

# LINEWALTERS' GAZETTE

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ILLUSTRATION BY LYNNIBENSTEIN



## LOCALLY GROWN:

**O**rganic. Many of us buy that label and feel pretty good about what we're putting in or on our bodies. But now, leading nutritional experts have begun waving a red flag, warning the "organic" seal is no longer enough.

Organic, they say, in some cases has become Big Business—violating the spirit if not the letter of the word's meaning. For those who want to be healthy and responsible consumers, the answer these days may be to shift their focus and buy locally produced goods, even if they don't carry the organic stamp, said Louella Hill, a leader of the locally grown food movement who lives in Providence, R.I.

Organic food ideally should be "produced in a system that allows for biodynamic interaction...in a way that mimics nature. That's very, very different from where most of this, quote, organic food, is now coming from," said Hill, director of Farm Fresh Rhode Island, an organization funded in part by the Environmental Protection Agency.

The result is that "organic is not the golden rule any-

more," she said in an interview, adding that now, "Local is the only true organic."

Eating locally is a founding concept of the Park Slope Coop. Its mission statement reads in part: "We prefer to buy from local, earth-friendly vendors," said General Coordinator Joe Holtz, who began buying produce for the Coop in 1975. "Our consciousness on this issue goes way back," he said. In the produce section especially, fruits and vegetables are often identified by where they were grown, with the name of the farm sometimes given.

In fact, Holtz said, not all members may realize that if the Coop is given a choice between buying locally minimally treated produce or certified organic produce from, for instance, California, the Coop would go local.

The advantages to eating locally include, but are not limited to, personal health, Hill said.

"When we eat locally, we have the opportunity to eat foods that...are nutrient-dense. They are not crossbred and hybridized. We can say they are a somewhat more wild variety of food," Hill said.

On the other hand, "when we are not eating locally, we are eating crops built to withstand transportation and to look good in cryo-packed bags three weeks later," she said. "There is a huge difference in eating a food that slept last night in the fields."

Hill was born on Brewery Gulch in Bisbee, Arizona—historically, a red-light district with as many as 50 saloons at the edge of a copper mining camp. It's an unusual place for a health food guru to come from, but her love of food was solidified in high school, when she worked at a local restaurant called Café Roka, serving California-style contemporary fusion food. While attending Brown University, she took a year off to work on an organic sheep farm in Tuscany. There, most of the food she ate was grown or made by neighbors, and this crystallized her thinking on the value of locally grown food.

On the flight back to Arizona from Tuscany, in an airport waiting lounge in the United States, she sat not far from a man who was staring up at a television and reaching into a bag next to him, pulling out some unidentifiable meat product and crackers and putting the food in his mouth without even glancing at it. "I thought, something is very wrong with the way we're eating," she said.

Today, Hill is very committed to the "farmers who will grab a handful of chocolate soil and show it to me with pride." Through Farm Fresh Rhode Island, Hill sets up farmers' markets and works to connect local producers with local eaters. She is especially interested in connecting local farmers with schools, which often feed their kids overly processed food.

Trusting the organic seal makes grocery store choices easier. Having more issues to consider and investigate may not be good news for most of us. But while Hill is adamant that shoppers shouldn't "just pick up organic and think

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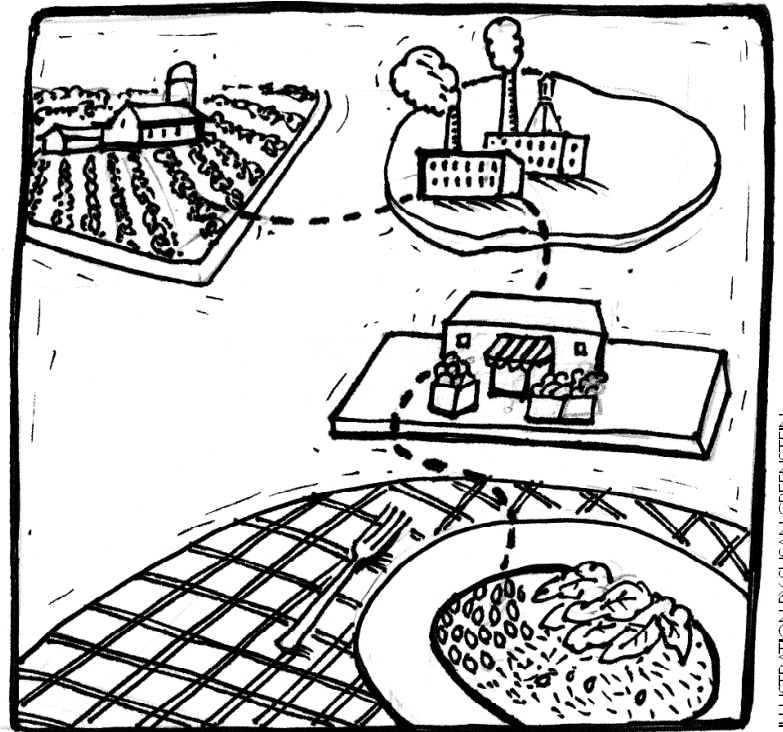


ILLUSTRATION BY SUSAN GREENSTEIN

## YOU ARE WHAT YOU EAT New Perspectives on an Old Adage

By Johannah Rodgers

**T**wo new books about food production in America—Peter Singer and Jim Mason's *The Way We Eat: Why Our Food Choices Matter* (Rodale, 2006) and Michael Pollan's *The Omnivore's Dilemma: A Natural History of Four Meals* (The Penguin Press, 2006)—have recently been released, and Coop members hoping to learn more about why our food choices matter will find both excellent reading.

Providing in-depth analyses of the ethical, political, economic and environmental issues related to food production, both books investigate these issues by tracing specific meals back to their

origins. Each has a distinct perspective; their appeal will depend on individual reading and eating habits. Those with enough time to read both will find that the two books are highly complementary in terms of the perspectives and factual information presented.

*The Way We Eat*, co-authored by Singer, a professor of bioethics at Princeton University and Mason, a journalist, attorney and animal-rights activist, is focused on issues of animal welfare and the ethics of deciding (or not deciding) to eat meat. By contrast, *The Omnivore's Dilemma*, written by Pollan, a journalist spe-

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### General Meeting & Annual Meeting—June 27

The General Meeting of the Park Slope Food Coop is held on the last Tuesday\* of each month. The next General Meeting will follow the Annual Meeting on Tuesday, June 27 at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place and Eighth Avenue. The Annual Meeting begins at 7:00 p.m.

The agendas for both appear in this issue and are 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, Jun 16 • Good Coffeehouse-Coop Night:** Celebration of Lesbian•Gay•Bi•Trans Pride!, 8:00 p.m.
- Jun 22–24 • Blood Drive:** Thursday through Saturday—see inside for hours
- Fri, Jul 7 • Film Night:** A Walk Through the Footprint, 7:00 p.m.

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

**LOCALLY GROWN**

you're good," she also says eating right is actually more simple than it sounds. "Skip the organic cheese doodle or the organic crème soda," she said.

She cites four foods that she calls "miracle foods" for their ability to heal us and keep us healthy: kale, garlic,

raw honey and olive oil. But she's quick to add: "The goal is not any form of extremism. The goal is to shift the focus and to remember the food we eat is about the community we support."

Holtz said he agrees with Hill's assessment that local may be the new organic and added: "You should know the Coop is really trying to do the

local thing, and we're pretty successful."

Holtz mention Cloonshee chickens, which are not certified organic—"and she's never going to bother with the bureaucracy to do that"—but are fed organic feed and raised free-range in Hobart, N.Y. "This is a farmer who drives here herself every Wednesday," he said.

"She runs out of eggs every week, so we're getting really fresh eggs as well as the best chicken."

"Local" is defined differently when your home is New York City, of course. Hill classifies local as anything grown within 50 miles, while the Coop stretches that limit to anything within 500 miles, "but 80 percent of the locally

grown produce is raised within 150 miles," Holtz said.

At the same time, the Coop has no plans to limit its produce to locally grown. "New Yorkers expect to eat broccoli in January and bananas year round," Holtz said. "Members don't want to hear there will be no zucchini all winter. Members would be upset." ■

**TOUR BROOKLYN'S BEST COMMUNITY GARDENS**

By Jon Crow

On two Saturdays in June, community gardens in Park Slope, Boerum Hill, Fort Greene, Clinton Hill and Prospect Heights will be showing off their beauty on the "Green with Envy Tours." If you've never visited one of Brooklyn's community gardens, take that step off the sidewalk this June and see what it's all about.

**Member Contribution**

Community gardening has a long history in Brooklyn. While Victory Gardens sprang up in the early part of the last century, the majority of today's gardens were formed in the late '70s and early '80s on city-owned land reclaimed by neighborhood volunteers under an interim use agreement with the City's GreenThumb program.

As the gardens flourished, communities citywide realized the importance of these greenspaces in the urban environment and fought the City's

efforts to take them away. Because of these preservation efforts, many of the gardens on the tours are either part of the City's Parks Department or owned and protected in land trusts such as the Brooklyn Queens Land Trust (one of the nations largest urban land trusts) or Bette Midler's New York Restoration Project.

Because each garden is autonomous, they all operate differently. Many have plots assigned to individuals or families, while other gardens are managed communally. All of the gardens are completely volunteer-run, so those involved do everything from planting, weeding, watering and harvesting to fundraising, shoveling snow from the sidewalks in front of their gardens and organizing events for the larger community.

Their continued success depends on people getting involved. You don't have to know a lot about gardening, in fact, some garden members don't do much gardening at all. They're looking for a nice green space to read the paper or do Tai Chi, and they contribute by doing adminis-

trative tasks rather than getting their hands in the dirt. Other neighborhood residents might not become members, but enjoy spending time in the gardens during their posted open hours, volunteers permitting.

Community gardens attract members for many reasons, most obviously for the desire to garden, but also because of the need for community. Many of us have found that elusive sense of community in our own Food Coop; some may look for it in neighborhood bars, and others while walking their dogs in Prospect Park. But nothing can match the opportunity to take part in this City's cultural potpourri like being involved in its community gardens. Whether you just enjoy a few quiet moments on a Saturday afternoon, make new friends at a movie night or become an avid gardener, these green oases can make your life a little bit richer.

