

LINWAITERS' GAZETTE

Established
1973



Volume EE, Number 24

December 2, 2010

Wrap Up Your Holiday Shopping at the Coop

By Diane Aronson

It's time to shop for holiday gifts. But why spend your dollars in big-box stores or at online retailer sites? Spend locally—right in the Coop. A little time and a tour of the aisles will reveal enticing gifts that you can make into an array of wonderful gift baskets. All of the items mentioned here are under \$25; many are less than \$10.

coffee, orange, lemon or peppermint extract are on sale from Flavorganics; organic vanilla extract from Frontier. If the intended recipient of your Baker's Gift Basket enjoys making yeast breads, look for Rapunzel's organic active dry yeast.

Care to drop a hint to your baker to include chocolate? Remember that the higher

Breezie Maples Farm maple syrup; both are organic. Pure organic maple sugar in an 8.8-oz. jar is available from Shady Maple Farms.

Bakers can always use new tools, and you'll find those mentioned below in the Coop's regular checkout aisle or near the general checkout area.

What introduces more hol-



PHOTOS BY PATRICK MACKIN



Some of the goodies available for holiday gifting.

Baker's Best

As a Coop member, chances are you know somebody who loves to bake. And as every baker knows, delicious treats start with quality ingredients. Allspice, cardamom, cinnamon, cloves, ginger, mace and nutmeg—to name only a few spices—are packaged in small quantities at the Coop. Extracts add zest to many of the holiday season's cookie recipe favorites. Two-ounce bottles of organic

the percentage of cacao, the more intense the flavor; a lower percentage means a bit more sweetness. Ghirardelli offers a 100% unsweetened cacao baking bar, while Green & Black's organic bar weighs in at 72% cacao. Ghirardelli also makes semi-sweet and milk chocolate chips. A vegan alternative, carob baking chips, comes from Sunspire. If your baker likes to sweeten with maple syrup, look for Coombs Family Farms or

iday baking fun than cookie cutters in festive shapes? Look for a six-piece set of different star sizes by Ateco. Juicing lemon and limes will be easier and faster with the appropriately lemon-yellow colored juicer by HIC.

Silicone bakeware—lightweight, compact, perfect for New York kitchens, and able to withstand temperatures up to 600°F—is a durable gift-basket choice. The Coop

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ILLUSTRATION BY PATRICK MACKIN

'Lights, Camera, Film Night!'

By Jill Dearman

It's not just food that unites the Coop membership; it's community and culture. And Film Night at the Coop, every first Friday of the month at 7:30 p.m., has brought together members not only for movie viewing, but also for lively discussions about the world we live in. Faye Lederman curates Film Night with the assistance of her co-conspirator, Gabriel Rhodes. Both are accomplished filmmakers in their own right. Lederman's independent films include *Women of the Wall*, about

the Jerusalem women's prayer group, *A Good Uplift*, about a bra store in the same neighborhood, and *Hold the Soup*, about a matzo ball eating contest. Rhodes' theatrical documentary credits include *Control Room*, *My Kid Could Paint That* and, most recently, *The Tillman Story*. They were kind enough to take us behind the scenes...

Linewaiters' Gazette: How did the film series start?

Gabriel Rhodes: I know that it started out of a sense that there was a huge community

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Next General Meeting on December 28

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be on Tuesday, December 28, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

Coop Event Highlights

- Fri, Dec 3** • **Film Night: Reporter** 7:30 p.m.
- Sat, Dec 4** • **Food Drive to Benefit CAMBA** 11:00–4:00 p.m.
- Tue, Dec 14** • **Safe Food Committee Film: King Corn** 7:30 p.m.
- Fri, Dec 17** • **The Very Good Coffeehouse: David Roche; Louis Rosen** 7:30 p.m.
- Sun, Dec 19** • **Winterfest Pub Night Sing-Along** 7:00–10:00 p.m.

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

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Holiday Shop

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offers a 9x9-inch cake pan, a round cake pan, a loaf pan and a twelve-muffin pan. Include a silicone spatula and scraper, and your favorite baker will be able to take the heat on the way to making delicious delights. When it's time to take the pans out of the oven, your baker will enjoy vibrantly patterned oven mitts from Guatemala.

Wrap up some of these goodies in a colorful apron to make a reusable gift basket, and the baker on your holiday gift list is covered.

Host with the Most

Entertaining is synonymous with the holidays, and a versatile basket of gifts includes ones that will be welcome for these occasions and long after. Most of these items can be found in the produce aisle—the end closest to the entrance—or near checkout.

Candles are a lovely way to brighten and decorate a home during winter's long evenings. A fun way to add light is to cluster small groups of votive candles, and the Coop stocks some lovely candle holders that will lend sparkle to any occasion. Look for glimmering gold, silver or mirrored votive holders. If you'd like to include a candle in a gift basket, try Sunbeam Candles, with

(according to its label), essential oils, paraffin, palm, a cotton wick, and nothing else. The cypress-, fir-, spruce-, and pine-scented candle comes in season-appropriate dark green.

Implements that can multi-task are always handy. Look for Down to Earth bamboo cutting boards, which also work as cheese boards. Choose from the classic rectangle shape or a board with a handle. All shapes and sizes come with a handy drilled hole for hanging.

A 4x9-inch, simple, white rectangular sushi dish does double duty for serving small hors d'oeuvres, tapas and all manner of other pass-around savories. Include a three-piece bamboo condiment set (fork, spoon and knife), and you have a nice serving combo. Add a 5-pack of paired wooden chopsticks or a 100-pack of four bamboo skewers, and you've included useful tools for spearing the pass-arounds. Colorful napkins and placemats from the Coop will help a host set a festive table.

Pack up these items in one of the Coop's sturdy, carrot-logged canvas bags, for a gift that will endure long past the winter holidays.

Chocoholic's Delight

Who can resist chocolate? Featuring organic, fair-trade chocolate, Green & Black's



offers tempting 3.5-ounce bars—perhaps a cherry-chocolate bar or maybe a dark chocolate bar with a particularly high cacao content of 85%. Such enticing 3.5-ounce bars as chocolate espresso bean, orange dark chocolate or milk chocolate flavored with mint come by way of fair-trade Equal Exchange. Chocolate goodies from the Coop's bulk aisle include chocolate almond bark, chocolate-covered raisins or—a particular favorite of mine—chocolate-covered almonds.

Don't forget cookies with chocolate: LU's Petit Écolier biscuits are temptingly topped with a thick coating of chocolate. Brent and Sam's chocolate chip cookies are simply, absolutely irresistible. Quadratini bakes light, bite-size chocolate wafer cookies.

Round out the chocolate theme with a box of Van Cortlandt's Dutch Cocoa for making hot chocolate. Or add a bottle or two of Brooklyn Brewery's Black Chocolate Stout.

