

LINEWAITERS' GAZETTE

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Volume AA, Number 4

February 16 2006



Maryann McKenzie is working on the produce display.

While Most of Us Sleep, the Coop Cranks to Life

by Masha Hamilton

A look at what happens before the rest of us get to the Coop:

5:15 a.m. Seventh Avenue looms dark and cold. Lonely, too—I could do cartwheels in the street. But I'm too sleepy for that. I focus on putting one foot in front of the other and ignoring the biting air. I try to remember why I ever thought this article was a good idea. I try to remember why I joined the Coop in the first place.

5:28 a.m. Turning the corner at Union, I see a white delivery truck blocking the sidewalk in front of the Coop. Inside, Bill Malloy is already shoving wooden cartons of lettuce and tomatoes down the delivery belt or heaving them onto U-boats. This is clearly a morning workout—he is making turns that a yogi would admire, marking off numbers of boxes and cartons on a delivery sheet and doing quick quality checks. I say hi and slip into the store.

Julie Gabriel and Bernard Perlmutter are the only two people in the produce aisle, both shifting aside old produce and making space for the new. "I love these hours," says Julie, who arrived at the Coop about 4:35 a.m. "There's a big learning curve to the job, though." She's been a

Coop member since 1989 and became an office coordinator shortly after that, and just four months ago joined the produce department as a backup produce buyer.

Julie walks out to fetch a U-boat laden with onions, tomatoes and avocados. Coop member Bernard, sorting the red peppers, says he loves the early shift "because I can still do everything in my day without disruption."

5:47 a.m. "Onions are next. Here come the onions." Bill's voice booms over the pager, loud enough for a football stadium. In fact, all the onions for the week are being delivered this morning. Activity, already moving at a furious pace at the delivery door, is picking up in the produce aisle too. Workers have streamed in, some with ski caps pulled to their eyebrows, others gripping steaming cups of coffee. Someone spills two boxes of cherry tomatoes; a few minutes later, someone else dumps a box of mushrooms. I'm relieved; I'm not the only groggy one.

Victoria McCready is stocking the mangoes. She's an FTOP worker, and a member for six or seven years. The morning slot was the only vacant shift available, she

says. "I don't like it. The hours are brutal." She laughs, and goes on to describe her predawn mindset. "You're working with 60 bags of rosemary and you start hallucinating—I've got to make rosemary bread. I've got to make rosemary potatoes.' So you go home with rosemary. All of a sudden, this false need has been created for whatever you've been stocking oodles of." She laughs again and returns to the mangoes.

6:04 a.m. Julie walks by with a clipboard in hand, surveying the produce. "Phew," she sighs. Nine workers are scattered in the produce aisle now. The atmosphere is intense, but calm, almost meditative. I grab receiving coordinator Denney Marcelle near the apples, where he is answering workers' questions. He's one of the old-timers in produce, having worked in the department for about 10 years. Those who have worked the early shift know Denney as the staffer most likely, come spring, to slice open a ripe watermelon or honeydew and offer all early workers a slice. He comes in between 5:00 a.m. and 5:15 a.m. "Ten years—you must really like the job," I say, handing him a line he's clearly heard before. "Either that, or I really like eating," he says. After a laugh, he adds, "No, it's a good job. What keeps me going are the people I work with, the receivers." When he first started working, he said, "I used to hear myself being paged in my sleep. But that has long since disappeared. Now I just try to get as much sleep as I can."

6:16 a.m. As if on cue, Bill's voice is heard throughout the store. "Paging Debi. One jicama or two jicamas?" It sounds almost like a riddle, the way he says it. "One jicama," Debi Ray-Chaudhuri answers over the page a few minutes later.

Bill is a guy who loves produce. He's recently been made the meat buyer, but his heart is still clearly in the

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Sayeeda Clark listens to the discussion.

Measure to Increase GM Attendance Passes

by Johannah Rodgers

A measure aimed at improving participation at Coop General Meetings passed at the January GM. Members can now receive work credit if they attend two meetings per year. Under the previous policy, members could receive credit for just one meeting per year.

The 70 members in attendance at the January GM also heard reports about genetically modified foods and fair trade; the Coop's financial health; and discussion about improving the service culture at the Coop, the disciplinary process and bicycle parking.

During the Open Forum period, member Barbara Mazor, who had been a participant at the January Disciplinary Hearing, expressed her concern that the two members, who had violated Coop rules by shopping while suspended, had not been treated fairly with regard both to Coop policy and in the

investigative and hearing processes. Asking whether the policy of not allowing members to shop while suspended may need to be reconsidered, Mazor then went on to mention that she felt that the members "had been treated in an unfair and humiliating way" during the hearing process. Andy Feldman, a long-time member of the DHC responded to Mazor's concerns by mentioning a recent letter in the *Linewaiters' Gazette* that had praised the Disciplinary Hearing Committee's (DHC) handling of the January hearing and that the DHC is not responsible for Coop policy, but for responding to instances when policies have been violated.

Another Open Forum item relating to the need to better manage bicycle parking at the Coop during the summer months was brought to the attention of members by

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Next General Meeting on February 28

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, February 28, 7:00 p.m. at the Congregation Beth Elohim Temple House, 274 Garfield Place at 8th Avenue.

The agenda is in this Gazette and available as a flyer in the entryway of the Coop. 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 Highlights

- Fri, Feb 17 • Good Coffeehouse:** Coop Big Band, 8:00 p.m., 53 PPW
- Sun, Feb 19 • Jeffrey Smith,** author of *Seeds of Deception*, 4:00 p.m. Park Slope United Methodist Church, 6th Ave at 8th St.
- Thu, Mar 2 • Food Class:** 10th Anniversary Party, 7:30 p.m.
- Fri, Mar 3 • Film Night:** Bikes, 7:00 p.m.
- Sat, Mar 4 • Kids' Variety Show:** 7:00 p.m. Old First Church

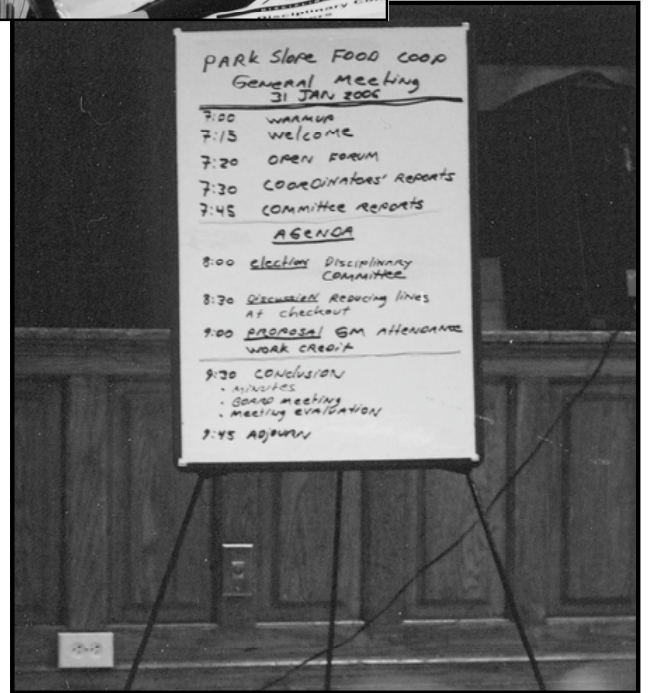
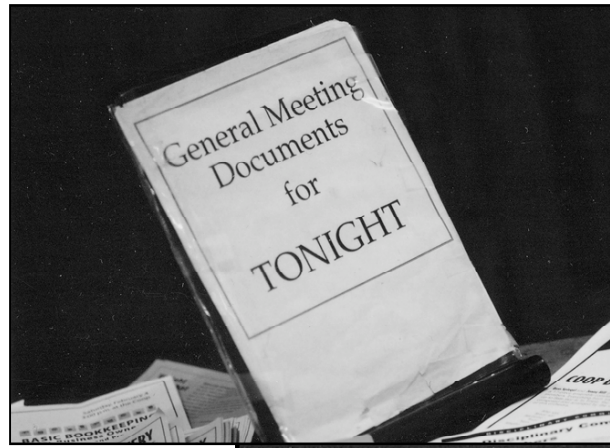
Look for additional information about these and other events in this issue.

Scenes from a General Meeting

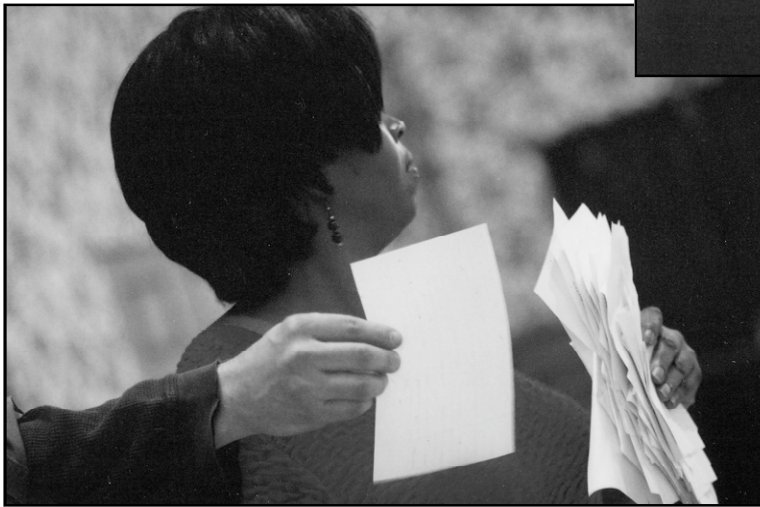
PHOTOS BY HAZEL HANKIN



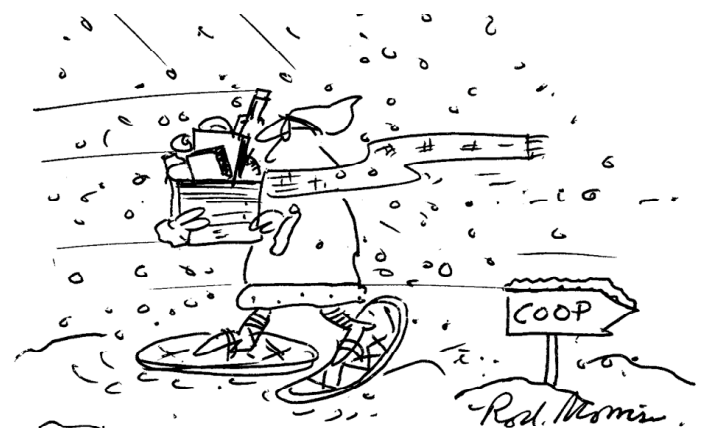
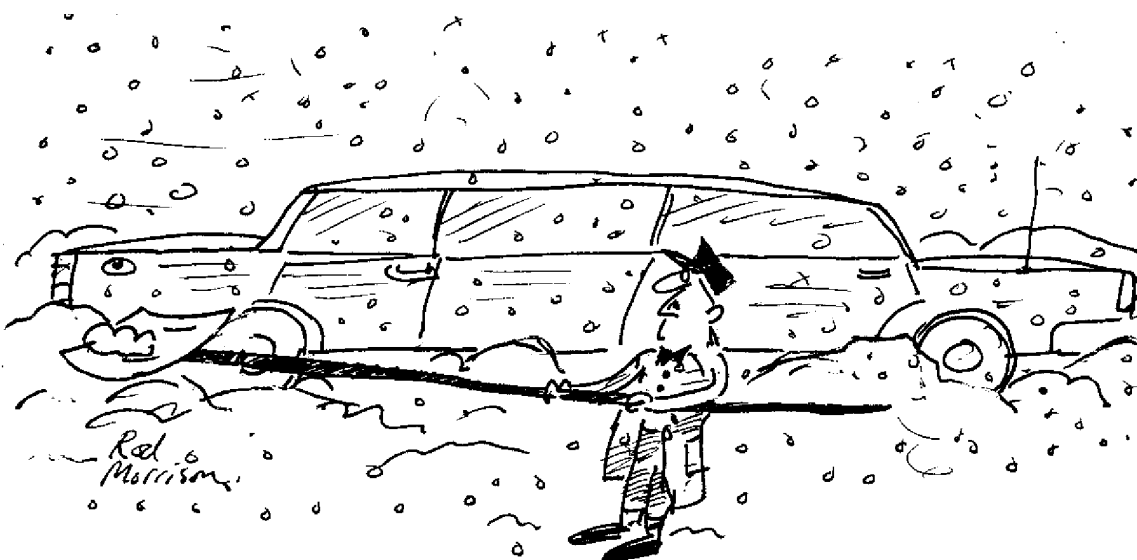
Clockwise: Chris Schuster, Audrey Miller Komaroff and Tamara Jazbec share their thoughts.



