

LINEWAITERS' GAZETTE

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1973



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Volume Z, Number 20

September 29, 2005

Preparing for a Cold Snap

By Alison Rose Levy



ILLUSTRATION BY LYNN BERNSTEIN

As we turn the corner into the fall season, this is a time of year when many people are more vulnerable to colds and flu. Although the microorganisms that can contribute to these ailments are present all the time, they thrive in the cold, dry weather. At the same time, many people's immune systems can take a turn for the worse at seasonal changes.

Fortunately, the Coop has numerous offerings that Coop members can use to fight off colds and to build immunity.

Although most colds will clear up on their own, Dr. L. Gilman, a Coop member and a naturopathic doctor practicing in Manhattan, cautions that if a cold persists or worsens after a week to ten days, or if you have a high fever, you should see your health care provider or doctor.

What to Take to Fight Off a Cold

Edite Eckroth, the Receiving Coordinator responsible for Coop supplement purchases, knows the most popular cold preventatives and cold remedies. She reports

that vitamin C is a big seller, and the most popular item is the Now Twin Pack Vitamin C 1000 mg with bioflavonoids. Bioflavonoids are compounds found in fruits that have strong antioxidant properties. "The combination of C and bioflavonoids is especially good because they are both antioxidants, which will help fight the cold virus, by fighting the free radicals that can contribute to the cold," states Dr. Gilman.

Many people also like the Now Vitamin C Powder, which is sold in various sizes—up to

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Coop Member Covers Camp Casey Story for Democracy Now

By Ed Levy

Coop member Yoruba Richen, a producer with the investigative unit of Amy Goodman's radio and TV show *Democracy Now*, was sent recently by that media outlet to cover Camp Casey, the anti-war encampment set up outside of George W. Bush's Crawford, Texas ranch during Bush's August vacation. Camp Casey is named in honor of Casey Sheehan, a soldier killed in the war in Iraq. Since his death, Casey's mother, Cindy Sheehan, has been insisting on a meeting with the president to ask him why he began the Iraqi war and why it should continue.

Yoruba arrived in Crawford in mid-August, the very day that Cindy Sheehan left the camp to return to California to care for her mother, who had become ill. Instead of interviewing Ms. Sheehan

that day, Yoruba spoke with, among others, Patricia Robertson, mother of the first soldier from Georgia to fall in the war; State Senator Becky Lourey, of Minnesota, now running for Congress, whose son was killed in the war; diplomat and army veteran

[Camp Casey had] a very "organic growth," expanding spontaneously by word of mouth, and driven by the intense personal feelings aroused by Cindy Sheehan's unswerving dedication to her mission: to speak to the person she feels is ultimately responsible for her son's death.

Ann Right, who resigned her State Department post in protest at the start of the

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PHOTO BY YORUBA RICHEN

Next General Meeting on October 25

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be Tuesday, October 25, 7:00 p.m. The location has not yet been determined. Look for notices in the Coop.

The agenda will appear in the next *Gazette* and will be available as a flyer in the entryway of the Coop beginning Wednesday, October 5. For more information about the GM and about Coop governance, please see the center of this issue.

*Exceptions for November and December will be posted

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Coop Event Highlight

- Thu, Sep 29 •Open Meeting with the Diversity & Education Committee, 7:30 p.m.**
- Thu, Oct 6 •Food Class:** Squash Around the World, 7:30 p.m.
- Fri, Oct 7 •Film Night:** A Good Uplift, 7:30 p.m.
- Sat, Oct 8 •Children's Clothing Exchange:** 10:00 a.m.–2:00 p.m.
- Sun, Oct 16 •GE Campaign Committee** shows *The Hidden Dangers in Kids' Meals*, 12:00 p.m.
- Tue, Oct 18 •Wordsprouts:** Big Apple Safari—Exploring Nature with Kids in the City, 7:00 p.m.
- Sat, Oct 22 •Pumpkin Day!** 8:00 a.m. until....

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

Member Covers Camp Casey Story

CONTINUED FROM PAGE 1



PHOTO BY ROD MORRISON

Democracy Now reporter and Coop member Yoruba Richen

invasion and was in charge of "Field Operations" at Camp Casey; and with Joseph E. Lowery, one of the founders and past president emeritus of the Southern Christian Leadership Conference, the civil rights group. Even without Cindy in residence, Yoruba said, the Camp kept growing with new arrivals. It had, she observed, a very "organic growth," expanding

spontaneously by word of mouth, and driven by the intense personal feelings aroused by Cindy Sheehan's unswerving dedication to her mission: to speak to the person she feels is ultimately responsible for her son's death.

In her interview with Patricia Roberts, Yoruba asked how she felt when her son went off to war. "I didn't feel comfortable from the beginning," Patricia responded, "because I didn't feel that what he [the president] was saying was true. I felt that he was rushing this war. He was pushing the issue. And it had to be for alternative motives. We found out later that it was alternative motives, and now my son is dead because of these things."

She also asked Patricia, an African-American, if she felt it was important to have African-American mothers represented at Camp Casey. She replied: "I think that it's very important for the African-Americans and the minorities to support what's going on here and all over, statewide, worldwide. I think they should support it, because I believe that this is a poor man's war. They have solicited the

minorities to go in, and if you look at all of the rates and you look at all the statistics, you have more minorities die in this war than you have had anything else, and between the ages of 18 and 25, you have wiped out generations of minorities. So, I think that, because it's us that's dying, we need to be the ones speaking out and standing up more than anyone else."

Yoruba pointed out that Vietnam Vets she spoke to, commenting on the activity at Camp Casey and the growing response around the world, had said it took years in the Vietnam era to get to where the anti-war movement is now.

Yoruba spoke to people on the other side of the war issue as well. She asked Staci Glick, of Dallas, what she would say to the mothers who have lost their sons in the war.

"I mean, I feel so sad," Staci responded. "My heart breaks for them. I really do, but this is a time that we need to be united, not divided. And there's a way to go about this. If you disagree with the war, fine, but to, you know, say that George Bush himself killed all these soldiers and it's blood for oil is ridiculous. It is a ridiculous statement. And I just, I really do feel bad, and I really have sympathy for their loss. I really do."

Yoruba then asked Staci, "They're also asking for answers, and saying that there were lies, that weapons of mass destruction were never found and, you know, what is your response to that?"

Staci's response was characteristic of many of the pro-Bush supporters Yoruba encountered.

"We don't know the intelligence reports that George Bush receives or his advisers



PHOTO BY YORUBA RICHEN

Media circus at Camp Casey

receive. So, we have no idea of knowing what actually happened. I believe that they are there or they were there, but I don't, I have a hard time believing that he lied, that this was all in vain. I have a very difficult time believing it." This was also a strong theme among a Bush contingent that set up a tour called, "You Don't Speak for Me, Cindy," led by a mother, Melanie Johnson, with one son in Iraq and another on the way.

The rapidly expanding show *Democracy Now*, hosted by Amy Goodman, is currently on 350 radio and TV stations nationwide, and is now also found on the World Wide Web.

Yoruba has been producing for *Democracy Now* for seven

months. Before that she was associate producer with ABC for four years, in the investigative unit. Yoruba has been a Coop member since 2002.

Coop members continue to be in the news swirling around Cindy Sheehan. A featured article in the Tuesday, September 20 Metro section of the *New York Times* contained a photo of two men ushering Cindy Sheehan away from Union Square after police cut short her speech. Strapped over the arm of one of the men guiding Cindy away from the Square, and prominent in the photo, was a black canvas bag with the words, "Park Slope Food Coop: Good Food at Low Prices for Working Members Through Cooperation." ■



PHOTO BY YORUBA RICHEN

Portrait of Casey Sheehan

Thursday, October 6
7:30 p.m.
at the Coop

Classes

Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

Squash

around the world

RECIPES—TASTINGS TOO!