Fill a chocolate-brown Chico sling bag with these sweet delectables, and this goodie bag's recipient will be all set to shop for more chocolate at the Coop.

Tea Time

The winter months are a great time to curl up with a freshly brewed cup of tea and a biscuit or two. In the bulk aisle, you can choose from many black teas, including a brisk Assam, a sparkling Ceylon Highlands or a bergamot-infused Earl Grey (decaf available, too); or perhaps the bracing Glen Lockety, robust Russian Caravan or a smoky-flavored Lapsang Souchong, which derives its signature taste from the pine fires used to cure the tea's leaves.

Consider, too, including a refreshing lemon-ginger green tea or Japanese-style sencha green tea. Don't forget

caffeine-free, herbal options: soothing chamomile, lavender flowers, rosebuds and petals, invigorating peppermint, rooibos (a legume) and vitamin C-filled rosehips are just a few choices.

While you're in the bulk aisle, choose some dried fruit. Dried apricots, figs, mangos or low-sugar pineapple rings are possibilities. Honey and tea together are a

topped by a fruit preserve. Mitica from Italy offers either a 70% pear or a 70% plum preserve. Don't overlook fig jam from Spain, with lemon flower honey—perfect with tea.

Consider wrapping these teatime treats in a large, colorful bar or kitchen towel, found near checkout, that can double as a tea towel. Include a tea strainer and you're all set.



natural midwinter throat soother, so add a little local flavor to your teatime gift basket with wildflower honey from Grindstone Farm, in Pulaski, NY.

For biscuits, the Coop's cookie aisle has countless choices that would pair well with tea. Shady Maple Farms features organic honey-and-maple Stoopwafels wafers. Anna's makes ginger thins that are delicious and light. Dancing Bear Baking offers flower-shaped Lemon Daisy cookies. Enjoy Life bakes nut- and gluten-free snickerdoodle cookies. GoRaw ginger snaps are also gluten-free, and are made from all-organic ingredients.

Also in the cookie aisle are wheat-free Nairns, made from whole-grain oats; flavors include ginger, mixed berry, and fruit and cinnamon. These cookies would be nicely

Sports Lover's Care Package

Perhaps this gift basket recipient is rooting for a favorite basketball team or cheering for a football team that's a serious Super Bowl contender. In either case, the taste of victory will be sweeter or defeat a little easier to swallow with some tasty snacks on hand... and something to wash them down with, as well.

To be found in the express checkout line are classics like Good Health Natural Foods Peanut Butter Filled Pretzels, Barbara's Cheese Puffs, Pennysticks pretzels or Boston's Snack Mix (50% less fat than the typical snack mix, according to the label). Then there are the more offbeat: Lesser Evil Kettle Corn (gluten-free and no corn syrup), Calbee Snack Salad baked Snapea

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Food Drive to benefit CAMBA's Annual Holiday Food Drive

Saturday, December 4
11:00 a.m. – 4:00 p.m.



Members of the Park Slope Food Coop are encouraged to donate food to CAMBA's Beyond Hunger Emergency Food Pantry. CAMBA is a non-profit agency that has been providing services that connect people with opportunities to enhance their quality of life since 1977. CAMBA serves more than 35,000 individuals and families, including 8,000 youths, each year, from more than 50 locations in New York City, mainly in Brooklyn, including more than 15 school-based programs.

Do Contribute

Non-Perishable Foods and Commercially Packaged Foods

Canned Fish
Canned Fruits & Vegetables
Pasta Sauce
Pasta
Pre-packaged Rice
Pre-packages Beans
Canned Beans
Canned Soups
Parmalat Milk
Dry Milk
Peanut Butter
Boxed Raisins

Don't Contribute

Perishables
Items from bulk bins & silos
Items packaged in the Coop

Refrigerated foods
Frozen foods
Tea
Sweets
Juice (bottles or juice packs)
Baby Food
Crackers

Film Night

CONTINUED FROM PAGE 1

of artists and media makers within the Coop membership and there ought to be a place where these folks could exchange ideas and share their work.

Faye Lederman: I'd screened my own work as part of the series earlier when Trish Dalton was running it. Then I did some co-curating with Alexandra Berger so I was happy to take over the job when she wanted to pass it on. I knew I'd need a co-curator as well, so Alex's friend Gabriel Rhodes came on board. Lately this job seems to bring children with it; Alex left the job halfway through her pregnancy with triplets; I took a short leave six months later when my own due date rolled around; and co-curator Gabe Rhodes already had twins when he came onboard.

Thumbs Up or Thumbs Down

LG: How are the films selected?

FL: We have open submission without deadlines and we try to program two to three months in advance. There's a monthly *Gazette* ad that contains submission criteria and details to encourage folks to submit. Despite the fact that the Coop is probably crawling with creative filmmaking folks, surprisingly we don't receive too many random submissions ... so this is a call for all filmmakers to please submit their work!

GR: Faye and I receive submissions from Coop members and we review every submission. We are looking for recent work that we feel could be interesting to the Coop community at large. Additionally, Faye and I try to use our connections within the New York independent film community to pull in work that Coop members may not have the chance to see in theaters. We'd like the screening series to operate like a small monthly festival of interesting cinema. The filmmakers always attend the screenings and we hold a Q&A afterwards.

FL: In terms of selection, first we look for high-quality storytelling—either documentary or fiction, though we have a leaning toward the former—that's professionally produced and touches on content we think will be of interest to Coop and neighborhood folks. The filmmaker must be either a Coop member or must live in Brooklyn,

as our mission is to promote the work of local filmmakers. And they must have played a primary role in the film's crew—director, producer, editor or cinematographer. In exchange for attending the screening and doing a Q&A the filmmaker receives one workslot credit for their time.

One hard part of our job is saying no to films made in a heartfelt way by Coop members when we don't think they're a good programming match. It might be such niche content that we don't think we can bring in an audience; it might be a short film that's harder to program since we need to find work to pair it with; or it could be a first- or second-time effort that doesn't quite hold its own on the screen.

Full House?

LG: How well attended are they?

FL: Friday night screenings [in the second floor meeting room] garner a range of audience size, from standing room only the weekend of the 2009 Brooklyn Food Conference to just a handful of interested folks who show up for a particular niche title. We encourage the filmmakers to do their own publicity to augment our efforts, which focus on ad placement in the Coop's monthly calendar. It's hard to predict attendance; sometimes a film I think will have only a moderate audience packs the room, and vice versa.

GR: We always have decent attendance, although we'd love to have more folks attend. Friday night at 7:30 is



ILLUSTRATION BY DIANE MILLER

a little tough for people, but if it's any incentive, we've been screening some great films and we will continue to do so throughout the winter.

Audience Participation

LG: What films have garnered the most intense reactions?

