

LINEWAITERS' GAZETTE

Established 1973



100% SOY BASED Ink System

Volume DD, Number 13

June 18, 2009

SAVING MONEY, TIME, ENERGY

Menu Planning 101

By Nicole Feliciano

Menu planning can go a long way toward keeping your shopping trips short, on budget and environmentally friendly. Lack of planning can lead to an expensive habit of ordering in or relying on meals of stale cereal. Experts and experienced shoppers weigh in on the best methods for turning a necessary chore into a nourishing event.

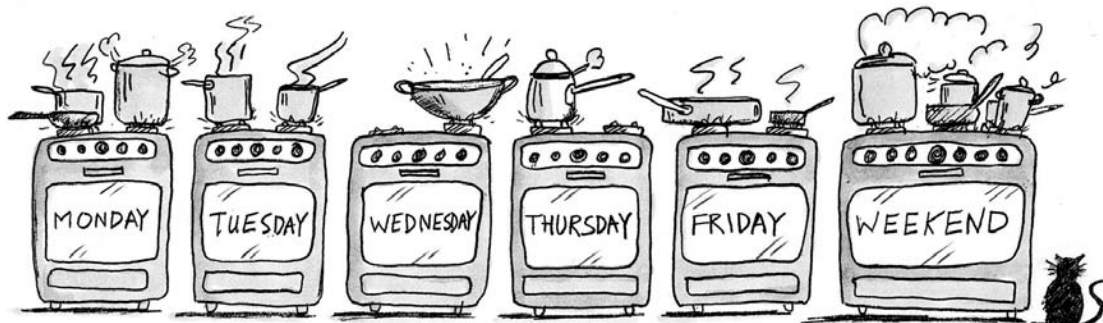
Time is on Your Side

Start with the time factor. Many home cooks make the mistake of not thinking about dinner until their stomachs start rumbling. With more than 15,000 members (up 10% over last year) roaming the aisles, shoppers with a prepared list and a menu plan have better odds of getting in and out of the Coop in a reasonable amount of time. Coop shopper Michele Giordano uses a list on most visits. Michele says, "Life is busy, without writing things down they slip out of your head." Michele keeps her list on her refrigerator and grabs it before heading to shop.

forking over cash for over-priced eggs at the corner market or navigating the after-work crowds in the Coop.

Trimming the Fat

Budget-conscious Coop shoppers carry a list in hand. A list helps reign in impulse buys. Member Tree Delfin uses a formatted list she found from Real Simple magazine. Before adopting the list system, Tree and her husband found they were tossing a lot of food. "Lots of produce used to go to waste," says Tree. Now Tree says she never buys more than she needs.



Save the easiest meals for midweek and tackle trickier meals on weekends.

Having a plan also saves time and energy when it comes to meal preparation. Tuesday's roast chicken leftovers can be turned into Wednesday's quick-as-a-flash quesadillas. Plus using a weekly menu system cuts out the need for making multiple Coop trips. Nothing is more annoying than getting ready to prepare a meal and finding out you're out of one key ingredient (quiche simply isn't the same without eggs after all). If you've got kids, this means loading them in the stroller and either

With a list, you won't forget to buy avocados and cilantro to make your world-renowned guacamole (think of those wilted greens and slimy vegetables as throwing money in the trash). Menu planning can also help you save big at lunchtime. Brown bagging a homemade sandwich offers huge savings compared to take-out lunches that can run anywhere from \$5-\$20 a pop.

CONTINUED ON PAGE 2

TASTY MENU AT THE GATHERING

Local, Seasonal Food at the Brooklyn Food Conference

By Adriana Velez

Those of you who attended the first Brooklyn Food Conference on May 2 may have enjoyed some delectable bean salad for lunch or enjoyed roasted chicken under Amy Hepworth's fresh lilacs for dinner. It all seemed like magic, all that delicious food coming from the John Jay cafeteria, but the meals were the result of hundreds of hours of volunteer labor and thousands of dollars' worth of food donations. How did volunteers for the Brooklyn Food Conference prepare a locally sourced lunch for 1,400 and dinner for 350? To answer that question we have to start in November.

November is when Esther Bernstein, Food and Entertainment Team Coordinator for the conference and herself a professional caterer, started planning the conference meals. She brought on Kim

Pistone as Executive Chef (Kim cooks for Coop staff birthday party lunches four to five times a year.), who met with Allen Zimmerman to figure out what foods would be in season in May and to help plan sustainable menus.

A particular highlight of the kitchen was the hydraulic, 50-gallon capacity tilt kettle, which can be electronically operated.

Zimmerman became a point person on getting in-kind donations and thinking through logistics.

Bernstein focused on finding volunteers, sourcing sustainable supplies like compostable plates, working with food suppliers, sorting

CONTINUED ON PAGE 6

Next General & Annual Meeting on June 30

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be on Tuesday, June 30, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

The agenda is in this Gazette and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

Coop Event Highlights

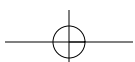
July 4th Shopping Hours: 6:00 a.m.–7:30 p.m.

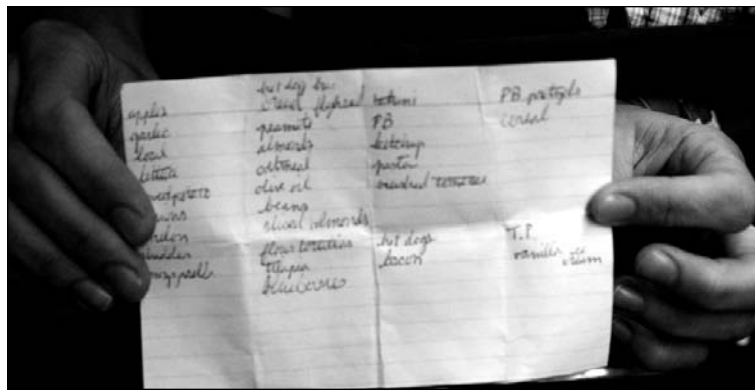
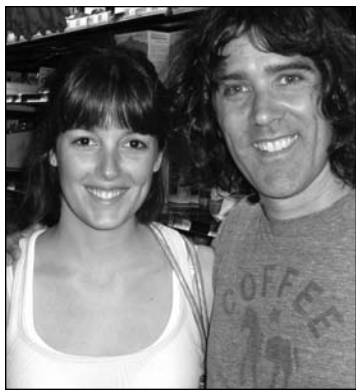
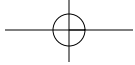
<p>Fri, Jun 19</p> <p>Sat, Jun 20</p> <p>Sat, Jun 27</p> <p>Sun, Jun 28</p>	<p>•</p> <p>•</p> <p>•</p> <p>•</p>	<p>The Good Coffeehouse: 8:00 p.m.</p> <p>Adult Clothing & Costume Jewelry Exchange 10:00 a.m.–2:00 p.m.</p> <p>Food Drive to Benefit CHIPS Soup Kitchen 9:00 a.m.–7:00 p.m., both days</p>
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Look for additional information about these and other events in this issue.

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PHOTOGRAPHS BY KEVIN RYAN

From left to right: Erik Singer; Imani Larrier and her son; Rebecca Halleran and David Latourell; and a well-prepared shopping list.

The Green Effect

All those back and forth trips to the Coop add up. If you take the bus or drive, each round trip is having an impact on the earth. Organized shoppers make strategic trips to shop, cutting down on their emissions. Plus, food waste diminishes for those that shop with a plan in mind. With a list, adding rotten meat and moldy cheese to the already crowded landfill will become a thing of the past.

How to Plan

Now that you are convinced meal planning is the way of the future. Here's how to execute. Start small: Don't worry about mapping every meal. Have a rough idea of how many meals will be eaten at home (count breakfast, lunch and dinner). Many families find Sunday night an

ideal time to map out the week. Look at the calendar and determine when you'll be dining at home. Next, start thinking about meals. Breakfast and lunch can be planned by simply stocking up on staples: fruit, cereal, bread and fillers (don't forget the beverages). When looking at dinners, whip out that recipe you've been meaning to try. Carefully scan the kitchen for the ingredients and add what's missing to the list.

Sue Baldassano, chef at the Natural Gourmet Institute and coordinator of the Coop's monthly cooking classes, is a master at planning. On Sundays, Sue does a big cooking session preparing her greens, grains and protein for the week. Before she shops for this marathon session, Sue checks her refrigerator and cupboards

and makes a list. Sue recommends members look at the cookbook section of the Coop for inspiration and menu ideas. Some of her favorite books include *The Flexitarian Table* by Peter Berley and *The Voluptuous Vegan* by Myra Kornfeld.

Discipline does play a part in menu planning. To make

aisle inventory. "I have that list and I check off what I need by aisle," says Imani.

Coop member Maria McGrath turned her meal planning into a science. Since Maria's shopping for three kids, plus adults, she simply doesn't have time to forget the essentials. Each week Maria prepares an index

daily produce list posted to the site. The produce list displays each item's price, where it originated, along with the farm's growing practices. If you're looking for a particular produce item—consult the lists. If your item of choice is on the list, it should be on the shelves. This list is ideal for shoppers such as David

Maria McGrath's sample shopping list

Produce spinach acorn squash	Bulk quinoa-1 lb. wild rice 1/2 lb.	Bread pita bread bagels	Last aisle rainforest crunch luna bars
Dairy 1/2 gal. low-fat milk; 1 qt 2%	Frozen amy's veg pizza frozen waffles	Meat ground bison organic chicken	Checkout aisle trash bags hand soap

PARK SLOPE FOOD COOP

Product Return Policy

The Coop does not "exchange" items. You must return item and repurchase what you need. Returns of eligible items will be handled at the Second Floor Service Desk within 30 days of purchase only when accompanied by the PAID IN FULL receipt.