There you meet the best of New Yorkers. People who can see beyond the rough edges of the urban environment; who choose not only to soften them with trees and ivy, but to nurture their neighborhoods by growing flowers,

friendships and community.

The "Green with Envy Tours" begin with free breakfast at 10:00 a.m. at the first garden on each guided tour, then participants will walk,

bike or drive the route shown. For more information, please contact Brooklyn Queens Land Trust (212-677-7171) or GreenThumb (212-788-8070). ■

**TOUR 1**  
Saturday, June 10

- 1) Pacific Street Brooklyn Bear's Garden at Flatbush Avenue
- 2) Hoyt Street Community Garden at Atlantic Avenue
- 3) Wyckoff-Bond Community Garden
- 4) David R. Foulke Memorial Garden Bergen Street between Nevins & Bond
- 5) Warren St. Marks Community Garden between Fourth & Fifth
- 6) Baltic Street Community Garden at Fourth Avenue
- 7) Lincoln-Berkeley Community Garden Lincoln Place between Fifth & Sixth
- 8) GreenSpace at President Street corner of Fifth
- 9) Gil Hodges Garden Carroll Street between Third & Fourth
- 10) Gardens of Union Union Street between Fourth & Fifth

**TOUR 2**  
Saturday, June 17

- 1) Rockwell Place Brooklyn Bear's Garden corner of Lafayette/Flatbush
- 2) The Greene Garden DeKalb Avenue at Portland
- 3) Carlton Avenue Brooklyn Bear's Garden between Fulton & Greene
- 4) Fulton Revival Garden Vanderbilt at Gates
- 5) Hollenback Community Garden Washington between Gates & Greene
- 6) Prospect Heights Community Farm St. Marks between Vanderbilt & Underhill
- 7) St. Marks Avenue Blk. Assn. Community Garden between Carlton & Vanderbilt
- 8) Pacific Street Brooklyn Bear's Garden at Flatbush Avenue

**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.

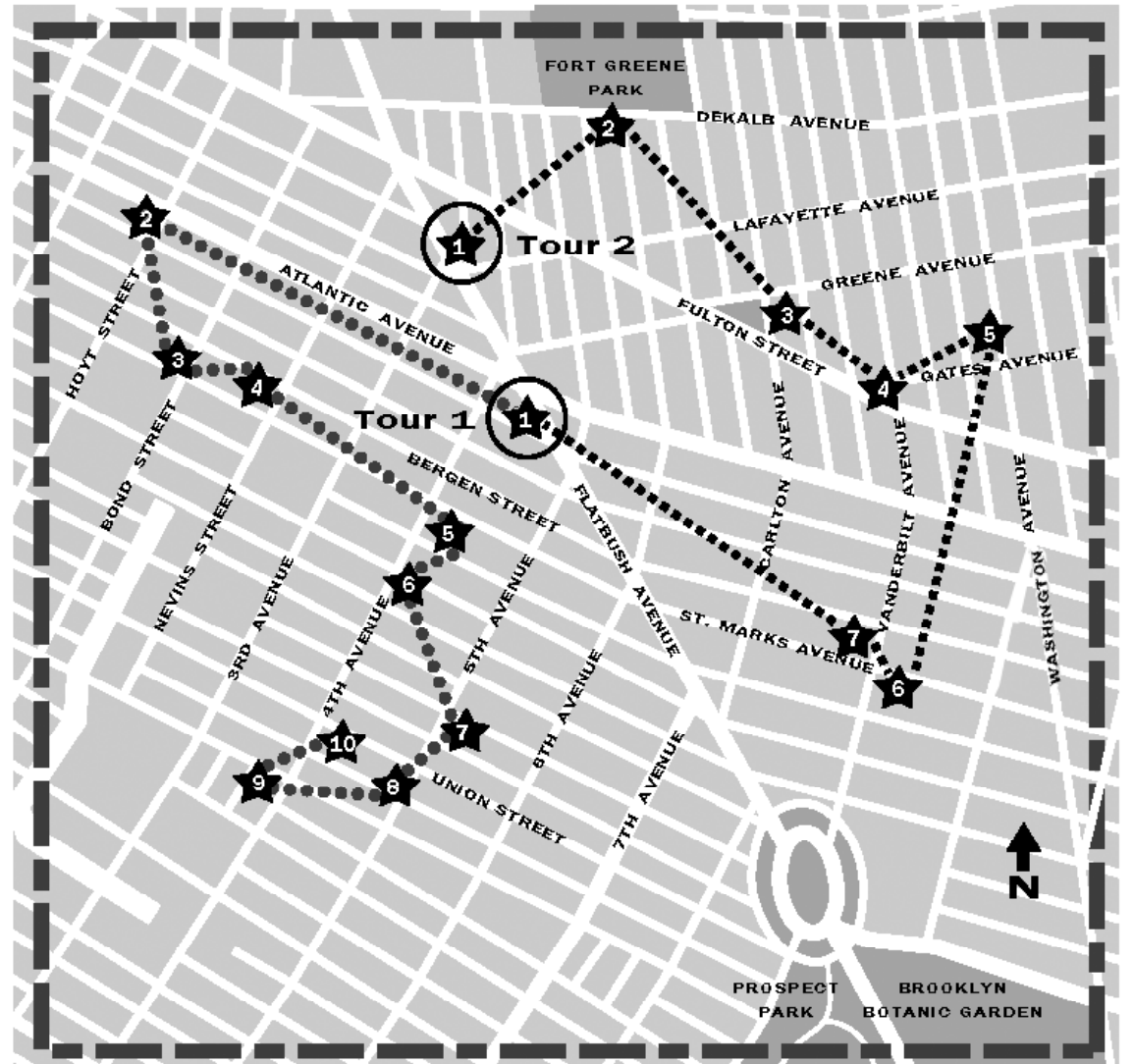
**Friday, June 16**  
**10:00 a.m. – 2:00 p.m.**  
**in the meeting room**

**FREE**  
Non-members welcome

**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.)





## COORDINATOR'S CORNER

# Non-member Thief Who Plagued Coop for More Than 10 Years Is Arrested

By Karen Mancuso, Office Coordinator

On Tuesday, May 16, a man the coordinators suspect has a long history of theft at the Food Coop was arrested. General Manager Joe Holtz believes that the individual, "John Doe" for this article, has shoplifted from the Coop, for more than 10 years. One thing we have learned is that Doe is especially adept at getting in and out of the Coop unnoticed.

He was first arrested at the Coop in July of 1995 for stealing \$97 worth of razors. He was convicted of a misdemeanor and sentenced to six months in jail. The upside was that the Coop was able to get a three-year Order of Protection against him that made it possible for us to call the police if we saw him within 100 feet of the Coop. This meant that we didn't have to wait before we could take action, but this order of protection ran out in fall 1998.

Doe has never been a member of the Coop, according to Holtz. Yet he seems to understand how our organization works, that member labor turns over several times in a day, allowing him to come back every day, sometimes twice a day, without being recognized. Holtz believes Doe had been stealing from the Coop for a few years before his 1995 arrest, mostly small, high-value items with potential for resale. The thefts of the early '90s had a major financial impact on the Coop.

Doe, who gave his name when asked, was caught again in 2000 when a squad leader cornered him in the store, but managed to leave the Coop before the police arrived. Ultimately it has proven difficult to get him arrested unless we can catch him exiting the store with unpaid-for groceries or keep him from leaving with product hidden in his clothing.

The saga resumed in the Coop last fall. In October 2005 a Coop member's purse was stolen out of an unattended shopping cart. The incident was captured on the Coops' video surveillance system. In April, Receiving Coordinator Chase Valdez saw a man in the store who resembled the individual suspected in the purse snatching. Valdez waited for him to leave the store and then asked to see his receipt. The

man told Valdez his wife was inside paying for his groceries—which turned out to be a lie—and left. When the videotapes of this incident and the ones from the purse snatching were compared, it appeared to be the same man. But still no one who knew Doe was present at the time of the incident, nor did anyone think of Doe—after all it had been five years since we last heard from him.

Two weeks later Receiving Coordinator Ibou Diallo recognized in the store the same man Valdez had recently questioned. Diallo called Holtz, who came downstairs, grabbed a cart and pretended to shop in the same aisle as the man. Before long the man realized he was being watched and walked out of the store. Holtz followed him up Union Street and asked him if he had stolen anything. It was only when Holtz saw him up close and started talking to him that he realized this man could be Doe. "He had changed a lot," Holtz says. "He had gained weight and his hair had grown out."

On May 11 a report came from a squad leader who saw a man leave through the entrance with two canvas bags full of groceries. The squad leader followed the man outside and asked to see his receipts. The man kept

walking and replied that he was having a bad day and didn't have time to stop. When the videotapes were compared, the coordinators suspected Doe was the man suspected in all of the incidents.

The theft of the member's purse, which had cash and credit cards in it, is potentially grand larceny. After we had filed a police report, the police instructed us to call them as soon as we saw Doe, even if we didn't see him stealing and even if he wasn't on Coop property. On May 16, as General Coordinator Jessica Robinson was leaving the Coop for the day she passed Doe walking up Union Street toward the Coop. He did not stop at the Coop, but Robinson continued to follow him. She called the police and Doe was arrested on the street in Prospect Heights, where Robinson had trailed him. While he had not shoplifted from the Coop that day, the arresting officers did find in his possession a bag that they said had more than \$100 of what appeared to be new property from another store.