FL: Tami Gold's screening of *Juggling Gender* about Coop member Jennifer Miller, and her ten-year follow-up film, packed the house and sparked a really lively discussion about gender construction and identity. Ana Joane's film *Fresh* pulled in a huge crowd the Friday night before the Brooklyn Food Conference and folks had a great discussion!

GR: Last month we screened *A Ring of Their Own* by Coop member Michael Penland. The film is about two female boxers and it follows one of them as she prepares

for a title bout. During the fight, people in the audience were practically shrieking at the screen. The fight was built up so beautifully and it was very suspenseful until the very last moment. So, I think for an audience that is not used to watching female boxing (let alone male boxing), it was a very exciting event.

Coming Soon

LG: What films are coming up?

GR: In December we are screening *Reporter*, a documentary about journalist Nicholas Kristof directed by Coop member Eric Daniel Metzgar. The film premiered last year at Sundance and it was very well received, so

this is a screening not to be missed! I'm still working on January, but if I can screen the film I'm hoping to have there, it will be a great screening.

LG: Who is involved in the film series and how is the work delegated?

FL: Gabriel Rhodes and I are co-curators, so we select the films, prepare the press materials and run the screenings and the Q&A. Camille Scuria is the membership coordinator who makes sure our screening info is placed on the Coop Calendar; Ellen Weinstat is a membership coordinator and overall liaison with the Coop staff who helps us set the calendar, navigate any bumps in the road, etc. Both of them are great to work with. My background and professional life is as a documentary film producer/director, and I sometimes shoot or edit my own work. I went back to the Berkeley grad program in journalism and documentary film after producing my first film, and have worked in the industry for about twelve years. My first curating gig was working on the Brooklyn Food Conference film program and I enjoyed the work. The Friday Night Film Series was an interesting way to continue that work and fulfill my workslot while getting to meet filmmakers and help foster community at the Coop. ■

Puzzle Corner

Gazette Sudoku

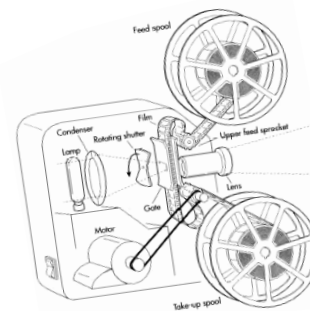
by James Vasile

	4				3		8	5
				7				1
8	9						7	
			5					
9		4					1	
	1	2					9	7
4	2		9	5				
	7		1			2		8
3					6			

Solution to this issue's sudoku puzzle on page 7.

ARE YOU A BROOKLYN-BASED FILMMAKER?

Would you like to screen your work at the Coop?



Then submit your film for possible inclusion in the Coop's Friday Night Screening Series.

If you're a Coop member you'll receive one FTOP credit for screening and offering a Q+A with your film. If you're not a member, it's still a chance to spread the word about your work and build your fan base by screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a group). Please email **Faye Lederman** for details at squeezestone@hotmail.com or mail your DVD to: **Faye Lederman, 2000 Linwood Ave, #9E Fort Lee, NJ 07024**

A Coop Grows in Bay Ridge

By Liz Welch

When Key Food closed in Bay Ridge in 2008, several community members took matters into their own hands: They decided to start their own food coop. Among them was David Marangio, a PSFC member since the early nineties, who saw this as a real opportunity to fulfill a need in the community. "I've long been in awe of what's going on at Union Street and thought the opportunity to actually create one in my own neighborhood was something I could not pass up," Marangio explains.

And so in 2008, Marangio and a core group of 30 Bay Ridge coop enthusiasts started doing local surveys in their neighborhood to gauge interest, and were encouraged by their findings. "We quickly got 1,000 on our mailing list," he explains. "People thought it was a good idea." Monthly meetings numbered anywhere from 20 to 50 people who were willing to do the actual work to make the idea a reality. In the early days, the discussions focused on what a coop means: "A lot of people think the Park Slope Food Coop is what a coop is," Marangio explains. "That's what one coop is." The group decided to do research to find the best fit for their community:

"We needed to understand the different types of consumer coop business models that exist," he explains. They began by reaching out to coops nationwide, focusing specifically on New York State coops and then started to interview various managers of coops to try to understand their process.

Ann Herpel, a PSFC member since 2000 who became a Membership Coordinator in 2002 and then a General Coordinator in 2009, has been one of their advisors, as has Joe Holtz, a PSFC founding member who has advised many coops over the past decade—from start-ups in Missoula, Montana to Paris, France. "The guy who started The People's Supermarket in London came here a year ago for a week and asked a zillion questions," Herpel says. "This summer they opened." Both Herpel and Holtz have been meeting monthly with Marangio and other members from startup coops to answer questions and give them support.

"Helping other cooperatives start up is one of the cooperative principles, called 'cooperation among cooperatives,'" Herpel says. "It takes various forms depending on where the startup is located. Locally, it means helping as

staff and members." And it does not only apply to general managers, but to all Coop members. "Any PSFC member who wants to complete their workslot requirement at any of these startup coops can do that," Herpel explains.

This support is crucial: "Joe will answer questions about almost anything from early history to theories around inventory management," Marangio says.

If PSFC members want to help, they should contact the Bay Ridge Coop directly by emailing: hello@foodcoop-bayridge.com. "The Bay Ridge coop decides what is worthy work—tabling, business plans, making fliers—we are hands-off in that way," Herpel explains. "And then the Bay Ridge Coop also takes responsibility for reporting members' work credits back to us once every four weeks. PSFC members do not have to do the reporting to us." Currently, there are at least one dozen PSFC members earning work credit by helping Bay Ridge.

"Anyone with small-business, entrepreneurial or publicity experience would be helpful," Marangio explains. "Leslie and Michael from Marker Design are both PSFC members—they created our

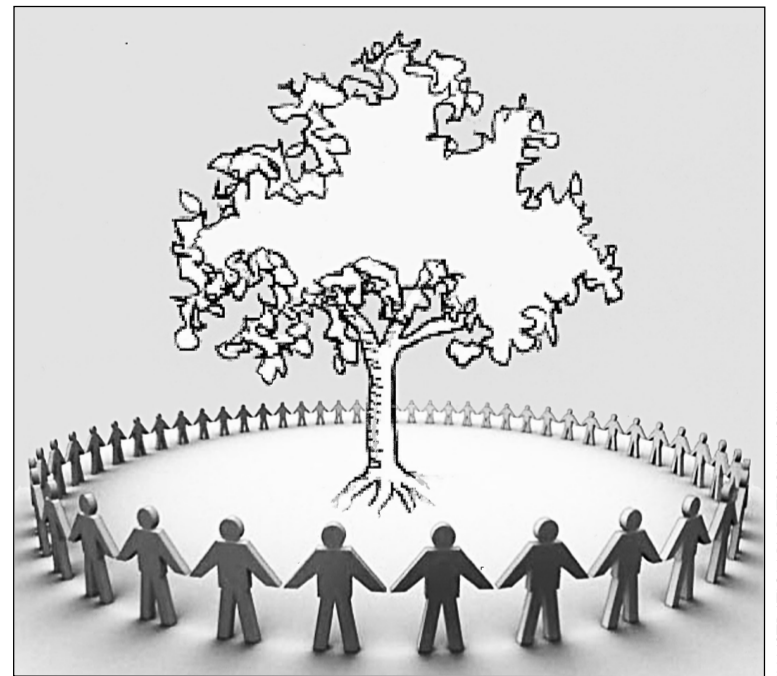


ILLUSTRATION BY PATRICK MACKIN

website and not only did an incredible job, but got work credit in exchange." There is also a need for anyone with IT experience, or people who can act as translators. "We're looking for people who speak Russian, Mandarin, Spanish and Cantonese," Marangio says. "We want to reach far and wide and be a real resource to everyone in our community."