- Butternut Squash Gnocchi with Sage Butter
- Squash and Roasted Cremini Mushroom Quesadilla
- Crisp Baked Acorn Squash Rings with Curried Tofu Dressing

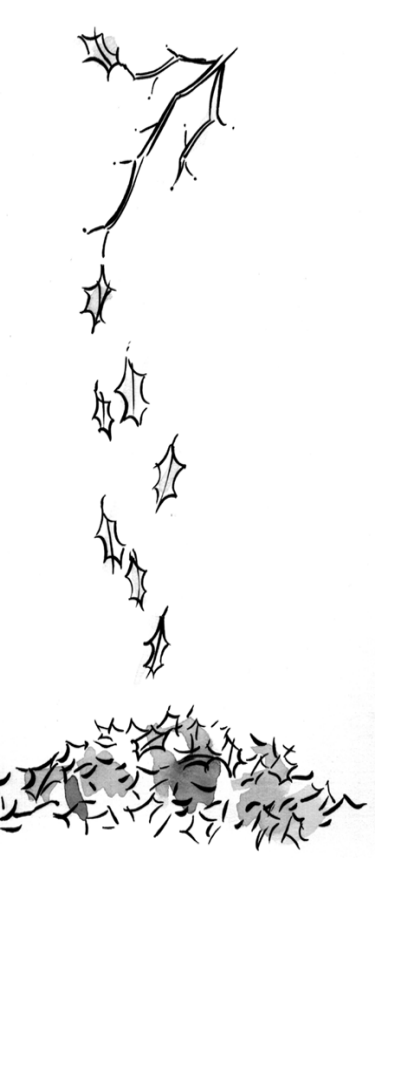
Guest Chef: Peter Solomita is a graduate of The Natural Gourmet Institute of Health and Culinary Arts. He has worked as a chef for Tuller Premium Foods and as a chef/business manager for Venture Catering. Owner of Groovalicious Inc., he does catering, personal chef services and private individualized cooking classes. He has recently started a new venture, Little Buddy Biscuit Company, selling premium home made cookies to local cafes and mail order gift boxes. He is a long-time Coop member.

\$4 materials fee

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.



CHILDREN CLOTHING SWAP

Who needs Old Navy when you can outfit your child at the Coop for free?!

Bring your child's outgrown clothes to the Coop to trade with other members.

Please bring only items that are in good condition.

Do not bring clothing to the Coop before the hours of the exchange.

FREE
Non-members welcome

Saturday, October 8
10:00-2:00 pm
at the Coop

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Cold Snap

CONTINUED FROM PAGE 1

a three pound container. In addition, the Coop sells Emergen-C in both boxes and single packets, which can be dissolved in water for a fizzy drink. "We sell more if it at this time of year," Edite reports. Nature's Plus Chewable Vitamin C 500 mg is a good seller, and comes in two flavors, orange and lemon. Nature's Plus also offers a liquid C, while Gary Null's Advanced Formula Suprema-C 381 grams has vitamin C, along with a number of minerals, bioflavonoids and other ingredients.

Another popular item for cold prevention and early treatment is the herb Echinacea, available at the Coop in several alcohol-free brands, which parents like to give their children. Although Echinacea did not reveal efficacy for cold prevention in one recent study, Dr. Gilman has found that, for her patients, this herb helps to boost the immune system, helping to prevent the virus from replicating. It therefore can diminish a cold's intensity. She points out that children tend to get more colds per year than adults because their immune systems are still developing. She recommends an alcohol-free product for children, and cautions that for a more advanced or serious cold, other remedies will also be needed.

Source Naturals Wellness Herbal Kids Liquid is an alcohol-free formula featuring Echinacea that also contains the Yin Chiao Chinese herbal complex, an ancient blend for combating colds. "People are devoted to it," Edite reports. "We had constant requests for it before I finally got it, and it's a very popular item."

Yin Chiao is also available in tablet form for adults. The Coop stocks two brands, Dr. Shen's Yin Chiao and Planetary Formula's Yin Chiao-Echinacea Complex. Yin Chiao is one of the two most classic Chinese cold remedies, the other being Zong Gan Ling, also made by Dr. Shen. The product information emphasizes that Yin Chiao is best used as close as possible to the onset of a cold to help lessen its severity, while Zong Gan Lin can be used to treat the symptoms of a cold once they are fully present.

Sovereign Silver Colloidal Silver, available as both a tincture and a nasal spray is another popular item. Dr. Gilman recommends taking it immediately at the first sign of a cold. She says that colloidal silver has antiviral and antibiotic properties that act to disable the enzymes that microorganisms depend on to breed. She recommends its use on a temporary basis, but if the ailment fails to clear in a day or two, she advises moving on to other remedies.



ILLUSTRATION BY LYNN BERNSTEIN

Sambucol Liquid Extract, made from wild black elderberry, can help stop symptoms and even influenza in its tracks, according to some studies, says Dr. Gilman. Black elderberry is a powerful antioxidant. Flora Sambu-Guard is a liquid syrup combining elderberry with echinacea and vitamin C. "We sell a lot of that," reports Edite, "If we run out of it, they come asking for it."

"Germs are there all the time, lying dormant, but when you're weak, not eating properly, or experiencing stress, they take over. People need an overall plan to keep up their immunity,"

—Dr. L. Gilman

The Coop also stocks zinc, which Dr. Gilman says can boost the immune system to shorten the duration of symptoms. Zinc supplements by Solgar, TwinLab, Freedra, and Now sell well, Edite says. For those who want to get that zinc right into the mouth and throat areas harboring germs, there are TwinLab Zinc Lozenges, and Kidz-eeze Pops for children. Finally, our cold remedy list would not be complete without Oscillo-cocinum by Boiron Homeopathics. "People swear by it," says Edite. Dr. Gilman advises that it's most effective within 48 hours of a cold onset, and can help with flu, laryngitis, cough and mucus—what more could you ask for?

Building Immunity

"Germs are there all the time, lying dormant, but when you're weak, not eating properly, or experiencing stress, they take over. People need an overall plan to keep up their immunity," Dr. Gilman recommends. At the most basic, eating healthy food is always a good preventative. As the weather gets cooler and drier, Dr. Gilman encourages people to consume hot soup, while Dr. Jeremy Seig, a Coop member

who is a Brooklyn-based acupuncturist, specifically recommends enjoying a simple soup of ginger and scallions, flavored with a touch of brown sugar. Ginger, scallions and garlic can also be used in stir-fries and other dishes, either alone or in combination; the first two are heating, which helps the body avoid a chill, while garlic is antibiotic and anti-viral, particularly helpful since both the common cold and flu are viral illnesses.

The Coop also sells some products that have immune-building benefits. Mushroom products top the list, including Jarrow Mushroom Optimizer, a blend of seven mushrooms, and Garden of Life RM 10. "Mushrooms are antiviral and immune boosting, because they contain polysaccharides, a group of compounds that have immune supportive properties," says Dr. Gilman. Just one example is the reishi, which she says stimulates white blood cells that fight off infection. Dr. Seig agrees that, "Reishi has been shown effective in regulating the immune system."

Other immune-boosting foods that some people like are bee products, such as Now Royal Jelly, Now Bee Pollen, Solgar Bee Pollen, Apitherapy Bee Pollen and Imperial Royal Jelly. The latter two items are under refrigeration in the dairy case.

Dr. Gilman does not recommend bee products to her patients, since some people can be allergic to them, she has found.

To build your immune system long term, eating healthy food and working with a health practitioner to address any underlying problems can help. For all the products recommended here, readers should consult their practitioners to assure that they are indicated for you personally. Further, special caution in the use of any form of remedy is always advised for children, pregnant and nursing mothers, seniors and the seriously infirm. ■

COORDINATORS' CORNER

Hearing Unending, the Next Chapter?

By Joe Holtz, General Coordinator

This Coordinators' Corner addresses the question of whether we General Coordinators have gone too far in making a decision and is, in part, a response to Linewaiters' Gazette reporter Ann Pappert's letter in the September 1, 2005 Gazette. Ann is the reporter who covered the December 2004 hearing where two co-squad leaders admitted to having worked only partial shifts numerous times as well as having signed in for each other when absent for an entire shift.

Overall the Coop is best served by squads that operate in ways that respect the work of all members of the Coop by sticking to the most basic of commitments Coop members make upon joining.

Ann, in her January 2005 Gazette report wrote that the Hearing and Deciding Group's decision was that each co-squad leader would be suspended for six months. However, nine months later, Ann's September 1, 2005 letter states, as does an August 4, 2005 Gazette letter from David Meltzer (one of the co-squad leaders) that the hearing group's decision also allowed both of them to return to their former squad and to be squad leaders again.

At the hearing the speaker for the hearing group reported that each of the accused would be suspended for six months. Nothing else was stated. The report of the hearing group is what ends the hearing. After the hearing had ended the hearing group's speaker was asked if the group had considered whether the two could be squad leaders again. Whatever he answered then were his own words. In the August 4, 2005 Gazette I wrote (in response to the letter from David in that issue) "After some hesitation the designated presenter spoke in response to the question that had been asked. His answer included the words "clean slate," but it was not specific what he meant by this. His answer was only his own and had not been approved by the Hearing and Deciding Group. His words, regardless of what they were, had no more import than those of a juror in an exit interview after a trial."

