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# LINEWAITERS'

## GAZETTE

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Volume NN, Number 15

August 1, 2019

## Bananas Don't Need Bags: Becoming a More Sustainable Shopper Right Now

By Gayle Forman

One way to start talking about sustainability is to take a look at our planet.

June 2019 was the hottest month on record according to the National Oceanic and Atmospheric Administration. This puts 2019 at the second warmest year on record (after 2017). Earlier this year, the UN's Intergovernmental Panel on Climate Change warned that humans have a dozen years to prevent climate change from becoming climate catastrophe. While we wait for politicians to do something, many individuals are looking for small changes they might make, be it installing solar panels—which more and more Brooklynites are doing (3100 new installations in Brooklyn in the past few years, according to *The New York Times*)—or moving to a more plant-based diet (in 2018, plant-based food sales increased 20 percent according to Nielsen).

For many PSFC members, shopping at the Coop is the way to shop sustainably. After all, the Coop sells affordable, often organic food—organic food requires 30 to 50 percent less energy per a 2007 report from the United Nations Food and Agriculture Organization (FAO). The Coop also prioritizes locally grown items (cutting down on transportation-related emissions), and instead of



PHOTO BY ZACHARY SCHULMAN

**Smell it before you toss it. Eighty-four percent of Americans throw away food based upon dates on packaging.**

tossing unsold food, donates it—1200 pounds a week goes to soup kitchens such as Community Help in Park Slope (CHiPS), which gets 80 percent of its food from the Coop. In the recent blackout, the Coop ordered 1000 pounds of dry ice to reduce spoilage, something General Coordinator Joe Holtz suspects few other retailers did. Plus, we banned plastic shopping bags ages ago.

While truly addressing climate change will require a global, institutional paradigm shift, there are small shifts in shopping behavior that consumers can, and, some would argue, must, make. Here are three ways to shift your shopping and reduce your footprint starting right now.

### Buy What You Need; Use What You Buy

Globally, we humans throw away about 1.3 billion tons of food a year, which is about a third of all the food we grow. In the developing world, this waste happens along the supply chain, produce spoiling between field and market. But in wealthy countries like the United States, 40 percent of wasted food is thrown away by consumers. This has an enormous carbon footprint, the energy required to grow and transport that food has the carbon equivalent of 3.3 billion tons a year, according to the FAO. This is greater than the carbon footprint of nearly every country save for China and the United States.

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## Safety at the Food Coop: Taking Care, Making Change

By Hayley Gorenberg

Busy days. Members working. Stools and box-cutters in crowded aisles.

Even with a great safety record—for a grocery store—the Coop's Chief Safety Officer, founder Joe Holtz, logs an injury or two at the Coop each week. Holtz takes his title seriously. "That's one of my made-up titles. I gave it to myself. It wasn't voted by anybody." Holtz has handled the Coop's safety issues and interactions with insurance since the 1970s, and he seeks to talk with every individual who gets injured at the Coop.

Safety includes safety for shoppers, safety for workers, and safety for staff people, who, Holtz pointed out, have a different set of safety considerations than members working. "If you're only working for two hours and 45 minutes, there are certain injuries you're less prone to get." The potential for repetitive strain is one reason the Coop devised the "lifting" shift, worked by members who seek the early-morning shift to help unload heavy deliveries. "We try to transfer as much as we can to a member who's only going to do it once every four weeks. We try

to transfer because there's a really good risk that whatever happens, you'll probably recover in a day."

### Handling Safety Incidents

The Coop's incident report form, to be completed for every injury, includes information on the person injured, including member number, witnesses, and who filled out the form. The most common injury at the Coop is being cut by a razor blade in a box-cutter. Also common: Something falls on someone's head. Also common: Someone pokes someone in the eye, described, per Holtz, as "while I was doing this or that a corner of x went into my eye." The form asks whether any treatment was given. Common answer? "Yes, we applied frozen peas. I stopped working for an hour and then went back to work because I felt much better." Holtz still follows up: "How are you? Is there anything we can do for you? Are you all better? Do you need medical attention?"

In addition to finding out how the injured person feels, Holtz seeks to find out whether there is anything the Coop can learn from how the

CONTINUED ON PAGE 3

### Next General Meeting on August 27

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The August General Meeting will be on Tuesday, August 27, at 7:00 p.m. at **John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.**

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

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## Sustainable

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Eliminating food waste could have an enormous impact; some experts say if we stopped tossing food it would have a greater impact on carbon emissions than switching en-masse to a plant-based diet. And in the developed world at least, reducing waste is something significant every consumer can do.

So perhaps the single most important thing every Coop member can do to shop sustainably is to stop throwing away food. How? For some, this might mean shopping more frequently and for fewer items (a crowded refrigerator can lead to waste; out of sight means out of mind). Or making a meal plan and a careful shopping list, and serving smaller portions (so leftovers

by” confuse consumers, and, according to a ReFed report, date labels account for 30 billion in wasted food per year.

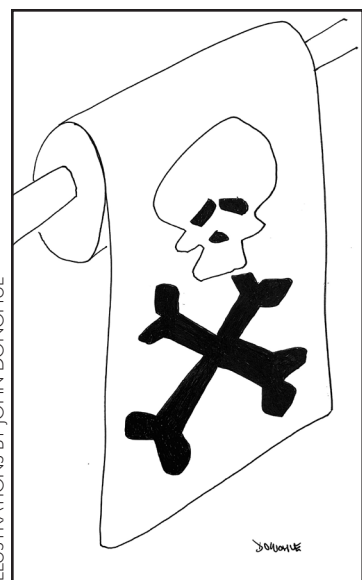
Making matters more confusing is the lack of uniformity and consistency in the labeling. In 2016, the Food Date Labeling Act was introduced in Congress in an effort to standardize labeling, but so far it has not made it into law. In France, however, a similar law led to significant declines in food waste.

*Perhaps the single most important thing every Coop member can do to shop sustainably is to stop throwing away food.*

Most manufacturers use the labels to tell consumers when their products will start to degrade in taste or consistency, except for the “sell-by” date, which advises retailers how long to display their items. But none of these guidelines are meant to indicate how long a product is good, and many products stay fresh and edible well past their sell-by dates. A sniff or a taste will tell you far more about a product’s freshness than the arbitrary date on the label. Trust your senses on this one.

### Pay Attention To Your Plastic

Approximately one ounce of carbon dioxide is emitted for each ounce of polyethylene, the type of plastic most commonly used for single-use plastics. Other estimates put that ratio closer to five ounces of CO<sub>2</sub> per ounce of plastic. Worldwide, we consume 300 million tons of plastic each



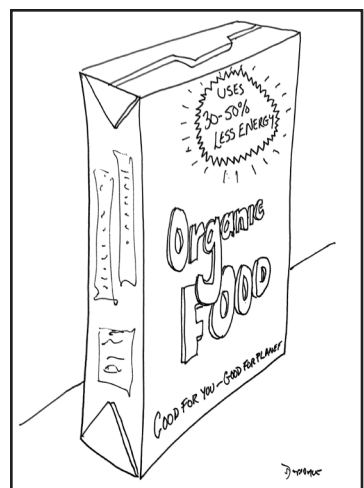
**Plastic bags emit methane and ethylene, both powerful greenhouse gases.**

wind up in the refrigerator, not the trash). Buy misshapen or “ugly” produce. It still tastes fine. With leftover produce, consider canning and pickling, or donating to a food pantry.