Please use the following guide to determine if an item is eligible for return:

Produce (fresh fruits & vegetables)	May not be returned with the exception of coconuts, pineapples and watermelon. Even if the claim is that the item is spoiled or that it was purchased by mistake, produce cannot be returned except for the three items listed above. The produce buyer may be contacted on weekdays by members to discuss any other claims for credit.
Books	May not be returned.
Juicers	May not be returned.
Bulk items & bulk items packaged by the Coop	May not be returned. Members may contact the bulk buyer to discuss any other claims for credit.
Refrigerated items Frozen items	May not be returned unless spoiled before the expiration date or within 30 days of purchase, whichever is sooner.
All Other Products (not covered above)	A. Other products may be returned if they are spoiled or defective and the category is not specified above B. Other products may be returned if they are unopened, undamaged and therefore can be sold again. C. Other products may not be returned if they are opened or unsellable, and were purchased by mistake or not needed.

the system work, save the easiest meals for midweek. Tackle trickier meals on weekends when you've got time to chop heaps of vegetables or soak meat in a marinade. Once you've got the meal plan set, think about your bulk items. For example, if you've got kids, keep a running tally of how many gallons your family consumes in a week and make sure to replenish accordingly. And don't forget the snacks. If you are watching your waistline, having a house stocked with fruit, nuts and low-fat nibbles can keep you away from the vending machines at work.

The Art of List Making

It seems most Coop members carry at least a basic shopping list on their visits—some take it a step further. Coop member Erik Singer uses a digital list. He enters his items into his Palm phone (very green—no paper necessary) using a program called Splash Shopper (www.splashdata.com). "This is so handy," raves Eric. Imani Larrier usually totes an Excel spreadsheet. The spreadsheet was created by another Coop member and has an aisle-by-

card. On the plain side of the index card, Maria jots down the days of the week and her dinner menu. When it comes to mapping out the dinners, Maria sticks to a program: Fridays she usually has fish, Wednesday is soup night and Saturday is pizza. On the reverse side (with lines), Maria breaks the list down by aisles (to replicate Maria's list see figure 1). Before she adopted her list system Maria says, "I was wandering around and I would always forget one or two things."

The Coop has a few online tools to help busy members map out their meals. First, there is a database of recipes online. From Curried Tofu to Vegan Rice Crispy Treats, members have contributed their go-to recipes to this portion of the Coop website. In addition, there is also a

Latourell and Rebecca Halleran. They believe in impulse shopping (this week they couldn't resist Japanese turnips) who can then map out some meals around the fresh produce.

By all means, give in to temptation. When the fresh watermelons roll in, add one of those beauties to the cart. Just remember to adjust your allotted dessert to enjoy this seasonal treat. But if you have no earthly idea how to use dandelion greens and know that you won't have the time or energy to look up a recipe, skip it and stick to your original meal plan.

For savvy members who plan ahead and embrace the Coop's offerings, each aisle is a bit of a treasure hunt. The trick is to be as prepared as possible, while also leaving room for creativity. ■

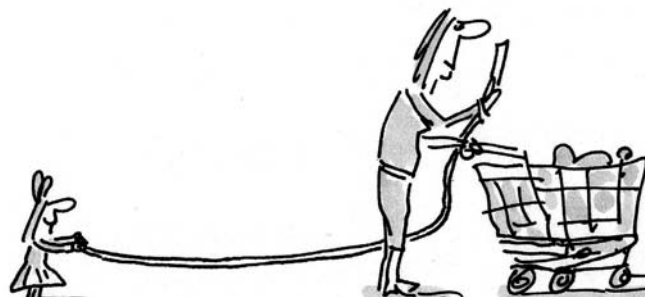
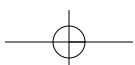


ILLUSTRATION BY ROD MORRISON



VALET BIKE PARKING HAS COME TO THE COOP!



Saturdays this summer, from 12:30 p.m.–5:30 p.m., Coop members can leave their bikes with our valet parking service, which is like a coat check for bikes. FTOP workers will check in and watch your bike for you.

Just drop off your bike, do your shopping or your shift, and hop back on.
No locks, no worries, no theft.
Service operates rain or shine.
Look for us in front of the yellow wall.
(Note: no bike check-in after 4:30 p.m.)

June valet parking dates: June 6, 13, 20 & 27

Valet bicycle parking at the Coop is brought to you by the PSFC Shop & Cycle Committee.



**PSFC
Shop & Cycle
Committee**



The Environmental Committee has a blog!

Please visit often for timely news and information from the PSFC Environmental Committee.

We're blogging about our activities at the Coop, as well as environmental events of interest at the Coop and beyond.

Find us at:

<http://ecokvetch.blogspot.com/>

Candidate for Board of Directors of the Park Slope Food Coop, Inc.

Two full three-year terms are open.

To vote you may use a proxy or be present at the Food Coop Annual Meeting on June 30, 2009.
Every member will receive a proxy package in the mail in late May.

You will have the opportunity to meet the candidates at the Annual Meeting.

Candidate Statements:

(Statements are unedited and presented in alphabetical order.)

Audrey Miller-Komaroff

I'm Audrey Miller-Komaroff. I currently sit on the Board of Directors and I'm the Friday Shopping Coordinator. I've been a Coop member since 1975, and I've happily seen the Coop grow from 400 members to its present size.



I've always gone where I felt the Coop needed me. I was the first cashier trainer. I

was one of the twelve people who excavated and started the "Garden of Union." When the Coop expanded Friday shopping hours, I became a squad leader on the first 8:00 a.m. shift. Feeling limited being a squad leader on two squads, one for myself and one for my husband, I asked to become the Friday Shopping Coordinator when the job became vacant.

I have been a positive and cooperative member through all our changes in the last 34 years. The general meetings opened my eyes to our policy making procedures and I've enjoyed them. The

Coop is a very unique and successful venture that I love being a part of. Having served on the board for three years, I would like to continue for another three years.

I value the General Meetings and the expertise of the General, Receiving and Office Coordinators. I wholeheartedly believe in the cooperative spirit where each person gives of themselves for the benefit of the whole. The core beliefs of the Coop have made it strong and prosperous. I'm sure these shared ideals will serve it well in the future. My candidacy is endorsed by the General Coordinators.

The Role of the Board

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting. ...The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues

that have come before the meeting."

The Board of Directors, which is required to act legally and responsibly, conducts a vote at the end of every General Meeting on whether to accept the advice of the members as expressed in their vote(s) during the GM.

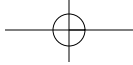
The Election Process

Each year the Coop must, by law, hold an Annual Meeting. This is the only meeting where proxies can be used. Those members who cannot attend the Annual Meeting may be represented, if they wish, by a proxy.

If you submit a proxy but come to the Annual Meeting in person, your proxy will be returned to you when you register.

Members who have a current membership as of Saturday, June 20, 2009 are eligible to vote in the election of Directors at the Annual Meeting either in person or by proxy.

Proxy packets are mailed to members in mid-May. If you do not receive a packet, please call the Membership Office or pick one up at the entrance door of the Coop. ■



GENERAL MEETING REPORT

Sustainable Cycling Staffed and Surveyed

Also: New Summer Shifts, Debit Card Woes

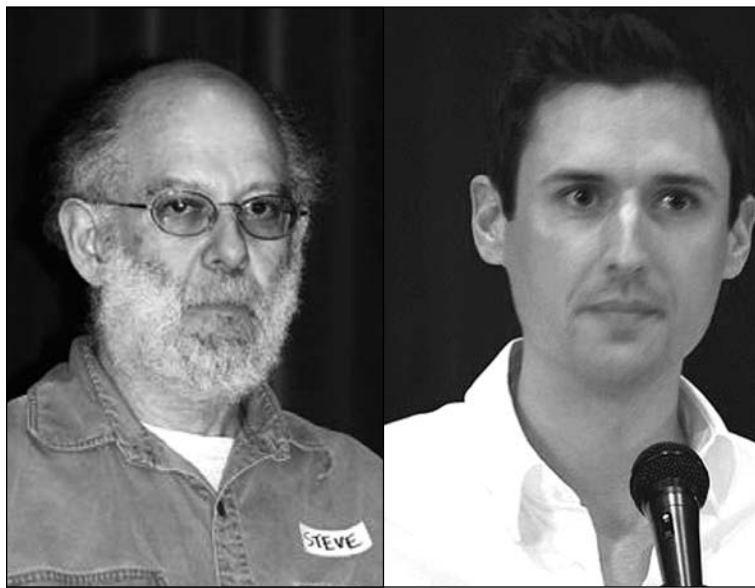
By Hayley Gorenberg

With one agenda item withdrawn because its proponent had pressing work on the city government's response to H1N1 flu, discussion of bicycles dominated the May 26 General Meeting, focusing on two proposals from the Shop & Cycle Committee.

Committee members Lloyd Hicks and Steve Faust came before the meeting with two requests: first, to bestow permanent status upon the "shop and cycle squad"; and second, to authorize a bike-related Coop membership survey costing a maximum of \$300. Both proposals passed with an overwhelmingly positive vote.

Hicks and Faust led into their proposals with a brief history of the work of the Shop & Cycle Committee, formed in spring 2008 as an exploratory committee tasked with supporting bicycling as sustainable transportation for Coop shoppers.

Since its formation, the squad has negotiated successfully with the New York



Shop & Cycle Committee members Steve Faust (left) and Lloyd Hicks (right) present two proposals.

City Department of Transportation for five new bike racks, installed in the vicinity of the Coop.

The squad also staffed a one-day trial of "valet" bike parking, during which Coop workers parked and provided security for 48 bicycles while members shopped at the Coop. Even without the "valet" attendance, the new racks have been "routinely filled," said Hicks.

The squad members set forth six specific tasks it would accomplish in the near future: (1) fill 40 FTOP work-slots for bike valet service in June; (2) train FTOP workers in a comprehensive system for checking in and securing valet-parked bicycles; (3) designate two squad leaders; (4) continue lobbying the Department of Transportation to increase the number of bike racks; (5) provide workshops

on how to properly lock bicycles; (6) executing a membership survey to assess how to better meet needs for Coop cyclists.