Doe's case is pending in Brooklyn Criminal Court, but unless he is convicted, we fear he may be back. We hope members will take this opportunity to think about security at the Coop and the

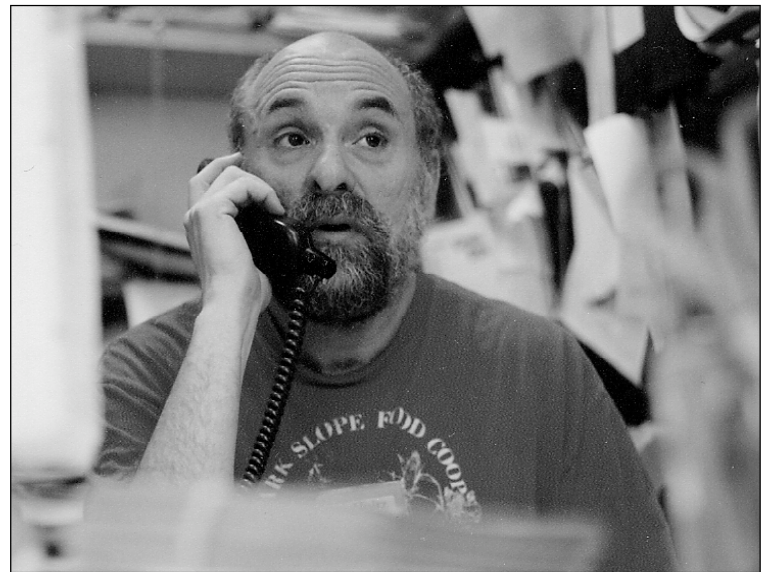


PHOTO BY HAZEL HANFMAN

General Coordinator Joe Holtz at his desk.

importance of some of the Shopping Committee positions. Our videotapes show Doe entering the store on two occasions by slipping past the entrance workers. He does not stop at the entrance desk nor does he speak or make eye contact with anyone. He tries to blend in by stopping to read the bulletin board then continuing on into the store. He usually waits until heads are down and no one is looking in his direction. Another time he entered the store by breezing past the exit desk. Each time the entrance and exit desk positions were fully staffed, but workers were either reading or had turned their backs. Likewise, he has exited the store by walking right past entrance and exit workers carrying full, new canvas bags from the Coop.

We know that it can sometimes be uncomfortable to enforce the rules at the Coop, but entrance and exit desk workers can do their job well by treating everyone equally.

This means checking in with every person who walks in or out of the store. It means staying alert and making eye contact. Entrance and exit workers—there should be two members in each position—should not read on the job or talk on cell phones. Don't try to pick out suspicious individuals, just enforce the rules and ask the same questions of every person who enters and exits.

Those of you coming into the store, whether to work or shop, please let the entrance workers do their job—even if you've already been in the store you must swipe your card each time you pass the desk.

If a person refuses to stop, tell the squad leader or a paid staff member immediately. Include as much detail as possible in your report. Rapid reporting, on the part of both staff and member labor, is responsible for bringing Doe's reappearance to our attention, and ultimately for his arrest. ■

## GENETICALLY MODIFIED FOOD: WHY ARE WE FIGHTING IT?

presented by  
the Safe Food  
Committee  
of the  
Park Slope  
Food Coop



AN EVENING OF FILM  
**Hidden Dangers in  
Kids' Meals: Genetically  
Engineered Foods**

AND DISCUSSION  
A discussion led by  
Safe Food Committee  
members will follow  
the screening.

All welcome.  
GMO-Free refreshments  
will be served.

FREE  
No member admission

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

When approved by the government or otherwise approved by the Park Slope Food Coop

# SAVE A LIFE

## Give Blood

Join the Blood Drive  
at the Park Slope Food Coop

☞ Thursday, June 22 • 3:00 – 8:00 p.m.

☞ Friday, June 23 • 10:00 a.m. – 6:00 p.m.

☞ Saturday, June 24 • 9:00 a.m. – 6:00 p.m.

In the second floor Meeting Room



FACT: Less than 5% of the population donates blood  
and 90% will use blood some time in their life.

• Park Slope Food Coop • 782 Union Street •  
Brooklyn, NY • 718-622-0369 •

• In cooperation with New York Methodist Hospital •  
For further information about blood donation, call Stuart Rosenhaus, 780-2644





## You Are What You Eat

CONTINUED FROM PAGE 1

cializing in environmental issues, offers a more wide-ranging analysis of the political and economic history of the American food industry and its various constituencies (conventional, big organic, small organic), the dangers of not pursuing an ecologically sustainable approach to agricultural and animal husbandry practices, and the reasons why America has come to rely on food production practices that are anything but sustainable.

Coop readers may already be familiar with Pollan's writing—and parts of his most

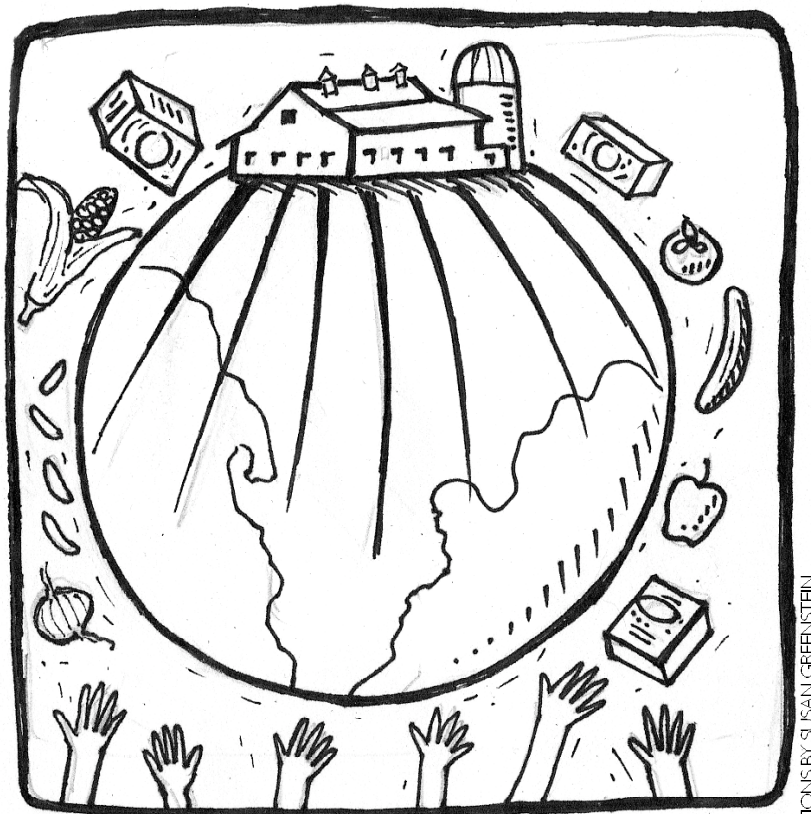
hunted, gathered and grown himself, going so far as to harvest his own salt from salt ponds in San Francisco's South Bay, an experiment that ultimately proves unsuccessful.

Pollan's infectious curiosity—at one point he describes himself as an “ecological detective”—and lively writing style make just about every one of *The Omnivore's Dilemma's* 464 pages an excellent read. That said, I found the first section of the book, which is devoted to a cultural, sociological and economic genealogy of corn, ultimately the

burger and 23% of the French fries are actually corn. All of which leads Todd Dawson, the Berkeley biologist who assisted Pollan with this research, to comment, “When you look at the isotope ratios, we North Americans look like corn chips with legs.” And, of course, what makes industrial corn so plentiful and inexpensive is oil: Pollan estimates that it requires a third of a gallon of oil to produce one bushel of this type of corn.

The second section, in which he discusses the origins of two meals—one purchased entirely at Whole Foods and the produced entirely at a small organic family farm—raises fascinating and important issues about the rapidly growing organic food industry, which, in light of Wal-Mart's recent announcement that it will begin selling organic produce is all the more pressing. Even the most conscientious Coop shoppers (and readers) may find this section useful in terms of thinking through what are the most environmentally conscious ways to eat.

The argument that organic farming is more environmentally safe since it eschews the use of pesticides is incontrovertible, but the argument that conventional farming's overall impact on the environment may be less than buying locally grown conventionally raised produce is not. Pollan clearly lays out the complicated calculus involved in our food buying choices and ultimately finds not only that his “industrial organic meal is nearly as drenched in fossil fuel as its conventional counterpart,” but the existence of organic



ILLUSTRATIONS BY SUSAN GREENSTEIN

**No other human activity has had as great an impact on our planet as agriculture. When we buy food, we are taking part in a vast global industry.**

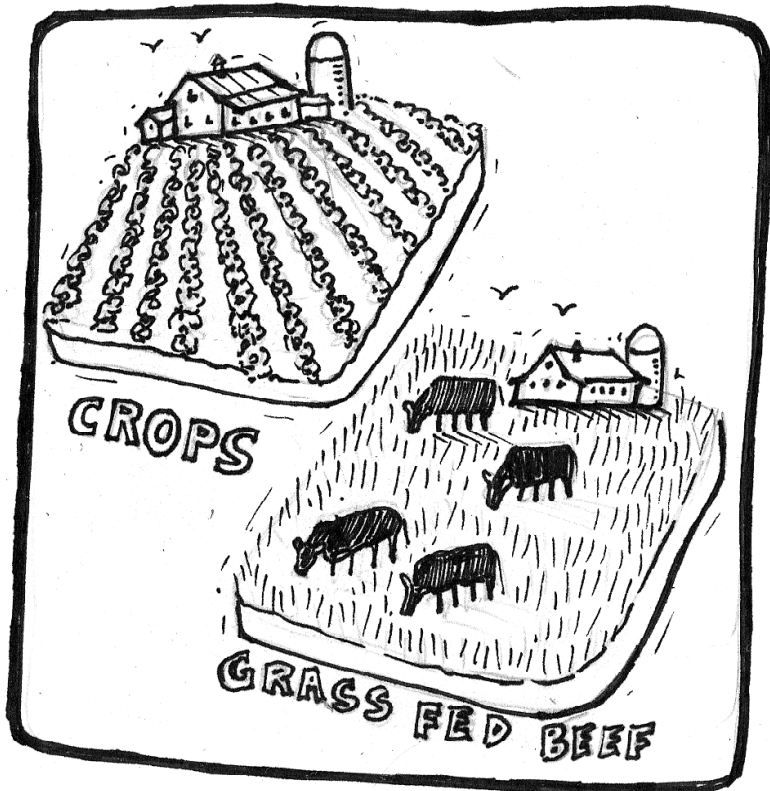
of its environmental and ethical problems.

Through a profile of three families—the “conventional” American family that shops at Wal-Mart, the “conscientious omnivore” family that shops at Trader Joe's and the vegan family that shops at Whole Foods—Singer and Mason trace the genealogy of the various foods that these families eat. Providing incredibly well-researched information and factual details in areas that are often very difficult to cover as a result of the factory food industry's general nondisclosure policies, Singer and Mason are intrepid in their efforts to reveal the practices of a highly secretive industry. When told that they cannot

of saying two turkeys can no longer reach one another's reproductive organs).