Currently, the Bay Ridge Coop has 300 members—all of whom have paid some portion of the \$200 membership investment. "Once we have 1,000 members, we'll start looking seriously for a lease for a 4,000-square-foot space," Marangio says. "Our goal is to open in 2012, the year of the cooperative!" But

getting to this point was not easy. "A year and a half ago, we sat down with a core group of 30 people a year ago, and asked, 'what is a food coop? And what do we want this coop to be?'" Marangio explains.

"It can mean a million different things! For us, the conclusion was that it has to address the needs of the broad community." For Bay Ridge, that means one-stop shopping for families with young children as well as a large senior population. "We want to offer packaged goods, meat and toiletries in addition to fruits and vegetables," Marangio explains. "We'd like it to be where the PSFC was in the early nineties." ■

Stop the Debt Commission's Attacks on Retirees

By Brent Kramer

The co-chairs of President Obama's National Commission on Fiscal Responsibility and Reform (the "debt commission") have made several proposals in advance of the commission's December deadline for a report. Their recommendations to increase the retirement age for Social Security benefits, and to reduce those benefits, are creating a justifiable firestorm. Here are a few comments about these suggestions.

- Changes to Social Security will not reduce the national debt. Whether we "need to" reduce deficits and the debt is a debatable issue, but even assuming that we do, Social Security is not part of the deficit. The Social Security Trust Fund has always had a surplus, and actually lends money to the Treasury for ongoing needs. Under the Social Security Trustees' recent projections, a conservative estimate is that after 2039, the fund may need supplements from taxes to pay promised benefits. But it makes no sense to make these adjustments now, when they will not affect the deficit for twenty years. Even without those supplements from other taxes, after 2039 the fund will pay 75% of

promised benefits, which—because of increases in productivity—will provide a better standard of living than current retirees get.

- Increasing the retirement age is not a "neutral" adjustment. The argument that people are living longer, and that we can therefore raise retirement age without shortening years of retirement, ignores vast differences in life expectancy among different groups. There are still large differences between men and women, blacks and whites, in expected length of life. Taking a year of retirement from someone who's not expected to live to eighty is more severe than taking one from someone who may live to ninety. Think about the effect of adding a flat amount to everyone's tax burden: paying an additional \$1,000 is more painful to a low-income person than to a high-income person. Now translate that to a year of retirement.

- Reducing payouts is cruel and unnecessary. Because of Social Security, elderly poverty in the U.S. decreased dramatically during the twentieth century. Between 1960 and 1995, the official poverty rate of those

aged 65 and above fell from 35% to 10%. Social Security is the only income for 11.5% of senior couples and 30% of single seniors. With the disappearance of defined-benefit pensions from employers, and the repeated collapse of 401(k) plans during economic downturns, more and more retirees will rely entirely on these benefits. One "fix" proposed by the debt commission is to reduce the annual cost-of-living adjustment to benefits. Compounded over time, this reduction will take more and more out of what is already only a subsistence payment.

Member Contribution

- Social Security is not Medicare. The two programs are separate in their tax collections and their payouts, though they are administered together. Medicare is clearly in trouble because of escalating health-care costs, and does need a political fix; there are serious doubts as to whether the new health insurance law will help with this problem. But lumping the two together (as many opponents do) is a nasty rhetorical trick. ■

For more information:

One of the best and most accessible summaries is put out by the Economic Opportunity Institute in Washington State, available at http://www.eoionline.org/retirement_security/reports/SocialSecurityWorks-Aug10.pdf.

There is also a terrific section in a recent Labor Notes issue, available at <http://labornotes.org/files/ln378socialsecurity.pdf>.

To stay informed, "tune in" to <http://strengthensocialsecurity.org/social-security-works-0>.

For sources for this article, or to get in touch with the author, write to bhkramer@aol.com.

Brent Kramer, an economist, has been a Coop member for more than 30 years.

ENVIRONMENTAL COMMITTEE REPORT

Will Hydrofracking Affect Our Coop?

By Ilyana Kadushin

Environmental Committee Member Ilyana Kadushin interviewed Catskill Mountainkeeper Executive Director Ramsey Adams about hydrofracking and how it may affect our Coop

Ilyana Kadushin: In simple terms, can you explain the hydrofracking situation in New York State?

Ramsey Adams: The Catskill Region of New York State is part of the Marcellus shale formation that holds huge reservoirs of previously untapped natural gas. Hydrofracking, or fracking, is the name of the process used to bring the gas to the surface. Wells are drilled more than a mile underground, and millions of gallons of water, sand and toxic chemicals are injected under high pressure into the stone to release the gas.

Gas companies talk about natural gas being a cleaner-burning fossil fuel. However, the process of getting the gas out of the ground is a very "dirty" process that has been shown to cause massive damage to water, land, air and, ultimately, people's health. Many of the chemicals used in fracking are toxic, volatile, organic compounds such as benzene, toluene, ethyl-benzene and xylene, which cause cancer and neurological problems.

The Catskills, just two hours north of New York City, are more than picturesque mountains, rivers, and farms. They provide New York City with virtually all of its drinking water. Unlike any other major city in the United States, New York's water from six massive reservoirs in the Catskills is pure and unfiltered. It would cost billions of dollars to filter New York's water if it became contaminated by fracking through the immense industrialization of the landscape and the threat of toxic spills, leaks and seepage. It is not even clear if filtering could clean the water of these toxic chemicals.

Drilling in the Catskills is an outrageous and shortsighted proposal by big oil and gas companies to New York City: The Catskill Delaware water system provides drinking water to 19 million people in upstate New York, Westchester, New Jersey and Pennsylvania.

The oil and gas companies, including Halliburton and Norway's Nornew, are already using hydrofracking in Pennsylvania and since they began, there have been numerous instances of water contamination. In the town of Dimock, PA, for example, the well water for multiple homes has been contaminated by nearby gas drilling and water now must be shipped in for all daily uses.

IK: How could this issue specifically affect the Coop and its members?