One no-brainer is to simply check your refrigerator and pantry before you shop to avoid buying a block of cheddar cheese when you still have an unopened one. If your gallons of milk spoil before you finish them, buy quarts. It sounds basic but it’s not (Americans lose 91 billion dollars on wasted dairy each year according the Department of Agriculture). If sustainability, rather than convenience, is your bar, it’s better to run out than to throw out.

### Smell It Before You Toss It

A 2016 study from Harvard’s Food Law and Policy Clinic found that 84 percent of Americans throw away food based on the dates on the packages. The phrases “sell by” “best by” and “use



**According to the UN, organic food requires 30% to 50% less energy to produce.**

year. Even by a conservative estimate that means our plastic addiction is sending 300 million tons of carbon dioxide into the atmosphere a year; the average car emits six tons of CO<sub>2</sub> per year.



**A crowded and cluttered fridge can lead to waste; out of sight means out of mind.**

PHOTOS BY ZACHARY SCHULMAN

she wryly notes. Neither, come to think of it, do potatoes, peppers, oranges, lemons... and while plastic bags can help keep certain items fresh, and thus reduce food waste, instead of using new bags, why not repurpose bags from packaging (like bread bags) to store produce and bulk in? Coop General Coordinator Joe Holtz has his own tricks: “I reuse bar-coded plastic bread bags like Bread Alone by making sure the barcode will not scan by joining two bars together for their entire height using pen or marker.”

Coop staff are also trying to grapple with this on a systemic level: “We talk about this, at our meetings, amongst our own conversations with each other,” says Receiving Coordinator Ron Zisa. “We’re doing everything we can to avoid overuse and make sure things get recycled. It’s not an easy hill to climb. It’s very urgent.” Zisa says packaging, or



**Recently, 3100 solar panels have been added to Brooklyn rooftops.**

And plastic’s scourge does not end with the manufacturing. Researchers at Hawai’i University found that as plastic degrades (particularly plastic bags), it emits methane and ethylene, both powerful greenhouse gasses, and the rate of emission increases over time.

So, plastic, it’s terrible. And it’s everywhere. Even in the Coop. Members go through 49,000 plastic roll bags a week, but even if we went cold turkey tomorrow, we’d still consume large amounts of plastic. It’s unavoidable. The majority of products the Coop sells come packaged in some form of plastic.

Many members are taking matters into their own hands. Terry diPaolo uses cloth bulk bags for shopping and at home, glass mason jars. Jennifer Kupinse buys products with more sustainable packaging: detergent in cardboard boxes

and shampoo in a bar (yes, we sell that) and even thinks about sustainability when buying tea (bags without staples are compostable).

“Just being conscious is a helpful step,” says Kupinse, advising that shoppers check the reflex to put anything and everything into a roll bag. “Bananas don’t need bags,”

lack thereof, is now a significant consideration when stocking a new item. And if members show a preference for minimally packaged products the way we once showed a preference for minimally processed produce, the market will follow. “I think we all vote with our food choices every time we shop,” says Holtz. ■





## Safety

CONTINUED FROM PAGE 1

person got hurt, which he considers “the second most important part—after are they OK, healing.”

As part of the Coop’s safety

push from the truck up the curb to the sidewalk, then uphill on the sidewalk, “what if everything is 25 percent heavier?” Holtz postulated. A loaded five-foot U-boat will be 25 percent heavier than a four-footer, “So we don’t buy

retail stores that pay premiums, subtract claims and expenses, and then reap a dividend for entire group. Ginsburg reflects that while covering member-workers “was cost-prohibitive originally,” the Coop “has been seeing



PHOTO MONTAGE BY KEVIN RYAN

program, every incident goes to the top of the agenda of the next Receiving or Membership Coordinator meeting—often both. The review includes what happened and how the Coop can prevent it. “We really pay a lot of attention to it,” Holtz said. “It trumps all of the other items on the agenda. We make it a priority and we make it clear that it’s a priority. We want to learn from anything that happens and use our heads.”

the long one,” Holtz said. “That’s a conscious safety decision, because people get hurt pushing and pulling. People’s backs get strained. If a cart goes over someone’s foot, it’s better that it had 400 pounds, not 500 pounds. It makes a difference.”

The Coop also had two interior steps converted to a cement ramp, “because people were doing some dangerous things with those steps with carts,” Holtz said.

*If a cart goes over someone’s foot, it’s better that it had 400 pounds, not 500 pounds. It makes a difference.*

### Changes for Safety

After observing that upside-down milk crates tipped too easily, the Coop purchased stools and placed them throughout the store. “On the other hand, they can be a hazard to people who are not paying enough attention to where they’re walking. Like everything, there are pros and cons.”

Another choice made in pursuit of better safety was purchasing shorter U-boats—four feet long, rather than five feet. Considering the ergonomics of loading a cart, including the temptation to pile up dense, heavy items, and the fact that “if it’s orange juice and there’s still room, I’ll keep going, heavier and heavier,” and then have to

### Insurance

The Coop’s business liability insurance covers anyone not working for the Coop, like someone coming to check membership records who trips on stairs. But when we’re working, we’re covered by New York State worker’s compensation.

Adam Ginsburg, a vice president of sales at the Friedlander Group, noted that the

nice-sized dividends,” averaging about 35 percent—and has a claims history that’s “27 percent better than average.”

*“I’m not saying members who are impatient cause injuries, but I think they have a better shot at it.”*

—Joe Holtz,  
PSFC Chief Safety Officer  
and General Coordinator

### Patience, Please!

Is a crowded Coop more dangerous? Not necessarily, Holtz said. “Sometimes the crowds make it more dangerous, and sometimes they make it safer, because people go slower.” Holtz tries to make a big shopping trip each weekend. “I want to see what the conditions are from the safety point of view,” he said. “I also want to see what

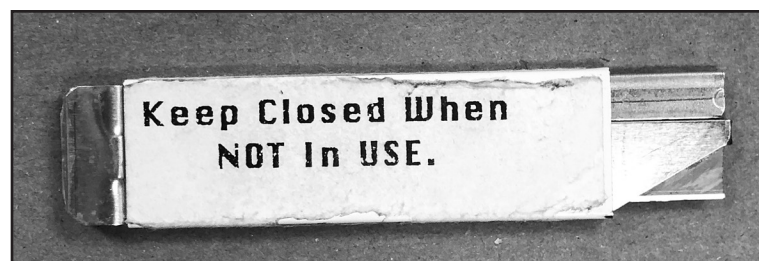


PHOTO BY ROD MORRISON

**Cuts from box cutters are the most common injury.**

Coop has to have a strong safety record to qualify to purchase its insurance through the Retail Group of New York, a dividend-paying program grouping a large number of

shoppers are going through. I want to see what it’s like for a member to work there and a staff member to work there. And I want to see it again and again,” he said. “I keep bringing

## PLASTIC PACKAGING RECYCLING

**Wednesday, August 14, 3:45-6 p.m.**

**Saturday, August 24, 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 Jacquelyn Scaduto in the Membership Office.

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

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



what I’m learning to the Coop to make better decisions.”