Let's suppose that the question that was asked occurred during the hearing rather than after it. The answer could have elicited, at

most, a recommendation. That is because the hearing procedures clearly state that the group's authority was only in regard to suspension or expulsion.

In the August 4 Gazette I also wrote, "Whenever questions come up that are not addressed by a regular procedure or by a designated group or forum, it is our responsibility as General Coordinators to answer the unanswered questions in the best interests of the Coop. In this case, in the absence of answers from other sources, we determined that the issues of squad membership and leadership needed to be addressed. We concluded that David and his former co-squad leader should not rejoin their old squad nor be squad leaders. They are now once again active Coop members but are not on their former squad."

In this case "in the best interests of the Coop" means a squad that experienced such corruption needs enough time and space away from the their former co-squad leaders to heal and to build a new squad culture. Overall the Coop is best served by squads that operate in ways that respect the work of all members of the Coop by sticking to the most basic of commitments Coop members make upon joining. Our shared institution deserves no less from each member in our triple roles of owner-shopper-worker.

On the subject of future squad leadership, it is clear to us that members who promulgate deceptive schemes—and then continue to do so after they agree to stop—should not have the option of leading a squad.

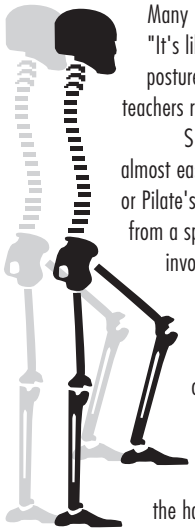
The worst thing that can happen from this "unending hearing" is that members will be discouraged from being squad leaders. Let's hope, for the well-being of the Coop, that that is not what happens.

On rare occasions we have had to ask a member to switch squads, and on very rare occasions over the last 30 years, the General Coordinators have had to ask a squad leader to step down. The squad leader system has worked very well for the Coop. Our squad leaders deserve appreciation for the crucially important roles they play. The worst thing that can happen from this

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The Alexander Technique

WITH JENNY GROVE



Many people have heard of the Alexander Technique. "It's like Pilate's or Yoga isn't it?" or "It's about good posture," are the responses that Alexander Technique teachers receive when introducing themselves.

So. What is the Alexander Technique? It is almost easier to describe what it is not. It is not like Yoga or Pilate's; there are no formal exercises. It is not derived from a spiritual philosophy or belief system and does not involve massage. In fact the technique is far more sophisticated than a relaxation or postural technique. It is a powerful tool for embodying mind and can be applied to any given activity or interaction.

Join Jenny for an introductory exploration of the technique and find out how you can kick the habits of a lifetime.

Jenny Grove is a Coop member and teacher of the Alexander Technique.

FREE
Non-members welcome **Saturday, October 1**
10:00 a.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

FORECLOSURES

WITH ONIQUE OLIVER



Learn the INs and OUTs of the foreclosure process.

- How to avoid foreclosure
- What to do if you are in foreclosure
- What the banks don't want you to know

ONIQUE OLIVER, a Coop member, is an independent representative affiliated with Primerica Financial Services, member of Citigroup.

FREE
Non-members welcome **Saturday, October 1**
3:00 p.m. at the Coop

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SUGAR BLUES



- If you find yourself eating chocolate and candy to get through your day...
- If you get a "lift" out of eating dessert – only to "crash" later...
- If you know sugar is not good for you, but you just can't overcome those monstrous cravings...

SUNDAY, OCTOBER 2
12:00 P.M. AT THE COOP

We will discuss the various reasons behind sugar addictions and learn natural effective and practical ways to reduce your consumption of sugar that don't involve sheer will-power.

You will receive practical suggestions, recipes and handouts.

Guest Gabriela Huza, a yoga teacher, will demonstrate how yoga can alleviate sugar addictions.

Rachel Kieffer, a Coop member, owned and managed health food stores in her native Israel. She is a certified holistic nutrition and health counselor and worked for many years as teacher and counselor at the Institute for Integrative Nutrition. **Gabriela Huza** is a Coop member and certified yoga instructor.

FREE
Non-members Welcome

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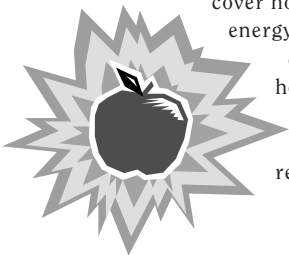
EATING FOR ENERGY

WITH ABBY BLOCK

ARE YOU TIRED OF BEING TIRED?

DO YOU WISH YOU HAD MORE UMPH TO GET THROUGH THE DAY?

Come to this informative and eye opening workshop to discover how to bring out your natural energy and vitality, using a simple everyday tool — food! Learn how to choose what to eat for your busy day and take home easy and delicious recipes. What would you do if you had all the energy you wanted?!



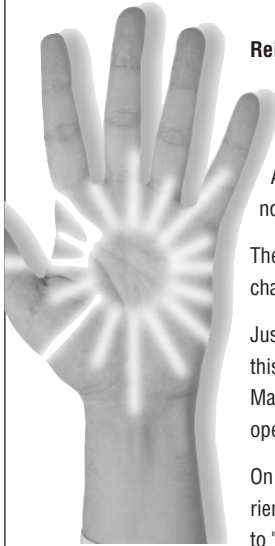
Abby Block received her training at the Institute for Integrative Nutrition and is a certified Holistic Health Counselor with a private practice. She works with children, practices Thai Yoga, and is a part time professional modern dancer and a Coop member.

FREE
Non-members welcome **Saturday, October 8**
3-4:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

What is Reiki?

with Rowana Shepard



Reiki is a wholistic healing method that works with a pure energy.

Reiki can relax and relieve pain.

A treatment is done fully clothed, and no body manipulations take place.

The Reiki treatment giver acts as a channel for the Reiki energy.

Just about everybody can get attuned to this energy, which is done by a Reiki Master who uses symbols in order to open the person.

On this evening you will be able to experience some Reiki which is a better way to "understand" what Reiki is.

Rowana Shepard has been a Reiki Master since 1994 and has had Reiki circles in New York, Los Angeles and in the Netherlands, her native country. She has been a Coop member since 1994.

FREE
Non-members welcome **Friday, October 14**
7:30 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Mindbody Medicine

Creating Emotional Healing through Spiritual Practice

WITH ALBERT SPERANZA, MD

Please join me for an interactive discussion focused on creating emotional well-being using tools of MindBody Healing. Experience the effects of relaxation and well-being as I lead a group exercise to conclude our meeting.

I hope you will join us.



Albert Speranza is a Coop member and a physician who has been practicing Mindbody Medicine and Psychiatry since 1993. He is board certified in Adult and Addiction Psychiatry and has studied wholistic healing practices for 12 years.

FREE
Non-members welcome **Saturday, October 15**
10:00 am at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Home Buying SEMINAR

WITH CHARMAINE JOHNSON

Getting "pumped up" to buy your first home? Thinking about moving up to a larger home, purchasing investment property or refinancing your present home? If you gave the "thumbs up" to any of these scenarios, you owe it to yourself to attend this seminar.

- How to pre-qualify for a loan
- Qualify for No Money Down program
- Down Payment assistance programs
- How to improve your credit score
- The top 10 things to know before buying a home

Special door prize will be given!

Charmaine Johnson is a Coop member, Loan Officer and Licensed Real Estate Salesperson.

FREE
Non-members welcome **Saturday, October 15**
3:00 p.m. at the Coop

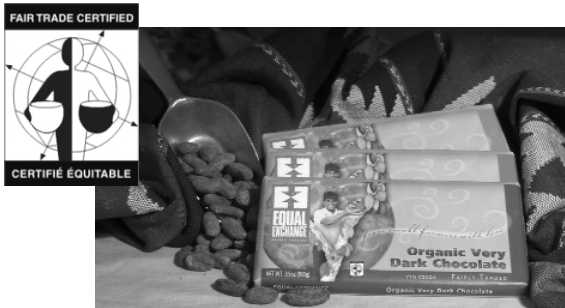
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

CHOCOLATE TASTING IN CELEBRATION OF FAIR TRADE MONTH!

BROUGHT TO YOU BY THE FAIR TRADE ACTION COMMITTEE

During October, Fair Trade advocates and supporters around the country are hosting hundreds of events to celebrate the surging Fair Trade movement.