RA: If fracking chemicals get into our water supply and soil, as they have done at other hydrofracking sites, this will be a huge danger for our food supply and our health. The number of places where drilling has poisoned the water, air and land in communities keeps rising and we can expect that as drilling continues, these incidents will go up. Just last month George Zimmerman, a Pennsylvania organic tomato farmer, filed suit against a gas company for polluting his soil and water with toxic chemicals used in or released there by hydrofracking. Tests after fracking found

arsenic at 2600 times acceptable levels; benzene at 44 times above limits; and naphthalene five times above federal standards. There are documented cases of fracking causing livestock illness and death, and soil contamination. The potential of our food becoming poisoned is real.

IK: What does your organization, Catskill Mountainkeeper, do for this issue?

RA: Catskill Mountainkeeper is a grassroots advocacy group that has been the leader in fighting unsafe gas drilling in New York over the last few years. With the help of our coalition partners and our thousands of e-activists, we have mobilized the fight against unsafe gas drilling by organizing rallies, sponsoring scores of events, lobbying legislators and flooding government officials with information.

A few of our major accomplishments to date on this issue include: Creating the current de-facto moratorium of gas drilling in the New York State by persuading Governor Paterson to order the New York State Department of Environmental Conservation to update their drilling regulations for fracking before issuing permits; getting the Environmental Protection Agency (EPA) to initiate a study on the potential adverse impacts of hydrofracking on water quality and public health (that study is now in progress); getting the New York State Senate to pass with an overwhelming bipartisan vote a gas-drilling moratorium in New York State; and launching the "Drilling Isn't Safe" campaign that includes a website, www.drillingisntsafe.org, billboards, buttons and lawn signs.

IK: Where does the issue stand right now for New York?

RA: As of right now, New York State does not permit hydrofracking, but is on track to approve permits for gas drilling sometime in 2011. We are pushing right now to have these rules wait until the science from the EPA study can be analyzed and integrated into their regulations. We are about to have a new Governor and a new DEC Commissioner. Our first task is to educate them about the "Dirty Side" of gas drilling, which is being whitewashed by a skillful and well-

funded media and lobbying campaign that the gas industry is waging. Our experience has clearly shown that when we educate people about the real impact that gas drilling using Hydrofracking will have on public health, our water and our air, they join us in demanding that drilling not commence until it can be proven to be safe.

IK: What are three things each member could do right now to help the cause?

RA: 1) Become educated: Go to the "Drilling Isn't Safe" tab on the Catskill Mountainkeeper website (catskillmountainkeeper.org) to get necessary information about this very serious threat. While you are there, sign up for our Action Alerts that will keep you on top of what's happening with gas drilling and tell you how to take action as issues arise. 2) Sign the Catskill Mountainkeeper petition: Tell the New York State DEC that there should be no drilling until the EPA completes its study. The link for the petition is www.ipetitions.com/petition/-nodrilling. 3) Spread the word: Public pressure has been critical and will continue to be critical in this fight. The more people that can attend rallies, write to government officials and show their concern against unsafe gas drilling, the better chance we have to prevent unsafe gas drilling.

If you have any questions or comments, please contact us through our blog at ecokvetch.blogspot.com ■

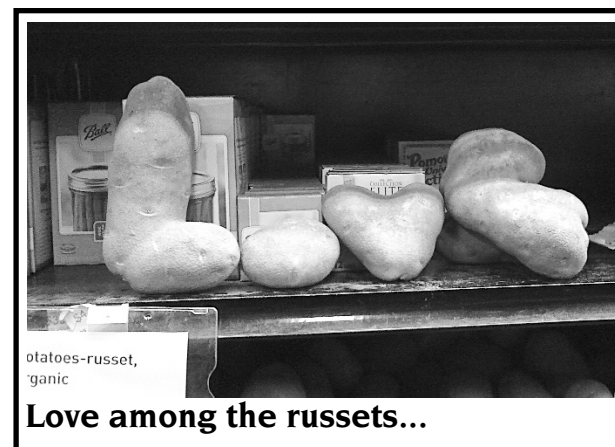


PHOTO BY JULIE GABRIEL

BAY RIDGE FOOD CO-OP

We're one step closer to opening for business NOW WE NEED YOU!

The Bay Ridge Food Co-op is moving ever nearer to opening its doors, providing a valuable new resource for communities across South Brooklyn and beyond.

Response to the launch of our membership equity drive has already been amazing, but we still need your help to ensure we achieve all our goals. If you live in or close to Bay Ridge, do consider joining our co-op now – we have set a goal of 2500 members to open our doors, ensuring a desirable product selection and service level.

We're looking for people to help our growing membership with the many tasks that go into establishing a new co-op. Whatever your skills, talent or experience, your support will truly help make a difference. And please visit our site to subscribe to our email newsletter to keep up on our progress.

PSFC members receive FTOP credit for their work!

www.foodcoopbayridge.com
hello@foodcoopbayridge.com
347-274-8172

LEFFERTS FARM FOOD COOPERATIVE

We are a newly-formed group made up of residents from Flatbush, Prospect-Lefferts Gardens and Crown Heights, working to develop a new medium-sized food cooperative in the area.

WE NEED YOUR HELP!

There's no question Brooklyn needs more food cooperatives, but it's not simple. Food co-ops are businesses and development projects created for and by the community.

JOIN OUR PLANNING GROUP

In order to make this happen, we need YOU! Why? Because as a member, you have experience with food co-ops. And as a worker/community member, you have experience we need—from organizational development, branding/messaging, finance/accounting, fundraising, to real estate development and community outreach. Even people you know or the groups you belong to are a valuable asset to the process!

GET INVOLVED

PSFC members will receive FTOP credit in exchange for their participation. Join our MeetUp group at www.meetup.com/plgfoodcoop or contact leffertsfarm@gmail.com for more information.