It is unfortunate that Singer and Mason, in advocating for a vegan diet, end up appearing to be fairly insensitive to the ways in which economic issues relate to food buying decisions. Their writing style literally changes when they begin profiling the families who have the financial means to purchase organic products. Though their overall argument that we should all be eating lower on the food chain is a very good one and applies equally to individuals who shop at Wal-Mart as to those who shop at Whole Foods, some readers may find a bit of a class bias in the book that is often difficult to gloss over given the ethnographic nature of this section of their study.

Ultimately, both books are significant achievements and depending on your aesthetic and gustatory proclivities, one will certainly provide stimulating and thought-provoking reads. Both also underscore the importance of the PSFC in the overall food chain. Distribution, it turns out, has been one of the key stumbling blocks for small organic farmers. ■



**An area of land used for crops will feed about 10x as many people as an area of land used for grass-fed beef.**

recent book—from *The New York Times Sunday Magazine*, where he is a frequent contributor. Often referred to as “that guy who bought a cow and wrote about it,” Pollan is also the author of *The Botany of Desire: A Plant's Eye-View of the World*, a professor of journalism at the University of California, Berkeley, and a master of making it hard to stop reading about things—“comsex,” for instance—that may at first appear to be of limited interest to a general reading public.

The book, which is divided into the four sections, offers first an introduction entitled “Our National Eating Disorder” that considers the lack of a “steadying culture of food” in America and the ways in which this leaves us “especially vulnerable to the blandishments of the food scientist and the marketer.” This is followed by an investigation of factory farms and corporate food production in section two, and by a similar journey through the steps of the food chain in big and small organic farms in the third. In the fourth and last section entitled “Personal: The Forest,” the author discusses his experiences preparing a meal from ingredients almost exclusively

most absorbing. It is here that Pollan finds a rare balance between first person narrative and the relation of objective facts, combining the details of personal experience with a great deal of historical, botanical and socio-economic information.

Having visited a corn and soybean farm in Iowa and followed the corn planting and harvesting process, Pollan then poses for himself the task of tracing where the 90,000 kernels that make up a bushel of corn end up. This quest will take him from the farmland of Iowa to the pastures of Western ranch, where Pollan buys his cow, to a confined animal feeding operation (CAFO), to a corn processing mill and finally to a McDonald's in California, where Pollan and his family share a meal that, when analyzed in terms of its carbon isotopes, is made up of a fairly substantial amount of corn.

Analyzing the atomic signature of a McDonald's meal to determine how much carbon in the meal came from corn, a procedure performed by a colleague of Pollan's at Berkeley, reveals that: 100% of the soda, 78% of the milk shake, 65% of the salad dressing, 56% of the chicken nuggets, 52% of the cheese-

factory farms where cows are packed as tightly together as in conventional factory farms and fed, not grass, but a steady diet of *organic* corn.

*The Way We Eat* fills in some distinct gaps in Pollan's book, offering a much more in-depth look at practices not only at animal factory farms, but at factory slaughterhouses, as well as important statistics related to American food choices and world hunger. For those debating the ethics of eating animal-based products, there is also a collection of various arguments for and against. The book's bias is clear: it is vastly preferable to follow a vegan diet to protect animals, the environment and contribute to the end of hunger globally. If following a vegan regime is not a possibility, they recommend a vegetarian diet and strongly discourage even “conscientious omnivorism” because

**For those debating the ethics of eating animal-based products, there is also a collection of various arguments for and against.**

visit an industrial turkey farm, they apply for jobs as turkey inseminators, a job that is now required because factory farmed turkeys—fed and bred to promote maximal breast size—can no longer reproduce naturally as a result of physiological constraints (a euphemistic way

### ADDITIONAL TITLES ON RELATED TOPICS:

- Wendell Berry's  
*How Corporate Farming Has Endangered America's Food Supply*
- Christopher Cook's  
*Diet for a Dead Planet: Big Business and the Coming Food Crisis*
- Julie Guthman's  
*Agrarian Dreams: The Paradox of Organic Farming in California*
- Richard Manning's  
*Against the Grain: How Agriculture Has Hijacked Civilization*



# Goodbye...for now

## The ins and outs of taking a leave from the Coop

It all started when I considered very last minute to go on leave from my shift as a reporter for the Gazette. I'm finishing up a book due in July and was feeling pinched. I hemmed and hawed—I do love the organic produce and Save the Forest granola—and when I finally decided I was told that it was way too late and that I was putting the paper in a bind. (Totally understandable.) I was also notified that if I didn't turn in an article—this article—then I would owe two articles. (Ouch!)

So, I decided I would indeed write an article and that I would look into the Coop's various leave policies. Turns out, it was perfectly timed.

### Summer Breaks

More than 800 members were on some kind of leave last July and August, over 60% more than that June. That means a lot more work for Office Coordinator Annette Laskaris, the Coop's leave guru. "During the summer, a lot of members take leaves because life changes and people go on vacation. If you're taking a long vacation, sometimes it's easier to take an eight-week leave then finagle your work slot and move it around," notes Laskaris. But, she begs, "Please don't call the day of or the day before your workslot because it creates a lot of havoc for the Coop because we may be missing workers. Really, it's never too early to call."

"Don't be shy: call five, six, seven weeks ahead of time," adds General Coordinator Linda Wheeler. "And you can



shop right until the last day before you actually go on leave." Both coordinators mentioned that cashiers, childcare and office workers should give as much notice as possible. *Gazette* writers, as I learned, should also give as much notice as possible so there isn't a gaping hole instead of this article.

"We don't prevent people from taking leaves," explains Laskaris. "We just want notice so we can prepare."

### The Fine Print

While there are several types of leaves, at this time of year most fall into the Temporary Leave Program. This is for members who are planning to be away from the coop for at least eight weeks. Members who want to return to their same squads will need to know when they are returning.

Whether the leave is for eight weeks or up to a year, most work slots the Coop can hold most work slots.

But what happens if you don't know when you're going to return? You can still take that leave, but the Coop asks for an approximate return date. Unfortunately, in these instances, your workslot cannot be held because the Coop doesn't know exactly when you'll return. When you decide to return, just call the office and pick a new slot.

In both instances, you will receive a letter from the Coop. The letter to members with a definite return date will let them know when their leave is supposed to end, when their next work shift is and when they can begin shopping again. You will also receive a letter based on your estimated return date for an indefinite leave.

For households with more than one member, unless the member going on leave is going to be living away from the household, all members must go on leave. It's also not hard to change the date you want to start and end your leave. Laskaris says, "It's easy to extend, but we in that case, we won't be able to hold your workslot."

Now, if you are leaving permanently, the Coop offers a "Permanent Leave," which is not necessarily as permanent as it sounds. Really, the only way it differs from the Temporary Leave is that you get a refund on your Coop investment. The good news: if you do return, you will not need to attend a second orientation nor will you have to pay another joining fee, and may do it simply by calling the office.

### History Lesson

Explains General Coordinator Linda Wheeler, "The leave policies started because people would take leaves for the summer. Then one year, they trickled back over several months. Some didn't rejoin until January. So, Joe Holtz suggested we create a leave program."

Notes Linda Wheeler, "This made rejoining easier, so our membership would be stable instead of dribbling back while also providing a service to individual members."

Of course, in the early days of the Coop everything was less formal. Ellen Weinstat, for instance, joined the Coop in 1981. In the mid-1980s she left the Coop for a year. "It was easy," she notes. "I just came to the office and said I had to go on leave. When I came back, Joe



Holtz said, 'Oh, you're back. Want to work in the office?' And that was it."

"I came back because I missed it and I realized how much more it cost to shop elsewhere. But I knew I would come back someday," adds Weinstat, who became a member of the Coop staff in 1987. "Sometimes you have to leave to realize how important it is."

### Other Types Of Leave

For new parents, there's Parental Leave, which lasts a total of twelve months per child after the birth or adoption. Those months can be divvied up between the parents however they see fit. Members on parental leave are allowed to do make-ups and, more importantly, continue shopping. If you have twins, you double the time off—not that you'll have much time to shop. Proof is required in the form of a birth certificate or letter from a midwife or doctor.

"Sometimes people think they have to leave the Coop because they're having kids and they're going to be too busy," says Coordinator Laskaris. "But we explain to them that they can go on leave *and* continue to shop."

For those members dealing with an injury or illness, or for those members who are the primary caregiver for someone who is injured or ill, there is Disability Leave. In these instances, members can continue to shop. Proof is required, and typically a doctor will need to fill out a brief form. Disability leaves may be temporary or permanent.

### Odds & Ends

Laskaris explains that, "a lot of paper work needs to get filled out for each person going on leave and, because we don't have member work histories on computer yet, it's all manual labor."

There are no sabbaticals (for things like book projects): either you work or you don't shop.

Leaves cannot be taken retroactively. So, if you stopped shopping in April and realize you should have gone on leave, you're out of luck. But says Laskaris, "If you're absent for your workslot two times in a row without doing any make-ups, then you are automatically taken off your squad. That means you will stop accruing make-ups, and the squad will have an opening for another member. People think they can never show up again, but you can come back at any time and you'll owe just what you owed at the time you became unassigned. It may only be four make-ups."



PHOTOS BY ROSEN

General Coordinator Linda Wheeler, Office Coordinators Ellen Weinstat and Annette Laskaris

And finally, Laskaris requests that if you're planning on leaving the Coop for good, "it's better to call and let us know than not call at all. It's beneficial to the Coop to know you're leaving rather than just forgetting about

us. That way we can plan accordingly."

For now, I'm planning to stay on the *Gazette* (if they'll have me). And now I know what to do if I ever consider going on leave again. ■

## PSFC ANNUAL MEETING & JUNE GENERAL MEETING Tuesday, June 27 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.

### ANNUAL MEETING AGENDA:

#### Item #1: Presentation of the audited financial report for the year ended January 29, 2006

Following the presentation members will have the opportunity to pose questions to our outside auditor, Robert Reitman of Cornick, Garber & Sandler, LLP. Members will then vote whether to accept the audited statement.