Please join us for a free Fair Trade chocolate tasting and learn more about recent Fair Trade victories in New York City!



The Fair Trade Action Committee is a collection of Coop members working to promote Fair Trade at the Coop and within the wider community.

FREE
Non-members welcome **Saturday, October 15**
6:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

The Peaceable Kingdom

WITH JK CANEPA

What is more beautiful than a child delighting in an animal?

And how does this same child grow up to care about dogs and cats, but not cows, pigs and chickens?



Do animals raised for human food have emotional lives and family bonds?

What happens to farm kids when they are asked to take the lives of the animals they have cared for?

See the film that poses these questions and tells the story from the viewpoint of humans who've been affected by factory farming. We'll have a discussion and refreshments. Bring your friends and your own questions.

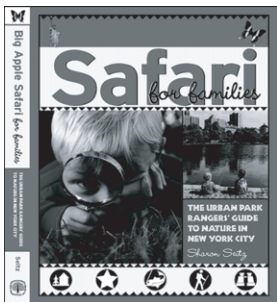
JK Canepa, Coop member, Deep Ecologist, mother, bike rider, gardener. "The earth is ancient and alive, and we are all her children."

FREE
Non-members welcome **Saturday, June 4**
11:00 a.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

WORDSPROUTS

The Park Slope Food Coop's Reading Series



Tuesday, October 18
7:00 p.m.
in the meeting room

A program for families!
Ms. Seitz will discuss her book and give a slide show of all the wondrous living things she has explored in the urban outback with her two young sons.

Books will be available.

Big Apple Safari

Exploring Nature with Kids in the City

Want to experience nature with your children close to home, but don't know where to go? In her new book, *Big Apple Safari for Families, The Urban Park Rangers' Guide to Nature in New York City*, Sharon Seitz guides families through the urban wilds, whether by hiking, fishing, canoeing, camping or other outdoor adventures, and showcases programs offered by organizations committed to exposing and sharing nature with families.



Sharon Seitz is a fourth-generation Brooklynite who got her first taste of nature during fishing trips with her father. An alumnus of Columbia's Graduate School of Journalism, she is co-author (with her husband, Stuart Miller) of *The Other Islands of New York City* and the third edition of *The Blue Guide, New York*. She lives in Park Slope with Miller and their sons, Caleb and Lucas.

All Wordsprout participants are Coop members.

Bookings: P.J. Corso,
paola_corso@hotmail.com

FREE Non-Members Welcome

Next Wordsprouts, Tuesday, Nov. 1

Views expressed by the presenters do not necessarily represent the Park Slope Food Coop.

Jugglers,
Clowns,
Children's
Entertainers...

You are needed at our annual Pumpkin Day! Saturday, October 22.

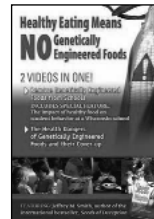
FTOP or make-up credit is available for your participation. If you are interested, please call Ellen in the Coop office Monday through Thursday afternoons.



JOIN THE FOOD REVOLUTION

A special screening of "Hidden Dangers in Kids' Meals" produced and directed by Jeffrey M. Smith

Presented by the PSFC GE Campaign Committee



School districts, supermarkets, and even whole countries have banned genetically engineered foods, fearing that they are not safe. Discover the evidence that confirm that these dangerous foods should never have been approved, and find out how to protect yourself, your family and the next generation.

Three videos in one:

includes an interview with Jeffrey M. Smith, footage of scientists, and a look at the miraculous improvement in student behavior that accompanied a change in diet at a Wisconsin school. Also included is a lecture by Smith on "The Health Dangers of Genetically Engineered Foods and Their Cover-up."



Join the Food Revolution right here at the Park Slope Food Coop. This program is sponsored by the Park Slope GE Campaign Committee and will be hosted by Vanessa Tricoche, a Board Certified Holistic Health Practitioner and Community Food Educator. You will have an opportunity to taste GE-Free snacks.

FREE Non-members welcome

Sunday, October 16
7:30 pm at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Interim Election:

Board of Directors of the Park Slope Food Coop

Paul Bermanzohn has tendered his resignation from the Board of Directors, effective August 30, 2005, as he can no longer attend the Tuesday night General Meetings.

In accordance with our bylaws, an election will be held at the October 25, 2005 General Meeting to fill the remainder of the term ending at the Annual Meeting in June 2006.

Nominations

Nominations may be made at the October GM, but members interested in the position may declare their candidacy beginning immediately and are encouraged to do so as soon as possible and to provide a brief statement for publication in the October 13, 2005 *Linewaiters' Gazette* and at the meeting.

For information about the role and function of the Board of Directors and about our General Meeting governance structure, please see the center-right page of this issue.

If you would like additional information, please call Joe Holtz at the Coop.

Receiving/Stocking Coordinator Evenings & Weekends

Description: The job entails lots of physical, mental and interpersonal work. Applicants should be organized, be able to do a lot of lifting, and have a good spatial sense. You must enjoy working with and supervising a diverse group of people. The job will include work in the walk-in coolers and freezer.

Hours: 30+ hours per week, schedule to be determined, will include evening & weekend.

Wages: \$18.81/hour with at least an annual cost-of-living adjustment effective every February.

Benefits: —Sick time
—Vacation—three weeks/yr increasing in the 4th, 7th & 10th years
—health insurance
—pension plan
(no payroll deductions for benefits)

Application & Hiring Process:
Please provide a cover letter with

your resumé as soon as you can. Mail your letter and resumé or drop it in the mail slot in the entryway of the Coop. Please state your availability. All applicants will receive a response. *Please do not call the office.* If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:
There will be a six-month probation period.

Prerequisite:
Minimum of six months' membership in the Park Slope Food Coop. Applicants who have not previously worked a Coop shift in Receiving should arrange to do one or more workslots in Receiving.

People of color are especially encouraged to apply.

MEDIATION ALTERNATIVE DISPUTE RESOLUTION

WITH ANDREW GARY FELDMAN

Learn about this effective and cooperative process for resolving disputes.

BENEFITS:

- settle differences peacefully
- reduce stress
- maintain power and control over outcomes
- avoid time in court and high legal costs

APPLICATIONS:

- family & divorce situations
- disputes between neighbors
- conflicts with contractors and businesses
- problems at the job, the Food Coop & elsewhere

The workshop will include mediation "role playing" demonstrations and give information about where to go for services.

Andrew Gary Feldman joined the Coop in 1979 and has been mediating since 1998.

FREE Non-members welcome

Saturday, October 22
2:00 pm at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Touching Peace



Cultivating Ease and Freedom with Self-Massage and other Body-Mind Techniques

with Stuart Garber, LMT, RPP

Come learn simple self-care techniques for promoting both physical and emotional well-being in a playful, friendly atmosphere.

Learn ways to alleviate challenges with:

- muscle pain and tension
- stress, anxiety
- joint problems
- insomnia
- depression
- digestive problems & more

This will be a richly participatory afternoon, with attention given to individual participants' needs and interests. Please wear loose, comfortable clothing. People of all physical abilities are welcome.

Enrollment will be limited, so please pre-register to reserve your space by calling 718-789-2315.

Coop member Stuart Garber's *Full-Spectrum Touch Massage and Body Therapy* blends Swedish massage and related systems with energy balancing techniques, dialogue, contemporary trauma healing and time-honored mind-body-spirit practices. He's worked at the Ostrow Institute for Pain Management and Memorial Sloan Kettering Cancer Center's Integrative Medicine Program as well as in private practice, since 1988.

FREE Non-members Welcome

Sunday, October 23
12:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

Eating for Energy

Top Seven Ways to Double Your Energy Today

with Jena la Flamme

Tired of being tired? Do you want more energy? Tired of using sugar and coffee to "prop you up"?

If you are already an active person but you feel you want more energy to match your busy lifestyle, then the Top Seven Ways to Double Your Energy Today for you.

Learn quick and easy strategies you can incorporate right away in order to increase your energy levels, sleep better, lose weight, manage stress more effectively, decrease your cravings and allow you to feel and look better.



Jena la Flamme is the director of the Jena Wellness Group, a certified Holistic Health Counselor, massage therapist and yoga teacher. She has a private practice in Union Square, Manhattan and regularly conducts workshops. She is a Coop member.