JOIN US: www.meetup.com/plgfoodcoop



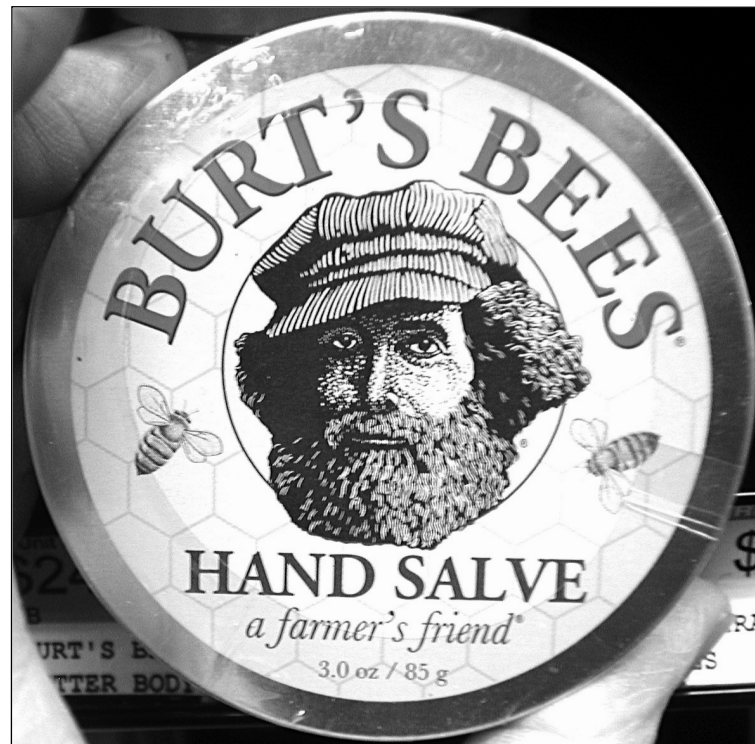
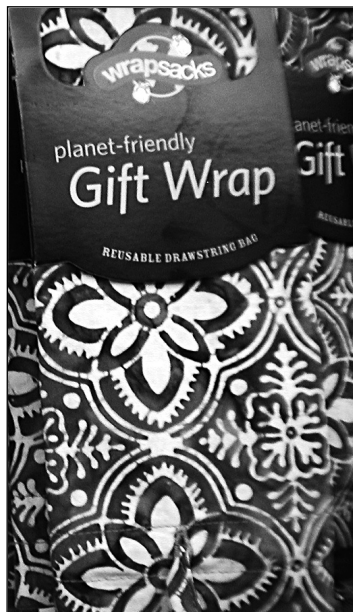
Holiday Shop

CONTINUED FROM PAGE 2

Crisps or New York Naturals Raw Vegan Kale Chips.

For a brew, try a Lagunitas Czech Style Pils; Brooklyn Brewery East India Pale Ale; organic J.K.'s Scrumpy Hard Cider; or Old Foghorn Barleywine Style Ale; Sodas flavored with fruit juice are a nonalcoholic option.

Load up a sturdy bag—how about the Coop's insulated carry bag for cold items—with these snacks and drinks, and your sports fanatic will have enough munchies for double overtime.



PHOTOS BY PATRICK MACKIN

Midwinter Pampering

Some extra personal care, especially for your skin, is not only a necessary winter task, it's a great way to chase away the winter blahs. The Coop's popular Aisle 5 has some great choices for a gift basket to help soothe body and soul.

Earth Therapeutics Loofah Exfoliating Soap, with aloe vera, will help slough away dry skin while it smoothes. Other possibilities to burnish the skin and leave it soft are Sunshine Spa Organics Brown Sugar Scrub, in an enticing vanilla-and-orange scent and featuring brown sugar and almond, safflower, and sunflower oils; or Alba Sugar Cane Body Polish, with sunflower oil, organic sugar cane juice, and kukui nuts.

Nubian Heritage, which got

its start right here in New York City, makes fair trade, all-organic soaps containing emollient shea butter and coconut oil, with coconut-and-papaya or lavender-and-wildflower soaps as uplifting options. The company partners with the Liberian Education Fund to provide education opportunities for disadvantaged African girls. Anjolie soaps are from India and promote fair trade practices and sustainable farming in India. The soaps are made according to Ayurvedic principles: Seven Spice and Himalayan Cedar Cinnamon are two energizing choices.

Body oils and sprays are a lovely way to help lock in moisture on the skin. Pomegranate Rejuvenating Body Oil, with jojoba oil, is from Weleda. SkinLove oil sprays, featuring shea and sesame oils, come in tempting mint-

chocolate, chocolate-almond and chocolate-covered strawberry scents. Shea butter is particularly softening for rough spots like elbows, knees and heels; Nubian Heritage offers lavender-and-wildflower or frankincense-and-myrrh balms. SkinLove adds vitamin A to its Pure Love shea butter balm.

The man in your life might enjoy a shave soap: Follow the shave with carrot-and-cucumber after-shave balm and then a bracing dash of Dusk aftershave. All are by Urban Cowboy and are organic and vegan, as well as sweatshop- and cruelty-free.

Cuticles and nails dry out quickly in cold weather, and J. R. Watkins comes to the rescue with a lemon salve featuring canola oil, sweet almond oil and, to seal in moisture, beeswax. Don't

forget to include a winter staple: lip balm, such as Dr. Bronner's Magic All-One organic lemon lime lip balm; MoistStic Natural Lip Protection, featuring SPF 15 protection; or Merry Hempsters vegan hemp balm.

Why not fill a colorful Envirosax with some of these cold

weather skin-softening and protecting treats. By the time summer comes around, the recipient will have a bright beach bag at the ready.

And there you have it—a little something for nearly everybody on your list. Now make sure to choose something nice for yourself! ■

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.

Let the Conversation About Cultural Diversity Continue

By Liz Welch

I reported a story in the October 7 issue of the *Linewriters' Gazette* on the Diversity and Equality Committee's inaugural Diversity Awareness Initiative, which was described as "an event series to promote diversity awareness and education at the Coop. The series will include film screenings, moderated discussions, presentations and workshops. Events will address issues related to race, gender, sexual orientation, disability, age, culture, ethnicity and socio-economics."

The event looked at similarities between the Shirley Sherrod case and issues that have arisen at the Coop. Jay Smith, a member of the committee, pointed out two misattributions, as well as an overall point I had missed that I wanted to share with everyone as I believe it is the point of this committee: The following is from an e-mail from Jay Smith:

1. For the record, there were two misattributions, one that Jay Smith claimed that the father of Shirley Sherrod was killed by a Ku Klux Klansman. Jay's statement was that Sherrod's father was killed by a white man. It was Diversity and Equality Committee member Maitefa Angaza who made the assertion that

he was a Klansman, which was the assumption made by Mrs. Sherrod's community at the time, though never proven.

2. The use of the term "racial reflex" was attributed to Antonio Mondesire, who may have used it in discussion, after first being expressed by Jay Smith. The term refers to the unconscious, cultural "race" conditioning in which perceived characteristics like skin color trigger xenophobic behavioral responses.

3. More important, the central message of the evening's event—obscured in the piece—is that the methods used to slander Mrs. Sherrod are analogues of how human bigotry operates everywhere, including here at the Coop. We abstract from the fullness of another's experience only that which confirms us in our prejudices, and that's what we have to guard against. Just as Andrew Breitbart used a video excerpt from a longer narrative to brand Mrs. Sherrod as a black bigot when her narrative was exactly the opposite—how she overcame her resentments to help a white farmer—we often look at others only through the limited prism of the "racial reflex" and act out of bigotry in unjust and abusive ways. That has no place in a Cooperative, or anywhere else if we're ever to truly achieve a "post-racial" society.