Above: Sayeeda Clarke & Veronica Nero listen. Veronica is one of many at the meeting who are receiving work credit.



Left: Imani O'Ryn of the Chair Committee collects ballots for the Disciplinary Committee Election



GM Attendance Measure Passes

CONTINUED FROM PAGE 1

Gabriel Rhodes, who suggested that a new Bike Monitor workslot might be created to help manage bicycle parking. The chair of the meeting responded by suggesting that Rhodes submit the issue as a discussion item for an upcoming General Meeting and Rhodes plans to do so.

The last Open Forum item related to clarification and enforcement of Coop policy related to members bringing their children to Coop work shifts. June, the member who raised the issue, has noticed that even though it is the stated Coop policy that children are not to accompany parents on work shifts, members are not abiding by this policy. She requested that there be consistency of enforcement of this policy and suggested that members may need to be reminded that this policy is in existence.

Discussion centers on improving the culture of service at the Coop

Coop Finances

The General Coordinators' report was presented by Mike Eakin, who reviewed the Coop's financial statement for the 48 weeks ending January 1. Highlights of the statement, included the fact that although overall expenses as a percentage of net sales were down from 12% to 11.6%, the Coop's gross margin was slightly lower than the previous year, 16.73% for the current period versus 17.02% for the previous period. Eakin explained that the gross margin "was lower than we would like to see it" and that, considering the reduction in expenses, theft of merchandise was the key factor contributing to the lower overall gross margin. Eakin went on to mention the continuing strength of the Coop's cash position and the decrease in the Coop's mortgage costs. Eakin also reported that membership at the Coop continues to grow at a steady rate, and, as of January 29, 2006 totaled 12,923, an increase of 10 percent from Jan. 30, 2005. Members wishing to review the Coop's financial statement will find copies of the full report available by the Coop entrance.

Winding up his report, Eakin commented on the success of the January 29 inventory count and mentioned "that this was the first time that such an extensive inventory project had been undertaken." A full tabulation of the results should be available in "about a month." Finally, Eakin alerted members to the upcoming installation of an expanded basement yogurt cooler, which is used to store every-

thing from eggs to butter to hummus, and which may result in a slight disruption of stocks of refrigerated items.

Committee Reports

Stana Weisburd, a member representing the Safe Food Committee, reminded members that Wednesday, February 8, the committee has organized a trip to Albany for Safe Food and Farm Lobby Day. To support these initiatives, which relate to labeling of genetically modified foods and seeds, as well as to protecting farmers from GMO liability, members who were not able to participate in the trip to Albany can still telephone their representatives. Information about the various issues being considered by the legislature and ways in which members can contact state representatives can be found at www.nysage.org.

Two members from the Fair Trade Committee reported on their recent activities and ongoing work. The Committee, which was established at the November GM, updated members on the success of the recent Chocolate Tasting event, which was organized to raise awareness of fair trade chocolate and attracted over 100 participants. In addition to looking at new fair trade products to bring in to the Coop, the Committee has also been working on a labeling initiative and has established several new channels of distribution for information on Fair Trade. These include a new Web site, www.psfcfairtrade.blogspot.com, a listserv, and new informational flyers, which can be found on the wall by the yoga mats. The Committee meets the third Tuesday of every month and any members interested in finding out more about the committee or free trade issues are encouraged to attend.

Finally, the Disciplinary Committee (DC) presented its nominations for the election of new members and reelection of former members. Three members, Andy Feldman, Sherry Fitelson and Robin Germany, were up for re-election and three new members were nominated to the committee. Because of the sensitive nature of the work handled by the DC, candidates for the committee are interviewed by existing members of the committee before being nominated, and then these nominations are brought to the membership at the General Meeting. The candidates briefly introduced themselves and explained their qualifications. A brief discussion of the role of the DC at the Coop and its unique election process was then followed by a vote by members on the nominations. All of the candidates



PHOTO BY HAZEL HAININ

It's time to vote on the GM workslot credit change.

nominated, including newcomers Curtis March, Renee Rose and Cara Tuzzolino, were approved by the General Meeting by a wide margin.

Discussion and Proposal Items

In the interest of streamlining and speeding up the checkout process at the Coop, member Beth Segal presented a discussion item related to adding a dedicated shift of packers and baggers to the shopping squad. Explaining that these workers would greatly help speed the checkout process by aiding members in packing their groceries, Segal also mentioned that these workers may also aid shoppers by unpacking groceries from carts to checkout stations.

...the gross margin "was lower than we would like to see it" ... that, considering the reduction in expenses, theft of merchandise was the key factor...

Members responded very positively to Segal's idea; however, some expressed concern that they would not like someone else packing their groceries. A more general discussion of ways to streamline the checkout process, the importance of members embracing a culture of service during their work shifts, and ways for Segal to refine the discussion item in order to then submit it as an agenda item to be voted on by the membership were discussed. Segal plans to submit a formal agenda item based on this discussion item to the GM in the coming months.

The one proposal of the evening related to increasing member attendance at Coop GMs. Robin Campbell, a member of the Chair Committee, presented a proposal that "the number of work slots available to individual Coop members who attend general meetings be doubled to two per year, and that there be no limit to the number of workslots available at each meeting for eligible Coop

members, with the existing exemptions and the additional exception that only 15 slots be available at each meeting for FTOP workers." Much discussion of the proposal ensued, with most members expressing their support for the overall intent of the proposal, but expressing their concern that by limiting the number of FTOP workers at a GM to 15, these workers were being treated unfairly. An amendment to the proposal that deleted the phrase related to the number of FTOP

workers at the meeting was proposed and was passed by the membership. Members are encouraged to sign up for these new workslot credits! Information on the procedure for attending a GM and receiving workslot credits can be found in the center of each issue of *The Linewaiters' Gazette*. ■



PSFC FEBRUARY

GENERAL MEETING AGENDA

Tuesday, February 28, 7:00 p.m.

- Congregation Beth Elohim Social Hall
274 Garfield Pl at 8th Ave.
- Items will be taken up in the order given.
- Times in parentheses are suggestions.

AGENDA:

Item #1: Improving the GM's Rules of Conduct (30 minutes)

Discussion: "The meeting will study the meeting rules, which are described in the handout "Rules for the Conduct of General Meetings" (available at the Coop Entrance and at every GM). We will discuss the strengths and weaknesses of our current rules and consider alterations to the rules in order to improve the meeting. Improving the GM's Rules of Conduct" —submitted by Elizabeth Tobier

Item #2: Interim Agenda Committee Election & Report (15 minutes)

Election: "Two two-year terms are open. Nominations are being accepted now and will be accepted on the floor of the GM. The term of the open positions runs through October 2007." —submitted by the Agenda Committee

Item #3: Health Benefits for Retired Employees (45 minutes)

Proposal: "To provide a benefit for retired Coop employees that would defray a part of their medigap insurance and Medicare Part B expense." —submitted by the General Coordinators & the Personnel Committee

Future Agenda Information:

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 office and at all GMs.

While Most of Us Sleep

CONTINUED FROM PAGE 1

fruit and vegetable aisle, and he's taking in deliveries this morning because produce manager and Produce Buyer Allen Zimmerman is on vacation. "Look at those persimmons," Bill says with enthusiasm, handing me one. "I'm going to water the belt," he says, "I don't like seeing the persimmons going down that fast." The belt takes boxes and cartons down to the basement. Pour-

ing water on it increases the traction and slows down the descent of the boxes, he says.

6:23 a.m. Alexis, receiving coordinator in charge of bread, wanders by singing, "You light up my life." Alexis, who goes by only that name, claims reporters always misquote him, but it's easy to understand why. He makes so many jokes in response to my first query—"How long have you worked at the Coop?"—

morning before the store opens for business. "It's staggering," Alexis says. "And what's equally amazing, it all gets consumed." Though the work can be stressful and demanding, he says, the workers' attitudes help. "We get a bit silly at times," he says. "We tease each other. There are wicked pages." Indeed, a strong sense of camaraderie is apparent.

6:46 a.m. "We're taking a

New Disciplinary Committees Seek Members

• Hearing Administration Committee: performs administrative functions necessary to arrange and facilitate hearings.

Applicants should be detail-oriented, have experience with and enjoy working by telephone; they should be Coop members in good standing for at least one year and have good attendance records.

• Hearing Officer Committee: conducts and presides over disciplinary hearings; insures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines what disciplinary action should be taken against the member. Applicants should be Coop members in good standing for at least two years, have good attendance records and preferably have judicial, arbitration, mediation or legal backgrounds.

• For Both of These Committees:

Because these new committees will meet on an as-needed basis only, that is, when hearings are required, their members must maintain regular Coop work slots in good standing or be FTOP members in good standing.

The nature of their work requires that all members maintain strict confidentiality with respect to all matters on which they work.

For a more detailed description of these committees, see the December 22 issue of *The Linewaiters' Gazette* or the flyers posted in the Coop.

We are seeking an applicant pool that reflects the diversity of the Coop membership at large.

Those interested in either workslot should telephone Jeff Goodman of the Disciplinary Committee at 718-636-3880.



Yvonne McBurnie stocks bread.

that I'm never certain of the answer. Alexis likes the early hours because he's a morning person, but the only problem is "I'm not a good night person. I don't manage my time too well." A father of three, he finds himself staying up later than he should to grab some quiet moments in between family and job responsibilities.

Asked if he thinks the average member knows how much work goes on before the Coop opens, Alexis says: "Absolutely not. I'm not sure half the Coop knows what it takes to get the store ready. To be fair, it's hard to imagine. On Wednesday we get about 200 boxes of chips, and we get about 115-120 on Monday. And that's just snacks."

With Julie's help, we figure that roughly 460 boxes of produce are coming in during about a 90-minute period this

banana break," Bill says over the pager as workers begin pushing in U-boats of bananas. Though the produce aisle remains bustling, it's not the only busy place. Workers in the basement are bagging spices and pricing meat. Chris Hunt stands in front of the cheese case. He normally doesn't work this early. "I'm doing a make-up because I didn't want to be suspended," he said. "It's actually kind of cool. There's a lot to do—the cheese shelves are in a mess—and it's nice to work without shoppers around."

Downstairs, member Scott Cunningham is telling Denney: "What are you, some kind of Luddite? You don't say hello anymore to people who are hooked up to their iPods!" He graciously pulls out one earphone to answer



Vic Pohorelsky moves produce from conveyor belt to cart.

have poured into the Coop. Onion and potato sacks still block parts of the produce aisle, and the soup kitchen boxes remain out, but Bernard has begun sweeping, signaling that the end is in sight.

Bohdan Bushell has been disassembling cardboard boxes steadily for maybe an hour. He works for his wife, and so does this early shift twice every four weeks. "I like to say that we're dealing with the

Ann." Bernard is still sweeping, but the produce aisle looks ready to my eye. "We had a great team this morning," Julie says with satisfaction.

Downstairs, though, a sink has overflowed. It stinks. That has to be fixed before workers can continue bagging cheese and other bulk items. Three workers come upstairs to wait it out as Denney puts on a face mask and heavy gloves and goes to work.

7:53 a.m. "In seven min-



Members of an early morning Saturday Receiving Squad. On weekends, there may be fewer deliveries to process, but these squads have to have everything ready for a 6:00 a.m. opening.

professionals" in the early morning, he says. "The people who get up to do this shift are calm and straightforward and committed. The fact that there is no conflict with shoppers over space is also a definite benefit."

Over in the bread aisle, Alison Lin is elbow-deep in bagels and picking up speed. She knows time is short. Alison, who moved to Brooklyn from Ohio last year, lives in Washington Heights now, but comes down once every four weeks and spends the night with friends so that she can get up to do this early shift. She doesn't mind the inconvenience. "I like having more of a connection to what I'm eating," she says.