FREE Non-members welcome

Sunday, July 24
12:00 p.m. at the Coop

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

COOP HOURS

Office Hours:

Monday through Thursday
8:00 a.m. to 8:30 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:

Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

*Shoppers must be on a checkout line 15 minutes after closing time.

Childcare Hours:

Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

**Friday
Oct
21**

very
The Good Coffeehouse
COOP CONCERT SERIES

A monthly musical fundraising partnership of the Park Slope Food Coop and the Brooklyn Society for Ethical Culture



Onel Mulet

SON COMO SON

Son Como Son brings together all of the flavors of the city combined with the talent and love these musicians have for their music and the craft. Tonight these musically gifted members of the Park Slope Food Coop come together to celebrate music and dance through art. Onel Mulet, flute & sax; Urbano Sanchez, percussion; Maria Triana, viola; Albert Leusink, trumpet; Gary Raheb, bass; Jose Conde, vocals & guitar.

Shake your booty, the music is organic!

There will be a half hour of salsa instruction by Liz Peterson preceding the Son Como Son performance.

Liz Peterson has been teaching Ballroom and Latin partner dancing in the New York City area for 14 years, both as an independent teacher and at Stepping Out and DanceSport Studios. She holds a B.A. in Dance from the University of California, Irvine, and a M.A. in Arts Management from NYU.



53 Prospect Park West [at 2nd Street] • \$10 • 8:00 p.m. [doors open at 7:45]

Performers are Park Slope Food Coop members and receive Coop workslot credit.

Booking: Bev Grant, 718-230-4999

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles which are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members. A "Member Submissions" envelope is in the *Gazette* wall pocket near the exit of the Coop.

SUBMISSION GUIDELINES

All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the published guidelines.

Voluntary Articles: Maximum 750 words.

Submissions on Paper: Double-spaced, typed or very legibly handwritten.

Submissions on Disk & by Email: We welcome digital submissions by disk or email. Email to GazetteSubmissions@psfc.coop.

Classified & Display Ads: Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in this issue and at the front of the Coop). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

Recipes: We welcome original recipes from members. Recipes must be signed by the creator.

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$18 per year to cover the cost of postage (at 1st class rates because our volume is low).

Printed by: Prompt Printing Press, Camden, NJ.



Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 11.

Cryptogram Topic: Vegetables

The code used on the list below is a simple letter substitution. That is, if "G" stands for "M" in one word, it will be the same throughout the list.

- X W J I I H P
- I D W F J E I
- E F Z N E S P P F I
- N W E S V Q F G H I
- N I D N W N U J I
- V N J P S M P F T H W
- T A S I I V Q N W A
- V H P H W O
- F G W N
- D H N I
- D H D D H W I
- V F W Y

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WORKSLOT NEEDS

Agenda Committee Election—October 25 GM

The two-year terms of three of the Agenda Committee's seven members expire in October and will be filled by an election at the October GM.

Members of the Agenda Committee prepare the agenda for the monthly General Meetings. The Agenda Committee's main considerations are: (1) the best interests and

orderly functioning of the Coop, and (2) fairness to Coop members who wish to have their concerns placed on the agenda.

Committee meetings are scheduled for the first Tuesday of every month at 8:00 p.m. and last approximately one hour and forty-five minutes. Committee members frequently attend GMs to follow up on the agenda.

Members say they have greatly enjoyed working together in an earnest and honest effort to be fair in prioritizing the agenda items and feel that the Committee's operations have displayed a model of cooperative spirit.

If you would like additional information, please call Linda Wheeler at the Coop.



The GE Campaign Committee...

...is looking for cooperative, committed members in good Coop standing.

Join us in this fascinating opportunity to interact with other folks committed to preserving safe food for all of us.

We are challenging powerful companies like Monsanto who seek to corrupt and control our food supply, and with your help...

We can Make a Difference!

For more information, please call Dina Levine at 718-436-7945

COOP CALENDAR

New Member Orientations

Monday & Wednesday evenings: . . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.

Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Oct 13 issue: 7:00 p.m., Mon, Oct 3
Oct 27 issue: 7:00 p.m., Mon, Oct 17

CLASSIFIED ADS DEADLINE:

Oct 13 issue: 10:00 p.m., Wed, Oct 5
Oct 27 issue: 10:00 p.m., Wed, Oct 19

Plastic Recycling

- **2nd Saturdays**, noon–2:00 p.m.
- **3rd Thursdays**, 7–9:00 p.m.
- **last Sundays**, 10:00 a.m.–noon
- Plastics #1, 2 & 4, only those not accepted by NYC plus plastic shopping bags
- All Clean & Dry!



General Meeting



TUE, OCT 4
AGENDA SUBMISSIONS: deadline for consideration for the October 25 GM, 8:00 p.m.

TUE, OCT 25
GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue, and flyers will be available in the entryway October 5.

The Coop on Cable TV

"Inside the Park Slope Food Coop"
FRIDAYS 1:00 p.m. with a replay at 9:00 p.m.
Channels: 56 (TimeWarner), 67 (CableVision)

GE Campaign Meeting

TUE, OCT 11
GE CAMPAIGN: Open meeting for members & non-members. Campaign to demand labeling of GE foods. 6:30 p.m. for training on ge; 7:00 for work session.

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 at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, October 25, 7:00 p.m.

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

Location

The temple has been the Coop for the correct location.

The location of the October GM will NOT be the temple. Please watch for signs in the Coop for the correct location.

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 Linda Wheeler in the office.

Meeting Format

Warm Up (7:00 p.m.)

- Meet the Coordinators
- Enjoy some Coop snacks
- 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 at the Coop Community Corner and may also appear elsewhere in this issue.

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

- Meeting evaluation
- Board of Directors vote
- Announcements, etc.

Attend a GM Receive Work Credit

In order to increase participation in the General Meeting, the GM has voted to allow a *once-per-year* workslot credit for attending a GM.

Sign Up:

- The sign-up sheet is posted at the Coop Community Corner beginning in the first week of each month.
- Please *read the full instructions* posted above the sign-up sheet and follow them carefully.

How It Works:

- Coop members on squads in Shopping, Receiving, Inventory (except data entry), Maintenance, Daytime Office, Construction and FTOP can receive credit for one workslot by attending one GM. (Other squads are omitted because their work is more difficult to cover, or attendance at GMs is part of their job.)
- After attending the GM, the member will summarize the meeting very briefly for their squad during the squad meeting of their *next* regular workslot.
- You will report to your squad on the next day you work and may then skip the *second* regular workslot following the GM. The work credit may also be applied to make-ups owed or be banked as FTOP
- *Missing the GM without canceling in advance will result in your owing a make-up*, as you are making a commitment as well as taking a slot that someone else will not be able to take.

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.

Hearing Unending

CONTINUED FROM PAGE 3

“unending hearing” is that members will be discouraged from being squad leaders. Let’s hope, for the well-being of the Coop, that that is not what happens.

Both David Meltzer and his former co-squad leader have accused the General Coordinators of assigning them an additional punishment that they say we have no right to do. I agree with them in that we are not authorized to pun-

ish them. Only the hearing group could have done that by either suspending or expelling them. We have no interest in punishing them, but it is our job to protect the Coop. There are consequences to actions, and those consequences may feel like punishment.

I think this whole affair has been plagued by a lack of introspection on the part of the two former squad leaders. When I first met with them to talk about their working partial shifts, they were more interested in telling me how they were victims in regard to an unrelated com-

plaint of theirs than in halting the practice I was asking them to stop. They seemingly have never paused long enough to stop being “victims” and start truly taking to heart the central ethical subject of their wrongdoing. A few months after my meeting with them, they resumed giving themselves work credit for more hours/shifts than worked. All of the consequences are a result of their own actions.

Have we gone too far in interpreting our executive roles in this case? We don’t think so. What do you think? ■

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your listings in 50 words or less by mail, the mailslot in the entry vestibule, or GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue. *Denotes a Coop member.

FRI, SEP 30

GOOD COFFEEHOUSE: Andy Cohen, exuberant singer, acoustic guitar player and piano pounder, playing country blues, ragtime, gospel, old-time & field hollers. Special guest Ragtime Jack Radcliffe, country blues, stride piano, harmonica & guitar. Traveling Troubadour series, \$15. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, OCT 1

MILES FOR MIDWIVES: Celebrate National Midwifery Week at 10am with our 3rd annual 5k run/walk in Prospect Park (Bartell Pritchard Square, 15th St and PPW). Adults \$12 advance/\$15 day-of, children \$3/\$5. Race applications and more information available at www.nycmidwives.org/miles.html. Or arrive 8-9:30am to register on race day.