LETTERS TO THE EDITOR

NEW LABOR MOVEMENT

The anger's rising throughout the land
Arousing every adrenal gland
As workers start to communicate
By text, by email, chalk-on-slate
Impatience with the Bigs in towers
Over their horrendous hours.
Enough! the anguished cry goes up,
Enough! rolling over like a pup.
Young lawyers and investment
bankers,
Young info techies (would-be
swankers),
Young men and women in finance,
They've each cast off the old romance,
Recruiters' honied song-and-dance,
Of a surefire affluence,
And now demand more influence.
Though taking in a generous haul,
They lack the time to enjoy it at all
What is life, if not grotesque,
When you're fettered to a desk?
And so they've started organizing
To change inhuman workday sizing.
United, this is what they seek:
An eight-hour day! A five-day week!

Leon Freilich

RESPONSE TO COORDINATORS' CORNER

TO THE EDITOR:

Joe Holtz's "Boycotts and Holding Our Coop Together" (Nov. 4, 2010) advocates a change in voting requirements to a 2/3 majority when a vote on a boycott is to be taken at a GM.

He states that it would be divisive, but cites only "letters to the Gazette" as evidence. With over 15,000 members a few dozen letters to the editor from politically active members should not control how we vote on a duly raised proposal at a GM.

A simple majority determined the politically and morally motivated votes on the Coop boycotts of South African and Chilean products. Do we suddenly change the rule to favor one side on the Israeli boycott? Joe's argument based upon the "Rules for the Conduct of GMs" is unconvincing. Taking away products produced by a particular source from the Coop's shelves is quite different and less important than taking away a member's right to speak at a GM. And wouldn't the very sudden change in the rules anger some members who feel they have the right to ask for a fair vote under rules that have been around for decades and under which they joined the Coop? Isn't Joe's proposal itself "divisive"?

Shouldn't a democratically organized and operated Coop follow its long existing and democratic rules and let members vote their opinions for or against the proposal put and not change those rules because some members are passionately for and against it?

I certainly share Joe's concern in holding the Coop together, but changing the rules at this particular time to influence the outcome of a vote on an

important question of interest to many members may not be the way to do it.
Mel Spain

MENTAL ISSUES AT THE COOP

TO THE EDITOR:

The suspension of a member with a long-term pattern of uncooperative behavior does indeed raise the question of the Coop's responsibility with regard to people with psychological problems. I think the line is not so difficult to draw; we should not tolerate behavior that severely offends or upsets Coop members or staff, whatever the underlying diagnosis. All behaviors ultimately have an underlying etymology, whether it is brain chemistry or bad upbringing or high stress, but it is not our job to fix that or accept actions that damage the whole so that we are "tolerant" of the individual. This is not a moral issue, but the simple fact that we can only judge behavior (effect), not cause. The notion that we have belied our principle of tolerance and diversity because we have sanctioned a disruptive member who may have mental problems is absurd. Suppose kleptomania is an official psychiatric diagnosis. Do we then have to tolerate shoplifting?

Having said that, there are situations where a nuanced approach is called for. Suppose that a member has Tourette Syndrome, and shouts out an obscene word every few minutes while in the Coop. This no doubt would make many members uncomfortable, and probably would warrant a discussion with staff on the issue to see if there is any way of minimizing the problem, but I don't think a suspension would be appropriate. If the behavior in this situation just limited itself to severe tics or noises without obscenity, then even that would not be called for, even though that individual would probably cause some discomfort to people around him or her.

The bottom line is that our mission is to provide healthy food at minimal prices using an economic model based on universal participation. That does not require us to tolerate psychological issues that cause intolerable behavior. Our responsibility in dealing with people who have disruptive mental disorders is simply to treat them in a consistent, respectful, transparent, and fair manner.

Michael Esterowitz

MORAL ISSUES ABOUT MEAT

TO THE EDITOR:

Carol Lipton's letter reflects considerable confusion about the moral issues of eating meat. She is right that if you believe it is wrong to kill another creature for food, you should not eat meat. In fact you should become a

vegan, as eating any meat products means participating in a system in which animals are killed. She is also right that the words organic and free-range, particularly as used by large commercial meat producers, do not always mean what they seem to mean.

But to say that raising animals for meat is inevitably the moral equivalent of torture, slavery and warfare is nonsense. The only unnatural thing about the lives led by conscientiously raised, pastured meat animals is that they are short. Pastured meat animals provide soil nutrients that would otherwise come from petroleum-based chemicals, and they turn material humans cannot eat (grass, bugs, vegetable waste of various kinds) into edible protein. Grass-fed animals also make productive use of land that's unsuitable for raising grain. (*Meat: A Benign Extravagance*, by British farmer and former vegetarian Simon Fairlie, offers a thorough and thoughtful discussion of these issues and many more.)

Let us leave commercially raised meat out of the argument; that's not what the Coop sells. Since the meat animals sold at the Coop would not exist were they not to be eaten, the real issue here is whether a short but natural and happy existence is better or worse than no existence at all. That's a moral question worth debating; the simplistic and inaccurate moral conundrum posed by Ms. Lipton is not.

Ann Monroe

KEEPING LEAVES OUT OF THE GARBAGE

TO THE EDITOR:

Until a couple of years ago, New York City collected leaves separately from residential garbage for composting. Every spring, the city would have a great compost giveaway, and residents from every borough would haul off as much black gold as they could carry for their treepits and gardens.

But the program was cut during budget tightening, and now leaves simply get mixed in with the rest of the city's garbage. That's extra hauling and a pitiful waste.

To try to keep leaves out of the garbage, community gardens around the city banded together last year to start accepting bagged leaves for composting, and collecting data on the quantity to try to urge the city to reinstitute its composting program. We're giving it another go this year, and we need your leaves.

Among the participating gardens nearest the Coop are:

Warren/St. Marks Community Garden

Warren St. and St. Marks Pl. between 4th and 5th Avenues
Accepting leaves 11 a.m.–4 p.m. Nov. 20–21 and Dec. 4–5.

6/15 Green

Corner of 6th Ave. and 15th St.
Accepting leaves 11 a.m.–1 p.m. Nov. 6, 7, 14, 20.

Gowanus Canal Conservancy

2nd Ave. and 5th St.
Accepting leaves 11 a.m.–3 p.m. Nov. 20–21.

East 4th Street Community Garden (Windsor Terrace)

East 4th St. between Fort Hamilton Parkway and Caton Ave.
Accepting leaves on Saturdays from 11 a.m.–2 p.m. Nov. 20 and 27, and 12 p.m.–2 p.m. Nov. 21 and 28.

Other participating gardens and drop-off hours are listed on the map at <http://nycleaves.org>. Please join in, and spread the word.