“You have to be patient, be polite, say, ‘excuse me,’ or, ‘no, no—you go first.’ I have to consciously bring a level of cooperation and civility to my shopping that is not required in another store,” Holtz said. “There are things that try people’s patience. When I’m going [to the Coop], I’m automatically thinking, ‘This is a place for patience.’ The *Linewaiters’ Gazette* was named for a reason. I’m not saying members who are impatient cause injuries, but I think they have a better shot at it.”

Longtime Coop member Marion Yuen, who has complained of being bumped and struck—or nearly so—by other Coop members on many occasions, wishes the Coop would further highlight safety and interventions, including safety discussions in the *Gazette* and at General Meetings. As she wrote, “Screaming in pain

is not enough! Post-incident reporting is not enough!”

“We depend on mutual respect, common sense, and hopefully a sense of patience, for the Coop to keep injuries from happening,” Holtz has written in the past, reviewing the Coop’s safety record. The Coop’s sales per square foot of selling area is around 19 times the national average. The aisles are relatively narrow. He concluded, “We try and make everything as safe as possible for everybody.” ■



ILLUSTRATION BY DEBORAH TINT



## INTERNATIONAL TRADE EDUCATION SQUAD REPORT

# ITES Update on U.S.–Mexico–Canada Agreement (USMCA aka NAFTA 2) and Plans to Present Pulitzer-Winning Play *Sweat* in Brooklyn During October

By Bart DeCoursy, Chris Marshal, Helen Biechel and Susan Metz, International Trade Education Squad

On the blog CoopITES.wordpress.com you can read articles on both the content of the pending three-nation free-trade agreement and the stages it must pass through to become international trade law. Though there was an agreement signed by the three presidents on November 30, as a result of popular pressure in the

U.S., negotiations continue. Debates on five issues are as yet unresolved.

Five improvements to the original NAFTA (1994) would make the agreement palatable to Trade Justice advocates: (1) enforceable labor standards (2) enforceable environmental protections (3) total removal of the Investor State Dispute Settlement. (ISDS grants power to a private court to judge whether a law or regulation promulgated by a branch of government in a legislative process is in

restraint of trade and therefore subject to a fine that is paid to the wounded investor from public funds should the three corporate judges find the law or regulation limits the profits that the wounded investor expected.) (4) Food safety enforcement and also facing fierce resistance is the (5) extension of pharmaceutical patents.

As now written, New Article 28 on

ISDS nearly eliminates ISDS courts as Fair Trade advocates demand. However, the agreement as now written maintains the process as it relates to the petro-chemical industry and to fossil fuel extraction in Mexico, ignoring the implications for climate change of maintaining oil and gas use.

According to the Institute for Agriculture and Trade Policy, “A major focus throughout the agreement is, in fact, an obvious effort to limit information provided to consumers and workers about food ingredients and nutrition, as well as the chemicals used in agriculture, consumer products and workplaces.” Overburdened and underfunded, our public servants will have to spend more time justifying their regulations as opposed to getting out in the field and actually doing the oversight. The concept behind these changes seems to be, as in the case of the recent Boeing airplane crashes, to get products to market first, see if anyone reports getting sick or dying and only then do recalls.

Included in NAFTA 2 is a new provision that would mean high prices for medi-

cines in all three countries and limit the ability of Congress to address the bipartisan issue of reducing drug pricing in the U.S. “Effective trade agreements should fundamentally be about creating fairer markets and this provision would do the opposite to the detriment of the American people” said Representative Raja Krishnamoorthi, Chairman of the Economic and Consumer Policy Subcommittee of the House Committee on Oversight and Reform. Three letters from Democratic members of Congress have been sent to U.S. Trade Representative Robert Lighthizer requesting that this provision be removed entirely, including one sent July 11 that was signed by all Brooklyn representatives.

Fair Trade advocates contend that these five changes would improve NAFTA enough to make the new agreement worth passing. Our continued pressure on members of Congress is effective. U.S. Trade Representative Lighthizer is listening. And we will keep up the pressure.

During summer and fall it will be crucial to pay attention

to this powerful international trade agreement and take action to be sure it passes only when it meets the needs of people, other life forms, future generations and Planet Earth.

In this moment of intensified attention, we propose an original way to focus on the effects of NAFTA on unionized workers and the entire economy of the U.S. Labor rights must be enforceable to be harmonized up, to improve the common denominator for salaries and working conditions in the three countries instead of watching them get dragged down to conform to the country with the worst labor conditions.

On the agenda of the July 30 GM we placed for discussion a collaboration between the PSFC and Irondale Theater Ensemble of Fort Greene. We want to present in late October a “music-stand reading” of Brooklyn native Lynn Nottage’s Pulitzer Prize-winning play, *Sweat*. The drama takes place in a bar in Reading, Pa. between 2000 and 2008, when unionized workers experience the closing of a factory that is being moved to Mexico for lower wages/higher profits. We want the event to be free to Coop members and to Irondale members. Will you come?

Including all expenses for four presentations, ITES requests a \$3,200 grant that would be administered by Irondale’s professional staff, as well as 15 FTOP work slots. We plan two readings of the play by professional actors during October, and plan also to prepare a team of Coop/community actors to present the same event, either in January or April. We hope that allocation of Coop resources will be granted by a vote of members present at the GM on August 27.

An estimate of the budget for the project, the schedule of internal deadlines and introductions to the principal facilitators (which we prepared for the July GM) are posted on the blog CoopITES.wordpress.com.

You can help refine the ITES proposal. Write your opinion, concern or suggestion this weekend in a 500-word letter-to-the-editor and submit that before 12 p.m. Monday 8/5 to gazettesubmission@psfc.coop. Sign up for a work-slot credit for the August GM to support our initiative. We know the presentation will be a worthwhile activity for all who come. ■



ILLUSTRATION BY DEBORAH TINT

## 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.

### To Apply

Please send a letter of application and two writing samples at least 800 words long (one sample must be a reported interview, not a Q&A) to annetteATpsfcDOTcoop. 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 editor, Alison Rose Levy.

### 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.

Have you lost something valuable?

Perhaps you lost it at the Park Slope Food Coop!

Come up to the Membership Office to reclaim your valuables.



## MEMBER SUBMISSION

## The Future Is Mine; a Child's View on Water

By Abel Bellows

I am in sixth grade and this year we did a unit on water stewardship partnering with the Billion Oyster Project. Water stewardship is everyday people caring about water and helping to protect it. This unit made me realize the world adults leave behind is my world. It is most definitely not fair for people to treat the world like a bottle of water; they take a swig and leave the water polluted with backwash. The kids are the people who want to drink from the bottle next.