PEOPLES’ VOICE CAFE: Professor Louie* & Fast Eddie; Sarah Pirtle. Workmen’s Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can’t. Members \$9, 212-787-3903.

SAT, OCT 8

PEOPLES’ VOICE CAFE: Tony Bird; Bruce Markow*. Workmen’s Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can’t. Members \$9, 212-787-3903.

SUN, OCT 9

WALK/RUN: for a stress-free & violence-free society! 3K Walk/Run presented by the Art of Living Foundation. Morningside Park 10am. \$25. Funds raised support trauma reduction programs for youth affected by Hurricane Katrina & stress reduction programs for NYC youth! www.artoflivingyouth.org or 212-414-8222.

ONGOING SHOWS/EVENTS

AUG 13 – OCT 7

OUTDOOR SCULPTURE SHOW: at Fulton Ferry Empire State Park & the Main St section of Brooklyn Bridge Park. Open daily, 8:30-8:30. Free. 499 Van Brunt St. Brooklyn Waterfront Artists Coalition (BWAC) Info: www.BWAC.org or 718-596-2507.

SEP 17 – OCT 22

FALL GROUP ART SHOW: Brooklyn Waterfront Artists Coalition (BWAC). Weekends, 12-6:00. 499 Van Brunt St. Info: www.BWAC.org or 718-596-2507.

FRI, OCT 14

GOOD COFFEEHOUSE: Zen meditation music—Grand Master James Nyoraku Schlefer* & friends. Empty the mind to awareness and experience the haunting and penetrating sounds of the shakuhachi tradition. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

It’s My Park Day & Harvest Celebration Kickoff: with the New York City Department of Parks & Recreation. 11 a.m. Red Hook Community Farm near the Red Hook Recreational Area, Beard Street btw Columbia & Otsego.

SAT, OCT 15

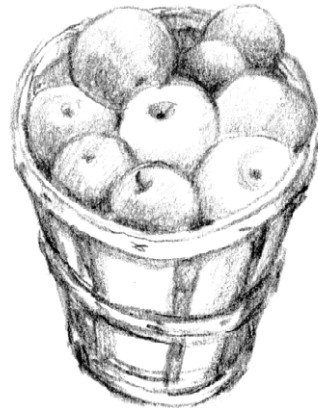
COME ON HOME TO BED-STUY: 25th annual tour & bazaar, 10:30-3:30. Self-guided tour of exquisite houses 11-4:00 starting point, the historic Boys High School, 832 Marcy Ave (Putnam Ave entrance). Rain or shine. Info: 718-953-7328.

PEOPLES’ VOICE CAFE: Eric Andersen. Workmen’s Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can’t. Members \$9, 212-787-3903.

HARVEST FESTIVAL: Red Hook Farmers’ Market Cider Press, Pumpkin Carving, Face Painting, Musical Entertainment, Fine Foods from local restaurants, Farm Tours, Compost Demonstrations and more throughout the day 9-5:00. Red Hook Community Farm near the Red Hook Recreational Area, Beard Street btw Columbia & Otsego.

FRI, OCT 21

GOOD COFFEEHOUSE-COOP NIGHT: Son Como Son brings together all of the flavors of the city combined with the talent & love these musicians have for their music & the craft. Preceded by salsa lesson from Liz Peterson* \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.



SAT, OCT 22

THUNDERBIRD AMERICAN INDIAN dancers pow-wow at Winston Prep School, 122 W 17 St, NYC. 7-10 p.m.

PEOPLES’ VOICE CAFE: Phil Ochs Song Night: Magpie, Kim & Reggie Harris, Emma’s Revolution, Greg Greenway, David Roth, John Flynn. Workmen’s Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can’t. Members \$9, 212-787-3903.

SUN, OCT 23

BROOKLYN OPEN STUDIO TOUR: Kristin Brenneman Eno*, painter, jewelry designer & art educator, opens her studio along with many artists in Brooklyn, as part of the NYC Citywide Open Studios. Sa/Su 11-6:00. 1713 8th Ave. btwn 17/18th Sts, 3rd flr, rm 11. 347-564-0213, www.k-b-e.net, www.isupportart.org/mambo.

FRI, OCT 28

GOOD COFFEEHOUSE: Halloween special: An Evening of Devilish Delights with Theatre Group Dzieci. Horror for the whole family. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, NOV 4

GOOD COFFEEHOUSE: Ken Perlman & Alan Jabbour—Old-time Fiddle & Ganjo. Traveling Troubadour series, \$15. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, NOV 11

GOOD COFFEEHOUSE-COOP NIGHT: John Hasbrouck—Fingerstyle & Bottleneck Guitar. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.



**Friday, October 7 • 7:00 p.m.
at the Coop**



A Good Uplift & The New Old Country

A Good Uplift is a light-hearted glimpse into a Lower East Side lingerie shop where owner and Jewish grandmother, Magda, embraces and enhances women of all shapes and sizes in pursuit of the perfect bra.

The New Old Country is a visual essay, which follows the journey of American Jews who flock to the Lower East Side from across the country in search of their grandparents, stories and memories. Their tourist travels to pickle stands, bialy shops and abandoned synagogues reveal an intricate web of nostalgia, collective memory and the elusive nature of recorded history.

Filmmaker, Faye Lederman, holds an MA in documentary film from UC Berkeley and has facilitated at screenings of her three films in hundreds of national venues including film festivals, political organizations, universities and religious and community groups. She serves on the steering committee of New Day Films, a cooperative of independent social issue media makers and has been funded by the National Fnd. for Jewish Culture, NY State Council on the Arts, and the Funding Exchange among others and is a

**FREE
Non-members
welcome**

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory

The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop.

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.

Fairness

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 not specific or are not substantiated by factual assertions.

3. Copies of submissions that make substantive accusations against specific individuals 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.

The above applies to both articles and letters. The only exceptions will be articles by *Gazette* reporters which will be required to include the response within the article itself.



SHIFT CHANGE RECOMMENDATIONS

TO THE EDITOR:

In the spirit of cooperation, let's start working together to make the shift changes, especially in regard to checkout workers, proceed smoothly. I arrived for my 3:30 p.m.–6:15 p.m. shift today promptly at 3:30 p.m. and relieved the current checkout worker as I'm scheduled to do. The purpose of the 15 minute overlap in shifts is so that the current worker can attend a squad meeting, if one is scheduled, and to ensure a smooth transition between shifts. Just because the shift before mine is scheduled to end at 3:45 p.m. doesn't mean that I can show up late and relieve those workers at 3:45 p.m.

Today marked a unique day in my Coop history: it was the first one that left me terribly frustrated. Rather than construct a page-long rant, I leave you with the things I learned and hope that you, too, will learn from them:

1. If you are going to request to relieve someone from their shift an hour before it is scheduled to be relieved, SHOW UP to relieve that person at the agreed upon time. She most likely doesn't know you, and isn't going to do you any favors if you cannot hold up your end of the deal.

2. When you step up to the plate to relieve someone and your squad has already started (e.g., it's 6:00 p.m. and you're on the 6:00 p.m.–8:45 p.m. squad), don't then say you need to shop, run errands, etc. Why should I stick around to enable you to run errands when your fellow squad members are already seated and working, and those who aren't, are lined up to take my spot? If you aren't ready to work when your shift begins, perhaps you need to find another squad that fits better with your schedule.

I figure that if I can get to my shift on time, so can the squad relieving me. Being late affects your fellow squad members, who must pick up the slack in your absence.

And, in the rare event that no one is around to relieve you when the next squad is scheduled to come on, don't just get up and walk away—you are scheduled for 15 more minutes. If someone still isn't there at the end of your shift, let your squad leader know.

Coop membership is designed to be easy. Be an adult and follow through with your responsibilities.

Deborah Diamant

PART TWO**TO THE EDITOR:**

Part II of two parts.

In the last issue I was talking about ex-boardmember Ken Garson's thoughts on democracy, when I inserted this comment, (In the August meeting Lead Coordinator Joe Holtz had the gall to give us a copy of the Cooperative Principles which includes assemblies of elected delegates as one of our rights — when are we going to get elected delegates, Joe? Our only ones now are the five Board members, who "conveniently" have given up their powers so that, in fact, our votes don't count), and then said a little

more about Ken:

A web search uncovered Ken Garson's weekly webcast program called Ken's Last Ever Radio Extravaganza, a kind of entertaining Gene-Shepard-plus-Guy-Debord genre where he says repeatedly, "I don't know anything." That is useful in pop art but not very transparent for an elected leader.

