerful in helping your child succeed than any teacher or tutor. Come to the workshop and receive a free gift too! Dave Wolovsky is a teacher, tutor, and educational innovator.

still to come

Agenda Committee Meeting

It's Your Funeral

jan 12

Platform Cooperativism

jan 19

Financial Health Intro

Receiving shift where I shelved

innumerable items that are

packaged in plastic and other

non-readily recyclable materi-

als. Indeed, since the banning

of the infamous "tee-shirt"

plastic bags, increasing num-

bers and kinds of disposable

items have appeared on the

Coop's shelves. In the baby

and child area, there has been

a proliferation of squeeze

packages with plastic caps.

In the snacks line, there are

numerous types of energy

bars that are wrapped in a foil-

type material which does not

have an obvious place in the

recycling areas of my home.

The Coop abounds with chips

and other processed foods.

Needless to say, many dairy

and dairy-substitute products

are also packaged in plastic,

as are the multitudinous cos-

I am not suggesting by any

means that all these items

be banned from the Coop.

However, in light of the huge

burden that garbage, and, in

particular, plastic waste is

placing on our oceans and our

planet, I am suggesting that it

is time for a renewed dialogue

about the choices that we, as

Coop members, are making in

our purchases, and possibly

for consideration about which

items the Coop ought to carry.

Yours in cooperation,

metic items I have shelved.

0 H R R

A CALL FOR **CIVILITY**

DEAR EDITORS:

In the 20 years that I have enjoyed being a Coop member, I see that some members have not adjusted to the small size of the Coop and continue to block aisles and take exception when members ask permission to navigate the aisles.

As a way to outwit those ultra-busy shopping days, I usually park my shopping cart in a non-obstructive place and move around the store without it, bringing my food to the cart instead of trying to push it around the store.

Sunday morning while doing my weekly shopping, I was harshly asked "Can't you wait?" after saying excuse me twice to someone blocking

the aisle. This is not the first time that this has happened to me and I'm sure this type of behavior has happened to other members as well. If you are socializing while others are shopping, be civil and adjust your shopping cart to allow those of us not socializing to get by.

We are all extra sensitive in this season. Can we Coop members demonstrate good citizenship by behaving more politely, more civilly to our fellow Coop members?

Odehyah Gough-Israel

PLASTIC PACKAGING AT THE **COOP**

DEAR MEMBERS,

I recently completed a

IN RESPONSE TO **CAROL WALD**

DEAR EDITORS,

I disagree with Carol Wald's letter in the latest Gazette. Myself, I find it discouraging to hear about the proposal made by the General Coordinators to use electronic voting. This is a step in the wrong direction toward a more democratically-run Coop.

While the proposal for electronic voting is limited at this point just to the election of the Board of Directors, it is predictable that single-issue activists will soon call for electronic voting across the board just to support their own pet causes. If that succeeds, factor in how the internet and email walls us off from opinions we don't like, opinions which form the diversity that breathes life into the democratic process. Electronic voting will only encourage distortions of the issues before any vote ever happens. Electronic voting will embolden strictly partisan campaigning, blotting out the in-person exchange of ideas that diversity demands. It's easy to imagine a future with merely a handful of people attending meetings at all because everyone else finds opening their laptops is easier.

Let's remember PSFC is not a democracy in a political or a governmental sense. We are a

business run by a democratic process of our own patchwork design where even the member vote is technically and legally only guidance, and the Board of Directors has the final say whether to approve that guidance. Therefore a stronger democratic process needs more, not fewer, people showing up at our shareholder meetings (AKA General Meetings), willing to hear the agenda item presented, ready to discuss alternative ideas out loud, and then make their case to the BOD. We can't just click a mouse and call that informed participation.