With this background, the Shop and Cycle committee asked the GM to convert its status from "exploratory" to "permanent."

Discussion ranged from basics of security measures to creative explorations of whether a fleet of pedicabs might hover at the Coop's door one day in the future.

Committee members assured the GM that they had adapted a tried-and-true security system devised by Transportation Alternatives, which

upon pick-up. With a nod toward the Coop's unique identity, a vegetable or fruit was considered as an addition to the tag at one point—though the committee members allowed they would probably use standard numbered tickets ongoing.

Staffing of a permanent Shop & Cycle valet service would include at least five people at a time, providing enough "padding" to the squad so that even if a squad member failed to show up, there would be extra "eyes." Bikes would be secured in a cordoned-off area, where only squad members could enter. Locking of bikes would

... the squad has negotiated successfully with the New York City Department of Transportation for five new bike racks, installed in the vicinity of the Coop.

also hosts bike valet hours. The Coop's trial valet service had involved asking members for their Coop card and dispensing a numbered raffle-type ticket, with the members providing security retaining half the ticket, to be matched

not be required, but certainly allowed. The proponents suggested starting valet parking this summer as FTOP, and looking toward permanent squads.

Hicks and Faust pointed out their hope that their street presence, providing a staffed bike rack, might have a spillover effect to enhance security of other bike racks in the area.

They responded to questions about liability, as well, noting that they were in the process of finalizing a disclaimer or release to be signed by members checking bicycles.

These basics handled, discussion rose to some idealistic heights, with members exploring the idea of a fleet of pedicabs servicing members and their groceries—either staffed by other peddling members or on contract with a pedicab service.

A show of hands to permanently authorize the committee yielded what the meeting chair deemed an "extreme majority in favor," and the GM moved on to consider the Shop & Cycle Committee's request to authorize an online and in-person survey costing a maximum of \$300 "to learn how to better serve the needs of the members."

The cost estimate was presented as based upon the cost of an online survey tool,

PHOTOGRAPHS BY INGRID CUSSON

ILLUSTRATIONS BY CATHY WASSYLENKO

GREENE HILL FOOD CO-OP

**CREATIVE? WRITER? TALKATIVE? LAWYER?
SOCIAL-BUTTERFLY? WEB-DEVELOPER?
HELP US GET STARTED
AND MAKE YOUR
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PSFC members will receive FTOP credit in exchange for their help. To receive credit, you should be a PSFC member for at least one year and have an excellent attendance record.

MORE INFO

www.GreeneHillFoodCoop.com
info@greenehillfoodcoop.com | 718-208-4778

looking for something new?

psfc products

PARK SLOPE FOOD COOP - PRODUCTS & INFO

PRODUCE BY

Wednesday, April 15, 2009

GF! LS! HC! WTH!

GF stands for "gluten free." Not only did we get a new gluten free waffle from Kinnikinnick, the freezer finally has doughnuts! These cinnamon sugar doughnuts are also from Kinnikinnick and are also gluten free.

LS stands for "low sodium" which is what Amy's Matter Pinner meal is. Loaded with all kinds of veggies, Indian cheese (casser), and exotic spices.

HC stands for "hey cow" which is what some people will exclaim in reaction to the new products.

WTH stands for "what the heck?" which is what some people will say when I tell them that the Henry and Lisa frozen shrimp might have been discontinued. We haven't been able to get them for weeks but our distributor kept on saying "next week." Well, they've changed "next week" to "maybe never again." I'm looking into other environmentally friendly sources for shrimp.

posted by freeseer guy at 10:23 am

Wednesday, April 15, 2009

It's springtime in the produce aisle

Right now we have English peas (seen in a post)

and fava beans, both organic and from Mexico.

On Friday we are expecting from Lancaster Farm Fresh Co-op from Lancaster County PA, the following organic greens:

loose arugula
loose dandelions
baby red russian kale
baby mache
loose baby spinach
loose wild asparagus

And on Monday we expect organic rhubarb from California

posted by Julie at 3:18 pm

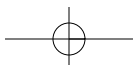
Monday, April 13, 2009

Life by Chocolate

We've added some new chocolates from Life by Chocolate in Greenfield, New York in time for Easter. The bunnies are hopping out of

the place to go for the latest info on our current product inventory.

check out the coop's products blog at www.foodcoop.com





Coop members at the May GM voted overwhelmingly by a show of hands in support of bicycling as sustainable transportation for Coop shoppers.



as well as some modest paper-and-pen-type supplies for an in-person questionnaire on the Coop floor, to capture some representative sample of members who might not have computers or otherwise did not respond online.

The survey would explore the general topic of transportation to and from the Coop, with a focus on bicycling. Hicks and Faust said the committee had developed some questions, but would retool and finalize the survey following feedback from the summer trial of valet parking.

Discussion and debate was brief, following a false start in which the chair called on a member who shrugged, and the chair realized, "Oh, he was just putting on his coat!"

Issues included how the committee would try to assure its survey was representative of Coop membership (Faust offered that current Shop & Cycle Committee members have statistical background, and "we are reasonably familiar with the methodology, both the science and the art"), as well as the question of whether the \$300 cost of the survey might be better deployed to simply purchase more bike racks. The response to the latter question was a breakdown of the cost and clarification of the source of funding for additional bike racks: according to Faust, racks cost about \$100 per space, "so we could get maybe three more bikes

parked for 300 dollars...and at this point we're working with the city, and the city is paying for the racks, so if we feed them good information, they can decide that they want to buy into more bike racks and we don't have to pay, so we get a nice multiplier out of this."

The chair deemed a second "extreme majority" showing of hands to pass the motion

authorizing the survey.

New Summer Shifts; New Debit Card Company

In other Coop GM news, General Coordinator Jess Robinson reported about "two things that might have been irritating people": availability of FTOP slots, and repeated failures of the Coop's debit card system.

Robinson reported that

the Coop would add hundreds of additional FTOP receiving workslots over the summer, including 5:30-9:30 a.m. shifts Monday through Friday, and evening shifts Thursday through Saturday, as well as new shifts at 5:15 a.m. receiving produce "for anyone who really likes to get up early in the morning and lift things."

Robinson also said that

the third-party "middle person" between the Coop and its bank that handles debit processing had failed once again, leaving the Coop without debit card service on Memorial Day. Robinson reported that the General Coordinators have chosen a new, much better company and will be replacing the old company sometime this summer. ■

SUMMERTIME

...and the living is easy.

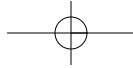
But don't forget your coop shift!

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

One way to do it is to use the Shift Swap at www.foodcoop.com!

Your co-workers will love you for it!





Local, Seasonal Food at the Brooklyn Food Conference

CONTINUED FROM PAGE ONE

out the logistics of waste management and “putting out fires.” Many of the food suppliers happened to be suppliers for the Park Slope Food Coop. The Coop Coordinators asked purveyors and manufacturers that do a large volume of business with the Coop if they would like to make an in-kind donation to help defray costs at the Conference.

“We put out a wish list based on our menu,” Bernstein says, “broken down into categories—produce, meat, dairy, grains, etc., and Joe Holtz sent it out to all of his suppliers.” It turns out suppli-

ers were only too happy to donate food to the conference. It was their chance to say thank you to a community that supports them and to market their foods to their specific market, namely people who make a special effort to seek locally grown and organic food. Bernstein says that without the Coop Coordinators the conference would have been a much more costly, difficult project. Thanks to the generous donations the conference only had to spend \$2,000 on food, and was able to generate over \$17,000. That revenue helped the Brooklyn Food Conference come out in

the black when all the accounting was done.

Bernstein was also responsible for coordinating the “no water bottle” mandate, and managed to find a business that refit used

Marco’s family runs a deli and is an expert slicer. All 88 pounds of Applegate Farms turkey and 43 pounds of Hawthorne Valley alpine cheese were perfectly sliced, wrapped and stacked. The

the case of the Conference, this job was done by two cheerful, senior women.

The John Jay High School cafeteria staff turned out to be extremely helpful as well. “They are a fabulous group of

Thanks to the generous donations the conference only had to spend \$2,000 on food, and was able to generate over \$17,000.

Poland Spring water bottles with a spigot and a wire basket, which is how water was supplied for the conference attendees. She made sure kitchen scraps were collected after each prep day by the Brooklyn Botanic Gardens for compost.

According to Executive Chef Pistone and her Sous Chef Mary Placek, the big story of the Conference meals was the generosity of spirit from the volunteers. “There were so many people you could just leave with a project and know they would see it through,” says Pistone. “People were unbelievably steady.” Bernstein agrees. “I thought our committee, on the whole, was unbelievable. It was a group of talented, dedicated, get-the-job-done people.” Bernstein had placed a *Linewaiters’ Gazette* ad asking for culinary professionals and then sorted out the volunteers, figuring out who would go where (Pistone requested 7 volunteers per shift pre-conference, and 15 volunteers per shift during the conference). Some volunteers worked for FTOP credit while others worked just for the cause. While Bernstein netted many professionals she also recruited enthusiastic home cooks. No matter what their level of experience, everyone was happy to do whatever task they were asked. “Everyone left their egos behind,” Pistone says.

Pistone and her team spent a week in John Jay’s cafeteria kitchen doing prep work, pre-cutting and mixing ingredients for the big day. She became adept at judging a volunteer’s skills at a glance. She recalls a man named Marco walking into the kitchen. “I looked at him and it was like a light went on above his head. Slicer man!” Pistone assigned Marco to slice turkey and cheese for sandwiches, which turned out to be a perfect match;

cheese, a very hard, aged variety, is not even meant to be sliced for sandwiches. “You never see that work,” Pistone says, but Marco did it. Later a sushi chef came in with a \$200 knife and cut vegetables. “Everything she cut was like a gem, and she was so quiet and mellow.”