Combined sewage overflow (CSO) is untreated sewage being diverted into the

Gowanus canal and the New York harbor. CSO happens when storm water overwhelms the sewer system. Inside of this system there is a dam preventing water from going into the Gowanus and other CSO outputs. During storms the water rises over the dam and rushes over in a dirty sewage-filled torrent into the waterways. CSO affects animals living in the water and even people. The high nitrogen content of CSO encourages algae bloom. Do we want to choke off the light supply to marine organisms? I think not!

On days when it rains you are not supposed to go to the

beach. You know why? CSO. The sewage washes up on the beach and bacteria levels skyrocket to dangerous levels.

Not so long ago companies dumped their waste directly into the water. Now we live with the consequences. Would you swim in the New York Harbor, the Hudson River, the Gowanus Canal? Why not? It's too toxic. Well those companies are to blame. But so are we. We dump CSO into the water.

So, we are left with a question: How can we attempt to reduce water pollution?

The battle is not hopeless. By reducing the amount of water going down the drain during storms we can reduce CSO.

There are many New York organizations working for clearer water. One of them is the Billion Oyster Project (BOP). This organization's goal, as you may imagine, is to repopulate the New York harbor with a billion oysters. New York used to be the world oyster capital but because of

overfishing and pollution New York barely has any New York oysters.

Oysters naturally filter water through themselves; so an increase in the oyster population of New York would clean up the harbor and mitigate the effects of CSO. One billion oysters can filter the entire New York harbor in three days.

Additionally, oyster reefs provide a storm barrier. With rising seas the more protection we can get the better!

Other organizations such as the Gowanus Conservancy take a different approach. They test and monitor the water to maintain data on the state of the water and aquatic life.

The BOP may be amazing and doing great work in New York. Yet the water cycle has been busy. It is now transporting the toxins out of New York and into the surrounding areas and beyond. Whenever it rains, floods, or water goes into the sewer system, the sewer system is almost

always overwhelmed. Flushing the toilet, showering, and hand washing all contribute to this major issue.

When chemicals get into the sewer and it overflows, the chemicals go into the water. These chemicals and sewage can not only ruin the ecosystem—it makes the water disgusting to be near.

Water evaporates. So the water in the harbor goes into other fresh water sources as acid rain. You can't put an umbrella over a reservoir.

Our health and the health of the planet are at risk. CSO and toxic dumps into the water are major issues. However, with a lot of work, most of these issues can be solved.

As a child I am often told to clean up, but in reality, adults need to learn to clean up after themselves. If they don't, the children of the future will pay the price. ■

Abel Bellows, a 6th grader at M.S. 447, is an avid reader, science enthusiast, and climate activist.

## LET'S NOT RIDE OUR BIKES ON THE SIDEWALK. IT IS DANGEROUS AND INCONSIDERATE.

The Food Coop is obliged, as a community, to act safely in regard to our neighbors and passers-by, especially in regard to bicycles and cars.



Thank you for your cooperation.

## 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.

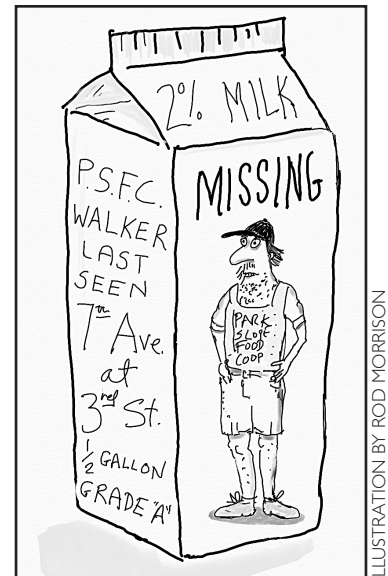


ILLUSTRATION BY ROD MORRISON

## 3 GREAT reasons to register for member services!

**1 Intelligent Shift Notifications:** Receive TEXT or EMAIL alerts for upcoming shifts. ➔

**2 Easily available FTOP info:** View number of FTOP cycles covered or banked and upcoming shifts scheduled! ➔

**3 Avoid surprises at the entrance desk:** Check your status before coming to the Coop. ➔

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

## STATEMENT ON THE COOPERATIVE IDENTITY

### DEFINITION

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

### VALUES

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

### PRINCIPLES

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

They are as follows:

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

REFERENCE: [ICA.COOP](http://ICA.COOP)



# LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215, 718-622-0560. Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles and letters from members.

**SUBMISSION GUIDELINES**

The *Gazette* will not knowingly publish letters, articles or reports that are hateful, racist, sexist, otherwise discriminatory, inflammatory or needlessly provocative.

The *Gazette* welcomes Coop-related articles, letters and committee reports from members that follow the published guidelines and policies. The following is a summary—please see the detailed guidelines for each type of submission on the Coop website: [www.foodcoop.com](http://www.foodcoop.com).

All submissions must include author's name, phone number and e-mail address, conform to the following guidelines and to the Fairness, Anonymity and Respect policies. Editors will reject letters, articles and reports that do not follow the guidelines or policies. Submission deadlines appear each edition in the Coop Calendar section.

For topics that generate a large number of submissions (letters or Member Articles) serially and continuously over an extended period of time, the *Gazette* will not necessarily publish all submissions, but the editors will use their editorial discretion to select a small number of submissions (whether letters or Member Articles) from each side as representative of that viewpoint of the issue. The selected submissions will also adhere to the current guidelines of civil discourse and should serve to advance the discussion in new ways.

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

**Letters:** Maximum 500 words.

**Voluntary Articles:** Maximum 750 words. A Voluntary Article is held to a higher standard than a letter and must meet at least the following criteria: A Voluntary Article must analyze the topic it is discussing; it must present accurate, verifiable corroboration for factual assertions; it can criticize but not attack Coop practices and personnel; if critical it must present positive solutions; it cannot be solely or mainly opinion. It must strive to make a positive contribution to the understanding of the reader on a topic. If a submitted Voluntary Article is substantially opinion, it must be re-submitted, under 500 words, as a Letter to the Editor, possibly to a future issue. Editors will reject articles that are essentially just advertisements for member businesses, those of family and friends of members, solely expressions of opinion or that do not follow the guidelines and policies.

**Committee Reports:** Maximum 1,000 words. Reports must follow the published guidelines and policies.

**LETTERS, ARTICLES AND REPORTS SUBMISSION POLICIES**

Letters must be the opinion of the letter-writer and can contain no more than 25% non-original writing.

All submissions must be written by the writer. Letters or articles that are form letters, chain letters, template letters or letters prepared by someone other than the submitting member will be rejected.

Letters, articles and reports must adhere to the Fairness, Anonymity and Respect policies. They cannot be hateful, needlessly inflammatory, discriminatory libelous, personal attacks or make unsubstantiated claims or accusations or be contrary to the values of the Coop as expressed in our mission statement.

All submissions must be legible, intelligible, civil, well and concisely written with accurate, attributed, easily verifiable statements of facts separated from opinions.