Finally getting around to the present, "Geido" (Flatbush and Seventh Avenues) is closed Sept. 3-12—I know, it's too late to say that! On the Letters page of this same (September 1st) issue of the *Gazette* we see proof positive that absolute power corrupts absolutely: The Overseers decide to switch the squads of the two returning squad leaders, evidently contrary to the explicit decision of the Hearing and Deciding Group, and now we have two eyewitnesses, one their own *Gazette* reporter! calling them Out.

The Disciplinary Hearing Committee posts a huge plan of reorganization as if the *Gazette* were a bulletin board (this and the article about genetically modified foods seem to be very long—wasn't 750 words supposed to be the limit for member articles?)—what I want to know is why don't they want to provide a quarterly tabulation of how many contacts they have made in the last quarter? What infractions were they about? And what were the outcomes? This would reassure us about the most unsettling thing about this committee, the fact that previously disciplinary actions, however awkward, were open to the public at general meetings—now they are essentially secret and in the hands of a specialized and, if you've seen them, frightening cadre of self-appointed disciplinarians.

Another letter on supplements comes from George Carter, Director of FIAR (Foundation for Integrative AIDS Research). Though at least he is open to supplements, his organization is not entirely neutral as it clearly considers them secondary to ARV (antiretroviral drugs). Everyone needs to know that there is a responsible and distinguished community who believe that AIDS is not contagious and is not caused by HIV (see for example VIRUSMYTH.ORG).

Scientists such as Peter Duesberg, Nobel Laureate Kary Mullis, David Rasnick and Brian Ellison have challenged the HIV myth and lost their jobs, they have a specific and simple list of experiments that would prove them wrong, and they need our support.

Next time: Solomon visits the "Street Assistance" squad.

Albert Solomon—718-768-9079 (Leave message and please don't be distracted by the announcement). Or HOBCE@YAHOO.COM.

STOP THE MUSINGS!**TO THE EDITOR:**

I would appreciate to spare us in the future these so called 'musings' by Mr. Solomon. It's a waste of paper to write about doing his laundry and the paint job in his bedroom, etc. What will be printed in the next issue, more intimate information shared with the membership?

Let him get his own home page, so people interested in his daily routine have the choice to read it or not, and not bore the entire membership of the Food Coop. The *Gazette* used to be a

paper for relevant information to its readers.

Thank you.

Ingrid Cusson

COMMENTS ON DISCIPLINARY HEARING COMMITTEE REPORT**TO THE EDITOR:**

So let me get this straight. A reporter for the *Gazette*, who is supposed to be a neutral observer, has now taken upon herself to be an advocate for the suspended members in a case that has been played out *ad nauseam* (because of the self-serving and unabated publicizing of their version of the case by those suspended members) in the *Gazette* and the *New York Times*.

I know the *Gazette* is only an in-house paper for the Coop, but there still needs to be some minimum journalistic standards. I believe those standards were breached by both the reporter who wrote the letter and the editor who saw fit to print it.

I have followed this case and personally I think the accused members got off rather lightly (likely due to the length and late hour of the hearing), but that is not what is at issue here. I don't know Joe Holtz personally, but I found his explanation of the sequence of events quite credible: that the question of returning as squad leaders was not raised until quite a late hour, after members of the hearing committee had left, and that it was answered in an off-handed way by a single remaining hearing member, so it did not represent a formal judgment of the hearing process. I am certainly more inclined to believe Mr. Holtz's version of events than the version put forth by two members who admittedly signed each other in and gave squad members free shifts.

So, in the interests of transparency, I would ask Ms. Pappert the following question: Did either Mr. Meltzer or Mr. Sarfaty get in touch with you some time between the hearing and the writing of your letter? If so, what was the nature of the communication? Was the editor similarly contacted? There is a responsibility to *Gazette* readers to divulge any communication outside of that hearing, and exactly what was said, especially in light of the fact that Ms. Pappert's letter in essence calls Joe Holtz a liar.

If there was outside communication that in any way led the reporter to suddenly remember facts that were conveniently left out of the original article, I believe the reporter and editor have an obligation to resign from the *Gazette*. Perhaps they would be fortunate enough to be placed on a squad led by Messrs. Meltzer and Sarfaty.

Michael Esterowitz

DISCIPLINARY HEARING COMMITTEE CLARIFICATIONS**TO THE EDITOR:**

The September 1, 2005, issue of the *Gazette* contained a letter from the *Gazette* reporter who covered the December 2004 disciplinary hearing

against two Coop members. Because material issues represented in this letter are factually incorrect, the Disciplinary Hearing Committee feels obligated to respond:

The *Gazette* reporter states that, at the December disciplinary hearing, the Deciding Group had determined that the two accused members should be suspended for six months. This is true. However, the reporter next claims that the Deciding Group had added that there were to be "...no repercussions after that time, and that they be allowed to rejoin their old squad, including reassuming their jobs as squad leaders." This is not true. What actually took place is that after the hearing concluded and the Deciding Group reached its decision, some members of the Deciding Group left. Their representative delivered their decision: a six-month suspension. When a question was asked from the floor, the representative stated that after the completion of their suspension, they should have a "clean slate." When asked to clarify this, he stated that this meant that no record of their wrongdoing be kept. He was advised that this would violate Coop rules on record keeping, and the discussion ended. It is important to note that the Coop rules governing penalties permit the Deciding Group to impose only expulsion or suspension, not to determine work slots. Therefore, the "clean slate" comment was ultimately irrelevant. Relevant or not, it is unfortunate the reporter failed to tape-record the Deciding Group's delivery of the penalty as it would be the best evidence of what was said.

Additionally any comments the reporter may have overheard in private conversations among DHC members and a coordinator in that coordinator's office had no bearing on decisions made by the Hearing Group or by the General Coordinators. Such comments would only reflect personal opinions.

The reporter's original January 2005 *Gazette* article only mentioned the six-month suspension. Had these issues been brought to our attention in the intervening eight months we would have clarified the matter, rather than corresponding through the *Linewaiters' Gazette*. The DHC continues to make every effort possible to respond to every concern brought to our attention by the Coop membership, including matters previously settled in accordance with the policies and procedures of the Coop. It is our sincere hope that the matter of the two individuals found guilty of cheating the Coop last year is now sufficiently clear.

The Disciplinary Hearing Committee

LETTERS CONTINUED ON PAGE 10

CORRECTION

An article published in the September 1, 2005 issue of the *Linewaiters' Gazette* incorrectly reported the methods of payment that would be accepted at checkout stations once the Coop's new checkout system is installed. Members paying for 100% with debit cards will be able to pay for their purchases at the checkout station; members paying with EBT, a combination of cash and debit, or 100% cash will pay for purchases at the cashier station.

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LETTERS, CONTINUED

ANN PAPPERT

RESPONDS

1. I deeply resent Mr. Esterowitz's accusations. I am not taking sides in this case. The purpose of my letter was solely to clarify the record. I would never have written my letter if Mr. Meltzer's letter and Mr. Holtz's response had not appeared in the Gazette.

2. Mr. Holtz's response was not "Mr. Holtz's version of events." Joe Holtz had already left when the decision was announced. Joe Holtz's explanation of the events came from his discussions with members of the Disciplinary Committee, as Mr. Holtz can confirm. It was not my intention to suggest that Joe Holtz was a liar, as he was only repeating what he had been told.

3. Either Mr. Meltzer or Mr. Sarfaty (I don't remember which one) telephoned me after receiving the letter informing them they would not be allowed to return to their squad to ask if I had notes of the decision and, if so, what

those notes said. I was told that Joe Holtz had suggested that they contact me. That was the entire conversation.

4. I did not, "suddenly remember facts that were conveniently left out of the original article." The first draft of my article was re-written at my editor's request. She thought, and I agreed, that the first version read too much like minutes. That draft, I believe, mentioned that Mr. Meltzer and Mr. Sarfaty be allowed to return to their squad.

5. The letter from the Disciplinary Committee suggests that no comments were ever made by anyone regarding whether Mr. Meltzer and Mr. Sarfaty could return to their squad or serve as squad leaders.

But in Joe Holtz's August 4 response to Mr. Meltzer, he states that the decision presenter was asked if a decision had been made on whether Meltzer and Sarfaty could continue as squad leaders. Common sense dictates that if the deciding group had no jurisdiction to

make such a decision, as is now claimed, there would be absolutely no reason for anyone to ask this question.