#### Item #2: Board of Directors Election

**Election:** Two positions are open this year for full three-year terms.

### GENERAL MEETING AGENDA:

#### Item #1: Renewing the Services of the Auditor

**Proposal:** "To retain the services of Cornick, Garber & Sandler, LLP, to perform an audit of the Coop for the fiscal year ending January 28, 2007." — submitted by the General Coordinators

#### Item #2: Election of Officers of the PSFCoop

**Election:** Following the election of members to the Board of Directors at the Annual Meeting, we must elect officers of the corporation at the General Meeting—president, vice president, secretary and treasurer.

[PSFC Bylaws: "Article IV, Officers: §3. The President and Vice-President shall be, at the time of election, directors of the corporation."]

### 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.

## 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  
June 16  
8:00 p.m.**



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

## JOIN THE COOP IN CELEBRATION OF LESBIAN•GAY•BI•TRANS PRIDE!

**VIVA** is an outrageously talented guitarist/percussionist/singer who has performed everywhere from Lincoln Center to Bonnaroo. Her original songs roam the wild open spaces of Alternative Americana and she delightfully interprets artists as diverse as Dolly Parton and RadioHead. On stage, she combines her gorgeous sound with righteous feminine power, embodying the essence of outlaw glam.



**ATHENA REICH** is a Jewish Mennonite originally from Canada. She is very happy that her family has to go through customs to find her. She tours all over North America, screaming about her dysfunctional family. She has released 4 CDs, composed a rock opera (*Athena Under Attack*), and is the lesbian correspondent for "Under the Pink Carpet" on PBS and Out TV across the US, Canada and Australia. She has opened Sarah McLaughlin and Jim Carrey and has a crush on Ellen DeGeneres.

**GLORIA** is a New York based theatre artist and comedienne from Pittsburgh by way of South Carolina. She recently completed her M.F.A. from the University of Illinois. A regular at both Stand-Up New York and the Improv, she uses comedy to challenge peoples perceptions of what it means to be a queer woman of color.



**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

## Puzzle Corner

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

### Cryptogram Topic: More Bulk in Silos

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.

B X H Q M P Q W E I

V Q H Z I Q E Y F

Q H G G F J H W M B

I D M Q E M E H I W G

N F W B M

W J D S E V F W I B

K Q F I Y X G F I M E G B

Z X E M F K G H D Q

P Q F F I B C G E M

C F W B

Y X E Y S C F W B

Z X F W M V Q W I

B F B W U F B F F J B

K T W W R Z

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# 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:

Jun 22 issue: 7:00 p.m., Mon, Jun 12  
 Jul 6 issue: 7:00 p.m., Mon, Jun 26

### CLASSIFIED ADS DEADLINE:

Jun 22 issue: 10:00 p.m., Wed, Jun 14  
 Jul 6 issue: 10:00 p.m., Wed, Jun 28

## 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, JUN 27

ANNUAL MEETING & JUNE GENERAL MEETING: 7:00 p.m. The agenda appears in this issue.

### THU, JUL 6

DATE CHANGED because of holiday  
 AGENDA SUBMISSIONS: Items submitted will be considered for the July 25 GM.

## 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, JUN 13

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

## WORKSLOT NEEDS

**WORKSLOT NEEDS LISTINGS HAVE MOVED TO THE BACK PAGE.**

## 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.

## Annual Meeting and June General Meeting Tuesday, June 27, 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.

## Attend a GM To Receive Work Credit...

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

### Advance Sign-up Required:

To be eligible for workslot credit, you must add your name to the sign-up sheet located in the ground floor elevator lobby. On the day of the meeting sign-ups are allowed until 5p.m. and the sign-up sheets will be located in the Membership Office all day. On the day of the meeting, come to the Office to add your name to the list and to receive your information packet. Some restrictions to this program do apply. Please see below for details.

### Two GM attendance credits per year:

Each member may take advantage of the General-Meeting-for-workslot-credit program two times per year.

### Certain Squads are omitted from the Program:

You may attend the GM for credit only if you are a member of a Shopping, Receiving/Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committee. Other Squads are omitted either because covering absent members is too difficult or attendance at the GM is already part of the workslot's responsibility.

### Attend the entire GM:

In order to earn workslot credit you must be present for the entire meeting. GMs typically run from 7:00 p.m. - 9:45 p.m., though they occasionally run longer.

### Childcare is provided at the General Meeting location:

To request that childcare be provided for your child at the meeting, you must notify a paid staff Office Coordinator in the Membership Office at least one week prior to the meeting date.

### Sign the Attendance Sheets at the Meeting:

During the GM an attendance book will make its way around the room. Please sign

your name in this book. After the meeting the Chair will provide the Workslot Credit Attendance Sheet. You must also sign this sheet in order to receive credit.

### Being Absent from the GM:

There is no penalty if you sign-up for the meeting and then cannot attend. We do ask that you try to keep the sign-up sheet current and remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

### If you are on an ABCorD shift and are "ACTIVE" for work on the night of the meeting:

You will be given an FTOP credit for attendance at the meeting. You are not required to use this credit at a particular time. However, to use this credit you must follow the Coop's rules for "Using Banked FTOP Time" that are explained in a flier available in elevator lobby literature racks and in the Membership Office.

### If you are on an ABCorD shift and owe a make-up on the night of the meeting:

The GM attendance credit will automatically be applied as a make-up.

### If you are on FTOP:

Recording of your attendance at the meeting and an FTOP shift credit will be applied to your FTOP record after you have attended the meeting.

### Consider making a report to your Squad after you attend the meeting:

you can help inform other members about current Coop issues, the GM in general and the GM-for-credit program in particular by making a brief report about your GM experience. You can make this report the next time you meet with your squad or, if you are on FTOP, the next time you work on any Squad. Generally these reports work best as part of a squad end-of-shift meeting. ■



PARK SLOPE FOOD COOP

## MISSION STATEMENT

The full mission statement appears on the back page.





## 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, JUN 9

**GOOD COFFEEHOUSE:** Brooklyn Women's Chorus, founded & directed by \*Bev Grant. 35 women singing together to create one powerful voice for peace & justice. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

**KIM & REGGIE HARRIS:** A Concert of Folk, Jazz and Gospel Music. A benefit to support volunteers helping to rebuild New Orleans. First Unitarian Church, corner Pierrepont/Monroe in Brooklyn Heights. Trains to Court St, Borough Hall or Jay St. 8pm. \$20 adults, under 12 free, senior/student discounts. More info 718-624-5466.

## SAT, JUN 10

**GATEWAY TO THE NATIONS POW WOW:** Floyd Bennett Field Gateway Nat'l Recreation Area, Bkln. 10-8:00. Performances of Native American dance & song, drummers, dancers from around the world. Info: 718-686-9297, redhawkarts@mindspring.com

**ROOFTOP FILMS** Czech Dream Unfortunately, the most exciting new hyper-market in the Czech Republic doesn't actually exist. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show\_06-czechdream.html

## SUN, JUN 11

**GATEWAY TO THE NATIONS POW WOW:** Floyd Bennett Field Gateway Nat'l Recreation Area, Bkln. 10-8:00. Performances of Native American dance & song, drummers, dancers from around the world. Info: 718-686-9297, redhawkarts@mindspring.com

## the Coop on Cable

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

Multi-part series on Vegetarianism and Meat Eating. **June 23**

Episode One includes interviews with Coop members who have divergent views on meat eating and vegetarianism. The show visits a couple that lives this divide. He eats meat; she doesn't. How does this work? The answer lies in part with his cooking. See how he keeps the peace with a delicious polenta-stuffed Portobello mushroom with chard and tofu. **June 30**

Episode Two starts with an informative discussion about the merits of meat

**PIER SHOW 14:** UnPlugged in Red Hook: \*Jenny Hill & Chill Factor, 3:00 p.m. BWAC, Bkln Waterfront Artists Coaliton. More info at www.bwac.org

## TUE, JUN 13

**CAREGIVER STRESS REDUCTION:** Workshop led by Joan Bega. Learn breathwork, guided meditation, & visualization techniques to cope with the overwhelming demands of caregiving. Leers's Place at Park Slope Geriatric Day Center. Weekly on Tuesdays, 4-5:00, FREE. RSVP necessary: 347-296-2345 to register.

## THU, JUN 15

**HADASSAH FILM FORUM:** Program A, 4:30-7pm: In Vienna They Put You in Jail; The Forgotten Refugees. Program B, 7:30-10pm: Imagining Peace; Suicide Killers. Documentaries include Q & A with filmmakers afterwards. Donation \$20/program. The Center for Jewish History, 15 West 16th St, 5th Ave. Subways: 1,6,Q,L, R, F,V to 14th St. For more info: www.brooklyn.hadassah.org. RSVP to (718) 382-6454 or website.

## FRI, JUN 16

**GOOD COFFEEHOUSE-COOP NIGHT:** Celebration of Gay Pride \*Viva DiConcini, \*Athena Reich & \*Gloria. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

**ASIAN AMERICAN WOMEN ARTISTS Alliance.** Home Room Exhibition Opening Reception. 6-9PM. A performance by Min Xiaofen and her blue Pipa ensemble at 7 PM. Free. AAWAA Gallery, 136 15th St. Bklyn. info@aawaa.org 718-788-6170.