7:28 a.m. Just as the produce aisle is looking orderly, "repack" arrives. I'm stunned by the number of boxes—more than 100. Filled with items the Coop buys in small quantities, such as vitamins, the boxes are "repacked" by distributors. They cannot possibly all be emptied by the time the Coop opens, but about half a dozen workers descend on them, committed to at least getting them to the proper aisles instead of blocking the express checkout lane. Receiving coordinator Theresa Gray arrives to help. "Most Coop members

utes, the store will open," someone says over the paging system. Workers have arrived for checkout, cashier and door check. "Repack" boxes are still being relocated. Two and a half hours have passed in a proverbial blink. In minutes, the first shopper will come in, backpack over her shoulder. But there is no fanfare—and why should there be? The Coop has been up and running for hours. ■

Thursday, March 2

7:30 p.m. at the Coop

PARK SLOPE FOOD COOP

It's a Party!

Celebrate 10 years of food classes at the Coop with Susan Baldassano

A special thanks to my assistants over the years (Emily & Pirco), Linda Wheeler, all the guest chefs too numerous to mention, and the Coop members and visitors who have attended the classes. *Susan Baldassano*

MENU...

- Pizelle with White Bean Dip topped with an Olive Oil Tapenade (Vegan)
- Roasted Red Pepper Hummus
- Whole Wheat Pita garnished with Black Sesame Seeds (Vegan)
- Parmesan Crisps filled

\$4 materials fee

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

Susan Baldassano is Director of Education at the Natural Gourmet Cookery School in Manhattan and a graduate of the Institute of Culinary Education (ICE). She is the owner, director of To Grand-mother's House We Go Cooking Tours, visiting and working with local men and women in their homes.

Susan has been teaching and coordinating the PSFC Food Class since 1996.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

PHOTOS BY HAZEL HANKIN

Organic and Online

by David Boyer

Google “organic food” and you’ll get nearly three million results. That’s a lot of chaff and quite a bit of wheat, too. So, in an effort to tame the World Wide Web, the Linewriters Gazette did some sifting of its own and put together a list of a dozen great sites we think would be of interest to fellow Coop members. Think of these as places to start, because almost all of these sites offer links to hundreds more sites.

Some Obvious Choices

The Green Guide (www.thegreenguide.com) is a straightforward online resource for folks looking for the latest environmental news and eco-friendly product reviews on everything from wood-floor cleaners to jewelry. While many of the articles are free, full access to the site requires a \$20-per-year subscription, but comes with more than \$350 in coupons for your favorite green products.

Developed by the Organic Trade Association of North America, The O’Mama Report (www.theorganicreport.com) is an online resource about organic agriculture, products and lifestyle. Want to learn more about organic baby food or cloth diapers? Want to teach your kids about organic foods? Looking for a few good recipes? This site’s got you covered.

Take a Stand

Sustainable Table (sustainabletable.org) is a user-friendly introduction to the sustainable food movement. “Rather than feeling hope-



less over the problems with our food, Sustainable Table has been created to celebrate the possibilities and realities of this growing consumer movement,” explains the site. And it delivers on this mission with a warm tone, intuitive design and range of content from “The Meatrix,” a Matrix-inspired spoof on the meat industry, to a “What is Sustainability?” primer, as well as recipes.

For the more hard-core amongst us, the Organic Consumers Association (www.organicconsumers.org) offers the latest news in the campaign for healthy organic food and fair trade. Head to the site’s Campaign Headquarters and find out how to get involved in each of the 15 campaigns currently underway, including Coming Clean (an organic body care campaign) and Stop the Madness (a campaign to protect U.S. consumers from mad cow disease).

Scary Realities

“The animals people eat are individuals capable of experiencing pleasure, fear, and pain...” So begins Veganswers.com, a web clearinghouse for arguments for going vegan. Not just videos detailing the cruelty visited on animals, the site also offers recipes and nutrition information for people who go vegan.

If you’re terrified by genetically modified foods, avert your eyes because FoodTimeline.org charts the history of practically every food we eat

– from water and ice at the dawn of time to penne alla vodka in 1983 and tear-free onions in 2002. You can see how we’ve gone from whole grains to biotech eating. The website is chock full of info albeit poorly designed and somewhat difficult to navigate.

Some Levity

Do you make a grocery list, but always seem to forget something? Or are you simply in a shopping rut? If you’re looking for inspiration, head to GroceryLists.org, a website that posts found grocery lists for all to view. There’s more than 1,000 on the site to chose from and a way to send in your own finds. Perfect for the food voyeurs in our midst.

If you're going on vacation and worried about where you're going to eat, you're not alone.

Natural Business News, www.naturalbusinessnews.com, offers a sassy, humorous take on the natural food business from longtime devotee Matt Levine. As organic foods become increasingly profitable and attractive to big business, this site hopes to keep them honest and keep the public informed.

Grimming Planet, www.grinningplanet.com, claims to be “saving the planet one joke at a time.” Filled with eco-friendly cartoons and environmentally conscious articles, the site

could use an injection of “Daily Show” irony, but its heart is in the right place.

Far and Away

If you’re going on vacation and worried about where you’re going to eat, you’re not alone. Fortunately, Vegetarianusa.com has got you covered. With information about vegetarian restaurants across the country, this is an indispensable resource as your planning your next getaway.

For Coop members, one of the hardest parts of moving from New York is leaving the Coop. While you might not be able to replace your Coop experience, you’ll be able to find a new one at GreenPeople.org. In addition to product information, the site allows you to search for Coops by city or area code. If you don’t find what you’re looking for there, go to another great site: LocalHarvest.org, a nationwide directory of small farms, farmers markets, and other local food sources. Also check out <http://Cooperativegrocer.coop/coops/>.

Don't Forget About Us

Instead of calling for store hours or to find out if it’s your week to work, head to the newly renovated Park Slope Food Coop site at foodcoop.com. You’ll also find plenty of links to more sites to explore and tons of recipes from other members. ■



ILLUSTRATIONS BY LYNN BERENSTEIN

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Thursday, February 23
7:00 p.m.
in the meeting room

Bedtime Stories & Pajama Party

You are invited to hear bedtime stories and enjoy milk and cookies.

- Bring a parent
- Bring a stuffed animal
- Wear pajamas (optional)

We will have milk (soy & cow) and cookies (no nuts) and other snacks, a craft or game, and we will read some stories about Brooklyn or bedtime (*I live in Brooklyn* by Mari Takabayashi, a Mercer Mayer Linda Critter book and others). We will bring a variety of books so that there will be books appropriate to the ages of children who participate.

All Wordsprout participants are Coop members.
Bookings: E.J. Corso
eric_corso@foodcoop.com

Non-Members Welcome

Next: March 30, Elizabeth Boyta with her book *GarbageLand*

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

Adult Clothing Exchange

Have you noticed that Coop members are great dressers!

The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear.

A clothing exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can wear clothes that have already been well loved.

Bring items that you think others might enjoy—and a snack to share.

Saturday, March 11
10:00 a.m. – 2:00 p.m.
in the meeting room

To bring Clothes...

- Do not leave clothing in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean clothing that you are proud to be able to exchange with it's new owner.

(Unchosen clothing will be donated to a local shelter.)

PROGRAMS

Thursday, February 16 through Sunday, February 19

The following programs will happen within four days of publication of this issue. For full ads, please look at the January 5 or 19 issues or pick up copies of the flyers in the Coop.

Thu, Feb 16
7:30 Meet Your Mind

Fri, Feb 17
8:00 Good Coffeehouse-Coop Big Band

Sat, Feb 18
11:00 All the Exercise You Will Ever Need
3:00 Zen of Computers
6:00 Forgiveness

Sun, February 19
4:00 Jeffrey Smith, author of *Seeds of Deception*, at Park Slope Methodist Church

ENVIRONMENTAL COMMITTEE REPORT

Zero Waste Initiatives

by Cynthia Blayer

I was recently asked if old sneakers can be recycled. The answer is yes, they can. Nike, a company with a checkered past in terms of certain labor practices, is doing the right thing by taking back its products at the end of their useful lifespan and reusing the materials. Their program, Reuse-a-Shoe¹, accepts all brands of old sneakers (not just Nike). The sneakers are ground up and the raw materials are divided into three categories. Rubber from the outsoles is used to make soccer, football and baseball fields as well as weight room flooring. Foam from the midsole is used for synthetic basketball and tennis courts, in addition to playground surface tiles. The fabric from the shoe uppers is used for padding under hardwood basketball floors. It takes approximately 3,000 sneakers to make a basketball court and 100,000 sneakers to make a running track.

The Nike Reuse-a-Shoe program is an example of a zero-waste initiative. Zero waste is a philosophy and a design principle seeking to eliminate waste and the need to landfill or incinerate trash. Zero waste goes beyond recycling as we know it today, partly because it encompasses a much wider range of

materials than are currently considered recyclable. Items that would ordinarily end up in landfills or incinerators are broken down into component materials that are reused to make new products. This reduces the need to strip the earth of virgin resources such as timber and metals, as well as the ever-increasing need to find space for landfills.

Extended Producer Responsibility, in which a manufacturer takes back spent products and reuses the materials, is an important part of a zero-waste program. Another aspect of a successful zero waste program is for producers to design products with an awareness of what will ultimately happen to the component materials, i.e., can they be readily extracted from the product and reused.

A good example of manufacturers designing products that can be recycled, as well as taking back spent products, is Stoneyfield Farm's collaboration with Recycline. Stoneyfield Farm takes back its yogurt containers, which are then given to Recycline to manufacture razors and toothbrushes (which are carried by the Coop). These products have replaceable parts and are themselves recyclable. If and when one decides to get rid of a Recy-

U.S. Waste Management Practices, 1960-2005 (as a percent of generation)							
	1960	1970	1980	1990	1995	2000*	2005*
Waste Generated	100%	100%	100%	100%	100%	100%	100%
Recycled/Composted	6.4%	6.6%	9.6%	16.2%	26.0%	30.0%	32.0%
Incinerated	30.6%	20.7%	9.0%	15.5%	16.8%	16.7%	15.9%
Landfilled	63.0%	72.6%	81.4%	68.3%	57.2%	53.3%	52.1%

Source: Characterization of MSW in the U.S.: 1998 Update, U.S. EPA, Washington, DC

*Assumes 30% recovery in 2000 and 32% recovery in 2005.

Note: Generation = Recovery for recycling/composting + Discards after recovery.
Note: Total Discards = Amount combusted + Amount discarded to landfill.

cline razor or toothbrush, the company will take them back and give the materials a third life by making them into plastic lumber.

New York WasteLess² is a local non-profit organization with a wealth of information about reducing waste and where to recycle a variety of items. For instance, unwanted cell phones can be dropped off at any number of stores such as Best Buy, Cingular, Sears, Target, Radio Shack, Sprint Stores, Staples and Verizon Wireless Stores. The local Park Slope store 3r Living accepts batteries, cell phones, ink cartridges, CDs and their cases, hand-held electronics, and crayons for recycling³.

Every small step towards waste reduction is important. Our waste problem is very serious. Each person in the United States throws away approximately one ton of garbage per year. The country as a whole discards approximately 300 million tons of garbage annually, and slightly less than one third is recycled. Americans make up 5% of the world's population, but use 25% of the earth's raw materials.

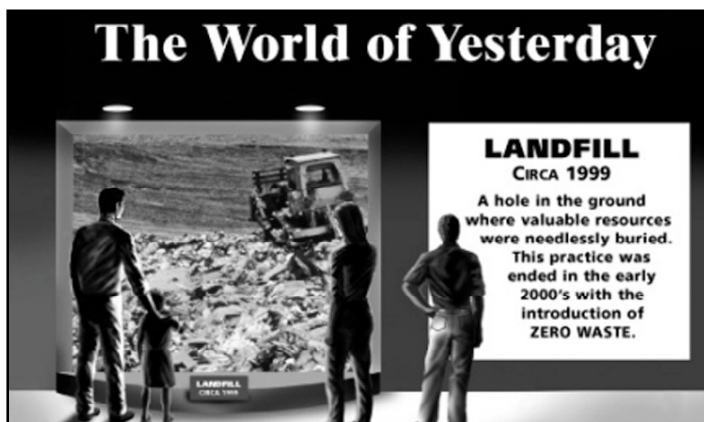
New York City alone generates 13,000 tons of waste daily. Since the 1996 closing of the Fresh Kills Landfill in Staten Island, most waste from New York City is export-

ed at a cost of about \$100 a ton. Proper management of our resources would result in cost savings as well as environmental preservation. The City now pays over \$1 million a day to send our waste to other states. Poorer communities with undeveloped land will often accept money to bury our waste in their area. This is not really fair to the residents of these states, many of whom are unaware of the potential health hazards posed by these practices. Trash sent to landfills always contains a certain amount of toxic materials, some of which will leach into the nearby groundwater or vaporize and be carried by air currents to settle some distance from the landfills.