Volunteers typically came in for a two-to-three-hour shift and would do just one task without ever knowing the end result. Placek recalls a woman who spent six hours washing dishes without complaint. Some people came in and did nothing but clean and cut nearly 100 chickens into quarter pieces. When volunteers had finished cooking dinner Saturday night they took off their aprons and started serving food. Typically in a catering operation the sanitation is done by two of the largest men on staff; in

people,” says Bernstein, “helpful, gracious, never once said no, always said ‘we’ll figure it out.’” The staff was welcoming and the kitchen was immaculate, with excellent equipment. Bernstein walked in and said, “Oh my god, this is a great place to work!” Pistone agrees that the John Jay staff made her team feel welcome. “They were unbelievably generous, so curious about what we did. They kept asking ‘what are you making with that’ and wanted to taste it all.”

A particular highlight of the kitchen was the hydraulic, 50-gallon capacity tilt kettle, which can be electronically operated. About 25 pounds of beans for the lunch salad were cooked in the kettle by Peter Berley, a chef (*Angelica Kitchen*) and cookbook author (*The Modern Vegetarian Kitchen*; *The Flexitarian Kitchen*; *Fresh Food Fast*). Amy Stevenson, a recipe



PHOTOS BY LISA COHEN

Kim Pistone getting ready to prepare some incredible goodies at the Food Conference.

What Is That? How Do I Use It? Food Tours in the Coop

Waiting, we wait
in a line that traces
everything we've ever done
good and bad
and levels it to the nothingness
it is

All that is over
and the place we're going
as smooth as the face of a lake
mirroring back our reflection

We are in the wait
the non-motion
the world races around us
the moon floats up
the sun drops down
and we are this one still point
a pinprick of light
in the constellation of life

Hold the light
Be steady
This is your opportunity
to be great

The Park Slope Food Coop
Lining up the possibilities

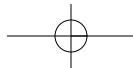
by Myra Klockenbrink

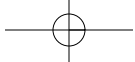
Thursday June 26 (A week)
10:00 a.m. to 12:30 p.m.

Monday June 29 (B week)
noon to 1:00 p.m. and
1:30 to 2:30 p.m.

Friday July 10 (C week)
10:00 a.m. to 2:00 p.m.

You can join in any time during a tour.





Esther Bernstein prepping food for the Food Conference.

Specialty goat cheese. Yum!



developer for the Food Network, fixed the vinaigrette for the salad (she also made 3 gallons of hot fudge). Two giant tubs of bean salad were made, and every last bit of it sold. A local blogger (www.missginsu.com)

tamarind, ginger and lime juice, a combination of the local and the no-so-local. While she usually tries to cook with local and seasonal ingredients, she was amazed at how difficult it is to cook

Typically in a catering operation the sanitation is done by two of the largest men on staff; in the case of the Conference, this job was done by two cheerful, senior women.

com) loved it so much she composed her own recipe based on the salad, much to Pistone's amusement.

Pistone, who usually does not cook from recipes but from ingredients lists, created the bean salad partly based on what foods could be sourced in early May. The salad included fiddlehead ferns, grape tomatoes, grilled onions, toasted sesame oil,

local on such a large scale. For example, hardly any grain is grown in the New York region, just spelt and a little buckwheat.

Locally sourced foods are also expensive and it was difficult to find large enough quantities. "There's just not enough locally grown food out there," Pistone says. "It was wild. If we really had to live on only local food our

diets would be so limited. There would be no salt, no olive oil, no citrus. We would eat a lot of pickles. And if we were all trying to get our beans locally there would be bean wars!" In some cases, the food was locally sourced in spirit if not literally. Pistone used grape tomatoes from Lady Moon Farm in Florida; since Lady Moon has a farm in Pennsylvania as well, she felt like she was supporting that local farm as well.

So while Placek and Pistone were unable to attend any of the workshops or lectures at the conference, they did get an eye-opening lesson in local and seasonal foods. Placek points out that if you work in catering it's easy to take the availability of ingredients for granted. "Location

has nothing to do with what's available." Even the Food Coop supplies berries all year round. "But don't you remember when summer tasted like peaches and watermelon? That was so fun, and I loved looking forward to those flavors."

Dessert posed another challenge to the local and seasonal-minded. Pistone wanted to avoid apples, a fruit most of us have had our fill of by May, and crême brûlée would have required too many ramekins. She settled on seasonless chocolate chip cookies for lunch and brown-

ies à la mode for dinner.

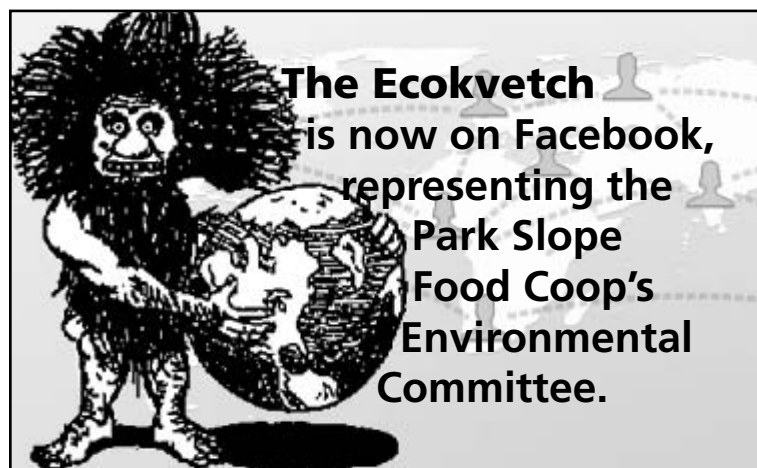
Pistone may not usually cook from recipes, but baking is another matter. "You have to be so much more precise with baking." She took her chocolate chip cookie and brownie recipes and worked out how to increase them to 300-500 servings with Placek, who is reportedly "better at the math." Placek laughs at this assertion and adds, "well, I'm more linear." Emma Bowen, a designer by profession with a passion for pastry baking, supervised much of the baking. In the end, their team created six gallons of chocolate chip cookie dough. Three volunteers used ice cream scoops to spoon the dough onto cookie sheets. The cookies baked in two double convection ovens, which had 12 racks each. They also used a 60-pound capacity mixer, a Hobart on wheels.

There were extra cookies left over after lunch. Pistone picked out two attractive, young volunteers and sent them out into the crowds to sell the remaining cookies. They sold every last one.

For the brownies, volun-

teer bakers used 25 9-ounce packages of Scharffen Berger, donated from Fresh Direct. Meanwhile, even the ice cream scoops for the brownies à la mode posed a logistic challenge. It wouldn't do for volunteers to scoop out the ice cream just as dessert was being served; instead, the ice cream was pre-scooped, placed on trays and stacked in the freezer. But unlike most commercial freezers, John Jay's freezers do not have racks. Volunteers improvised by placing cups on the trays so they could stack the trays of ice cream.

Conference attendees were still talking about the food for weeks afterwards. If you are curious about these delicious, sustainable meals, you can read the menus and find the suppliers on the website (<http://brooklynfoodconference.org>; see "donors"). Apparently an incredibly runny cheese made quite an impression on the dinner guests. According to Coop cheese buyer Yuri Weber, this was Sprout Creek's "Sophie," and it's often available at the Coop. ■



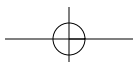
Puzzle Corner

European Vacation

Anagram Puzzle. Each of the following clues is an anagram for a European city. For example, "Solo," can be rearranged to spell "Oslo."

- | | | | |
|-----------------|-------|-----------------|-------|
| 1. Solo | _____ | 11. Made Smart | _____ |
| 2. Non Old | _____ | 12. Rice Milk | _____ |
| 3. Ape Rug | _____ | 13. Red Bagel | _____ |
| 4. In Nave | _____ | 14. Cherub Sat | _____ |
| 5. More | _____ | 15. Shin Like | _____ |
| 6. Hi Soap | _____ | 16. Small Erie | _____ |
| 7. Evince | _____ | 17. Mock Sloth | _____ |
| 8. AvengeHasten | _____ | 18. Vital Sabra | _____ |
| 9. Hasten | _____ | 19. Open Change | _____ |
| 10. Map Lore | _____ | 20. Real Bacon | _____ |

Puzzle Author: Janet Farrell. For answers, see page 13.



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 that are racist, sexist, or otherwise discriminatory.

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

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 guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words. Please note that member-submitted articles, unlike letters, can be edited for content and style by editors. Editors will reject articles that are essentially just advertisements for member businesses and services.

Committee Reports: Maximum 1,000 words. Like member-submitted articles, committee reports can be edited for content and style by editors.

Submissions on Paper: Typed or very legibly handwritten and placed in the wallpocket labeled "Editor" on the second floor at the base of the ramp.

Submissions on Disk & by Email: We welcome digital submissions. Drop disks in the wallpocket described above. The email address for submissions is GazetteSubmissions@psfc.coop. Receipt of your submissions will be acknowledged on the deadline day.

Classified & Display Ads: Ads may only be placed by and on behalf of Coop members. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in a wallpocket on the first floor near the elevator). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

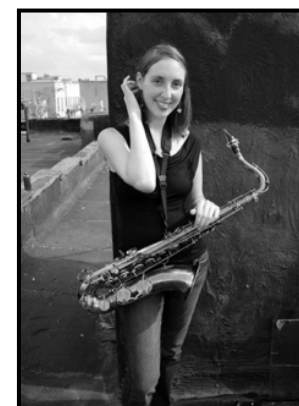
Printed by: New Media Printing, Bethpage, NY.

**Friday
June 19****8:00 p.m.**


very
The Good Coffeehouse
COOP CONCERT SERIES

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

Saxophonist and Clarinetist **Janelle Reichman** has performed with Doc Severinsen, the DIVA Jazz Orchestra, the Chico O'Farrill Jazz Orchestra, Anne Hampton Callaway and Nnenna Freelon, among others. Janelle attended the esteemed Henry Mancini Institute in 2003 and 2004, where she performed Vince Mendoza's *Miracle Child* for solo tenor saxophone and orchestra. Janelle has studied with Dick Oatts, Steve Wilson and Bob Mintzer, who calls Janelle "a joy to listen to." Janelle will be performing jazz standards and originals with a trio of musicians to be announced.