## SAT, JUN 17

**PIER SHOW 14:** UnPlugged in Red Hook: folk singer Tina Olsen, 3:00 p.m. BWAC, Bkln Waterfront Artists Coaliton. More info at www.bwac.org

**ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series.** A Soul haunted by Painting. Chinese painter Pan Yuliang (played by Gong Li) was raised in a brothel and later rescued by a man who married her to be his concubine... AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

**ROOFTOP FILMS INDUSTRI-ANCE™ Shorts:** Rising Tide An entertaining collection of shorts about workplaces in flux the world over. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/2006\_shorts.html

## SUN, JUN 18

**FULTON ART FAIR:** 48th Annual. Fulton Pk, Bkln, btw Fulton St & Stuyvesant Av, noon til dusk. Info: 718-707-1457.

## FRI, JUN 23

**GOOD COFFEEHOUSE:** Season Finale—singer songwriters Terence Martin & Ned Massey. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

**ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series.** Chinese animation, Monkey made havocs in Heaven, for neighborhood children. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

## SAT, JUN 24

**ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series.** Seventeen Years. Eng. Subtitles. A young girl is convicted of murder and sentenced to a long stay in Prison. After 17 years she is granted a special furlough for New Year. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

**ROOFTOP FILMS** Who is Bozo Texino? The name Bozo Texino has been scrawled on a million railcars—but who the hell is he? @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/show\_06-bozotexino.html

## SUN, JUN 25

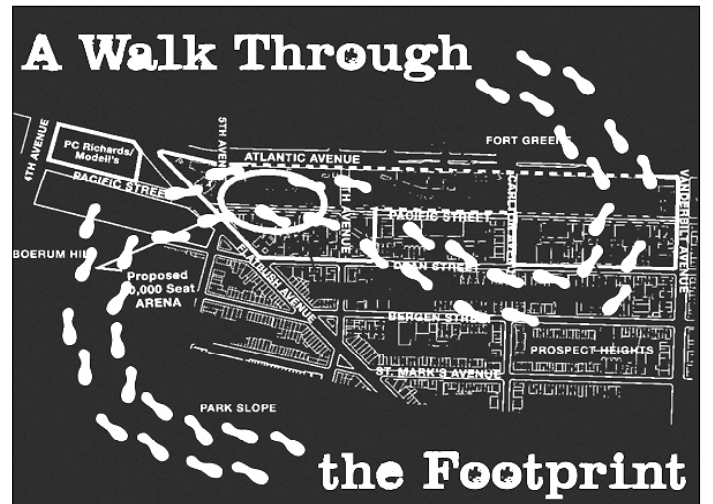
**FULTON ART FAIR:** 48th Annual. Fulton Pk, Bkln, btw Fulton St & Stuyvesant Av, noon til dusk. Info: 718-707-1457.

## FRI, JUN 30

**ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series.** The World of Mei Lanfang. A beautiful woman moves demurely, but with a hint of seduction. Mei Langang became an international sensation for his portrayal of women in Chinese Opera. Reservation required – if reaches 50, a costumed performance by Chinese Opera star Alan Chow will follow. \$10. 718-788-6170.

## FILM NIGHT

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



## A Walk Through the Footprint

This 18-minute short film profiles several Prospect Heights residents who face eviction due to developer Bruce Ratner's Brooklyn Arena project. Ratner's plan to erect not just an arena, but a 16-skyscraper mega-development complex would displace some 800 people who live in the vibrant community of Prospect Heights. The film follows the model of the PBS "Walk Through" series that profiles neighborhoods around New York, but in this film the tour guides are community activists, members of Develop Don't Destroy Brooklyn, who visit several of the residents facing eviction. The characters are funny and poignant, passionate and compelling, as they describe the life of a vital community.

Coop member and filmmaker, **George Lerner** has made a series of short films on Brooklyn neighborhoods Crown Heights and Red Hook for the travel website TurnHere.com. As a long-time CNN producer, he spearheaded CNN investigative series on Al Qaeda links in Canada, Saddam Hussein's money trail and abuses by U.S. contractors in Iraq. As a reporter for Reuters in the 1990s, he covered global poverty issues, reporting on Latin America's 1995 economic crisis and Asia's 1998 financial meltdown.

A discussion with the filmmaker and the film's subjects will follow.

**FREE**  
Non-members  
welcome

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

## SAT, JUL 1

**ASIAN AMERICAN WOMEN ARTISTS Alliance Movie Series.** Mao's New Suit. Two young Chinese women designers are out to make their mark in the international fashion industry. Their optimism shows the human face of changing China. AAWAA Gallery, 136 15th St. Bklyn. 718-788-6170. 7PM. By donations.

**ROOFTOP FILMS INDUSTRI-ANCE™ Shorts:** This Land is Not Yours Short films about contested spaces and artists reclaiming their land. @ roof of The Old American Can Factory (232 3rd St @ 3rd Ave) Park Slope Indoors in rain 8PM: Music | 9PM: Films \$8 | \$5 Food Coop members w. ID (use discount code "Coop") www.rooftopfilms.com/2006\_shorts.html





## NO GRAZING

### DEAR COOP

I would like to suggest that we do away with a very troublesome RULE in the Coop. This rule is broken by at least 50% of Coopers and is never enforced—so why keep it? I have seen those who are young and those who are not so young breaking this rule. I have never seen this rule enforced. So, why have it? Those of us who follow the rule are the schmucks, the obeyers of rules and the big losers.

It's hard to remember a time when I've been able to go through a whole Coop shopping trip without seeing this rule broken. Which rule? The one that says you should not eat anything on the floor of the Coop until it has been paid for. So, as I am ethically opposed to breaking rules in my own Coop I think we should just do away with it. I WANT TO HAVE FREE GRAZING RIGHTS IN THE COOP TOO!!

I see so many Coopers cheerfully eating their way during their shopping. How do they pay for what they eat, or even do they pay for what they have eaten? These two questions are the great imponderables. How can you pay for grapes that are sold by the pound when you have eaten some of them before reaching the checkout? And then, there were the two women who stood by the freezer and ate two ice cream sandwiches and then went on their way shopping without the wrappers in their basket, not even pretending they wanted to pay. Or, the man who decided the best way to get through the wait line was to eat a small box of cookies. Or the woman who just had to eat that sandwich as soon as she took it out of the fridge. And the hungry children—can any parent deny their

child an unpaid for goodie while they are shopping? I'm sure there are so many other examples too. So, why am I depriving myself from this sort of satisfaction?

Well, I'm tired of the stories and I'm tired of being the stupid schmuck who stands on principle and doesn't eat Coop food until it is paid for. Let's do away with this impossibly difficult to enforce rule and let us all be permitted to munch our way through a Coop shop and line wait. Why do I have to be deprived when so many others just don't give a damn about this rule?

As a Coop member, I resent having our profits eaten away (literally) by the rule breakers. So let's lose the rule and let me partake of the freebies too. Those of us who don't eat before buying are the idiots who pay for all the other freebies so easily imbibed by the rule breakers. And the worst thing is when you inform someone who is eating that it breaks a Coop rule. "Ah," they say, "Everyone does it. I see it when I check people out—so if others do it why not me?" Once, I told a squad leader there was someone eating his way through the aisles—the leader's response? She picked up the phone and announced on the intercom that there was no eating before paying. Thanks for nothing.

If people indulge in this behavior "outside" in ordinary stores they would, quite rightly, be arrested and charged with petty larceny. It is, after all, plain ordinary theft. We see stories in the *Gazette* of people being hauled before the disciplinary committee on charges of "theft of Coop time." What's so different about theft of Coop property?

Regards,  
Lambert Heenan  
Gerry McCleave

## 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](mailto: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.



## GENERAL COORDINATORS ENDORSE BOARD CANDIDATES

### DEAR COOP MEMBERS,

We are writing this letter on behalf of all seven General Coordinators. If you don't regularly follow governance discussions at the Coop, it would be difficult to know just how much the smooth functioning of our Coop depends upon having a board that respects the Coop's tradition of members gathering at General Meetings to discuss and vote on agenda items. As General Coordinators, we are responsible for the overall good functioning of the Coop and are, therefore, concerned with the outcome of this board of directors election.

In any election, it can be difficult to decide how to vote based solely on candidate statements. You will receive in the mail a packet containing candidate statements (which are also printed in this issue of the *Linewaiters' Gazette* along with the proxy for the board elections).\*

We, as Coordinators, consider it our responsibility to make endorsements for the board. Imani O'Ryn and Audrey Miller Komaroff are dedicated Coop members who have contributed their efforts to the Coop's well-being. Based on our collective experience at the Coop, our understanding of our form of governance and our knowledge of the candidates, we suggest that members strongly consider voting for both Imani and Audrey.

We know that they both:

- Realize how important governance is to the overall stability and smooth functioning of the Coop;
- Know that the balance between the direct democracy of Coop General Meetings and the legally required board of directors has served the Coop well because of the board's respect for the town meeting process;
- Want to encourage member involvement, and will welcome and respect members' participation at General Meetings;
- Understand the relationship between the General Meeting, the Coop organizational structure and the Coop's management;
- Will put the best interests of the Coop ahead of their own interests and are committed to working cooperatively for the general good and strength of the Coop community.

We urge you to participate in the board election process by returning the proxy you receive in the mail—even if you plan to attend the Annual Meeting on Tuesday, June 27. If you mail in your proxy and then come to the meeting, your proxy will be returned to you so that you may vote in person.

In Cooperation,  
Joe Holtz & Linda Wheeler,  
General Coordinators

\*If you do not receive a proxy and candidate statements in the mail or have misplaced yours, you can pick up another packet at the entrance desk or in the office.

## GIMMEE SOME FUZZ

The little gooseberry  
Despised being peewee  
But became very merry  
When renamed the kiwi.

—Leon Freilich

## DEMOCRACY NOW!

### TO MY DEAR COMRADES IN THE STRUGGLE FOR CO-OP DEMOCRACY:

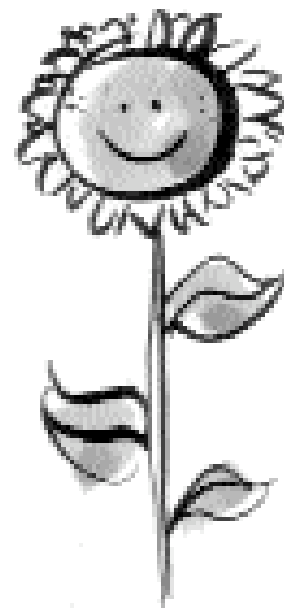
I do wish everyone a happy Memorial Day, which is when I am writing this letter. We have three candidates for two positions this year, so there is a chance, not of me winning, but that I will get a better showing than previously. This is approximately the eighth time I have run for the Board, even though the Board has given up its power.

I do apologize to Linda Wheeler and the Staff for haranguing her for so long about Board Election issues—she offered me a thorough and satisfactory answer that she would not have given me had I asked her a year ago! But still it doesn't matter—your vote and mine are wasted if the Board members have no power except to ratify the obviously unrepresentative General Meetings. I am the only one who suffers for my intransigence.

Please remember that I stand for just one thing: Fair and equal representation through an elected Assembly of Delegates. However, I do have a lot of other ideas on which I have done a lot of work and have detailed in my Candidate Statement as well as in a recent issue of the *Gazette*.

To those who vote for me or even put up with me in any way, I thank you for your patience and your support and even your misguided opposition. Even if you did vote for me, that is not enough. Join the Campaign for Co-Op Democracy—or at least send me a shout-out! I think our next move should be a petition drive.