We can look to some other countries for inspiration in adapting more ecological waste management practices. Denmark recycles 62% of its waste, Germany 52% and France 50% (compared to 30% in the United States). Zero-waste policies have been adopted by parts of New Zealand and Australia, Toronto, and the city of Kovalam in India. In the United States, Del Norte and Santa Cruz counties in California, San Francisco, Seattle, and Carborro, N.C., have adopted zero-waste plans. It is helpful when govern-

mental policy encompasses environmental initiatives, such as waste reduction, because money and resources will be used to help make things happen. Government projects and spending can be planned with waste minimization in mind. But government is only one part of such an initiative. An effective zero-waste initiative requires a partnership of government, corporations and individuals. We as individuals can do our part by carefully considering each item we are going to purchase, thinking about where it will end up when it ceases to be of use to us and how long that will be. Items that are "disposable" or "single use" are simply not wise choices. We all need to use our ingenuity to think of more ways to use items that would ordinarily be sent to a landfill. Feel free to write us with waste reduction ideas at ecokvetch@yahoo.com; we will try to publish more on this issue in the future.

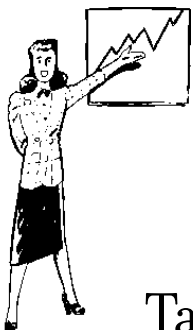
1. Call 212.891.6453 in the NYC area for information about donating old sneakers to Reuse-A-Shoe. See the Nike website for information about other locations.
2. www.nyc.gov/html/nyc/wasteless/html/at_home/more_resources.shtml
3. 276L Fifth Ave, Brooklyn, NY 11215, 718-832-0951 ■



Who's in Charge of Your Wallet? You or Your Money?

with Onique Oliver

Take control in 2006



Learn...

- How to control negative spending habits
- How to put more money in your wallet
- The world's simplest money saving system

Take Control!

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

FREE
Non-members welcome

Friday, February 24
7:00 p.m. 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, February 25
4:00 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, February 25
7:00 p.m. at the Coop

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

REPORT FOR THE PARK SLOPE FOOD COOP

The 2006 Northeast Organic Farming Association (NOFA)-NY Conference

By Marion M. Stein

SYRACUSE — As many of you may know, the Park Slope Food Coop has been a member of the Northeast Organic Farming Association, an important farmer advocacy group, for many years. One of my goals in attending their conference last month was to learn about the Farms to Schools program, the subject of an all-day pre-conference session on Friday. As an educator, I am eager to bring this type of endeavor to the schools with which I have a connection. I was also seeking to find information that would be relevant to the Coop. We participate in their political action initiatives and support all their goals. I was pleased to represent the PSFC at the conference this year.

First let's look at the Coop-related sessions that I attended.

Buying from local farmers

The general manager of Honest Weight Food Coop in Albany described the way she deals with a number of local farmers and Joe Romano of Green Star Food Coop in Ithaca spoke about his relationship with his suppliers. Joe and his colleague, Elizabeth Karabinakis, described in detail ways in which

Green Star fosters a relationship with local schools. They promote their products and also maintain strong connections with local farmers. They have instituted a shuttle bus from the local colleges that takes people to their Coop and the farmers' market, making it easier for those on the campuses to get to the markets to shop for healthy foods. They also sell a carbonated drink that has no sugar and is made of carbonated water and fruit juice only. The product is called 'Switch' and is now the only drink in some high school vending machines. Another advantage of purchasing for schools from the coop is that all the questions of safety have already been dealt with by the coop so the school does not have to be concerned with compliance issues of food safety.

Distribution of Produce

This is a very nettlesome issue for the growers and farmers upstate. How does a small farmer get



(From left to right) PSFC members who attended the conference: Louise Johnson, Marion Stein, Marly Hornik and Giselle Sperber. Missing from the photo is Shayna Cohen.

his goods to the Big Apple in a cost effective and timely way? I heard about FLO (Finger Lakes Organic Cooperative). I understand that they do sell to PSFC. We also heard about Red Jacket Orchards which is delivering their own products and those of other farmers to NYC. They have partnered with Foodlink, a food bank in Rochester, to develop innovative ways of transporting food around the state. They are also offering a value-added product for school snacks - apple slices packaged in cellophane bags with only ascorbic acid to preserve the color. Kids love them and eat them instead of sweets.

The Farms to Schools program

This initiative of Cornell University's Division of Nutritional Sciences is well-established in the public schools here in NYC. There were several presenters and participants who are active in the program and knowledgeable about the way the program works in a variety of NYC settings. Handouts were distributed on subjects ranging from the creation and maintenance of school gardens to the procurement, preparation and serving of NY State grown fresh fruits and vegetables in school lunchrooms. Several ongoing programs were described including the popular New York Harvest for NY Kids days in the Fall. Details of this worthwhile program are available on the New York State Farm to Schools website: <http://media.cce.cornell.edu/hosts/farmentoschool/policy/newyorkstate.cfm>

Politics of Organic Food

This is another area that is very much on the agenda of NOFA-NY conferences. This year's main topic was the question of how the standards for organic foods are being changed by the recent legal decision of Arthur Harvey v Anne Venneman, Secretary of Agriculture - United States Court of Appeals for the First Circuit / Appeal from the U.S. District Court for the District of Maine no. 04-1379 26jan2005. A very clear presentation of this case appears at the website: www.mindfully.org/Farm/2005/Harvey-Rocks-NOP1apr05.htm.

This case concerns the addition of synthetic substances to organically produced products. The Organic Foods Production Act (OFPA) that was passed in 1990 set the rules. The Organic Trade Association, OTA, a group that has, to some degree, been taken over by the large food corporations which have lately entered the organic market, finds some of these regulations incompatible with their market plan. Recently OTA voted on a rider to a bill which effectively would allow some synthetics into foods labeled 'Organic' and 100% Organic which would be in violation of the OFPA.

A panel discussion took place on Saturday night in which Arthur Harvey, Mark Kastel of the Comucopia Institute, a representative of Consumer's Union, a farmer-member of OTA and Liana Hoodes, of the National Campaign for Sustainable Agriculture all participated. It was a very penetrating analysis of this complex subject. It was remarkable to have the principle parties speaking to each other right before our eyes.

Large companies have been buying up organic

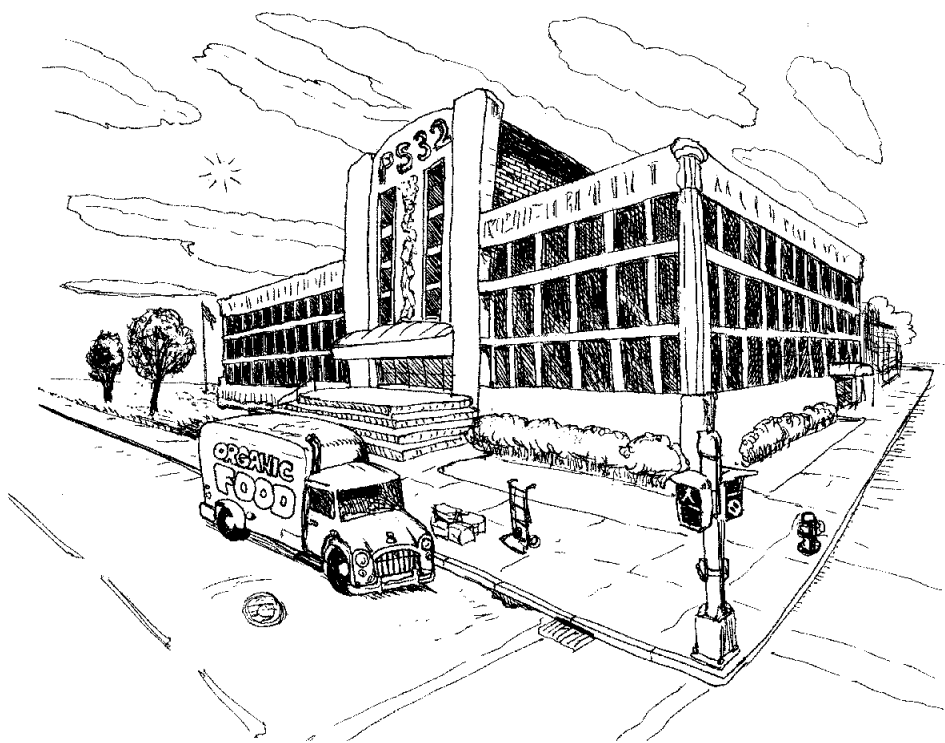


ILLUSTRATION BY OWEN LONG

THE BODYTALK SYSTEM™

WITH KAREN ATKINS

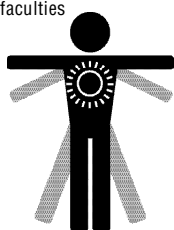
Thousands of people are using the healing power of BodyTalk: a safe, natural, drug-free method to address every type of health issue.

The BodyTalk System™ is a cutting edge healthcare system that:

- Addresses physical, emotional, and mental imbalances in the body without resorting to invasive procedures!
- Has helped thousands of people throughout the world.
- All health care practitioners should have as a healing tool.
- General public can learn and obtain excellent results.

Learn about how this system uses the body's own faculties to tackle all types of conditions such as:

- ▲ Flu
- ▲ Colds
- ▲ Digestive problems
- ▲ Depression
- ▲ ADD/ADHD
- ▲ Menstrual problems
- ▲ Insomnia
- ▲ Allergies
- ▲ Anxiety
- ▲ Aid Procedures



The workshop includes treatment demonstrations.

Karen Atkins has lectured on the subject of BodyTalk to people from all over the world. She also has a private practice in which she has helped people heal from a myriad of illness and conditions using the BodyTalk System. Karen is a Coop member, a Certified BodyTalk Instructor and Practitioner as well as a Licensed Massage Therapist.

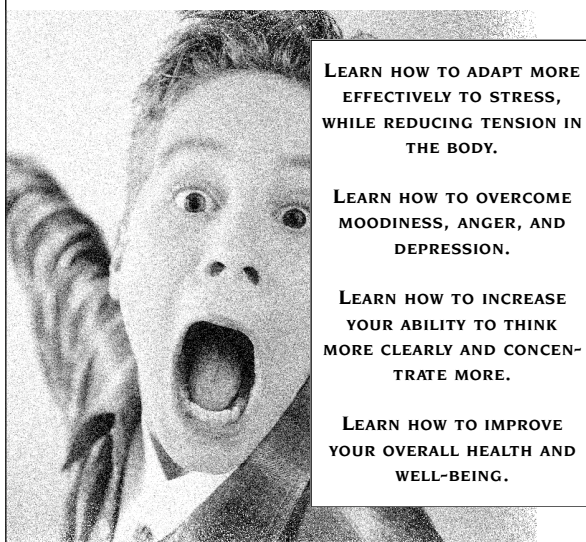


FREE Non-members welcome **Sunday, February 26** 12:00 pm at the Coop

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

Stressed Out and Not Going to Take It Anymore?

with Wendy Morris and Judy Knowles



LEARN HOW TO ADAPT MORE EFFECTIVELY TO STRESS, WHILE REDUCING TENSION IN THE BODY.

LEARN HOW TO OVERCOME MOODINESS, ANGER, AND DEPRESSION.

LEARN HOW TO INCREASE YOUR ABILITY TO THINK MORE CLEARLY AND CONCENTRATE MORE.

LEARN HOW TO IMPROVE YOUR OVERALL HEALTH AND WELL-BEING.

Dr. Wendy Morris and Dr. Judy Knowles both licensed chiropractors with advanced certification in Network Spinal Analysis are dedicated to creatively supporting the health of individuals and the planet. They practice in Park Slope and Dr. Wendy is a Coop member.

FREE Non-members welcome **Tuesday, February 28** 7:30 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

LINEWAITERS' GAZETTE

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.



Friday
Mar. 17
8:00 p.m.