The policies we've voted on at GMs make sense for our Coop because people cared enough to attend the meetings and vote on them. Because Ms. Wald used it as her own example, a case in point would be boycotting. Fortunately, we've set a very high bar to implement such an extreme measure at our business: a 75% minimum of members attending the meeting who vote YES. This policy will endure because members made a point to show up and witnessed all sides of the argument. Members participated in the Discussion and Proposal meetings and paid attention to human voices and remained open to different ideas, something that makes our Coop a very special place in a city of fast-disappearing spe-

cial places. Our By-Laws are not selfexercising and the democratic process we deserve does not come from up on high. The democratic process we deserve is the one we show up to participate in. So I urge our membership to vote, in person, against electronic voting.

Jesse Rosenfeld

GMO ARTICLE

DEAR EDITORS. Alison Rose Levy's article on GMOs in the October 11, 2018 Gazette was OK except for one thing, the implication that GMOs are all directly related to glyphosate (Monsanto's RoundUp) use. Monsanto does market GMO seeds intended to increase the use of glyphosate, which is a dangerous pesticide. This should indeed be opposed. But there is a lot of other GMO agriculture and not all of it with such clear-cut reasons to oppose it. It is incumbent on the Gazette and the several committees concerned with the environment at the Coop to be clear about the risks and benefits involved. The Gazette's coverage of GMOs has been almost

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:



the diversity of the Coop's membership.

Alice Henkin THANK YOU

for participating in the CHiPS Food Drive, October 20 & 21



We collected a total of 52 heavy banana boxes full-to-the-brim of food PLUS \$620 in cash donations.

entirely "they're bad." There are indeed reasons to oppose some GMOs but the technology itself is not the issue. One must be discerning on this, and other issues. It's harder work though, for reporters and readers.

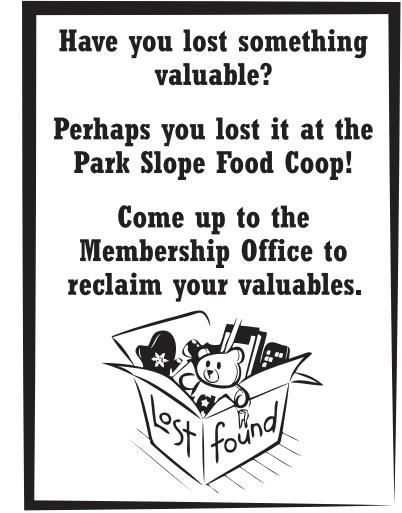
> In cooperation, Adam Segal-Isaacson

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.

FRI/SAT, NOV 9-10

Mexican Folk Art Annual Sale to benefit Oaxacan ceramicists, weavers, wood carvers. 20 Plaza St. E. #F20. Fri 6-9 p.m. fundraiser, \$100 entry, mezcal, food, be first to shop. Sat 11 a.m.-3 p.m. free adm. tickets: www.fofa.us. 718-230-3333. Something for every budget. Credit cards accepted.



CLASSIFIEDS

BED & BREAKFAST

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 3, private bath, deck, AC, wifi, kitchenette, 12' ceilings! houseon3st.com, or call Jane, 718-788-7171. Grandparents are our specialty.

CLASSES/GROUPS

PAINTING & DRAWING CLASSES. Work from models, still life, basic drawing, landscape. Learn art history; class trips to museums. Students of all levels welcome, beginners to advanced. High school students develop portfolios. Visit the studio to show your work/discuss your goals. 718-499-0154. painterajr@earthlink.net.

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.



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.

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

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.

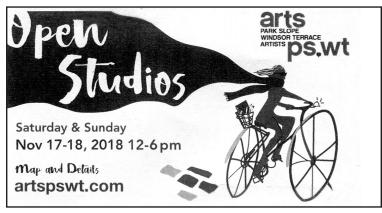
To Submit Classified or Display Ads:

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.







Crossword Answers Α R R SA E M A С O Ε Ε Р Τ R DΕ H|U|PS 1 ON TH S Ε BE Н R WHOME CL Ε G Т M Ε Ν 0 G Ν Α 1 V Ε L Ε C R 0 Τ Τ Ε D S Т O Ε U Ν Α R 0 В Υ D Ε



Tip of the MONTH!