Letter and article writers are limited to one letter or article per issue.

Letter and article writers cannot write gratuitous serial submissions. Editors may reject submissions to consecutive editions of the *Gazette* on the same topic by the same writer.

**Editor-Writer Guidelines:** All submissions will be reviewed and, if necessary, edited or rejected by the editor. Writers are responsible for the factual content of their stories. Editors must make a reasonable effort to contact and communicate with writers regarding any questions or proposed editorial changes. Writers must be available to editors to confer about their submissions. If a writer does not respond to requests for editorial changes, the editor may make the changes without conferring with the writer, or reject the submission. If agreement between the writer and the editor about changes does not occur after a first revision, the editor may reject the submission, and the writer may revise and resubmit for a future issue.

**FAIRNESS, ANONYMITY AND RESPECT POLICIES**

In order to provide fair, comprehensive, factual coverage:

**Fairness**

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.
2. Nor will we publish accusations that are unnecessary, not specific or are not substantiated by factual assertions. The *Gazette* will not publish gratuitous personalization. That is, no unnecessary naming of Coop members in polemical letters and articles. Writers must address ideas not persons.
3. Submissions that make substantive accusations against specific individuals, necessary to make the point of the submission and within the Fairness, Anonymity and Respect policies will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

**Anonymity**

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

**Respect**

Submissions to the *Gazette* must not be hateful, racist, sexist, otherwise discriminatory, inflammatory or needlessly provocative. They may not be personally derogatory or insulting, even when strongly criticizing an individual member's actions.

The *Gazette* is a collaboration among Coop members. When submitting, please consider the impact of your words on the writers, editors and production staff who use our limited workslot time to try to produce an informative and cooperative publication that reflects the values of our Coop community.

Printed by: Tri-Star Offset, Maspeth, NY.

# SUMMERTIME

## DON'T FORGET YOUR COOP SHIFT!



If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at [www.foodcoop.com](http://www.foodcoop.com)!

If you plan on being away for eight weeks or more, contact the Membership Office to take a leave of absence.

# YOUR CO-WORKERS WILL LOVE YOU FOR IT!

## RETURN POLICY



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

**REQUIRED FOR ANY RETURN**

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

**CAN I EXCHANGE MY ITEM?**

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

## CAN I RETURN MY ITEM?

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

**NEVER RETURNABLE**

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

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

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

**RETURNABLE**

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

### This Issue Prepared By:

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Final Proofreader: Nancy Rosenberg

Index: Len Neufeld

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.

Frank Adams	Louisa Carroll	Alan Gertler	Marina Kifferstein	Esther Mohadeb	Saballos-Tercero	Sheila Webb
Alex Bae	Irene Chin	Camille Gertler	Corbin Laedlein	Claire Moore	Marta Schaaf	Colin Nicholas Webster
Page Baker	Palmer Clare	Ross Godick	Anastasia Lafond	Christopher Moore-Doll	Evgeny Scherbakov	Isaiah White
Isabella Bartolucci	Andrea Clisura	Elisabeth Golison	Jennifer Lauer	Conor Murphy	Katherine Shea	Virginia Wing
Joseph Bergen	Laura Coughlin	Scout Gottfried	Jonathan Lemmond	Benjamin Naddaff	Shaina Singh	Dominic Wynter
Katrina Bickford	Nadia Diamond	Andrew Gregg	Georgia Lifsher	Hafrey	Abigail Smith	Vanessa Wynter
Peter Bickford	Sarah Dinkelacker	Richard Halford	Chiemi Machida	Elizabeth Nguyen	Jason Smoller	Ida Yu
Aaron Brett	Kelley Donahue	Faye Hays	Genevieve Mahoney	Hoa Nguyen	Rachel Starr	Connor Zarkowski
Elisabeth Brett	Mark Eichler	Adrienne Heflich	Julie Majumdar	Kana Niccolini	Sara Sullivan	Carter Zumtobel
Alfred Bridi	Nicholas Feitel	Cole Henry James	Mo Majumdar	Jami Nicholson	Robert Szczepanski	
Lisa Brown	Rachel Fischhoff	Elizabeth Hickey	Nicolette Maricic	Kathryn Nock	Ashley Taraban	
Claudine Brummel	Daniel Fox	Amberine Huda	Robert Mayers	Laura Jane Pehrson	Russel Thompson	
Menachem Brummel	Jason Friedlander	Donald Johnston	Shira Mazon	Claudia Prat Aparicio	Miriam Torren	
Tasha Burton	Jennifer Friedlander	Jude Kallick	Laura McCallum	Grant Richards	Leart Ulaj	
Marianne Butler	Jessica Gelman	Neal Kantor	Michelle Micallef	Fadhylia	Kyle Vines	

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the three weekly New Member Orientations. To pre-register, visit [foodcoop.com](http://foodcoop.com). Have questions about Orientation? Please visit [www.foodcoop.com](http://www.foodcoop.com) and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internet

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

The Coop on Cable TV

**Inside the Park Slope Food Coop**  
The fourth FRIDAY of the month at 11 a.m. and 5 p.m. Channels: 56 (Time-Warner), 69 (CableVision), 84 (RCN), 44 (Verizon), and live streaming on the Web: [www.bricartsmedia.org/community-media/bcat-tv-network](http://www.bricartsmedia.org/community-media/bcat-tv-network).

General Meeting Info

**TUE, AUG 6**  
AGENDA SUBMISSIONS: 7:30 p.m.  
Submissions will be considered for the August 27 General Meeting.

**TUE, AUGUST 27**  
GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

**LETTERS & VOLUNTARY ARTICLES:**  
Aug 15 issue: 12:00 p.m., Mon, Aug 5  
Aug 29 issue: 12:00 p.m., Mon, Aug 19

**CLASSIFIED ADS DEADLINE:**  
Aug 15 issue: 7:00 p.m., Wed, Aug 7  
Aug 29 issue: 7:00 p.m., Wed, Aug 21

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available on [foodcoop.com](http://foodcoop.com) and at every General Meeting.

Next Meeting: Tuesday, August 27, 7:00 p.m.

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

Location

John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

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, on [foodcoop.com](http://foodcoop.com), and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Ann Herpel at the Coop.

Meeting Format

- Warm Up (7:00 p.m.)** • Submit Open Forum items • Explore meeting literature  
**Open Forum (7:15 p.m.)** Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.  
**Reports (7:30 p.m.)** • Financial Report • Coordinators' Report • Committee Reports  
**Agenda (8:00 p.m.)** The agenda is posted on [foodcoop.com](http://foodcoop.com) and may also appear elsewhere in this issue.  
**Wrap Up (9:30-9:45)** • Meeting evaluation • Board of Directors vote • Announcements, etc.

Attend a GM and Receive Work Credit

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

Following is an outline of the program.

- **Advance Sign-up required:**  
To be eligible for workslot credit, you must sign-up at [foodcoop.com](http://foodcoop.com). A computer dedicated to sign-ups is located in the elevator lobby. You may sign up for the meeting all month long, until 5 p.m. of the day of the meeting.  
Some restrictions to this program do apply. Please see below for details.
- **Two GM attendance credits per year:**  
Each member may take advantage of the GM-for-workslot-credit program two times per calendar year.
- **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 Workslot Credit Attendance Sheets will be available to sign in.