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



Jeannette Lewicki

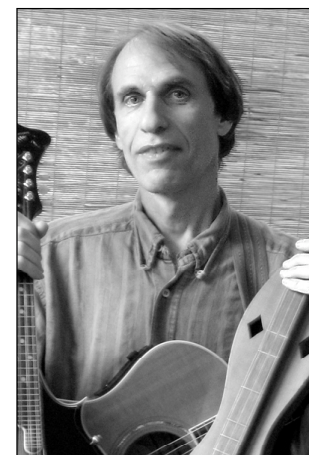
MADAM LEVITSKY & Her Yiddishe Syncopaters

Madam Levitsky & Her Yiddishe Syncopaters play red hot & sweet klezmer music while Matthew Fass from the Zagnut Orkestar leads easy Jewish dances from Eastern Europe. Jeanette Lewicki (accordion & Yiddish vocals) joins trumpeter Sarah Ferholt (of Zlatne Uste Brass Band) & clarinetist Jeff Perlman (from the "gypsy punk" band Romashka), and internationally acclaimed saxophonist Jessica Lurie (of The Tiptons). Plus special guests TBA!!!

For more information: www.MadamLewicki.com

BRUCE MARKOW presents: "The Mango Festival"

Revel with songs, stories and experiences for all five senses in praise of mangoes, "the fruit of the gods," and every juicy thing they represent... alongside Bruce's other soul gratifying, multi-genre music, brimming with passion, playfulness and well-honed craftsmanship. This spirited singer/multi-instrumentalist moves hearts, minds and bodies with enchanting melodies and rousing lyrics of hope and healing that "renew the belief that love is ultimately the answer." Guests: Robin Burdulis (percussion), Bev Grant (voice, guitar), Barry Kornhauser (bass, cello), Ben Silver (voice, keyboard). www.brucemarkow.com



Bruce Markow

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

Childcare is available from Brooklyn Society for Ethical Culture for a nominal fee.

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 15.

Cryptogram Topic: Sprouts

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

J I P E Z Y

Z T E W X

I V Q I V Q I

Z F D Q V K R O J

B F D S U O I D

W V K H O J

W J F D W Y X B E N

S I J P O D

Z R O O L T O I

Z Y K K L Z

U J K W W K V E

Z T J K F L Z

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Maintenance Squads

The Sunday Evening Maintenance Squads have been gradually increasing in size as they take on more responsibilities. Squads begin at 7:00 p.m. and 8:00 p.m. and last for two hours.

We are also now cleaning bathrooms twice a day, and openings exist on the newly created teams. Various other Maintenance jobs are available throughout the week at a variety of times beginning at 6:00 a.m. All are two hours long.



Soup Kitchen Jobs

Both at the Coop and at CHIPS

COOP EARLY MORNING: We have openings in the 7:00 a.m. squads in the Coop. Food is placed in barrels for the soup kitchen that is edible, although unsaleable, throughout the day.

This squad sorts it, cleans it up, and in general gets it into condition for the cooks at CHIPS to use it when it arrives.

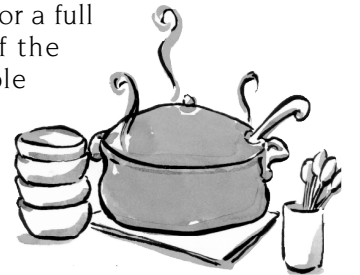
These squads work six days a week at the Coop.

CHIPS MORNING & MID-DAY: The 9:00 a.m. squad assists in the preparation of a nutritious, not mid-day meal.

The 11:15 squad finishes the prep and serves the meal.

BOTH: You will be working with other CHIPS volunteers. There are Coop workslots on Monday, Tuesday and Saturday.

If you are interested and want to know more, look at the January 19 *Linewaiters' Gazette* for a full article. Copies of the article are available through the office.



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:

Mar 2 issue: 7:00 p.m., Mon, Feb 20
Mar 16 issue: 7:00 p.m., Mon, Mar 6

CLASSIFIED ADS DEADLINE:

Mar 2 issue: 10:00 p.m., Wed, Feb 22
Mar 16 issue: 10:00 p.m., Wed, Mar 8

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, FEB 28

GENERAL MEETING: 7:00 p.m. The agenda appears in this issue, and flyers are available in the entryway of the Coop.

TUE, MAR 7

AGENDA SUBMISSIONS: deadline for consideration for the March 28 GM, 8:00 p.m.

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, MAR 14

SAFE FOOD COMMITTEE: (formerly GE Campaign Committee): Open meeting for members & non-members. 6:30 p.m. for training on genetic engineering; 7:00 for work session.

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.

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, February 28, 7:00 p.m.

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

Location

The temple house of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

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.

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, FEB 17

GOOD COFFEEHOUSE-COOP NIGHT: Coop Big Band*. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, FEB 18

PEOPLES' VOICE CAFE: Legacy: Zenobia*, Jacque DuPree* & Ben Silver*. Workmen's Circle, 45 E. 33rd St. (btw. Madison & Park); www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can't/no one turned away. 212-787-3903.

MON, FEB 20

AN EVENING OF JEWISH SONG & STORY: Luscious Fruits from the Tree of Life. Rachel Ravitz & Matisyahu Brown will sing from Song of Songs, Yitzhak Buxbaum and Carole Forman will share holy tales of paradise-consciousness. 7 pm, \$15, Sufi Books, 227 W. B'way, NYC, info: 347-245-0606.

TUE, FEB 21

THE US OCCUPATION OF IRAQ and the Israeli-Palestinian Conflict: How Can the American Peace Movement Respond? Come to a forum and dialog led by Phyllis Bennis and a panel of Brooklyn activists. Park Slope United Methodist Church, 6th Ave. at 8th St. Sponsored by Brooklyn Parents for Peace, 718-624-5921, www.brooklynpeace.org

FRI, FEB 24

GOOD COFFEEHOUSE: Le Nozzi de Carlo creates their own interpretations of the golden age of European pop music. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, FEB 25

PEOPLES' VOICE CAFE: Triboro; Anne Price. Workmen's Circle, 45 E. 33rd St. (btw. Madison & Park); www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can't/no one turned away. 212-787-3903.

BOOK SALE: Thousands of new & used books, records, CDs, tapes & DVDs. Incredible bargains! Terrific children's corner! 9am-4pm. Park Slope United Methodist Church (6th Ave at 8th St). Donations accepted at the church on Mon, Feb 20, noon-8pm; Thu, Feb 23, 7-9pm; Fri, Feb 24, 11am-9pm. Info: 718-788-3306.

CARIBBEAN BLACK HISTORY: Fourth annual Celebration featuring lectures, storytelling, poetry readings, art exhibits, cultural dances. 12-8:00 pm. Annex, flatbush Dutch Reformed Church, 890 Flatbush Ave, Bkln. Info: 718-451-4764, \$5 adults, \$3 children 12 years.

MON, FEB 27

YIDDISH CONVERSATION CIRCLE meets every other Monday at 7 p.m. in Park Circle area (Windsor Terrace/ Kensington). Looking for folks who love Yiddish and have some knowledge of mame loshen, but who may be rusty in their conversation skills. Call Israel Fishman* at 718-633-2824.

FRI, MAR 3

GOOD COFFEEHOUSE: Patrick Victor & Tim Grimm, singer-songwriters with the blues. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAR 4

SEED SWAP: At the Old Stone House in JByrne Park, 5th Ave & 3rd St. Noon-3:00. Free. Bring seeds to trade, learn about growing plants, swap ideas, enjoy the seeds. Info: 718-768-3195 or permie@earthlink.net.

SUN, MAR 5

WEMOMS FESTIVAL: storytelling, drumming, intergenerational fashion show by Zawadi Fiber Art. Free. Bring family and friends. 3-6:00 pm at Bedford Stuyvesant Restoration Plaza, Skylight Gallery, 3rd fl, 1368 Fulton St, Bkln. Open to the public. Info: 212-568-1645, afh96@juno.com, www.african-folkheritagecircle.org

FRI, MAR 10

GOOD COFFEEHOUSE: Guitar Masters Del Rey & Steve James. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAR 11

BROOKLYN BOTANIC GARDEN: "Keeping It Fresh: City Gardeners Grow Food," the 25th Annual Making Brooklyn Bloom, 10 a.m.-4 p.m. This free event will feature exhibits and workshops covering organic gardening and food security. Arrive at 10 a.m. at 1000 Washington Avenue to register for workshops. Info: 718-623-7209.

FRI, MAR 17

GOOD COFFEEHOUSE-COOP NIGHT: Madam Levitsky* & her Yiddish Band; Bruce Markow*-Mango Festival. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAR 18

PEOPLES' VOICE CAFE: Reunion Concert with Jim Glover & Jean Ray. Workmen's Circle, 45 E. 33rd St. (btw. Madison & Park); www.peoplesvoicecafe.org. Suggested donation: \$12 general / \$9 members / more if you choose, less if you can't/no one turned away. 212-787-3903.

SAVE THE DATES!

PSFC FUN'RAISING COMMITTEE EVENTS:

- **Sunday, April 9**
Spoken Word Circle (date changed)
- **Saturday, May 6**
Game Night

ONGOING SHOWS/EVENTS

FEB 21, 28, MAR 7, 14, 21, 28

ON WITH THE SHOW! Go behind the scenes and experience music, staging and tech rehearsals for the March 28th opening of the new 2-act version of A.F.R.A.I.D. (Premiered at 2005 New York International Fringe Festival!) \$15 single session, \$40 three sessions. No reservations needed! Brooklyn Lyceum, 227 4th Ave. www.SusanStoderl.net/On_With_The_Show.html

the Coop on Cable

FRIDAYS 1pm with a replay at 9pm
Channels: 56 (TimeWarner), 67 (CableVision)

Tenth Season!

Samplings of old shows plus new ones.

New this year, currently running extending through mid-March, a series:

"The Coop talks with Al Franken"

Inside the Park Slope Food Coop



FILM NIGHT

Friday, March 3 • 7:00 p.m.
at the Coop



DOCUMENTARIES ABOUT BIKES

Warriors, the Bike Race by Jesse Epstein, Michael Green and Christopher Ryan. NYC's wildest alley cat race, based on the cult classic film 'The Warriors' 800 riders show up in the Bronx with their gangs and have to get to Coney Island by dawn...can you dig it? (30 minutes)

CMWC 05, Wrap-up Video, Bike TV's cable access show on the 2005 Cycle Messenger World Championships, in Jersey City. (30 minutes)

Bike Kill 2005 by Dirty Jersey Choppers. A quiet block in Brooklyn is turned into the wackiest bike-fest around with events like, "ride-over-the-soiled mattresses" and Tall-bike jousting. Bike Kill is becoming an annual event hosted by the Black Label Bicycle club. (5 minutes)

More Bike Kill 2005 by Nick Golebiewski. Super 8mm footage of Bike Kill 05 with hilarious narration by Matt Levy. (5 minutes)

Monster Track 6 By Lucus Brunelle. Last year's unprecedented fixed gear only alley cat messenger race presented by the amazing helmet cam of Lucus Brunelle. (5 minutes)

Preview of Monster Track 7, Videotaped and edited by one of the organizers, Carlos, of the upcoming Monster Track 2006. (5 minutes)

B.I.K.E., Fountainhead Films. A trailer for the upcoming documentary about the Black Label Bicycle Club. The feature premiered at Slamdance 2006 and will premiere in NYC at the 2006 Bicycle Film Festival. (2minute preview)

A discussion with Coop members who were both behind the camera and in front of the camera will follow.

Film Night organizer, **Trish Dalton**, can be reached at mail@trishdalton.com or 718.398.5704.

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

Thank You!

On January 20, many Coop members and friends enjoyed the performance of Barry Bryson and Swing Street at the Good Coffeehouse Coop Concert Series. We want to thank Barry and the band for the generous donation to the Coop of all of that night's proceeds from the sale of their CD.



WE ARE THE COOP

TO THE GAZETTE:

Here is a selection of quotes from shoppers I've overheard lately while working my shift or shopping myself at the PSFC:

"Do they have any..."

"I think they're out of..."

"Where do you keep the (to a worker)..."

And so on.

My fellow PSFC members: it is not they and it is not you. It is we and us.

Sue Behrens

CELL PHONES OK

DEAR COOP,

Re: Andrew MacConnell's "Keep Cell Phones Outside" Jan 19, 2006

While I agree that those working shifts should keep personal phone calls down to a minimum, I do not agree with the outright banning of cell phone use at the Coop as a reasonable suggestion. For every "inane" cell phone conversations I have overheard at the Coop, I have heard ten "functional" conversations (Can you check if we have milk? What kind of rice did you want me to buy? Do our guests eat meat? The Coop is busy, I'm going to be late!) Furthermore, why is it that Mr. MacConnell takes offense to people chatting on the phone but does not mention how "offensive" it is when people engage in live conversation where the possibility for inane, boorishness, distraction and line-slowness still exists? The Coop is made of a diverse group of people whose ideas of proper etiquette vary greatly. In my opinion, to enforce etiquette is an unproductive action and does not foster our cooperative environment.