In gratitude and cooperation,  
Albert Solomon  
718-768-9079, [hobces@yahoo.com](mailto:hobces@yahoo.com)





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CALL NOW TO RECEIVE A FREE MARKET ANALYSIS OF YOUR HOUSE, COOP OR CONDO. I'M A COMMITTED FOOD COOP MEMBER AND A LICENSED REAL ESTATE SALESPERSON.

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**BROWN HARRIS STEVENS**

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**Time To Clean Up**  
Update antivirus/anti-spyware and firewall technology. Virus and popup detection, removal, data recovery and backup.  
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Established since 1990  
Professional, Reliable, One on One Service  
**LOWEST PRICES IN THE NEIGHBORHOOD GUARANTEED!!!**  
Co-op Members get a 10% discount on all framing orders.

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**Veronica Kolb - 917.398.0831**  
Food Co-op Member Since 2005



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Real Estate the way it should be.

Vet approved, healthy, homemade, & delicious  
Coming soon to your Coop freezer!

**ScooterFood**  
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**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.

**BED & BREAKFAST**

BEAUTIFULLY FURNISHED GUEST SUITE accommodates 1 or 2 people, located in a grand Victorian Brownstone on park block, center slope. Amenities include private, all new spa-bathroom & sauna, continental breakfast with many organic assortments. Visit our website at [www.bbparkslope.com](http://www.bbparkslope.com) or call 718-965-2355.

RESTFUL PARK SLOPE SANCTUARY for your out-of-town guests. Spacious, beautifully furnished 1 bedroom apt. can accommodate up to 4. Comes with full kitchen, linens, towels, HBO, cable, and DVD. Convenient location near 3 subway lines. Call 718-789-5571 for more info. See [cyberrentals.com](http://cyberrentals.com) property #133817 for photos.



**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.

PLAYBACK THEATRE at Brecht Forum. Early July and early Sept. Use 25 hours to learn an improvisational form that translates personal experience into theater without script or rehearsal. Taught by 12 year trainer Susan Metz. \$175 suggested fee. More info at [brechtforum.org](http://brechtforum.org) and Playback. Contact [SusanLists@yahoo.com](mailto:SusanLists@yahoo.com) 718-636-9089.

CAMPING COOPERATIVE seeks new members. Camp, hike, bike, canoe, swim, fish, relax. Trips within a 3 hour drive of NYC. Low cost. Carpools arranged. Singles, couples, families, experienced campers, newbies welcome. 718-670-3225. [www.campers-group.org](http://www.campers-group.org)

**COMMERCIAL SPACE**

PROFESSIONAL OFFICES available. Ideal for massage therapist, acupuncturist, psychotherapist, etc. Be part of a holistic center, either in a beautiful Soho section or in an excellent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-5055.

**Stratton Vermont Vacation Rentals**

6-Acres in Green Mountains of Southern VT -Views of Stratton Mountain & Brook with Swimming, Dogs OK.  
House: \$700/week  
Cottage: \$500/week  
Jason Kass 617-233-5058  
[strattonvacation@yahoo.com](mailto:strattonvacation@yahoo.com)

Rental House (sleeps 8-10) website: <http://vermontvacation.net/home.com>  
Rental Cottage (sleeps 6-8) website: <http://www.greenmountainvacation.com/2004/strattonvacation.html>



STUDIO / OFFICE SPACE for rent: 1,200 SF for \$1,750 per month (heat, electricity included). Near Botanic Garden and subways. Ground floor, split-level, windows on street. 9 to 13 foot ceiling. Long-term lease, shares possible. Converted factory, artist-owned. 718-826-8575 or 917-561-9644. Daniel or Lucy.



**EMPLOYMENT**

SEEKING PUBLIC SCHOOL transfer: Experienced school social worker / guidance counselor hoping to transfer from school in S. Bronx to school closer to home. Superb resume. Any leads? Call Tasha Paley 917-613-4207. Thanks!

**MERCHANDISE**

THINKING OF BUYING A WATER FILTER? Join lots of PSFCoopers who use MULTI-PURE for drinking / cooking / ice / tooth brushing / rinsing fruit & veg, knowing lead / mercury / giardia / cysts / dry cleaning solvents / gasoline additives / particulate matter are removed from their water supply & plumbing. Ede Rothaus 212-989-8277, [aqua4water@aol.com](mailto:aqua4water@aol.com)

ABSOLUTELY FREE! Get a high-quality water filter system for free with the purchase of replacement carbon block filters. If you're tired of buying bottled H2O or poor quality H2O filters consider this fantastic offer by the respected Multi-Pure Corp. For more information call Denise at 718-435-3169.

**MERCHANDISE NON-COMMERCIAL**

SUMMER SILK DRESS with thin shoulder straps. Lavender-brown. Never used. Size 8. \$175 or best offer. Also, indian style shawl. Thin rayon looks like silk. Deep burgundy and golden paisley pattern. Beautiful! \$75 or best offer. 212-802-7456.

FREE FURNITURE. Pick up 2 couch set. Beige corduroy and one large wooden desk with seven drawers. Both good condition. Call eve. Frieda 718-633-5309.

MASSIVE STOOP AND BAKE sale to benefit the Red Tent Women's Project. We've got kitchen stuff, kid's

stuff, books, movies, music, clothing, shoes and much, much more! Saturday and Sunday, June 10th and 11th, from 11 a.m. to 5 p.m. at 338 4th Street between 5th and 6th Avenues. For more info, call 718-866-5859.

**SERVICES AVAILABLE**

EXPRESS MOVES: Brownstone flight specialists. Our FLAT RATE includes labor and travel time. Great Coop references. 670-7071.

IF IT'S NOT BROKE don't fix it! But, if it is "Call Bob" - every kind of fix-it. Carpentry-Plaster Work-Plumbing-Tiles-Phone Lines. Also: shelves, closets, doors hung, etc. If it's broke, call 718-788-0004. Free Estimate.

SPRING YOUR FLOORS TO LIFE by sanding and refinishing! Floor mechanic will install, repair, refinish wooden floors. Reasonable prices. Good references. Call Tony @ home 718-484-7405. Cell phone 917-658-7452.

ATTORNEY-EXPERIENCED Personal Injury Trial Lawyer representing injured bicyclists & other accident victims. Limited caseload to ensure maximum compensation. Member of the NYSTLA & ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710.

ATTORNEY-PERSONAL INJURY EMPHASIS. 28 yrs. experience in all aspects of injury law. Individual



attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 19-year Food Coop member; Park Slope resident. Tom Guccione, 718-596-4184.

ORGANIZER/COLOR CONSULTANT I give families in small spaces room to breathe and I help you find your way out from under your stuff. Home, office, closet and document organizing, interior arranging and color consulting. Strategies to keep the clutter from returning. Coop member, NAPO member Joyce Szufflita 718-781-1928.

**SERVICE**

NEED AN ELECTRICIAN? Call Art Cabrera 718-965-0327. Celebrating 34 years in the electrical industry. Brownstone specialist, troubleshooting, small jobs, total electrical renovations and rewiring, old wiring, fans, etc. Don't wait till summer to install your AC lines. Original Coop member, residing in P.S. since '72, born in Bklyn.

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.



# ALCOHOL CAN BE A GAS!

with Michael Winks

Please join us to view a DVD presentation of "Alcohol Can Be a Gas" by David Blume, renowned expert in alcohol fuel and permaculture. There will be a discussion after.

How realistic is alcohol or ethanol as an alternative to oil? Blume argues that we can run and power our country on solar energy using alcohol fuel in a crash program of 5-10 years. It would require a radical shift in the way agriculture is run in this country and would require looking into sources for ethanol that aren't even on most people's agendas.

This is not just a national problem, it is worldwide. We can make alcohol fuel and use its byproducts to help heat the earth, localize our food sources and reject corporate planning of our future.

Michael Winks is a Coop member who is the editor of Blume's book *Alcohol Can Be a Gas: Fueling a Revolution out there* this summer.

**FREE**  
Non-members welcome

**Saturday, July 8**  
7:30 p.m. at the Coop

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

**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.

**HOME/OFFICE ORGANIZING.** Interior design/staging. Exp'd Interior Designer works with you at all levels to create the environment of your dreams. From clearing clutter to re-arranging to total renovations Living Spaces will change the look and energetics of your space. Call Mark Schrader 201-330-8535 for rates/appts.

**PAINTING-PLASTERING+PAPER-HANGING**-Over 25 years experience doing the finest prep + finish work in Brownstone Brooklyn. An entire house or one room. Reliable, clean and reasonably priced. Fred Becker - 718-853-0750.

**ATTORNEY** landlord/tenant, estate planning & LGBT law. Free phone consultation. Know your rights. Protect your family. 14 yrs experience. Long-time Coop member. Personal, prompt service. Melissa Cook, Esq., 16 7th Ave, 718-638-4457, 917-363-0586. **HYPNOTHERAPY & NLP.** Release phobias, become a non-smoker, improve creative and athletic performance, discover your passion, build confidence, be successful, enjoy life. Call Tracy Atkinson, Certified Hypnotherapist, 718-596-4779 or tracyatkinson@gmail.com.

**SOMETHING FRESH AND NEW!** Freelance taper-plasterer-skin coater-painter (in that order). Small jobs only. Flat minimum rate no matter what the job and free overall estimate on labor cost-need flexible time in work schedule. Cash basis only. Call Tellok 347-789-8274 or 718-789-8274. Email: tellok@yahoo.com.

**SERVICES-HEALTH**

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

**HOLISTIC PHYSICIAN** with over 12 years experience using natural methods to treat a wide range of conditions including allergies, digestive disorders, endocrine conditions, female problems, depression, fatigue and cardiovascular problems. Insurance reimbursable. Medicare accepted. Margie Ordene, MD 258-7882

**PSYCHOTHERAPY: IT'S ABOUT LEARNING,** clarifying and enhancing your repertoire. It's conversations using resources already present, though not yet noticed. It's about useful confusion, predictable uncertainty. Curious about this approach? Call for consult. Licensed psychologist. Greenwich Village. 718-398-2498.