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

## ATTENTION MEMBERS

Work to upgrade the passenger elevator will begin in August. The elevator will not be available for use for approximately four weeks. Check [foodcoop.com](http://foodcoop.com) for updates.

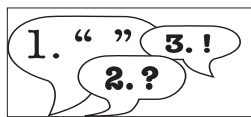
aug 2  
fri 7 pmFilm Night:  
Escape at Dannemora

This limited series is based on the stranger-than-fiction account of a prison break in upstate New York in the summer of 2015 that spawned a massive manhunt for two convicted murderers. The prisoners were aided in their escape by a married female prison employee with whom they both became sexually entangled. It stars

Oscar® winners Benicio del Toro and Patricia Arquette, and Golden Globe® nominee Paul Dano. Emmy® winner Ben Stiller executive produces and directs all episodes. Geoffrey Richman, A.C.E., is the editor of *Murderball*, *Sicko*, and *The Cove*—the 2006, 2008, and 2010 Academy Award nominees for Best Feature Documentary, and *Time Freak*—the 2012 Academy Award nominee for Best Live-Action Short Film. *The Cove* went on to win the Oscar, and an ACE Eddie Award for editing. At the 2005 Sundance Film Festival, Richman was awarded the first-ever Special Jury Prize for Editing for his work on *Murderball*. Other documentary credits include *God Grew Tired of Us*, *21 Up America*, *The Order of Myths*, *Racing Extinction*, Louie Psihoyos's follow-up to *The Cove*, and the Fisher Stevens and Leonardo DiCaprio documentary *Before the Flood*. Narrative credits include Terrence Malick's *Knight of Cups*, Tony Kaye's *Detachment*, and Mike Birbiglia's *Sleepwalk With Me* and *Don't Think Twice*. To book a Film Night, contact Gabriel Rhodes, [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).

aug 6  
tue 7:30 pm

## Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting"

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

The August General Meeting will be held on Tuesday, August 27, 7 p.m., at John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

aug 10  
sat 7 pm

## Oldies Singalong with Beth

Join longtime Coop member Beth Harpaz for a good old-fashioned singalong, themed on songs of protest, struggle and freedom. Bring a song to share and we'll sing it with you or take the floor for a solo. Guitars, tambourines and other instruments welcome (cowbells?). A cappella works too. All genres and ages of music are welcomed!

aug 13  
tue 7 pmLearn About Cheese  
at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional, Elena Santogade. This month's class will feature a selection of unique cheeses from around the world and fun pairings you can try at home!

aug 27  
tue 7 pm

## Sweet Relief Workshop

Declutter. Clear. Transform. MAKE ROOM FOR YOURSELF! Be inspired, productive and at peace in your environment. Clear overwhelm and shame. Allow your home & workplace to support you to thrive and open your space and life to new possibility! Shira Sameroff's work has evolved over 25 years of experience with individuals, groups, and organizations as a counselor, workshop facilitator, program director, event planner, activist, board president, volunteer coordinator and more. She has been a member of her beloved PSFC for as long. Shira's many passions include trees, singing, biking, travel, and Honey Mama's chocolate.

aug 27  
tue 7 pm

## PSFC AUG General Meeting

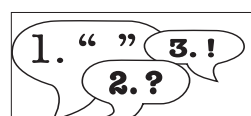


Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office.

Meeting location: John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

sep 3  
tue 7:30 pm

## Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting"

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

The September General Meeting will be held on Tuesday, September 24, 7 p.m., at a location to be determined.

sep 5  
thu 7:30 pmFood Class: Roll-Your-Own  
Summer Rolls

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

to put into your rolls, we will learn to make a quick pickle and a versatile sauce for dipping. Barry Schwartz, minister of culture for Grown In Brooklyn, makers of Barry's Tempeh, will teach a class on Southeast Asian Cuisine. He has served food at Smorgasburg for two years and has done numerous pop-ups around the city. He loves to mix food cultures and mostly cooks vegan.

Menu includes: Vegan Summer Rolls with seasonal vegan fillings; Quick Red Onion Pickle; Almond Cilantro Pesto.

ASL interpreter available upon request, please contact the Membership Office. Materials fee: \$5. RSVPs by September 3 are appreciated, contact [bit.ly/CCCChef1](http://bit.ly/CCCChef1).

To inquire about leading a Food Class, go to [bit.ly/CCCChef1](http://bit.ly/CCCChef1).

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

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



# aug 2–oct 6 2019

sep 6  
fri 7 pm

## Film Night



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

sep 7  
sat 11 am

## Brilliant Pixels—Part 2

Take better and fewer photos on your iPhone. Now that you have learned how to declutter your family photo collection, we will eliminate the root problem of digital photo overwhelm: snapping too fast and creating a huge amount of photos, hoping that at least one of the hundreds taken will work out. Come and learn tips and tricks to use your iPhone mindfully and take your photos to the next level. You'll learn to: plan ahead what you want to capture; look at the world with the eye of a photographer; edit quickly on the go; and most of all, enjoy the moment! **Isabelle Dervaux**, Coop member, uses her artist's eye and sensibility to help busy New Yorkers tell their family stories; empowering them to organize, rediscover, and curate their photo collections so they can be passed on to the next generation.

sep 10  
tue 7 pm

## Safe Food Committee Film Night



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

sep 13  
fri 7 pm

## Wordsprouts



Authors to be announced.  
Bookings: Sarah Schenck, [wordsproutspfc@gmail.com](mailto:wordsproutspfc@gmail.com).

sep 20  
fri 8 pm

## Prospect Concert



Performer to be announced.  
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.  
Bookings: Bev Grant, [bevgrant1@aol.com](mailto:bevgrant1@aol.com).

sep 26  
thu 7 pm

## Learn About Cheese at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional, **Elena Santogade**. This month's class will feature a selection of unique cheeses from around the world and fun pairings you can try at home!

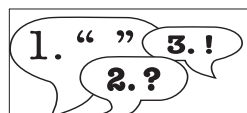
sep 28  
sat 10 am

## New Paradigm Multi-Dimensional Transformation

We will discuss the energy of Shamballa, build vortexes, do clearing meditation, and receive activations calling on the Ascended Masters and Archangels for their healing Love and Light. Join me for two hours to introduce New Paradigm MultiDimensional Transformation. **Esme Carino** is a New Paradigm MDT facilitator, a published author and an ancient Coop member.

oct 1  
tue 7:30 pm

## Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at [foodcoop.com](http://foodcoop.com).  
**The October General Meeting will be held on Tuesday, October 29, 7 p.m., at a location to be determined.**

oct 3  
thu 7:30 pm

## Food Class



Food Class to be announced.  
To inquire about leading a Food Class, go to [bit.ly/CCCChef1](http://bit.ly/CCCChef1).