*Sincerely,
Sarah Phillips*

TIME FOR WORK REQUIREMENTS TO CHANGE

DEAR COOP,

We really need to change the work squad requirements.

Many of us are working long hours and commuting for several hours daily, and working on weekends.

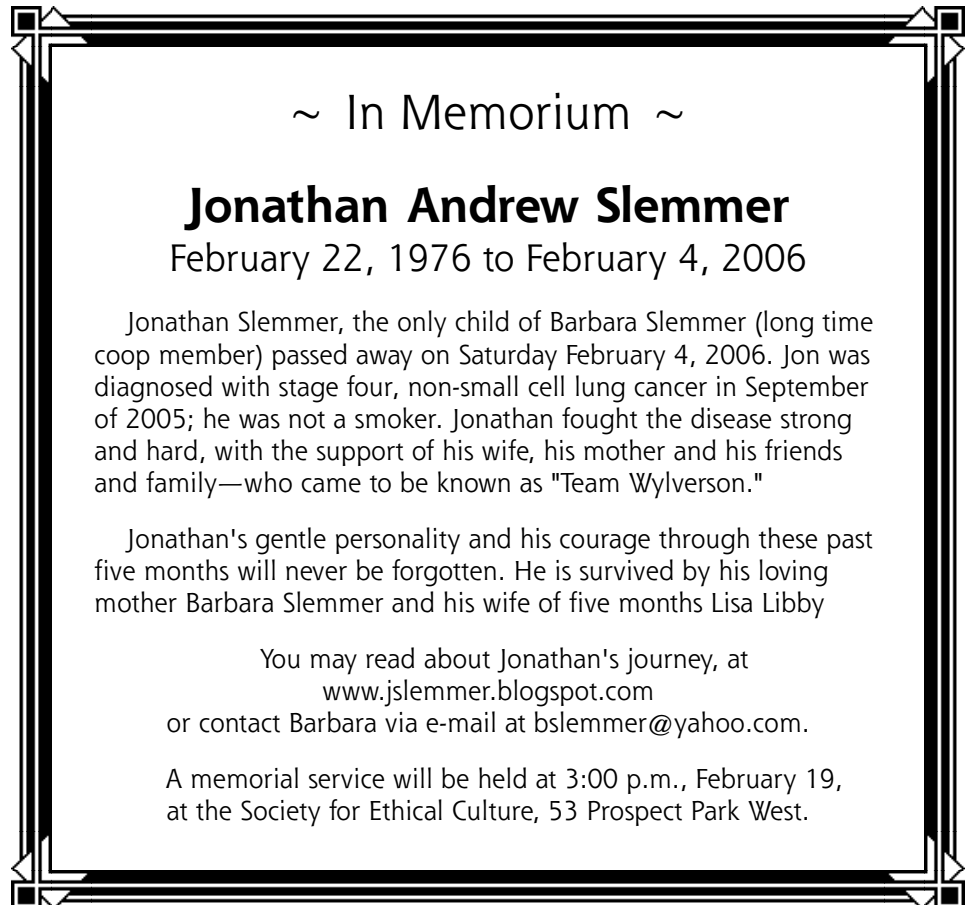
That two hours on Sunday night once a month (which becomes three times a month if you fall ill or become physically unable to function) may be in place of what's supposed to be "personal time," i.e., if it weren't for the work shift, we would be either doing laundry, grocery shopping, doing work we didn't have time to finish on the job, etc., etc., or attempting to catch up on the lost sleep that all our other obligations take away.

If you are independently wealthy or retired, however, I suppose the work squads and make-up requirements may be "just fine."

Maybe this is the wrong place for a middle-income full-time worker with home obligations? Maybe I'm unrealistic in expecting to be able to remain a member here? Maybe I'll just have to quit and shop less healthfully elsewhere? There must be hundreds of members facing the same frustrations.

Sorry if this sounds "noncooperative," but when you already sacrifice 95% of your life to what you have to do just to survive, giving up even 2% more of your lifeblood can be "draining," or to be less understated, it can practically kill you. There comes a point at which you just can't "give" anymore, because you've got nothing left, even for yourself to function.

Lynn Opinante



~ In Memorium ~

Jonathan Andrew Slemmer

February 22, 1976 to February 4, 2006

Jonathan Slemmer, the only child of Barbara Slemmer (long time coop member) passed away on Saturday February 4, 2006. Jon was diagnosed with stage four, non-small cell lung cancer in September of 2005; he was not a smoker. Jonathan fought the disease strong and hard, with the support of his wife, his mother and his friends and family—who came to be known as "Team Wylverson."

Jonathan's gentle personality and his courage through these past five months will never be forgotten. He is survived by his loving mother Barbara Slemmer and his wife of five months Lisa Libby

You may read about Jonathan's journey, at www.jslemmer.blogspot.com or contact Barbara via e-mail at bslemmer@yahoo.com.

A memorial service will be held at 3:00 p.m., February 19, at the Society for Ethical Culture, 53 Prospect Park West.

COOP QUELLPHONES

Working or shopping,
You're not alone,
So think of others
And mute that phone.

Leon Freilich

REVIEW THE RULE

DEAR COOP,

On January 3, 2006, I was part of the panel in a disciplinary committee hearing. Two long time Coop members were accused of "Theft of Service" for shopping following a work-shift while on suspended status. Until the hearing, I didn't know that suspension of shopping privileges included even after working a shift.

I then asked several of my shift co-workers, ranging in membership from a few months to over a decade, if they were aware of this rule. None of them were, and they all thought the rule was illogical. I also asked a former squad leader if a suspended member is permitted to shop after working a shift. He said, "It's not allowed, but I used to let people shop."

It seems to me this Coop rule should be re-examined and revised so that a suspended member may shop only after doing a shift. The rule is difficult to enforce and not uniformly enforced. More important, it is actually a disincentive for members to show up at their scheduled shift if they cannot shop.

Also, the rule is inequitable. A member is entitled to 4 weeks of unlimited shopping in exchange for a work shift. If a member misses a shift, he now exchanges two work shifts for 4 weeks of unlimited shopping. If a member is suspended, he gets no shopping privilege in return for work shifts. But, if he takes care of administrative details, and has his status changed to "alert," then he is again entitled to unlimited shopping, even if he owes more work slots than a suspended member.

It is my intention to place discussion of this rule on the Agenda for the General Meeting. It is my sincere hope that those who think this rule doesn't make sense will make their voices heard when it is scheduled.

Barbara Mazor

VOTE QUESTIONS

COMRADES IN SUBMISSION:

My apologies. Didn't get a letter into the last issue (Dec. 22nd)—furshlugginer personal mishegas! What could be more important than you my loyal readers?

All kudos to the chairperson of the last meeting, who let the last item go in favor of conducting the meeting sanely and gracefully. Could it be that my letter on "Carl's little riot" had some effect? I also promised to write about the Agenda Committee when I got my notes about them. I'm still too lazy—and late!—to find them, but I do want to discuss my...

Open Forum Questions for General Meeting of 2005-12-13:

1) On the June 2005 Board of Directors results, there were a large number of disqualified ballots, more for me than for my opponent. Clearly these were members who had voted for me and wanted their votes counted. Is this not a matter warranting investigation and/or restitution and should not the vote be overturned until the matter is resolved?

2) Certain workslots are not eligible for workslot credit for attending General Meetings. Was this cleared with the General Meeting? Is this not a violation of the principle of Fair and equal representation? Or do you not subscribe to this principle?

These were quite a bomb. At first the Rulers tried to ignore them, slipping quietly into the next agenda item when I pleadingly asked, But, but...I was hoping for an answer! This brought a very thorough and satisfying answer to the first question by Head Ruler Joe Holtz, who is usually evasive. He said that he did not know whether the ballots still exist, and he wished I had asked him sooner. To which I replied that it seemed to me that any responsible election supervisor would have invalidated the election pending further investigation and would probably have done the vote again. Although I am grateful for his (reluctant) response and attention to detail, I did not appreciate his idea that even with these extra votes, I would not have won the election. There was obviously some failure in

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 or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

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.



LETTERS TO
THE EDITOR

CONTINUED FROM PAGE 11

voter education that was his responsibility and those voters deserve to have their ballots counted properly regardless of anything else. The sweet Chairperson chimed in and offered the actual figures (which I am, again, too pressed for time to look up)...and there were about twice as many invalidated votes for me as the votes I got!! I am not willing, nor should anyone be willing, to be sportsmanlike about voting matters.

The second question is also a matter of voting rights and former Ruler Ellen Weinstein rose to the challenge, but all she gave us was the tired old argument that some workslots are too critical to give them equal voting rights, which was *not* very gratifying.

Corrections and attempts to dissuade me of my delusions welcome.

In solidarity,
Albert Solomon. 718-768-9079,
HOBCE@YAHOO.COM.

EDITOR'S NOTE:

General Coordinator Linda Wheeler explained the voting system as follows: Members are provided the choices for each candidate of Yes, No or Abstain. Each candidate must receive more Yes votes to qualify for a position. Among those that qualify, the one with the largest total of Yeses is elected. The number of disqualified proxies in the June 2005 Board of Directors election was 81. Disqualified proxies are those that, for example, are unsigned, or vote yes for more than the number of positions available. Because they are disqualified, they are not counted at all. Among valid proxies, Mr. Solomon received more Nos than Yeses and therefore was not in the running for the position.

NOFA-NY Conference

CONTINUED FROM PAGE 7

producers and thus are changing the landscape and bypassing the local small and mid-sized organic suppliers in the US. They are turning to foreign companies to supply products. Goods are coming from China and other foreign countries. Kastel gave an example of the Dean/Horizon and Aurora dairies using confinement practices on their mega farms in violation of the mandate to pasture cows in order for them to be considered organic.

Here are a number of workslot possibilities that occurred to me:

1. A committee to work on a 'Coop to Schools' connection for us.

2. Activism around the politics of the Organic standards which might involve PSFC members participation in lobbying days in Albany.

3. We need people to contact their congresspersons to urge them to join the House Organic Caucus. This is crucial for letting the folks in the USDA know what we want in terms of preserving the integrity of the organic label.

As a farmer wannabe and passionate foody,



I love going to the NOFA- NY conference and look forward to seeing some of my new farmer friends there again next year. Why don't you come too? ■

Coop Job Opening: Receiving/Stocking Coordinator Evenings & Weekends

Description:

The Coop is hiring a Receiving/Stocking Coordinator to work evenings and weekends. The evening and weekend Receiving/Stocking Coordinators have a lot of responsibility overseeing the smooth functioning of the store and supporting the squads. They work with the Receiving squads, keeping the store well-stocked and orderly and maintaining the quality of the produce. At the end of the evening, they set up the receiving areas to prepare for the following early morning deliveries.

We are looking for a candidate who wants a permanent evening/weekend schedule. The ideal candidate will have been working on a Receiving workslot for the Coop. Because fewer paid staff work evenings and weekends, it is essential that the candidate be a reliable and responsible self-starter who enjoys working with our diverse member-workers. You must be an excellent team player, as you will be sharing the work with one to several other Receiving Coordinators. You must have excellent communication and organizational skills, patience, the ability to prioritize the work, and to remain calm under pressure. This is a high energy job for a fit candidate, and you must be able to lift and to work on your feet for hours. The job will include work in the walk-in coolers and freezer.

Hours: 30-38 hours per week, schedule – to be determined – will be evening and weekend work.

Wages: \$20.28/hour with at least an annual cost-of-living adjustment effective every February.

Benefits: • Health and Personal time; • Vacation—three weeks/year 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 workslots in Receiving.

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

Public Speaking for Everyone

WITH JEZRA KAYE

Do your speeches drive results?

Whether you give business presentations...
speak out for a cause...

or talk to your civic organization,
this hands-on coaching workshop will help you clarify your message, organize your thoughts and find the most powerful way to deliver them.

Learn how to:

- Find and develop your best speaking style
- Outline and write a speech
- Prepare to deliver it flawlessly
- Handle Q&A and media interviews

All are welcome. No prior public speaking experience is needed. Wear comfortable clothes, and bring a notebook and pen.