The Environmental **Working Group pub**lishes environmental guides to help parents shield their children from environmental toxins, including one with grades for common baby products. To find these guides visit their website: www.ewg.org.

Learn more at: ecokvetch.blogspot.com

BUY EARLY, SMALL SIZES GO QUICKLY • NO RESERVATIONS • FIRST	— . •
ARRIVES 11/12 WISE PA (KOSHER ORGANIC FROZEN (bs TBD)	\$5.76 / lb
ARRIVES 11/14 & 11/17 KOCH PA FRESH 10 - 18 lbs	\$2.84 / lb
ARRIVES 11/15 & 11/19 DARTAGNAN MN ORGANIC FRESH 8 - 16 lbs	\$4.62 / lb
RED GATE GROCERS NY PASTURED FRESH 12 - 16 lbs	\$4.05 / lb
ARRIVES 11/16 & 11/17 HIDDEN CAMP FARM NY PASTURED ORGANIC FRESH 10 - 18 lbs	\$4.84 / lb
ARRIVES 11/16 & 11/19 LANCASTER FARM FRESH PA PASTURED FRESH 10 - 18 lbs	\$4.83 / lb
PLAINVILLE FARM TURKEYS PA FRESH 8 - 18 lbs	\$2.84 / lb
PLAINVILLE BONE-IN TURKEY BREASTS	\$5.25 / lb
SNOWDANCE FARM NY PASTURED FRESH 8 - 15 lbs +	\$6.05 / lb
ARRIVES 11/19 (TENTATIVE DATE) MCDONALD FARM HERITAGE BREED NY PASTURED FRESH 10 - 14 lbs	\$4.96 / lb
ALL BIRDS ARE HORMONE AND ANTIBI	OTIC FREE

THANK YOU!

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

Aaron Eric Alger Zahra Ali Christopher Balchin Paulos Berglof Briana Berry Lauri Boren Christina Buzovi Cally Abby Carnevale Elizabeth Charrow Kimberly Chou Grevson Clark Chanell Crichlow Dabreo Susan Daitch Nigel Dawes Marie-Gabrielle de Vimal Sophie Demenge Kaya Dillon Ron Domingo Katherine Erickson Lindsay Erickson Daniel Franklin Tara Gallagher Orit Gat Dobriana Gheneva Michelle Gluck Gavriella Goldberg Laurie Green Sebastien Grouard Heather-Ashley Hager Sarah Hansen Brian Heck Charlotte Heyrman

Paula Hible Jacob Hodes Julian Hornik Shanna Huston Sarah Hutchens Janet Gaynelle Jasper Joey Meredith Jones Barbara Kass Rachel Kauder Nalebuff Chris Kaufman Chloe Kostman Justin Krebs Laura Kristen Leonard Ruth Lerner

Maureen Lloren Lola Christopher Looft Dan Lubell Charles Macieiewski Victoria Maganiello Alexander Maleev Celine Marchal Marta Alaska McFadden Brenna McLaughlin Sam Micalizzi Dan Miller Fiona Mills Jason Mills Lauren Modiano Ann Murphy Lisa Ochs

Jessica Parks Pascual Rachel Perkins Lana Povitz Suzanne Price Alison R. Rachel Ravitz Natalie Reinhart Maisie Reuben Javier Robiou Frank Rose Lauren Rosenberg Lauren Rothman Talia Rothsein Monica Sagowitz Casey Selzer Shern Sharma Julia Shube

Alex Silverman Will Sugerman Carolyn Tacey Sarah Timmins DeGregory Sophia Tu Erica Turett Lucinda V. Erika Van Gundy Matthew Van Oss Katherine Voskressensky Dave Weiner Tess Wenstrup Gabrielle Young Mia Zolna