## still to come

oct 4 Film Night

oct 5–6 Food Drive to Benefit CHIPS Soup Kitchen



## L E T T E R S   T O   T H E   E D I T O R



## CHILDCARE POLICY

## TO THE EDITOR:

I AM SHOCKED TO HEAR OF THE NEW CHILDCARE POLICY, TOUTING BIG PHARMA, BANNING UNVACCINATED CHILDREN. I HAVE BEEN A MEMBER SINCE 2001, AND OVER THE LAST 18 YEARS, HAVE EXPERIENCED AN INCREDIBLE EDUCATION THROUGH MY MEMBERSHIP. I HAVE FOUND A WONDERFUL, EDUCATED COMMUNITY OF INTELLIGENT, CARING PEOPLE. MANY OF THE CHOICES I MAKE REGARDING MY FAMILY'S HEALTH WERE INFLUENCED BY MY COOP MEMBERSHIP.

This move is disturbing to me. It goes against everything that the Coop stands for. We support the small farmers, individual expression and we won't sell genetically modified products. So many of the decisions made as a Coop are nuanced to protect the little guy.

Banning unvaccinated chil-

dren from childcare is not in alignment with our values. Vaccines contain ingredients that we would ban from our Coop's shelves. Most adults are not considered 'up to date' by today's CDC guidelines and the "immunity" by MMR specifically, has a short shelf life. Insisting we vaccinate, absolutely preposterous.

I encourage everyone to use common sense here. If you or your child are feeling sick, if someone is carrying a communicable disease, please don't come to the Coop.

*In cooperation,  
Chana Lew*

EDITOR'S NOTE  
ABOUT THE  
CHILDCARE LETTER

The Gazette editors respect Coop members' rights to share their views.

We would also like to add that the Coop childcare policy is in line with state law.

*The Linewriters' Gazette  
Editors*

VACCINES/  
CHILDCAREREPLY FROM GENERAL  
COORDINATOR JOE  
HOLTZ:

Only sign your child in to childcare if you follow this: children should receive the measles, mumps and rubella (MMR) vaccine at age 12-15 months, and again at 4-6 years. Children can receive the second dose earlier as long as it is at least 28 days after the first dose.

When do children need to get the measles vaccine?

The American Academy of Pediatrics (AAP), the Centers for Disease Control and Prevention, and the American Academy of Family Physicians all recommend children receive the measles, mumps and rubella (MMR) vaccine at age 12-15 months, and again at 4-6 years. Children can receive the second dose earlier as long as it is at least 28 days

after the first dose.

There is a combination vaccine called MMRV that contains both chickenpox and MMR vaccines. MMRV is an option for some children 12 months through 12 years of age.

High immunization rates in a community protects those who are too young to be vaccinated, including infants under 12 months of age. These infants are at the

highest risk of serious illness, hospitalization, and death due to measles. See Protecting Your Baby from a Measles Outbreak for more information and answers to frequently asked questions from parents.

More details are available at: [healthychildren.org](http://healthychildren.org) which is part of the American Academy of Pediatrics.

*Joe Holtz, General Manager,  
Park Slope Food Coop*

**FOLLOW!**  
the Food Coop on

twitter & Instagram  
&  
Pinterest @foodcoop



PHOTO BY ROD MORRISON

Recipe author and Coop member Nidhi Janan pictured with her Masala Mama Vindaloo and Coconut curries. Both sauces are sold at the PSFC.



PHOTO BY NIDHI JANAN



## Kachumbar Raita by Masala Mama

Indian meals are often accompanied by Raita, a yoghurt-based side dish that is healthy and delicious. This version is made with kachumbar, a quintessential North Indian salad containing chopped cucumber, tomato, onion and cilantro. One of our favorite raitas, it is a perfect accompaniment to dishes made with Masala Mama's VINDALOO & TIKKA MASALA Sauce!

Serves 4

1 small red onion, diced  
6 grape tomatoes, quartered  
1 Persian cucumber, diced

1 small bunch fresh cilantro, chopped  
(about 1/4 cup {10g})  
2 cups (490g) plain yogurt  
1 pinch salt  
1 pinch roasted ground cumin seeds  
1 pinch red chili powder (optional)  
1 pinch sugar

Combine all the ingredients in a bowl and mix well. Adjust the salt to taste. Cover and refrigerate until ready to serve.





# HOROSCOPE

August 1, 2019 – August 28, 2019

**Aries:** Do not underestimate the power of the plut for you during August, Aries. They complement you perfectly as you burst with sweetness and juicy ideas!

**Taurus:** Consider the raspberry, Taurus. It doesn't peak right away, and neither do you. As the second half of summer vacation begins, you are ripe for success.

**Gemini:** Hot peppers, especially poblanos, mimic your energy this August as the Sun passes through your brainy third house. Risk saying too much rather than too little.

**Cancer:** You are like the basil leaf right now, Cancer—perfect in everything. Those who have taken you for granted now get enough of you.

**Leo:** Insist that your worshippers make you a raspberry rhubarb compote for your birthday. You need your unique flavor to shine and be remembered forever.

**Virgo:** Eggplant is so satisfying and flavorful, just like you. You don't need to lead with fireworks. Be your stable individualistic self and trust that you will draw what you to you.

**Libra:** Try a plum with every meal this month. You don't need to commit to just one thing if you commit to everything. If anyone tries to claim you as just their own, back off with a smile, and a tart comeback.

**Scorpio:** A melon, cucumber and burrata salad reflects the seasonal delight you embody this August. You are at your cleanest and clearest when you won't allow others to label you as just one thing.

**Sagittarius:** Everyone loves corn in summer, and everyone loves you too! There's no need to work extra hard, when the time has come to rest and frolic. Show up at every party and every nap.

**Capricorn:** Tomatillos like you are great in guacamole and offer a boost of potassium that allows everyone to work harder. It may be August, but ambitious Capricorns have goals to meet that wait.

**Aquarius:** Peaches are sweet and so are you, now more than ever as the Sun transits your house of love. Allow your soft side to emerge.

**Pisces:** This is a great time for cooking with okra. You are drawn to the less obvious path this month and should allow yourself to experiment.



ILLUSTRATION BY DEBORAH TINT

## THE GAZETTE INDEXES

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

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

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

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

## To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, display ads at \$30. (Classified ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal).

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



Attorney Carol Lipton has been practicing law for decades with Barton L. Slavin, with offices in mid-town. We represent Accident Victims for Car Accidents, Slip and Falls and Construction Accidents; Sellers and Buyers of Co-ops and Condos; Estates and Wills, Guardianship, Business Litigation, Bankruptcy, and Civil and Family Court Appeals. We concentrate only in these areas of law.  
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## CLASSIFIEDS

### SERVICES AVAILABLE

**EXPRESS MOVES.** One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied

customers. Great Coop references. 718-670-7071.

**MADISON AVENUE HAIRCUTTER** is right around the corner from the Food Coop, so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60. I work from Wednesdays thru Sundays 9 a.m.-5 p.m.