**Eric Alabaster and Anjana Roy—
Tabla & Sitar duet**

Sitarist Anjana Roy from Delhi, India studied with Shri Rebati R. Debnath, a disciple of Allauddin Khan. She received her Masters in music in Jaipur, Rajasthan. Drummer, composer, educator and tabla player Eric Alabaster has performed throughout New England, the Caribbean, Europe and Pakistan. He's worked with artists such as trombonist Roswell Rudd, guitarist Mark Ribot, South Asian artists Muni Begum and Fidah Hussain.

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, 718-788-3741

Monthly on the...

Last Sunday
JUNE 28
10:00 A.M.–2:00 P.M.

Second Saturday
JULY 11
10:00 A.M.–2:00 P.M.

Third Thursday
JULY 16
7:00 P.M.–9:00 P.M.

On the sidewalk in front of the receiving area at the Coop.

PLASTICS**What plastics do we accept?
Until further notice:**

- #1 and #6 type non-bottle shaped containers, transparent only, labels ok
- Plastic film and bubble wrap, transparent only, no colored or opaque, no labels
- #5 plastic cups, tubs, and specifically marked caps and lids, very clean and dry (discard any with paper labels, or cut off)

NOTE: We are no longer accepting #2 or #4 type plastics.

PLASTIC MUST BE COMPLETELY CLEAN & DRY

We close up promptly.
Please arrive 15 minutes prior to the collection end time to allow for inspection and sorting of your plastic.

**R
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G****This Issue Prepared By:**

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Adriana Velez

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Gabrielle Napolitano
Maxwell Taylor

Editor (production): Lynn Goodman

Final Proofreader: Teresa Theophano

Index: Len Neufeld

Bathroom Cleaning**Weekdays, 12 p.m.**

Work with a partner to deep clean the Coop's bathrooms. Tasks include scrubbing floor tiles, cleaning toilets, mopping floors and stocking the bathrooms. You will work with only natural cleaning products. This job is perfect for members who like to clean and are conscientious about doing a thorough job.

Laundry**Monday or Saturday, 8:30 to 10:30 p.m.**

You will load laundry into dryer, fold it and redistribute it around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room. Please contact Annette or Jana in the Membership Office for further information.

Kitchen Cleaning**Wednesday, 8:00 to 10:00 a.m.**

Deep clean all three kitchens in the Coop: childcare, meeting room and staff room. You will work independently to clean countertops, cabinets, drawers, kitchen equipment, sinks and refrigerators. Must be reliable as you are the only person coming to do this job on your day. Please speak to Adriana in the Membership Office, Monday to Thursday, 8:00 a.m. to 2:00 p.m. if you are interested.

Refrigerator Cleaning**Wednesday, 9:00 to 11:00 a.m.**

This position requires a desire to do physical work, enjoy cleaning, and organize refrigerators. You will thoroughly clean the refrigerator,

removing all movable parts and cleaning them, label food items, and discard old or out-of-date products.

Office Close**Thursday, 8:30 to 11:00 p.m.**

Responsible for adding attendance pages in up to nine attendance books and confirming the location of attendance cards for members on these shifts. Must also confirm each worker's work status and annotate the attendance pages accordingly. If you like to work independently and have good attention to detail, this workslot might be for you. You will be trained for this job on your first shift. Make sure to arrive by 8:30 p.m. on your first scheduled day.

CONTINUED ON PAGE 14

COOP CALENDAR**New Member Orientations**

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the four weekly New Member Orientations. To pre-register, visit www.foodcoop.com or contact the Membership Office. Visit in person or call 718-622-0560 during office hours.

Have questions about Orientation? Please visit www.foodcoop.com and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internetwww.foodcoop.com**The Coop on Cable TV****Inside the Park Slope Food Coop**

FRIDAYS 2:30 p.m. with a replay at 10:30 p.m.
Channels: 56 (TimeWarner), 69 (CableVision).

General Meeting Info**TUE, JUNE 30**

ANNUAL and GENERAL MEETING: 7:00 p.m.

TUE, JUL 8

AGENDA SUBMISSIONS: 8:00 p.m.
Submissions will be considered for the July 28 General Meeting.

Gazette Deadlines**LETTERS & VOLUNTARY ARTICLES:**

Jul 2 issue: 7:00 p.m., Mon, Jun 22
Jul 16 issue: 7:00 p.m., Mon, Jul 6

CLASSIFIED ADS DEADLINE:

Jul 2 issue: 7:00 p.m., Wed, Jun 24
Jul 16 issue: 7:00 p.m., Wed, Jul 8

ALL ABOUT THE GENERAL MEETING**Our Governing Structure**

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

Next Meeting: Tuesday, June 30, 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 Ellen Weinstat 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 and Receive Work Credit

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

Following is an outline of the program. For full details, see the instruction sheets by the sign-up board.

• Advance Sign-up required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby.

Some restrictions to this program do apply. Please see below for details.

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

Eligible: Shopping, Receiving/ Stocking, Food Processing, Office, Maintenance, Inventory, Construction, and FTOP committees. (Some Committees are omitted because covering absent members is too difficult.)

• Attend the entire GM:

In order to earn workslot credit you must be present for the entire meeting.

• Childcare can be provided at GMs:

Please notify an Office Coordinator in the Membership Office at least one week prior to the meeting date.

• Signing in at the Meeting:

1. After the meeting the Chair will provide the Workslot Credit Attendance Sheet.

2. Please also sign in the attendance book that is passed around during the meeting.

• Being Absent from the GM:

It is possible to cancel without penalty. We do ask that you remove your name if you know cannot attend. Please do not call the Membership Office with GM cancellations.

Park Slope Food Coop Mission Statement

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement. **We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods.** We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture. **We respect the environment.** We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment. **We are committed to diversity and equality.** We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member.



park slope
FOOD COOP

calendar of events

jun 20
sat 10 am–2 pm

Adult Clothing & Costume Jewelry Exchange

The season is changing, and this is your opportunity to trade gently used and beautiful clothes and costume jewelry that you no longer wear with other Coop members. Do not leave clothing or jewelry in the Coop before the hours of the exchange. Bring up to 15 items only. Unchosen items will be donated to a local shelter.

jun 20
sat 3 pm

Sugar Blues

Are you constantly craving sweets and want to understand why? Join **Aja Davis**, holistic health counselor, to learn how to change your relationship with sugar forever. You will discuss how to understand where those sugar cravings come from and how to reduce and eliminate them naturally.

jun 20
sat 7 pm

Screening of *Blue Gold—Global Water Wars*

The award-winning, 90-minute documentary *Blue Gold—Global Water Wars* addresses how corporate giants, private investors and corrupt governments vie for control of our dwindling fresh water supply. Presenter and Coop member **Henry Rock** has been a passionate advocate of innovative technological solutions to water, energy and habitat issues.

jun 27–28
sat–sun 9 am–7 pm

Food Drive to Benefit CHIPS Soup Kitchen

CHIPS Soup Kitchen, located at 4th Ave. and Sackett St., is the recipient of much of our edible but unsaleable perishable food. They also need donations of nonperishable foods. This food will go to CHIPS to help them feed people in the neighborhood who are in need of a nutritious meal. Consider contributing nonperishable foods and commercially packaged foods; canned fish; canned fruits and vegetables; pasta sauce; pasta; pre-packaged rice; pre-packaged beans; canned beans; canned soups; Parmalat milk; dry milk; peanut butter; or boxed raisins. Give donations to the collection table outside the Coop.

jun 27
sat 1 pm

Relationship Health Check: Get Off Life Support

The quality of your relationships affects your life in many ways. It is easy to interact with hundreds of people each week, yet have no deep, satisfying relationships. Come explore how to combat urban isolation and relationship frustration! Coop member **Karen D. Bowser** is a graduate of Yale University and a certified Five O'Clock Club Career Coach.

jun 27
sat 4 pm

Boogie Down with Nia!

Nia Technique is a fusion of nine movement forms drawn from dance, martial arts and healing arts. In this workshop, you will learn simple movements that lead to powerful physical fitness, healing and personal transformation. No experience necessary. Please wear comfortable clothes. Coop members **Jim Williams** and **Kristin DeGroat** are certified Nia instructors with classes throughout Brooklyn.

jun 28
sun 12 pm

Greening and Cleaning Your Home!

In this workshop, we will identify common household items that can reduce your indoor air quality, and discuss ways to improve the air in your home. In addition, you will learn simple recipes for making homemade green cleaning products! Coop member **Sarah Julig** has been working as a freelance ecological housekeeper and home organizer since 2005.

jun 30
tue 7 pm

Building Your Personal Financial Recovery Plan

Will I have enough money for my retirement and personal dreams? Where's the best place for me to invest now? Learn how to design your plan, implement it and monitor your progress. **Imre Kovacs**, a Coop member since 1993, shares his experience in helping individuals and families meet their financial goals.

jun 30
tue 7 pm

PSFC JUNE Annual and General Meeting

The Annual Meeting begins at 7:00 p.m. followed by the GM. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Pl. at Eighth Ave.**

Annual Meeting Agenda:

Item #1: The audited financial report for the year ended Feb. 1, 2009

Report & Vote: Following a presentation by our outside auditor, Jennifer Rambarran of Cornick, Garber & Sandler, LLP, members will have the opportunity to pose questions to her. Members will then vote whether to accept the audited statement.

Item #2: Board of Directors election

Election: One candidate met the March deadline for this election.

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 31, 2010."

— submitted by the General Coordinators

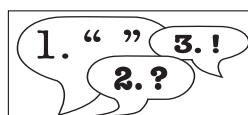
Item #2: Election of Officers

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: §2. Officers shall be elected by the Board of Directors of the corporation at the meeting held in the month of June. §3. The President and Vice-President shall be, at the time of election, directors of the corporation."]

jul 7
tue 7 pm

Agenda Committee Meeting



The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m.