PHOTO BY HAZEL HANKEN

Jezra Kaye is a professional speechwriter and presentation skills coach who works with business and non-profit leaders. She is active in Develop Don't Destroy Brooklyn, which is fighting the 17-skyscraper Atlantic Yards Complex, and has been a PSFC member since 1981.

FREE
Non-members welcome

Saturday, March 4
10:30 a.m. at the Coop

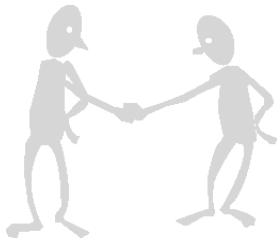
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

ALTERNATIVE DISPUTE RESOLUTION FAMILY & DIVORCE MEDIATION

WITH ANDREW GARY FELDMAN

In family matters...

- Resolve conflicts and differences which are causing stress.
- Improve relations between spouses, partners, parents and children, and brothers and sisters.
- This process is neither therapy nor psychological counseling.



In divorce...

- Instead of hiring lawyers and having a judge make decisions, couples work out their own agreement.

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

FREE
Non-members welcome
Saturday, March 4
2:00 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
Saturday, March 4
4:30 p.m. at the Coop

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

Permaculture: An Introduction

WITH PHILIP BOTWINICK AND ANDREW PHILLIPS

Permaculture is...

- Permanent culture/agriculture
- A sustainable lifestyle
- A way of building community

Permaculture promotes...

- Care for the earth
- Care for people
- Sharing the surplus

Permaculture can be found in...

- Backyards
- Deserts
- Flooded New Orleans

There will also be a screening of "The Power of Community: How Cuba survived Peak Oil."



Philip Botwinick is a Coop member who has completed the Permaculture Design Certification course. Andrew Phillips is founder of Hancock Permaculture in Hancock, NY.

FREE
Non-members welcome
Saturday, March 4
7:00 pm at the Coop

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

Natural Childbirth: Exploring your options

WITH STANA WEISBURD AND LORA GARCIA

Pregnant? Feeling overwhelmed?
Wondering what options are available?

Join us to explore how you can prepare for the most satisfying birth experience possible.

Topics will include:

- Choosing a birthplace – home, birth center or hospital
- Childbirth preparation – what type of class is right for you
- Labor support – how doulas make a difference
- Mental preparation – explore your hopes and fears
- Pain management – learn about coping strategies

Connect with like minded parents-to-be in this fun and informative workshop.



Stana Weisburd, LMT is a Coop member, licensed massage therapist and birth doula. Stana is the founder and director of Park Slope Doulas, serves on the council of the Metropolitan Doula Group and is currently coordinating the volunteer birth assistant program at Long Island College Hospital's Birth Center. Lora Garcia, HHC, CE is a Coop member and mother of two. Through her company Mindful Mama Lora works as a childbirth mentor, labor support doula, infant massage instructor and holistic health counselor. Stana and Lora regard childbirth as sacred and monumental. They strive to empower women and their partners as they prepare for childbirth.

FREE
Non-members welcome
Sunday, March 5
12:00 pm at the Coop

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

Deconstructing Diet Confusion

A free workshop on food enlightenment

WITH COLEEN DEVOL

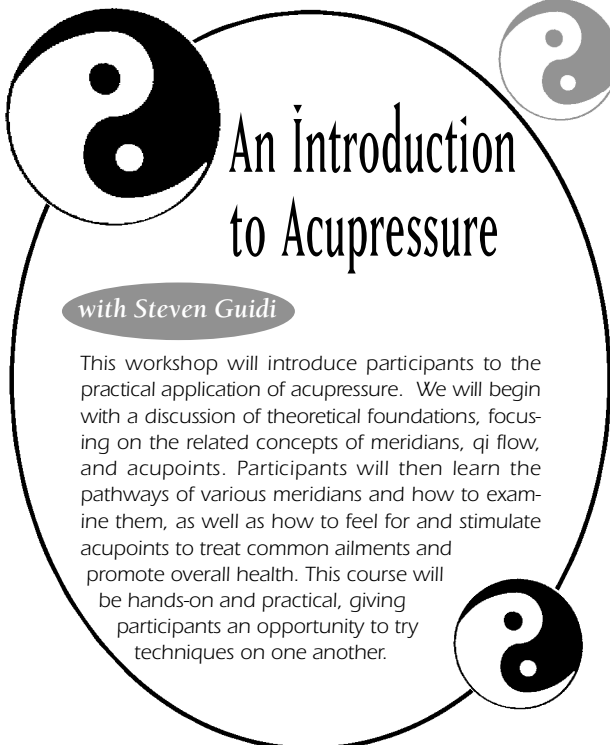
Atkins. The Zone. Raw. Macrobiotic. Vegetarian. Vegan. Food combining. There are so many different and often contradictory diets to choose from that selecting the one that's best for you can be overwhelming. It's enough to make you want to throw your hands in the air and grab a doughnut. This is an opportunity to find clarity amid all the confusion. In this workshop, I will discuss the pros and cons of many popular diets, enabling you to make the choice that's right for you.



Coleen DeVol is a holistic health counselor certified by the American Association of Drugless Practitioners as well as a certified yoga instructor. She runs a private practice in Prospect Heights, Brooklyn, and is a Coop member.

FREE
Non-members welcome
Saturday, March 11
3:00 p.m. at the Coop

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



An Introduction to Acupressure

with Steven Guidi

This workshop will introduce participants to the practical application of acupressure. We will begin with a discussion of theoretical foundations, focusing on the related concepts of meridians, qi flow, and acupoints. Participants will then learn the pathways of various meridians and how to examine them, as well as how to feel for and stimulate acupoints to treat common ailments and promote overall health. This course will be hands-on and practical, giving participants an opportunity to try techniques on one another.

Steven Guidi, L.Ac, learned meridian style acupuncture from senior acupuncturist Dr. Wang Ju Yi of Beijing, China. He is now resident acupuncturist, herbalist and director of The Park Wellness center for integrative health care associates in Grand Army Plaza. He is a Coop member.

FREE
Non-members welcome
Saturday, March 11
6:00 p.m. at the Coop

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

MINDBODY MEDICINE

Overcoming Anxiety and Depression,
Creating Peace and Joy in Your Life

WITH ALBERT SPERANZA, MD

Please join me for a discussion focused upon emotional recovery, creating more joy and more satisfaction in your life.

We will address:

- Concepts of MindBody Medicine and how they apply to emotional and physical health
- Identifying emotional medical conditions
- Approach to wholistic treatment
- Process of emotional growth
- Rediscovering Peace and Joy



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 specializes in treating anxiety and mood disorders.

FREE
Non-members welcome
Saturday, March 18
10:30 at the Coop

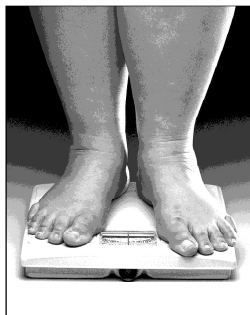
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

The Ideal Diet

WITH JEFFERY CARL & WINNIE JAMIESON

A hypnotherapist and health counselor join forces to bring you this exciting workshop. Come and learn more about the food-healing process, and what it is about diets that are set up only to fail. You will also learn more about:

- Reinventing a healthy body image
- How to customize diets to work for you
- How using food as tools and hypnotherapy can help the healing process
- And the comprehensive "Vital Health" program



Jeffrey Carl, Cht, is a clinically certified hypnotherapist specializing in weight loss. Winnie Jamieson, HHC, is a board certified holistic health counselor, and graduate of the Institute for Integrative Nutrition. Both Jeffrey and Winnie are proud members of the Food Coop.

FREE
Non-members welcome
Saturday, March 18
11:00 a.m. at the Coop

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

Conquer Your Sugar Cravings

WITH KRISTA PETERSON

- Are you constantly craving sweets and want to understand why?
- Do you want to gain control without willpower or deprivation?
- Overcome your sugar cravings and stabilize your life!

In this eye-opening workshop, Krista will walk you through understanding what exactly sugar is, how it affects your body, and what you can do to take charge of your cravings and win back your life.



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Coop member Krista Peterson is a Holistic Health Counselor who specializes in helping people of all walks of life to eat well, feel well and live well. She holds a Bachelors Degree in Psychology from Columbia University and is currently studying at the Institute for Integrative Nutrition. She offers counseling to individuals, couples and groups and takes joy in being part of the Park Slope community.


FREE
Non-members welcome
Saturday, March 18
8:00 p.m. at the Coop

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

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12-4pm

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www.thebrooklynschool.com

To Submit Classified or 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").

Submission forms are available in a pocket on the front wall of the Coop near the exit door.

CHILD CARE

THE BROOKLYN SCHOOL is now accepting applications for nursery, kindergarten and first grade for the 2006/2007 school year. Our open house is Sunday, Feb. 19th from 12 - 4 p.m. Please see our Website for details www.thebrooklynschool.com. 123 St. Felix St. next to BAM. 718-783-3270.

CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A safe, open, co-ed forum to improve communication; deepen self-understanding; reduce isolation; and explore how you can have more rewarding relationships. Led by an experienced psychotherapist. To learn more, call Gary Singer, LCSW, at 718-783-1561.

VACCINATION OPTIONS? New Yorkers for Vaccination Information and Choice holds bi-monthly meetings in Manhattan. nyvicteam@nyvc.org or www.nyvic.org. 212-696-6677.

THE ALEXANDER TECHNIQUE - learn to use the body/mind connection to enhance posture, balance and well-being. If you have: poor posture habits, stress-related disorders, neck, back and shoulders discomfort, lack of flexibility and coordination. If you are: singer, actor, musician, dancer, consider Alexander Technique. 718-832-1460.

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lent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-5055.

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ONE BOOKCASE, 4 shelves, Pine wood, mission style, 30" wide X 12 3/4" deep X 60" high. Easy assembly, still in boxes. Were \$145 each, sell for \$95. Brooklyn, 718-951-7168.

BOOK SALE: Thousands of new & used books, records, CDs, tapes & DVDs. Incredible bargains! Terrific children's corner! 9am-4pm. Park Slope United Methodist Church (6th Ave at 8th St). Donations accepted at the church on Mon, Feb 20, noon-8pm; Thu, Feb 23, 7-10pm; & Fri, Feb 24, 11am-10pm. Info: 718-788-3306.

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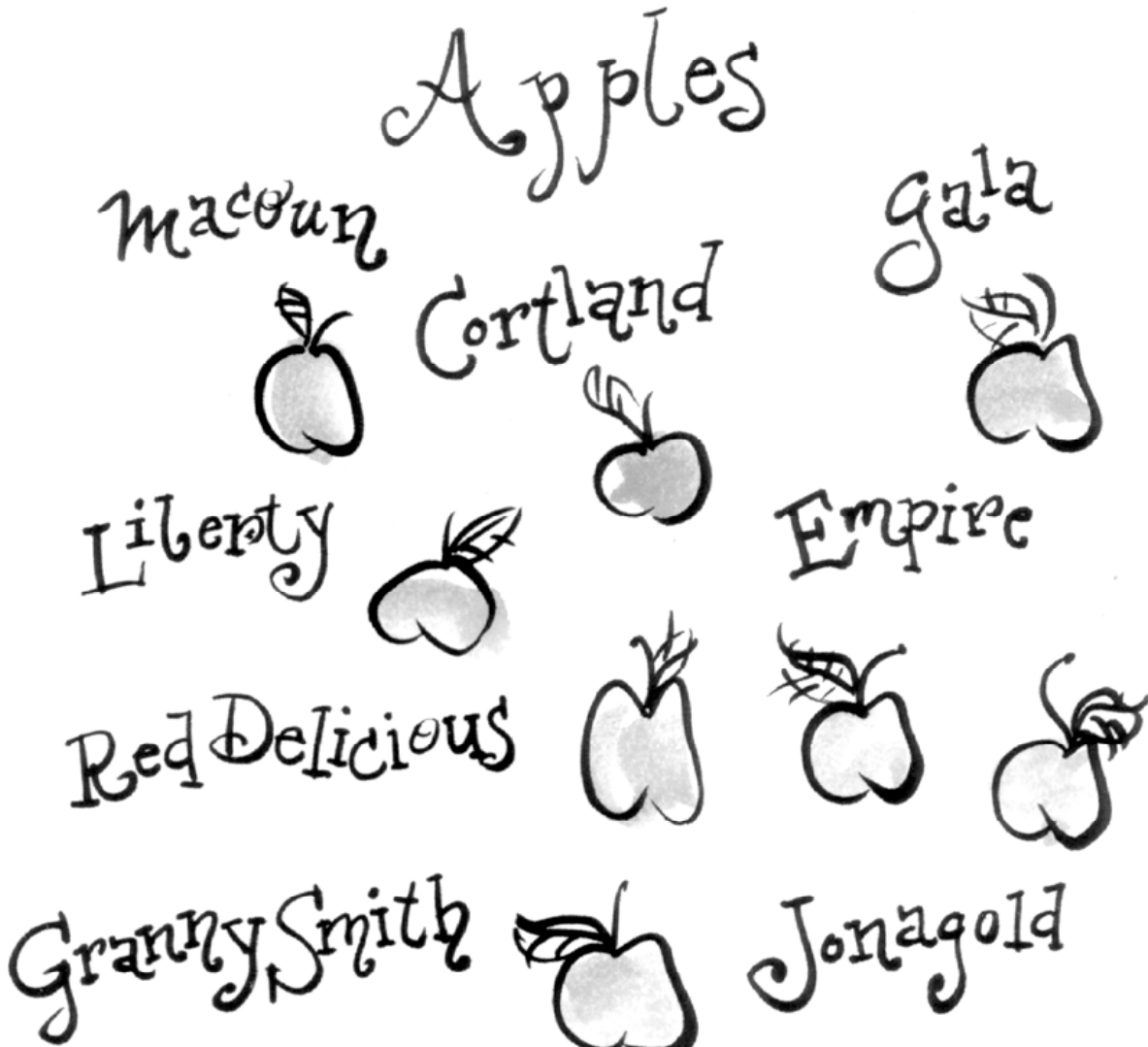
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AGENT READY. Are you a writer? Do you need an agent? AgentReady can help! We offer full editorial services, including: non-fiction proposals, marketing plans, line editing, plot development, and writing and editing sample chapters. I am a former NYC literary agent who knows what they want. Evaluation, 50% off for members. 718-499-3760.