## COMMUNITY CALENDAR

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

Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

### FRI, SEP 27

Park Slope Bluegrass Old-Time Jamboree. Friday Concert, Old Stone House, 8 p.m.

### SAT, SEP 28

Jam and workshops, Washington Park, 12-10 p.m. Concert, William Alexander MS 51 Auditorium, 6 p.m.



## ★ EXCITING WORKSLOT OPPORTUNITIES ★

**Dairy Inventory**  
**Monday, 6-8:45 a.m.**

This is the perfect job for someone who prefers to work alone and on a single project for the majority of your shift. Necessary skills: good handwriting, ability to count by 6, 12 and 24, reliability and very good attention to detail. Under the supervision of the Coop's dairy buyers, you will take an accurate inventory of unsold product in the walk-in coolers on shopping

floor and in the basement (we provide appropriate warm outerwear). Please ask for Eddie upon arrival.

**Maintenance**  
**Sunday, 9-11 p.m.**

This shift includes a variety of cleaning tasks that focus on deep cleaning the refrigerated cases. The work includes removing products from particular cases, scrubbing, hosing down shelves, and restocking the cases. Other tasks may include cleaning, sweeping, mopping areas of the shopping floor and basement.

Gloves and cleaning supply are provided. Because the shift is only two hours arriving on time is essential.

ucts 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.

**Receiving Produce**  
**Monday-Friday, 5-7:30 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.

**Office Post-Orientation**  
**Wednesday, 11:15 a.m.-2 p.m.**

Work with a small, dedicated team to facilitate new members joining the Coop after orientation. Attention to detail skill a plus. Must have excellent attendance and Membership Office experience. Contact Jana Cunningham in the Membership Office at 718-622-0560 to sign up for this shift.

**Office Set-Up**  
**Monday, Tuesday, Thursday, 5:45-8:15 a.m.**

Need an early riser with lots of energy to do a variety of physical tasks including: setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee, drying, folding and distributing laundry. 6-month commitment is required. Please speak to Mary Gerety or Jana Cunningham in the Membership Office for more information.

**Bathroom Cleaning**  
**Monday, Friday, 12-2 p.m.**

This job involves cleaning the Coop's 6 bathrooms: 2 on the shopping floor, one in the basement, and 3 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 prod-

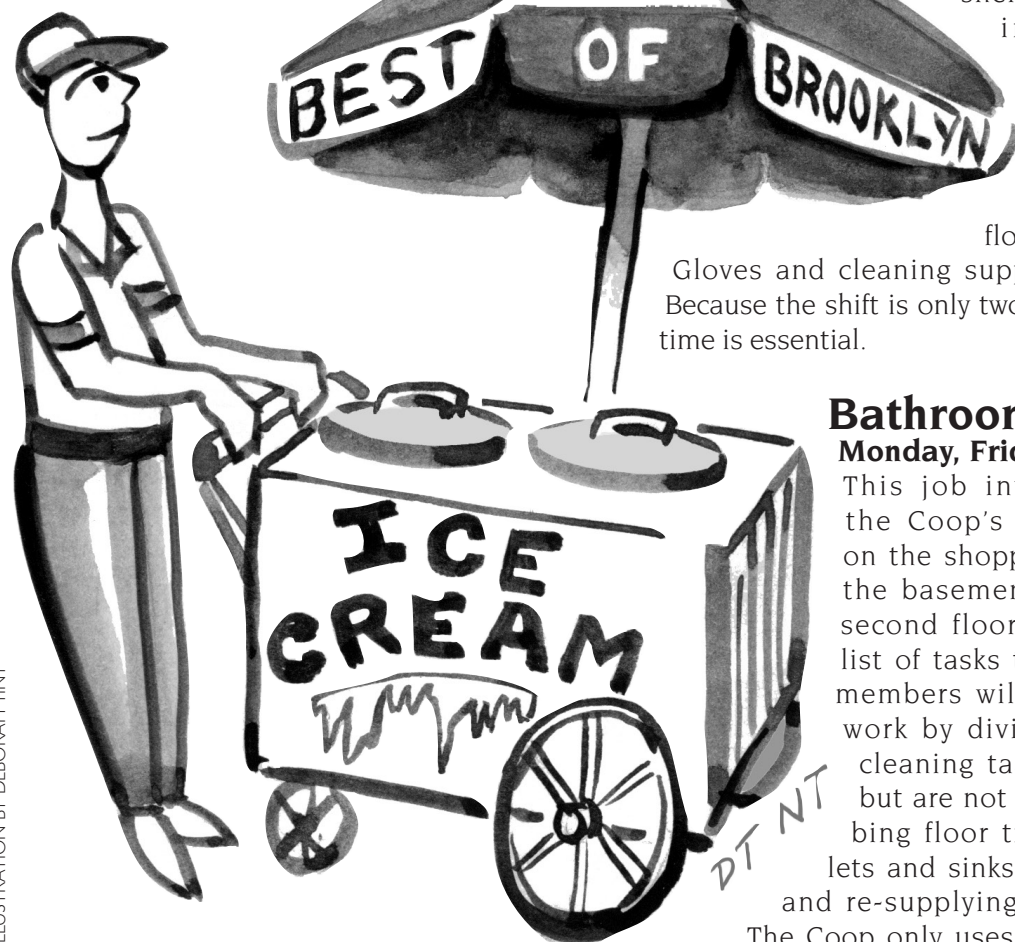


ILLUSTRATION BY DEBORAH TINT

**Dance Teachers**  
**WANTED/WORKSLOT**

**Available for PSFC  
FUN Committee's  
International Dance Night**

**Friday, November 22, 7 - 9pm**

Lead a 30-minute dance lesson for group or partner dancing from various cultures and countries.

Contact FUN Committee member Dalienn Majors for further information: [daliennemajors@gmail.com](mailto:daliennemajors@gmail.com)

**Interested in Engaging Coop Work?**

**Dispute Resolution Committee (DRC) seeks NEW members**

**SKILLS NEEDED**

- Communication • Problem solving • Conflict resolution
- Dealing with complex situations
- Investigation • Writing • Research

**OUR WORK INCLUDES**

- Resolving conflicts between members
- Applying Coop rules and regulations
- Discussing policy issues related to the Committee's work
- Investigating allegations of uncooperative behavior by members and engaging in problem solving
- Frequent contact with committee members
- Participating in mediation, disciplinary hearings, and other conflict resolution methods

**REQUIREMENTS**

**In order to be considered for this position, any candidate must:**

- Be a member for **at least a year**
- Have an **excellent attendance record**
- Possess the ability to work on a team
- Have good writing skills
- Have computer proficiency (excel, word, email)—this is essential
- Attend evening meetings every six weeks

We often work **more than the 2.75 shifts in a 4 week period**. These hours are credited and can be banked for future use.

We recognize the importance of various points of view when considering cases brought to us. **We are seeking a candidate pool that reflects the diversity of the Coop's membership.**

**CONTACT**

[foodcoopdrc@gmail.com](mailto:foodcoopdrc@gmail.com) with the subject line: **Joining the DRC**  
Join us to make the Coop the best place it can be for everyone.