Before submitting an item, read "How to Develop an Agenda

Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, July 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jul 11
sat 11 am

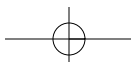
Digest This!

Did you know that a restaurant cheeseburger eaten the right way will provide more nutrients than a raw organic salad eaten the wrong way? This workshop will teach you the best tips of the major Eastern and Western nutritional philosophies to get the most from the foods you eat with an understanding of your busy lifestyle. Coop member **Kimberly Russell** holds a Masters in Health and Healing as a Certified Nutritional Counselor.

jul 11
sat 3 pm

Moving Your Business Forward In a Stuck Economy

When times get tough it's easy to get stuck. If you own your own business, getting stuck and procrastinating on important decisions and projects can be devastating. The good news is that there are ways of moving your business forward by refocusing on your core business principles. Join procrastination coach **Renate Reimann** and small business management consultant **Alan Siege** to develop your plan out of frustration and into action.



jun 20–sep 12 2009

jul 17
fri 7:30 pm

Gas Is So 20th Century!

Help form the Park Slope Ethanol Coop. **Michael Winks** and **Kevin Burget** are forming a community-based renewable energy coop with the goal of using locally made ethanol to power our vehicles and even heat our homes. Find out more. Come to a screening of David Blume's *Alcohol Can Be a Gas!*

jul 19
sun 12 pm

Sustainable Stress Reduction

Learn strategies and solutions to reduce stress, guilt, fear and anxiety. Find authentic methods to navigate life transitions and challenges by integrating all aspects of life (work, family, finances, emotions, body and thoughts). Coop member **Jennifer Edwards**, MFA, RYT, has 10 years experience in stress reduction and related fields. She has worked with institutions including Columbia University Medical Center, New York University, Cancer Care and the American Heart Association.

Still more Park Slope Food Coop events →

jul 25
sat 10 am

Nutrition Response Testing

Join us for a look at Nutrition Response Testing. **Diane Paxton**, MS, LAc, will explain how NRT can identify the underlying reason your body is creating symptoms and help you design a personalized clinical nutrition program to have you looking and feeling better than you have in years.

jul 25
sat 1 pm

Self-Healing and Empowerment Workshop

Coop member **Glenda Springer** provides tools that you can use to improve your everyday lives, using: crystals for meditation and healing; visualization techniques; stress management techniques; how to release emotional baggage; and meditative movement and dance techniques. Please wear comfortable clothes.

jul 26
sun 12 pm

Building a Cohousing Community in Brooklyn

"Cohousing" refers to a collaboratively designed community with private units around shared space that includes a commitment by members to making major decisions by a process of consensus. Our project is the first of its kind in New York City and will include 30 households. Please join us for a discussion. Coop member **Alex Marshall** is a writer on urban planning issues and founding member of Brooklyn Cohousing.

jul 28
tue 7 pm

PSFC JULY General Meeting

Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office and at all General Meetings. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jul 28
tue 7:30 pm

What Is Dyslexia? And How Is It Treated?

Hear about a multisensory method for treating dyslexia. Although dyslexia is a language-based deficit, a multisensory technique developed by Orton-Gillingham uses visual, auditory and kinesthetic methods for an effective solution. Coop member **Helen Wintrob**, Ph.D, is a licensed psychologist and certified school psychologist.

jul 30–aug 1
thu 3–8 pm
fri 11 am–6 pm
sat 11 am–6 pm

Blood Drive

Fact: Less than 3% of the population donates blood, and 90% will use blood some time in their life. Presented in cooperation with New York Methodist Hospital. For further information about blood donation, call 718-780-3644.

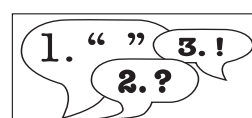
aug 2
sun 12 pm

Family Music Workshop

The Flying Teapot: Music for Kids, with **Joanne Riel**. Join us for this magical class that will nurture your child's unique expression. Songs just happen when grownups and children come together to make music. Joanne, a Coop member, has been engaging children and parents in the community for many years, with her unique and spontaneous style.

aug 4
tue 7 pm

Agenda Committee Meeting



The committee reviews pending agenda items and creates the agenda for this month's General Meeting. Drop by and talk with committee members face-to-face between 8 and 8:15 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office. **The next General Meeting will be held on Tuesday, August 25, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

For more information on these and other events, visit the Coop's website: foodcoop.com

All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops.

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

still to come

aug 8 Bowenwork

aug 9 For High School Students and Their Parents: Help with the College Application Process

aug 14 How to Create a Budget

aug 25 PSFC AUGUST General Meeting

aug 25 Grants for Jazz

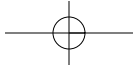
sep 1 Agenda Committee Meeting

sep 3 Food Class

sep 4 Film Night

sep 5 Getting To Yes

sep 12 Intuitive Parenting



Bay Ridge Food Co-op needs talented people to get to the next stage of its development.

We are looking to conduct an extensive market research effort over the next several months. The response to our first survey last year was extremely positive, but we need someone with marketing experience to take us further. Please consider cooperating with us (and of course getting FTOP credit along the way).

For more information or questions, email katewimsatt@earthlink.net.

Interested in Engaging Coop Work? Disciplinary Committee Seeks NEW Members

★ **If you are good at:**
Communicating • Problem solving • Dealing with difficult situations • Investigating We need you!

The DC is seeking new members to work with us on making the Coop the best place it can be for everyone.

Being a DC member offers the opportunity to be involved in **important, interesting and challenging work**. We contribute more time than regular monthly shift (much of it is done from home via phone & e-mail). We are seeking members prepared to make a **substantial and consistent commitment** to the Coop (you will get credit for overtime hours)

Some of our work includes:

- Investigating allegations of misbehavior by members, such as failing to report for or to complete shifts, bringing in non-members to shop, shopping while suspended, stealing, using racist, sexist, homophobic or nasty language against other Coop members and staff, etc.
- Participating in disciplinary hearings
- Mediating disputes between Coop members
- Engaging in problem-solving and policy issues related to the DC's work

We recognize the importance of various points of view when considering cases brought to us. WE ARE SEEKING A CANDIDATE POOL THAT REFLECTS THE DIVERSITY OF THE COOP'S MEMBERSHIP.

Requirements for Candidates:

- Coop members for at least a year & have good attendance records
- attend an evening meeting approximately every six weeks.

Candidates with experience in **writing, investigation, conflict-resolution, or mental health professionals** encouraged to apply. Use of a **computer and email** is essential.

Interested? Please call **Jeff: 718-636-3880**

Puzzle Answers

- | | | |
|-----------|---------------|----------------|
| 1. Oslo | 8. Geneva | 15. Helsinki |
| 2. London | 9. Athens | 16. Marseille |
| 3. Prague | 10. Palermo | 17. Stockholm |
| 4. Vienna | 11. Amsterdam | 18. Bratislava |
| 5. Rome | 12. Limerick | 19. Copenhagen |
| 6. Sophia | 13. Belgrade | 20. Barcelona |
| 7. Venice | 14. Bucharest | |

Help New Members Feel Like Royalty!



The **Orientation Committee** has no openings at the moment, but we need members who are trained and ready to step in when a vacancy occurs.

We are looking for energetic people with a teaching or training background who can work Sunday afternoons, Monday or Wednesday evenings, or Wednesday mornings. Orienters lead sessions every six weeks, and on the week midway between sessions you must be available as backup for emergency coverage. Only Coop members with at least two years of membership will be considered.

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

We are especially interested in members who speak fluent Spanish or Russian. For more information, contact the Membership Office or write to karen_mancuso@psfc.coop.

PHOTO: JOHN H. SHELLY / I/THIRTHEVIRGINIAN-PILOT (VIA GOOGLE)



The Fun Committee Needs You!

The Fun Committee is looking for an enthusiastic member who has experience and expertise in "alternate outreach"—21st-century style—to inform our membership and community of our committee's upcoming events.

We want to increase attendance and participation at our events by creating an online presence on sites like Facebook.

Recent Fun Committee events include Poker Night, Game Night, Pub Night, Valentine Card-Making workshop, Adult Variety Show and the Food Conference.

All interested members, please e-mail Len Heisler at heislerlen@yahoo.com.

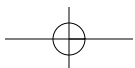


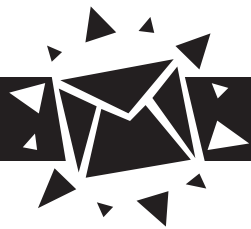
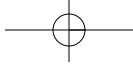
The newest issue of Community Ties is here!

This is the long-awaited directory of neighborhood merchants offering exclusive discounts to Park Slope Food Coop members.

See www.foodcoop.com for the latest issue of this invaluable reference. Printed copies are available throughout the Coop. Get ready to enjoy your discounts this summer!

- In every issue:
- Advertising & promotion
 - Antiques
 - Apparel
 - Art gallery
 - Beauty salon
 - Bed & breakfast
 - Books
 - Business coaching
 - Car rental
 - Career counseling
 - Children
 - Classes
 - Cleaning services
 - Computer café
 - Computer services
 - Cosmetics
 - Counseling
 - Dance
 - Dentist
 - Design
 - Dry cleaning
 - Extermination
 - Financial services
 - Food & restaurants
 - Furniture
 - Gym/trainers
 - Healing arts
 - Health & beauty
 - Health products
 - Health services
 - Management
 - Maternity/infant/nursing
 - Mediation
 - Museum
 - Organizing
 - Parties & entertaining
 - Photography
 - Solar energy
 - Specialty
 - Sports & sporting goods
 - Used furniture
 - Video services
 - Web design
 - Writing/editing





LONG LINES!