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MADISON AVENUE HAIRSTYLIST in Park Slope one block from coop-by-appointment only. Please call Maggie at 718-783-2154 at a charge of \$50.

HAIRCUTS, HAIRCUTS, HAIRCUTS! Adults, kids-in the convenience of your home or mine. Adults \$30, kids \$15. Call Leonora 718-857-2215.

COMPUTER HELP-Call New York Geek Girls. Crashes, viruses and spyware; networking; setup; upgrades; training; etc. On-site or pickup/drop-off. References available. Long-time coop member. Call 347-351-3031 or email info@NYgeekgirls.com.

SERVICE-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporomandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

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SEWING TEACHER WANTED: 2-3 girls 11-12 years old in my South Slope home. For Sundays. 12:30 – 2:30. 718-369-0647.

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FREE TICKETS for concerts for true classical music lovers (only...) Lincoln Ct., Carnegie, etc. on short notice (sometimes). For more info, call: 212-802-7456.

ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.

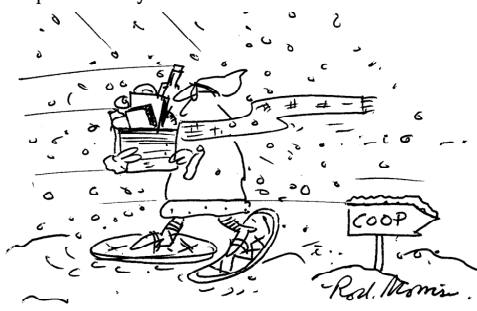
Answer to Puzzle on page 8

raisins, currants, Turkish apricots, mango slices, medjool dates, apple rings, coconut chips, pineapple rings, papaya spears, cranberries

THANK YOU!

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

Jonathan Allen	Yolanda Gerritsen	Tom Mason	Sergio Revah
Jonathan Alvarez	Lisa Noel Greenfield	Christine McDowell	Helen Richman
Amanda	Ellen Gunnarsdottir	Mera	Amie Robinson
Douglas Ashford	Eve Hadley	Takahashi Mieko	Naftalia Rutter
Milcah Bassel	Katherine Hammond	Brenda Damali Miller	Emily Sachs
Jennifer Bend	Peter Hassler	Allyson Murphy	Lisa Scolari
Ari Bergman	Carla Hinojosa	Stewart Nachmias	Erach Screwala
Meryl Block	Christine Holt	Olivia Nelson	Juree Sondker
Jessica Blumenthal	Jessica Holt	Evan Neumann	Zakia Spalter
Brianna	Cordula Hunze	David Novack	Amy Taylor
Anna Brickman	Layssa Husiak	Nancy Novack	Michele Thomas
Rachel Budde	Brenda Iijma	Peter	Sangeeta Tripathi
Sarah Butterworth	Karen Jackson	Jacqueline Peters	Bob Van Pelt
Tim Catts	Willifred James	Jenny Peters	Magali Veillon
Albert Celi	Vanessa Johnson	Janet Pfunder	Marlon Vidal
Chiho	Russell Jones	Olga Poddubnaya	Helen Walker
Corri	Jovie	David Pollack	Jennifer Wilson
Christopher Crew	Claire Kaplan	Sunita Prasad	Justin Wood
Barbara Danish	Madhuri Kasat	Andrew Rathbun	Kristina Yawn
Nekisia Davis	Abhaya Kaufman	Christopher Raymond	
Rasul Davis	Claire Kirk		
Dr. Desrosiers	Rebecca Kleinberg		
Aditi Dhruv	Betsy Klompus		
Edward Farmer	Sarah Krumbein		
Janet Farrell	Michele Lampach		
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Angela Ferin	Stephanie Mandell		
Tin Min Fong	Marise		
Aimee German	Alyssa Marko		



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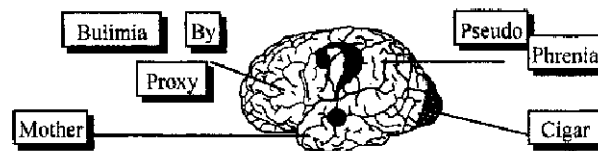


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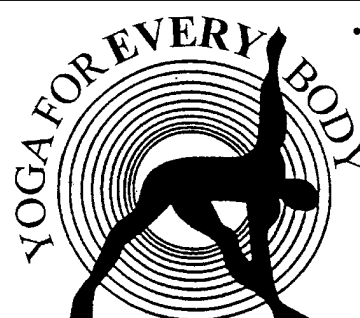
Saturday, February 25 9AM - 4PM Very LOW Prices!
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BOOK SALE

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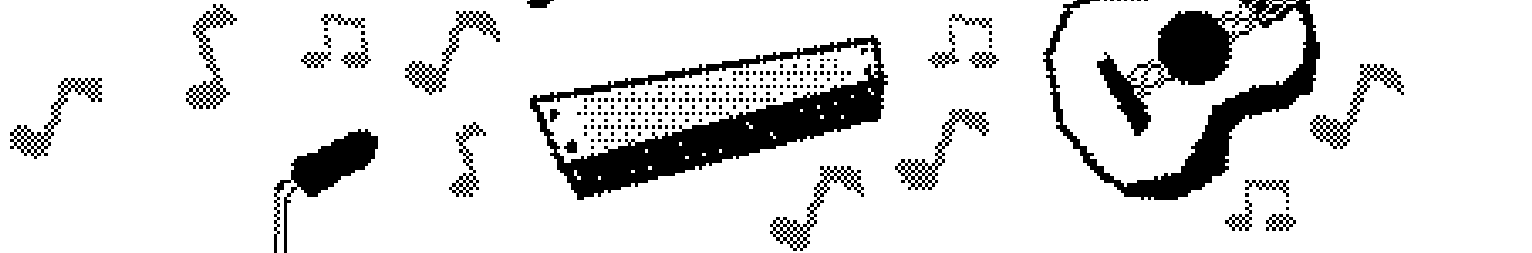


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Come experience the Thrills, Chills and Spills of the Park Slope Food Coop's second biennial... Kids' Variety Show!



**Saturday, March 4
7:00 p.m.**

**Old First Church
Carroll St. & 7th Ave.**

**Admission: \$5
Refreshments for sale
Non-members welcome**

PERFORMERS: ages 4-18

Jacob Gifford, MC

Asher Afua; Ajahee; David Gritz; Zoe Frazer-Koba; Natasha Radtka; Thornton Fernbacher; Inoke Senghor; Lolantia Brooks; A group of violinists: Meaghan Accorina, Alexander & Jonathan Amir, Maeve Farrell, Flora Galina-Jones, Cyon Hante, Madeleine Felder, Aidan & Devon Melanaphy and Sarah Tenenbour; Cellists: Adlyyah Smalls; Jerry Dawidowicz, Aidan Farhi, and Ian Outwaite (with their teacher Martha Siegel);

Leszy Meisler of the Fun-Raising Committee will lead us all in the singing of "We are the Champions" by Queen.

INTERMISSION

Benjamin Groh; Amanda Kelly & Isabelle Siegel will sing; Neqevah Afua; Sarah Hadley, who is a national competitor in strings; Conough Cutler; Marcella ("the Magnificent") Ritondo.

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.

Charity Abdi
Farid Abdi
Claudia Alzamora
Edwin Amaya
Andrea Assante
Jenny Assante
John Babcock
Brendan Baer
Maria Bagarinao
Jonelle Baptiste
Wendy Bassin
Keila Bebianno
Stephane Bee
Noelle Belhumeur
Kara Benincas
Sandro Berz
Terra Bialy
David Bloomfield
Leslie Booker
Antero Branco
Karen Brown
Oleg Byashirov
Debbie Byrne
Janalee Campbell
Anthony Carboni
Rebecca Carney
Issa Carter
Marie J. Cassy
Monika Cathcart
Deepali Charles
Jacqueline Cheney
Diana Cho
Vinay Chowdhry
Michael Cook
Alana Cundy
Ami Cuneo
Liana Dardashti
Amanda Davis
Gabriela de la Vega
Parijat Desai
Julia Dossi
Steven Doyle
Nicholas Dreves
Delia Dunlap
Thomas Eells
Esin Egit
Irma D. Estrada

Stephanie Ferin
Gwendolyn Ford
Malcolm Ford
Shawn Gaiero
Mariana Garza
Lisa Gilinsky
Marshall Gilinsky
Katie Glick
Julie Glickman
Ashley Goebertus
Max Grafe
Amy Greenbaum
Lindsey Grimes
Posey Gruener
Jean-Francois Hamant
Brandi-lea Harris
Francoise Hautecler
Matthew Healy
Jennifer Hero
Joan Hilty
Phyllis Hodges
Joshua Hogleund
Sylvia Holden
Kelly Howard
Owen Howard
Sarah Huck
Joshua Humi
Aurelia Jaworski
Stanislaw Jaworski
Jermaine Johnson
Molly Kane
Jessica Kaufman
Sandy Kaztenburn
Shannon Kenney
Rashi Kesarwani
Dasha Khapalova
Pamela Klein
Nina Konnova
Matthias Krause
Shoshana Krieger
Michael Lapidus
Zena Lapidus
Cynthia Levi
Matthew Levine
Alexis Lloyd
Malcolm Logan
Margot Loizillon

Jose Lopez
Katie Magill
Brendan Maloney
Justin Martin
John Matson
Tyler Matta
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Jeremy Moberg-Sarver
Thessa Mooij
Mildred Moore
Tracy Moore
Yoshiko Mori
Stephanie Morin
Kathleen Mosher
Smith
Sean Mosher-Smith
Emily Muller
Anastasia Neko
Terry Nelson
Megan O'Leary
Kristen Olson
Andrea Paluso
Andrea Pastorelli
Tim Peterson
Anthony Pirnot
Sarah Pollack
Jonathan Poole
Tracey Posluszny
Laura Premer
Mira Ptacin
Typhaine Python
Harold Ramsey III
Linde Riley
Neal Riley
Lara Robby
Alice Rosenthal
Curtis Ross

Catherine Rossi
Tom Russell
Ernest Salomon
Claude Samton
Jennifer Samuel
Sarah Sawyer
Sharon Scher
Hayley Schiller
Valerie Schjenken
Samantha Schulz
Todd Scott
Nikko Sedgwick
Erin Segilia
Malena Seldin
Jennifer Semidey
Majlinda Serferi
Christine Shallenberg
Gideon Fink Shapiro
Brian Sholis
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