Is the Disciplinary Committee now suggesting that the information they gave Mr. Holtz to write his response was incorrect, or are they suggesting that I fabricated my notes?

I am baffled why no one has contacted the deciding group to verify their decision.

The letters from Mr. Esterowitz and the Disciplinary Committee raise a crucial issue beyond this case.

It is not the function of the Gazette reporter to be the official minute-taker at Coop meetings. That's not our job, nor should it be. No Gazette reporter should ever be the final authority on meetings.

That responsibility belongs squarely with the group holding the meeting, be it a General Meeting or a Disciplinary Committee hearing. I am not the issue here. I have become the issue only because the Disciplinary Committee did not keep an official record of the pro-

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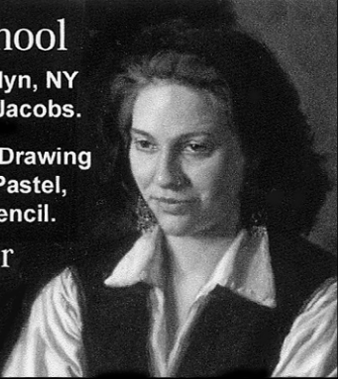
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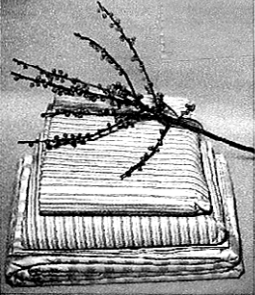
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Answer to Puzzle on page 6
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Anne Corey	Natalie Mansfield	Siddharth Shah	
Joanne D.	Mari	Jarrett Shamlan	
Fortune Debbah	Faith McClellan	Kira Smith	
Jay Dixit	Kevin McHugh	Nathan Smith	
Stefan Doering	Mike Mermin	Giselle Sperber	
Doris	Jen Mitas	Jenna Spevack	
Aisha Drag	Monique	Alison Stateman	
Wendy Eberhardt	Drew Murphy	Kaia Stern	



The Park Slope Food Coop Pumpkin Day!

hundreds of organic pumpkins will be available for sale, right in front of the Coop!
PLUS clowns, face-painting all day long

Saturday October 22
from 8:00 a.m.
'til all pumpkins are gone!



ILLUSTRATION BY LYNN BERNSTEIN

non-members welcome!

Organic pumpkins at member prices

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.

Lenny Adler	Yi-Jen Chiang	Clayton Gates	Regina Kim	Katherine O'Connor	Adam Shook
Jeanette Aguilar	Theresa Chinte	Anatoliy Gendelman	Sara Kinney	James O'Dell	Erin Siegal
Tida Allen	Dave Chrystal	Emmitt George	Jonathan Klar	Peter O'Leary	Jason Siegel
James Alwood	Nina Clements	Jeanne Gerrity	Alison Kling	Margaret O'Malley	Broddi Sigurdarson
Melissa Amdur	Jaime Coan	Angela Gilday	Anne Kopicko	Kristen Nora Ossmann	Cherry Smith
Richard Amdur	Elana Cochran	Sealy Gilles	Isabelle Kreines	Louise Palmer	Ethel Smith
Anna Amodio	Melanie Cohn	Timothy Gilles	Devin Krugman	Mala Parikh	Jean Smith
John Anderson	Stuart Cohn	Sara Glaberson	Danielle Kuczkowski	Juniper Perlis	Anna Sobel
Yolande Angibeau	Nicole Cordier	Elena Glasberg	Mark Ladov	Chris Peterson	Sara Sookoo
Daniel G. Armstrong	Heather Cottrell	Hannah Goldfield	Kathryn Larsen	Christine Peterson	Olga Sooudi
Shelly Auster	Martha Crum	Glen Goldstein	Kathryn League	LaMonica Peterson	Jessica Spiegel
Miguel Ayuso	Heidi Cunningham	Elvira Gomez	Sean Lees	Mayimuna Pettiford	Paul St. Amour
David Azzoni	Anthony D'Orlando	Evelyn Gomez	Isaac Lefkowitz	John Phillips	Jennifer Starkey
Alexander Bacha	Gina D'Orlando	Jason Gonsky	Matthew Lembo	Amy Plattsmier	Janet Stateman
Jenny Barry	Ilana Dabah	Renee Gonzalez	Liz Lessner	Stephen Poellot	Juergen Stetter
Melissa Barsamian	Jennifer Dahlstrom	Laura Gould	Daniel Levin	Vita Pregassan	Laura Stoland
Nancy Beard	Yvonne Daniels	David Grand	Daniel Levitan	Sarah Press	Felicia Sullivan
Kristina Beckman	Angela Davis Fagan	Marion Greenwood	David London	Scott Price	Sam Sutphin
Maya Berg	Aurore DeCarlo	Jennifer Greeve	Hilary Lorenz	Jean-Pierre Prusack	Rachel Szekely
Doris Bergemann	Eleanor Deckert	David Gross	Matthew Lucas	Susan Pultman	Ana Szyld
Lisa Berman	Tressa Diaz	Mark Gullotti	Robin Lutz	David Ramirez	Leticia Taylor
Stephanie Bischoff	Jessica DiCicco	Kali Handelman	Martin Macak	Laura Rasinskaya	Ellie Terry
Autumn Bjorkman	Kerry Dinneen	Caroline Handschuh	Bridget Mahoney	Solomon Rasinskiy	Allen Thayer
Andrews Blachere	Kimberly Doelger	Jennifer Hanson	Robert Mains	Hastings Raymond	Robertha Nikki Thompson
Charlotte Blake	Morgan Doninger	Ashley Harness	Eileen Malone	Astrid Reedy	Liz Tortolani
Chad Borkenhagen	Daniel Doughty	Clarity Haynes	Kate Malone	Jim Reedy	Robert Treanor
Eric Botticelli	Jake Duffy	Elizabeth Heard	Beth Manes	Antony Rini	Sayda Trujillo
Rachel Bowditch	Katie Duke	Monique Henley	David Marino	Carolyn Robbins	Samm Tyroler-Cooper
Kate Bradford	Mary Dust	Robyn Hossel	Linda Marks	Shelley Rogers	Anthony Venezia
Mary Lou Bradley	Susannah Dyen	Craig Howarth	Frances Martin	Erica Rosenberg	Katy Walker
Michael Bradley	Tom Elliott	Sophie Hsu	Meredith McCanse	Ira Rosenblatt	Judith Weber
Sarah Braunstein	Mary Eugene	Lori Hurley	Rachel McLean	David Royce	Radha Webley
Tom Breihan	Peter Eugene	David Irelan	Courtney McMahon	Michel Rozenfeld	Jeff Wells
Rainer Brueckheimer	Joshua Evans	Matt Isaac	Elsa Mehary	Adam Rubin	Jackie Werner
Heather Burke	Jennifer Ezzo	Katie Issel	Lori Mirman	Claire Ruckert	Erica Wetter
Alex Burr	Rachael Faulkner	Jennifer Jacobs	Jacob Mitas	Blanca Ruiz	Sarah Wheeler
Katrina Burton	Ben Fenton	Michael Jacobs	Ron Morris	Lindsay Ryan	Paulette Wiley
Shauna Cagan	Bernice Fisher	Sam Johnson	Shannon Mullen	Jacqueline Ryklin	Heather Wollin
Paul Canaday	Nathaniel Fisher	Alex Johnston	Khali Murrell	Rabbi Hadassah Ryklin	John Woo
Avrom Caplan	Mary Angel Flores	Ken Jones Jr.	Sheila Murrell	Enock J. Saint Juste	Sherry Wyllie-Samuels
Daisy Carusillo	Patricia Flowers	Mirleine Joseph	Beth Nagalski	Rafi Santo	Moshe Zakarin
Michael Carusillo	April Frederick	Ann Kadar	Deesha Narichania	Bernard Schlotfeldt	Elana Zarenczanski
Ann Cary	Paul Fugelsang	Tanya Kalivas	Janette Negele	Kirsten Schroer	Jesse Zaritt
Richard Chanberlain	Naoki Fujita	Rebecca Kastleman	Sue Ngo	Rachel Schwartzman	Will Zaritt
Anne Checler	Andrea Galas	Elizabeth Kelley	Johanna Nolan	Alexandra Seggerman	Jennifer Zinn
Susan Chi	Ajay Gandhi	Jina Kim	Kathrin Nussbaumer	Giga Shane	MJ Zuzworsky