TO THE EDITOR:

This is a response to Lynn Armen-trout's ideas about reducing too long lines. It's a good idea about managing the long shopping lines better, but that does not help the overcrowding in general. There are just too many people shopping at all times, except 6 a.m. weekends. It has become quite unpleasant to maneuver around the space with too many carts and the carts used for re-stocking, which take up a lot of space. Sometimes, I have to go backwards in an aisle and approach the shelf I aimed for from the other side, because the aisle ahead is completely blocked. I don't see why there couldn't be a cap on additional members for a few months.

Sincerely,
Ingrid Cusson

OVERCROWDING

TO THE EDITOR:

One possibility to alleviate overcrowding in the basement is to move certain kinds of items to a facility, warehouse, within a short distance from the coop.

A work committee could be assigned to a "cargo" van to shuttle between the Coop and the warehouse several times each day. Adding a few thousand square feet to the Coop may ease some of the congestion in the basement.

Also, extending Coop hours to midnight and starting a 4:30 a.m. shift may also be of some assistance.

Kevin Cunneen

LULLABY

(sung slowly to "Frere Jacques")

My sweet pumpkin,
My sweet pumpkin,
Fast asleep,
Fast asleep?
Sometimes sleep comes slowly,
Sometimes sleep comes slowly,
Creep by creep,
Creep by creep.
Are you dreaming,
Are you dreaming,
Red balloons,
Red balloons?
Pleasant things await you,
Pleasant things await you,
Toys and tunes,
Toys and tunes.
Now you're nodding,
Now you're nodding,
Can you hear,
Can you hear?
Mom and Dad beside you,
Mom and Dad beside you,
Everywhere,
Everywhere.

Leon Freilich

STUDYING THE COOP

DEAR MEMBERS,

The 5th International Principle of Cooperation states in part that cooperatives... "inform the general public—particularly young people and opinion leaders—about the nature of benefits of cooperation."

In keeping with this principle we have for many years now cooperated with both classes of students and individual students doing research or projects. Below is a note from a student in Austria who will be studying our coop and she would appreciate the opportunity to interview several members. If you can do this please contact her at the e-mail address she provides below.

In cooperation,
Joe Holtz, General Coordinator

LOOKING FOR INTERVIEW PARTNERS

My name is Johanna Trausner, I am a student of social and cultural anthropology at the University of Vienna and I am writing my master thesis about the Park Slope Food Coop.

My main fields of interest are "Who is joining the Coop?" "What are the main reasons for joining the Coop." In order to answer these questions I am compiling a questionnaire (being available in the internet at the end of July, web address is going to be available in the *Linewaiters' Gazette* then) and am hoping to conduct around 15 in-depth interviews with Coop members.

Therefore I would like to ask if someone would have the time (around 20-30 min) for an interview during my stay in New York from the 28th of June to the 8th of July.

I would be very happy if someone could find the time to talk to me! To make an appointment just send me an email at hanna.tr@hotmail.com. I would greatly appreciate it!

With best regards
Johanna Trausner

NATURAL GAS

DEAR FELLOW MEMBERS,

Did you read Adriana Velez's article in the April 23, 2009 Gazette, "Coop Hosts Forum on Protecting New York City's Watershed?" If not, this can be viewed online in the Gazette archive section of our website www.foodcoop.com. The article is about the March 21 event sponsored by our Environmental Committee to spread the news concerning a HUGE environmental disaster pending that will directly affect you, me and every other being in New York City.

What is happening is that natural gas companies intend to drill in the Catskills, which is the location of the watershed where NYC gets its water. As soon as they get the go-ahead from the New York State Department of Environmental Conservation, these

companies plan on trucking in or otherwise taking from local springs billions of gallons of water. They are going to add toxic chemicals to that water and then shoot that mixture a mile into the ground, using a method called hydro-fracturing, in order to get at the gas. At the end of the process, companies such as Chesapeake Energy hope to reap a big profit and leave it to the taxpayers to bear the expense of dealing with the incredible pollution of the air, earth and water that will be the result of their activities.

The companies have already leased up land in the Catskills and their lobbyists are visiting our legislators daily. Meanwhile, very few people in NYC even know that the source of our water is the Catskills, let alone have any awareness of the drilling threat.

The Sierra Club will be organizing future meetings and panel discussions around NYC to spread awareness and gather support for efforts by some to stop the drilling. Anybody can go to a meeting and hear much more detailed information about this issue. I hope this letter will encourage you to send an email to Carolyn Zolas of the Sierra Club, who can be reached at zolas@optonline.net, and let her know that you would like to receive notices about upcoming meetings on this issue.

This disaster can be stopped by you and me and others, if we take action.

Sincerely,
Elizabeth Tobier

FOUND HAIKU

Good food. Great prices.
The second floor service desk.
Membership office.

Yigal Rechtman

HOUSING HELP!

DEAR COOP MEMBERS:

I am writing on behalf of two families that I work with that are in need of housing.

They are political refugees from Bhutan, have spent the last 17 years in a refugee camp in Nepal, and have recently settled in New York through the intervention of the International Rescue Committee (IRC). The families consist of 9 and 6 members.

Ideally they would like to be next to or close to each other. At this time they are unable to remain in their current housing and the IRC has not yet found an alternative.

I thought I might reach out to the Coop community to see if anyone has rental space or knowledge of reasonably priced housing in Brooklyn or Queens. Any ideas would be greatly appreciated. I can provide further details and receive suggestions through e-mail at jbzell@aol.com.

These families would make wonderful tenants and are truly special people. Thank you.

Julie Zellat

LETTERS POLICY

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

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

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

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.

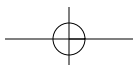
2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.

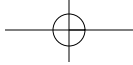
3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the 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.

Respect

Letters must not be personally derogatory or insulting, even when strongly criticizing an individual member's actions. Letter writers must refer to other people with respect, refrain from calling someone by a nickname that the person never uses himself or herself, and refrain from comparing other people to odious figures like Hitler or Idi Amin.





CONTINUED FROM PAGE 9

Voucher Data Entry

Tuesday, 7:00 to 9:45 a.m.

The Coop needs detail-oriented members to enter data from voucher sheets into an Excel spreadsheet. Accuracy working with numbers and facility with Excel required. *The shift must begin by 7:00 a.m. but you can come as early as 6:00 a.m.* You will need to work independently, be self-motivated and reliable. Please contact Renee St. Furcy at renee_stfurcy@psfc.coop or 718-622-0560 if you are interested.

Shopping Floor Set-up and Cleaning

Monday or Wednesday, 6:00 to 8:00 a.m.

Are you an early riser with a love of cleaning and organizing? Work under the supervision of a staff person to set up and clean the shopping floor checkout stations. Must like to clean, be meticulous, detail oriented and able to work independently. Great opportunity for someone who wants to work when the Coop is not crowded. Please contact Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or through the Membership Office at 718-622-0560.

BED & BREAKFAST

BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights block has space with semiprivate bath, AC, Cable TV & free WiFi. Full breakfast provided in attractive smoke-free environment. Reasonable rates. Call David Whitbeck, 718-857-6066 or e-mail brownstonebbb@yahoo.com

COMMERCIAL SPACE

PROFESSIONAL OFFICES AVAILABLE. Ideal for a colon therapist, psychotherapist, medical doctor, shiatsu, reiki, speech therapist, etc. Be part of a Holistic Center in the beautiful SOHO section of Manhattan. The doctor will introduce all patients to you. For further information, please call 212-505-5055.

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KENSINGTON 2 BR APT. AVAILABLE 7/1. 1000 Sq. Ft. spacious, bright, parquet floors, 2 blocks to Prospect Park, tennis, horseback riding, soccer & parade grounds. Top floor of a 2 story brick row house. F train at Ft. Hamilton - B & Q at Church Ave. \$1700 per month - No Fee call Matt at 347-451-9903. Zoned PS 130

SERVICES

EXPRESS MOVES. One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071

ATTORNEY—Experienced personal injury trial lawyer representing injured bicyclists and other accident victims. Limited caseload to ensure maximum compensation.

CLASSIFIEDS

Member of NYSTLA and 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—30 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultation. Prompt, courteous communications. 20-year Park Slope Food Coop member; Park Slope resident; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

MADISON AVENUE Hair Stylist is right around the corner from the Food Coop, so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60.00.

NO JOB TOO SMALL! Carpentry, tile installation and repair, painting, plastering, doors hung and repaired, shelves installed, bath regrouts, general handywork. Serving Park Slope area for 19 years. Free estimates. Call Rocco: 718-788-6317.

BURIED UNDER PAPER? My organizing service reduces your stress, increases your efficiency and gives you more free time. Expert in home business and household management. Call Margaret Barritt Organizing Service. 718-857-6729.

COMPUTER HELP — Call NY GEEK GIRLS. Setup & file transfer; hardware & software issues; viruses & pop-ups; networking; printer/file sharing; training; backups. Home or business. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-time Coop member. 347-351-3031 or info@nygeekgirls.com.

ART CABRERA, ELECTRICIAN 30 yrs. residential wiring, trouble shooting low voltage, one outlet or whole house, no job too small. Fans, AC, 220 volt, lighting, out door work, insured, 781-965-0327. Emergency service, call 646-239-5197. Founding Coop

member, born in Brooklyn, 35 yr. resident of Park Slope. #0225. Coop discounts.

HAIRCUTS HAIRCUTS HAIRCUTS. Haircolor, Highlights, Lowlights, in the convenience of your home or mine. Adults \$35.00, Kids \$15.00, Call Leonora, 718-857-2215.

SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen Goldberg provides comprehensive, family dental care using non-mercury fillings, crowns, dentures, thorough cleanings, minimal X-rays and non-surgical gum treatments. For a free initial exam and insurance information, call 212-505-5055.