**HOLISTIC DOCTOR** in Naturopathy stimulates body's natural ability to heal chronic conditions, allergy, skin, muscle, cancer support with homeopathy, physical & chelation therapies, bioenergetic acupuncture, lab tests, hair analysis & more. Research Director. 20 years exp. As Featured in Allure Magazine. Dr. Gilman 212-505-1010

**ELIMINATE STRESS.** Reduce chronic fatigue symptoms. Relieve neck, shoulder, back pain and tension. Improve sleep quality, digestion and elimination. With Shiatsu you'll remember the joy of living. I can help - call Claudia 718-938-5573 - over 12 yrs. experience.

**SERVICES WANTED**

**GRAPHIC DESIGNER & LIBRARIAN** needed for free-lance assignments. Talented, ambitious junior level or student preferred. MikeMiranda@verizon.net.

**VACATIONS**

**RENT A BUNGALOW** in the Catskills. Pool, lake, tennis, beautiful grounds, lots of kids, nice people. It's a cooperative. Lake Huntington Summer Community. Call Agnes 212-362-3919.

**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 6**

Short Grain Brown Rice, Rolled Oats, Nutritional Yeast, Aduki Beans, French Lentils, White Flour, Green Split Peas, Chickpeas, Wheat Bran, Sesame Seeds, Millet

Classified advertising in the *Linewaiters' Gazette* is available only to Coop members. Publication does not imply endorsement by the Coop.

**BERKSHIRE SUMMER RENTAL.** Big windows, meadow/mountain view, minutes to Tanglewood, Kripalu. Your own bedroom, separate living room, one-half bath, fridge, microwave. You share full kitchen, shower, washer-dryer. Ideal for writer, artist. \$1200 per month, fall lease extension possible. Call Mina 212-427-2324.

**PUTNAM VALLEY, NY.** Historic Three Arrows Cooperative. 1 and 1/4 hr. from Brklyn. Friendly, multigeneration, coop community. Lake, boating, clay tennis cts, cultural & educational activities. Weekly entertainment. Kid friendly. Newly renovated bungalows available for monthly rental: \$1250 (1BR)-\$2000(2BR). Info: Roxi 718-768-5708

**BISBEE, ARIZONA.** Great views of the Mule Mountains and Mexico. Historic early 1900s home rents for \$100 per night with a 2 night minimum. Weekly rates available. House includes fixings for breakfast. Please call or e-mail reservations all year. 520-432-3950 highroadhouse@cableone.net www.highroadhouse.com.

**WHAT'S FOR FREE**

**INITIAL ORAL EXAM** in holistic dental office for all Coop members. X-rays are strictly minimized so bring your own. Dr. Goldberg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

**FREE TICKETS** for concerts for true classical music lovers only. Lincoln Ct., Carnegie, etc., on short notice sometimes. 10-20 concerts available each year. \$10/yr management fee. For more info, call: 212-802-7456.

# Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

**DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?**

Have you ever just met someone and felt like you have previously known them?

Are there other countries or cultures that seem familiar to you?

Well there might be an explanation for this.

Through hypnosis we can tap into the subconscious mind, as well as enter into a peaceful trance-like state to retrieve memories of our past lives.

Relax and take a journey within.

**Gain:**

- Realizations
- A deeper understanding of who you are
- Retrieve memories
- Pass beyond death and back again

**Bring:** A blanket to lie down on or a comfortable lawn chair to relax into  
A note book to write down anything that comes up

**Jeffrey T. Carl, CHT,** a Coop member, is a certified clinical hypnotherapist, and a member of I.A.C.T. Jeffrey is also certified in past regression through the Wiess Institute.

**FREE**  
Non-members welcome

**Friday, June 30**  
7:30 pm at the Coop

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



# 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.

**Jeza 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, July 8**  
10:30 p.m. at the Coop

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



# THINKING OUTSIDE THE COMPUTER BOX

WITH PHOENIX SOLEIL

What are the philosophical frameworks that help you approach and solve technology problems?

Learn practical techniques to help technophobes and novices increase joy and skill level.

There will be an overview of the major parts of the computer using fun metaphors that help you visualize how your system operates.

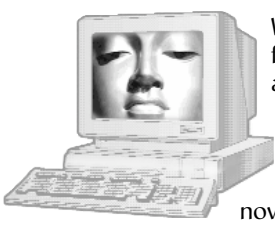
Find out about some recent movements aimed at democratizing technology. We discuss perspectives that geeks bring to their technical goals and successful troubleshooting strategies. "You're OK. Your computer's OK."

**Phoenix Soleil** is a Coop member with ten years professional experience working with and troubleshooting computers. She is a creative and spiritual person who enjoys technology and wants to spread the joy around.

**FREE**  
Non-members welcome

**Saturday, July 8**  
3:00 p.m. at the Coop

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



# Eating for Energy

Top Seven Ways to Double Your Energy Today

with Jena la Flamme

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

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

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

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

**FREE**  
Non-members welcome

**Sunday, July 9**  
12:00 p.m. at the Coop

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





## 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.**

### WELCOME!

A warm welcome to these new Coop members who have joined us in the last two weeks.

Jenny Aisenberg	Mary Lay
Heidi E. Albee	Vic Linares
Stacey Antoine	Yuet Lo
Ugur Ayvaz	Lisa Lopez
Vedia Ayvaz	Larie Manfra
Jessica Baldwin	Jaime McBeth
Nina Barbuto	Simon McQuoid
Patricia Berlin	Kristin Meidell
John Best	KB Mello
Philip Birch	Marisa Mercado
Jennifer Blackwell	Katherine Metres
Renee Bowmann	Martina Michlickova
Sloan Bradford	Rachael Morrison
Carol Candeloro	Ashlee Moseley
Kim Christman	William Moss
Zoraida Clemente	Shannon Murphy
Tim Connelly	Lindha Narvaez
Aaron Cooper	Akasemi Newsome
Abigail Crisp	Niegel Onyx
Dave Deal	Alice Paquette
Julia DeCoteau	Sung Bin Park
Felicia Desrosiers	Rain Patton
David Diehl	Tricia Perry
Maureen Dolan	Noah Price
Rachel Dorn	Alexander Protopapas
Tamara Dowis	Greg Puley
Brian Edgar	Bert Queiroz
James Edwards	Manuel Quintanilla
Housemate Eubank	David Renard
Uri Feld	Maria Roca
Alison Fleischauer	Dmitriy Romanenko
Ian Gaffney	Jonathan Sainsbury
Josh Galiley	Carina Sandrini-Cooke
Seth Garz	Serena Schonbrun
Cosmin Gheorghie	Irma Schreiber
Mesu Ra Gittens	Steven A. Schreiber
Emmett Goodman	Jessica Schwartz
April Greene	Sonya Semion
Paul Greenhouse	Morgan Sevigny
Eric Greenidge	Curtis Seymour
Shelly Groves	Rachel Sigler
Joselo Gutierrez	Colin Smith
Ken Helman	Gertraud Stadler
Antonino Hernandez	Stefania Stewart
Daniel Holloway	Stephen Stites
Stewart Hoyt	Jessica Strauss
Christopher Ifrene	Sean Sullivan
Idolia Ifrene	Karla Sutton
Jimmy-Lee Ifrene	Sonja Sweeney
Rasheeda Johnson	Kim Taylor
Ann Marie Joseph	Joshua Trinidad
Vera Joyce Bieber	Liza Trinkle
Allison Khan	Rachel Ulanet
Ezra Khasky	Jessica Van Niel
Katie Kilfoil	Grace Wang
Inna Kurtich	Jamie Wenger
Claire Larson	Carolyn Wickliffe

### THANK YOU!

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

Robert Abbot  
Aimee  
Nanika Coor  
Liliya Drukman  
Mark Engler  
Alexis Frasz  
Somjen Frazer  
Ian Gaffney  
Ruth Gonzaga  
Geoffrey Hinchliffe  
Joshua Hirsh  
Rossalind Horne  
Ari Issler  
Sandy Jones  
Dequi Kioni-Sadiki  
Angela Lee  
Jeanette Levy  
William Malloy  
Nicola Masciandaro  
Kelly McCormick  
Meir  
Narda Narvez  
Tatum Nolan  
Candice O'Connor  
Todd O'Connor  
Julia Pak  
Delia Price  
Philip Rha  
Jussara Rocha  
Christopher Rumbley  
Jeannine  
Sandrini-Cook  
Amanda Scheib  
Jeffrey Schmunk  
Carol Singh  
Burke Stansbury



### WORKSLOT NEEDS



## Signage Committee

The Signage Committee is a group of graphic designers and sign fabricators who are working together to upgrade all the signage in the Coop. We have installed the new aisle signs and the "Express/Regular" checkout line signs, and we are working on a number new projects.

We generally meet the first Monday of every month, at 7:00 p.m. at the Coop. We are looking for self-motivated, detail-oriented people with graphic design skills who are proficient in Illustrator, Indesign and Photoshop. We need members who work as commercial artists or graphic designers or who have experience working with environmental graphics or digital printing.

Please submit your resume, website address and/or examples of your work to Jess Robinson. (jess\_robinson@psfc.coop).

## New Member Orientation

We are looking for energetic people with a teaching or training background who can work Sundays, 3:30 p.m. – approximately 6:00 or Monday or Wednesday evenings, 7:00 p.m. – approximately 9:30. Orienters lead sessions every six weeks alternating on the third week in between to be available as back for emergency coverage.

Workslot credit will be given for training sessions. An annual meeting of the full committee is part of the work requirement.

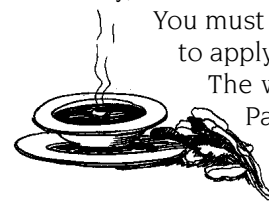
## Soup Kitchen

Mondays, Tuesdays or Saturdays 11:15 a.m. – 2:00 p.m. This team puts the finishing touches on the food preparation and serves the mid-day meal.

Monday, 9:00 – 11:15 a.m. Food preparation.

You must have an excellent attendance record to apply.

The work is at CHIPS (Christian Help in Park Slope, 200 4th Avenue.



## Reporters Please Apply

### Job Description

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



### Seeking to Diversify the Gazette Staff

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

### For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please call Linda Wheeler in the office.

### To Apply

Please send a letter of application and a writing sample to the office. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop.

Your application will be acknowledged and forwarded to the coordinating editors, Stephanie Golden and Erik Lewis.