HOLISTIC OPTOMETRY: Most eye doctors treat patients symptomatically by prescribing ever-increasing prescriptions. We try to find the source of your vision problem. Some of the symptoms that can be treated include headaches, eye fatigue, computer discomfort, learning disabilities. Convenient Park Slope location. Dr. Jerry Wintrob, 718-789-2020. holisticeyecare.com

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HYPNOSIS SPELLS RELIEF: Do you have problems with self esteem & confidence? Do you suffer from stress or pain? Are you overweight or a compulsive smoker? Hypnosis can help with all of this and more. I am a certified hypnotherapist, practice in Park Slope & have flexible hours. Call me, Dr. Celene Krauss 718-857-1262.

COMMUNITY CALENDAR

SAT, JUN 20

BROOKLYN COHOUSING: orientation and open questions about soon-to-be-built project in Windsor Terrace. 2 p.m. At the Memorial Baptist Church in Windsor Terrace, 16th St. and 8th Ave. Info: www.brooklyncohousing.org.

MON, JUN 22

BROOKLYN COHOUSING: orientation and open questions about soon-to-be-built project in Windsor Terrace. 7 p.m. At the

Belarusan Church, 401 Atlantic Ave. at Bond. Info: www.brooklyncohousing.org.

MON, JUN 29

BROOKLYN COHOUSING: orientation and open questions about soon-to-be-built project in Windsor Terrace. 7 p.m. At the Belarusan Church, 401 Atlantic Ave. at Bond. Info: www.brooklyncohousing.org.

MON, JUL 27

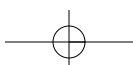
DELEGATION TO VENEZUELA: Human Rights, Food Sovereignty & Social Change: This delegation will explore Venezuela's current process of social & political transformation, in the areas of food sovereignty, education, health-care & direct citizen participation in the political process. Activities include visits to social programs, cooperatives, community sites & media outlets; meetings with farmers, community leaders & government officials; trips to natural areas & historic sites. Info: cbalbertolovera@gmail.com.

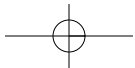


ILLUSTRATION BY CATHY WASSILENKO

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Read the *Gazette* while you're standing on line OR online at www.foodcoop.com





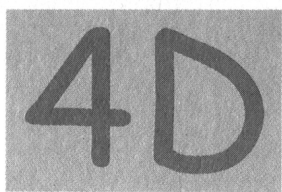
CLASSIFIEDS (CONTINUED)

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YOU DESERVE TO FEEL BETTER. Licensed psychotherapist has weekday evening openings. Park Slope/Prospect Heights area. Adult individuals and couples. Call Maje Waldo LCSUR CASAC 718-683-4909

VACATIONS

BUNGALOWS FOR RENT in charming cooperative summer community. Beautiful wooded grounds. Olympic pool, tennis, basketball, swim & boat in lake. Near Bethel Woods Performing Arts Center. Great family vacation. Reasonable prices. Contact Marlene Star, mstar18@optonline.net, 914-777-3088.

3-SEASON VACATION COTTAGES for sale in our friendly, wooded northern Westchester community. Pool, tennis, biking, hiking; near Hudson River and Metro North (5-minute cab ride from train). \$79,000-\$99,000; annual maintenance approx. \$3,200. Cash sales only. No dogs. 212-242-0806 or junejacobsen@earthlink.net.

CENTRAL MAINE. Lakefront cottage, secluded, roomy, fireplace, on a sandy shoreline with rowboat & canoe available. Cottage comes fully equipped in the beautiful Winthrop Lakes region. \$650 per week. Contact David Whitbeck at 718-857-6066 or email inquiries to david_whitbeck@yahoo.com.

WHAT'S FOR FREE

FREE INITIAL ORAL EXAMINATION in a Holistic Family Dental office for all Coop members. Using a nutritional approach, Dr. Goldberg practices preventive dentistry, with non-mercury fillings, thorough cleanings and non-surgical gum treatments. For insurance information and an appointment, please call 212-505-5055.

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

Submission forms are available in a wallpocket near the elevator.

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For more information go to:

www.brooklyncohousing.org

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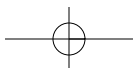
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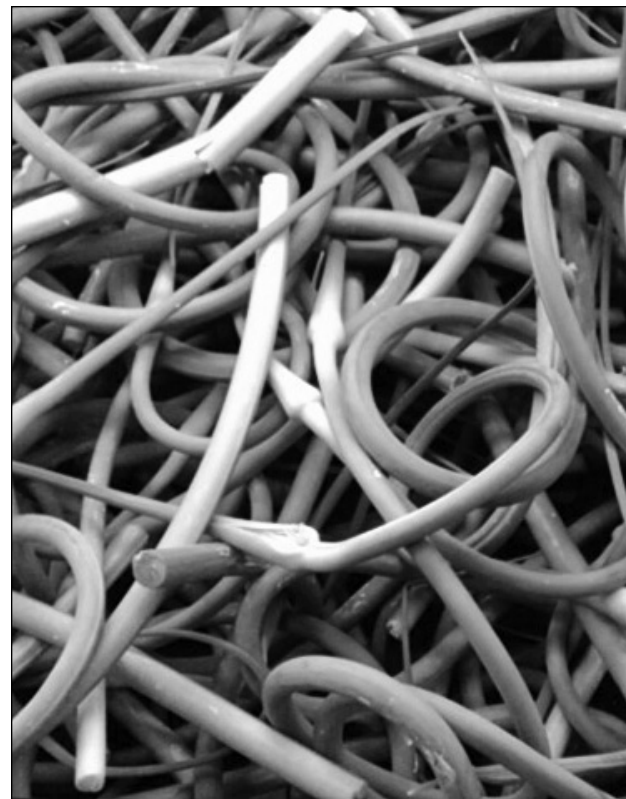
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Receiving Coordinator Eric Vazquez photographed just some of the Coop's bountiful spring produce: fresh garlic, local strawberries and garlic scapes.

WELCOME!

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

Macrina Aivazain	Kelsey Caitlin	Christine Francis	Asha Irving	Lauren Lindstrom	Anthony Monahan	Matt Thompson
Jesse Alter	Neil Carlson	Jimelle Fraser	Michael Itkoff	Monique Lodi	Bridget Monahan	Dale Todd
Pierre Andre	Erin Carney	Rachel Friedman	Ann Iwashita	Rob Lowell	Milissa Mondestin	Anna Unierzyski
Adam Ardelle	Melissa Castillo	Heather Gile	Ann Jaffe	Sam Lowenstein	Laura Kate Morris	Lauren Venturelli
Juliette Baker	Danelle Cater	Muli Green	Bazelais Jean-Baptiste	Linda Lynch	Charlotte Munson	Christopher Wallwork
Jaclyn Barcewski	Giuliana Ciampoli	Zipi Green	Emily Johnson	Pierre Thomas Lynch	James Pertusi	Paige Welborn
Dara Barnett	Laurie Collyer	Larissa Gschwandtner	Brooks Jones	Josh MacPhee	Nadia Pessa	Stephanie Whited
David Barreda	Caitlin Condell	Polly Halfkenny	Esther Kaplan	Nancy Magidson	Elaine Pinckney	Kyle Williams
Frank Basile	Rachael Cooper	Allison Danielle Heiny	Kaoru Kashima	Amy Mahnick	R. Lucero Quiroga	Melisa Wise
Molly Bates	Michelle David	Neil Hellegers	Colleen Kavanagh	Bill Maltarich	Julie Sanon	Lisbeth Woodington
Marisa Beard	Cecelia DeKorne	Adam Hess	Kate Keller	Melissa Mankowski	Kayo Sasaoka	Naomi Wurst
Donna Belej	Nicholas Doray	Sita Hess	Keith Kilgore	Ed Manning	Bernadette Sheridan	Brenda Zelin
Eileen Benun	Robert Dow	Candice Horowitz	Nicole Kuritsky	Zoey Martinson	Justin Shu	Julie Zimmerman
Tanya Blasbalg	Joseph Dynega	Marc Horowitz	Edelyne Lafontant	Julio Mateo	Peter Simon	
Dan Broden	Beverly Emmons	Casey Horvitz	Chrissy Lee	Jim McCabe	Emily Sottile	
Ajamu Brown	Ben Farber	James Howard	Susan Lee	Bryn McKay	Rebecca Stevens	
Taylor Carroll Brown	Mary Fithian	Kevin Irby	Joseph Lemelin	Charles Mensh	Steven Tapia	
Micah Bucy	Maria Flores	Myryah Irby	Jany Leveille	Jenny Beth Miller	Tonya Thomas	

THANK YOU!

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

Daniel Arlein	Sarita Daftary	Anne Hake	Julie Mack	New York Magazine	Lilian S.	Blake Thomas
Judith B.	Kathryn Drummer	Enroue Halfkenny	Jeffrey Mandelbaum	Park Slope Reader	Adrienne Sale	Chris Wallace
Sara Bender	Lindsay Elliot	Hideyo	Matt	Pete	Laura Schalchli	Alistair Wandesforde
Noah Berland	Jason Endres	Kate Johnson	Patti McCabe	Rachel Porter	Robert Schlederer	Jean Weisman
Elizabeth Blumberg	Tagen Engel	Jonathan	Guy McFarland	Queen Afua	Shulie Seidler-Feller	Jo Whitsell
Kim Carpenter	Gwyneth Esty-Kendall	Selena Juneau-Vogel	Nat Meysenburg	Lynn Rakos	Jesse Smith	Darcy Whittemore
Susan Choi-Hausman	Sam Fuller	Deborah Karp	Emily Miller	Keith Romer	Joshua Stern	Yong Yong
Ted Choi-Hausman	Katherine Goldstein	Gideon Kendall	Hillary Miller	Nancy Romer	Gregory Sullo	Danielle Young
Margaret Chu	Limor Goren	Jessica Levey	Grace Mitchell	Shannon S.	Anita Sussman	
Laurie Collyer	Jamie Graves	Dinie Lowenstein	Krisse Nagy	Josie Saldana	Priscilla Sutton	

**Saturday, July 4th, shopping hours:
6:00 a.m. – 7:30 p.m.**

The Coop needs extra workers
around the holiday weekend.
Contact the Membership Office
for more information.