Andrea Kannapell

WHERE I'M FROM

Where I'm from
Snow falls like powdered sugar
And turns to brown slush in a matter of minutes
Cell phone-speakers harmonize with the rush hour cacophony
And herds of people push through the streets, the subways, the stores
Like buffalo on a wild rampage
As I make my way down the streets, the crisp autumn air smacks me in the face, awakens me
The humidity of the subway station beckons me to take off my coat, leaving me light-headed
Exiting the train at my stop, the delicious aroma of my favorite comfort foods call to me
And as I take a bite of the perfect NYC bagel, I am floating on a cloud, Drifting high above the noise, the lights, and bustle
This simple pleasure reminds me
How great it is where I am from

Arielle Silver-Willner

Puzzle Answers

Solution to this issue's sudoku puzzle

1	4	7	6	2	3	9	8	5
2	3	5	8	7	9	4	6	1
8	9	6	4	1	5	3	7	2
7	6	3	5	9	1	8	2	4
9	8	4	7	6	2	5	1	3
5	1	2	3	4	8	6	9	7
4	2	8	9	5	7	1	3	6
6	7	9	1	3	4	2	5	8
3	5	1	2	8	6	7	4	9



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. Editors will reject articles that are essentially just advertisements for member businesses and services.

Committee Reports: Maximum 1,000 words.

Editor-Writer Guidelines: Except for letters to the editor, which are published without editing but are subject to the Gazette letters policy regarding length, anonymity, respect, and fairness, all submissions to the *Linewaiters' Gazette* will be reviewed and if necessary edited by the editor. In their review, editors are guided by the Gazette's Fairness and Anonymity policies as well as standard editorial practices of grammatical review, separation of fact from opinion, attribution of factual statements, and rudimentary fact checking. Writers are responsible for the factual content of their stories. Editors must make a reasonable effort to contact and communicate with writers regarding any proposed editorial changes. Writers must make a reasonable effort to respond to and be available to editors to confer about their articles. If there is no response after a reasonable effort to contact the writer, an editor, at her or his discretion, may make editorial changes to a submission without conferring with the writer.

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.

Digital Submissions: 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
Dec. 17

8:00 p.m.

very
The Good Coffeehouse
COOP CONCERT SERIES

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

David Roche

is a singer/songwriter from a family of famous singer/songwriters. (The Roches are his sisters) He's been writing songs from an early age. "It's hard to get out of the way of the music in my family. I've written songs and performed with my wife, my daughter, my sisters, my in-laws, the list goes on and on. It's a nice situation if not a little strange." Roche's most recent album of original material is *Harp Trouble In Heaven*, available as a free download at davidroche.net. Coop member **David Kumin** will play bass and Michael Graves cajone.



Louis Rosen

is a multi-award-winning songwriter, guitarist and pianist, best known for his recent recordings and performances with the jazz/pop vocalist and Broadway musical actress, Capathia Jenkins. Louis goes solo this time to preview selections from his latest song cycle, the folk-based *Time Was*. Accomplished Broadway actress and fellow Coop member **Charlotte Maier** (vocals) has promised to sit in. "Brilliant" (*New York magazine*). "Music that stirs the soul" (*The Huffington Post*).

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...

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

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

Last Sunday
DECEMBER 26
10:00 A.M.–2:00 P.M.

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

PLASTICS

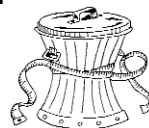
What plastics do we accept?
Until further notice:

- #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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This Issue Prepared By:

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Petra Lewis

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Dana Rouse
Joe Banish

Editor (production): Lynn Goodman

Puzzle Master: James Vasile

Index: Len Neufeld

Office Set-up**Monday, Tuesday, Thursday 6:00 to 8:30 a.m.**

Need an early riser with lots of energy to do a variety of physical tasks including setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee. Sound like your dream come true? Please speak to Adriana or Cynthia in the Membership Office for more information.

Store equipment cleaning**Wednesday 6:00 to 8:00 a.m.**

The Coop is looking for members to clean the checkout area of the store. It entails cleaning

the scales at each check out and vacuuming around the base of the checkout station as well as sweeping and occasionally mopping. You will work under the supervision of a staff person. Please speak to Cynthia in the Membership Office.

Laundry and Toy Cleaning**Saturday 8:30 to 10:30 p.m.**

This workslot has two responsibilities. 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. You will be working with a partner on these tasks. Contact the Membership Office.

**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, DEC 7**

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

TUE, DEC 28

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines**LETTERS & VOLUNTARY ARTICLES:**

Dec 16 issue: 7:00 p.m., Mon, Dec 6
Dec 30 issue: 7:00 p.m., Mon, Dec 20

CLASSIFIED ADS DEADLINE:

Dec 16 issue: 7:00 p.m., Wed, Dec 8
Dec 30 issue: 7:00 p.m., *Mon, Dec 20

* Deadline is two days earlier than usual.

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, December 28, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Ann Herpel at the coop.

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. The sign-ups sheet is available all month long, except for the day of the meeting when you have until 5 p.m. to sign up. On the day of the meeting, the sign-up sheet is kept in the Membership Office.

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.

• 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

dec 3
fri 7:30 pm**Film Night: Reporter**

Reporter, a 2009 Sundance Film Festival selection executive-produced by Ben Affleck, is a feature documentary about Nicholas Kristof, the two-time Pulitzer Prize winning columnist for *The New York Times*, who almost single-handedly put the crisis in Darfur on the world map. Now he wants to do the same for Congo, a humanitarian disaster zone where 5.4 million have died in the last decade as a result of the unceasing warfare over territory, resources and tribal hatred. He journeys through ravaged villages and displacement camps, and makes a harrowing visit to Congo's reigning rebel warlord, General Nkunda, at his jungle hideout. Filmmaker and Coop member **Eric Daniel Metzgar** is an award-winning documentarian.

dec 4
sat 11 am – 4 pm**Food Drive to Benefit CAMBA's Annual Holiday Collection**

Members of the Park Slope Food Coop are encouraged to donate food to CAMBA's Beyond Hunger Emergency Food Pantry. CAMBA is a nonprofit agency that has been providing services that connect people with opportunities to enhance their quality of life, since 1977. CAMBA serves more than 35,000 individuals and families, including 8,000 youth, each year, from more than 50 locations in New York City, mainly in Brooklyn, including more than 15 school-based programs. Consider contributing non-perishable 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; cooking oil; or boxed raisins. Give donations to the collection table outside the Coop.

dec 4
sat 12 pm**Effective Tools for Rapid Personal Transformation**

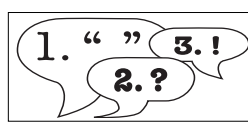
Want to move on — away from old emotional baggage to new, joyous ways of living? If you are open to transforming your old patterns, stress, hopelessness, anxiety, fear and more, it can be done. And it's easy and fun! The body is like a magnet, and when these experiences are in cellular memory, the body attracts the same experiences. Doctors and other professionals have used these techniques for daily stresses, eating disorders, robbery, rape and emotions such as anger, anxiety, fear and others. These remembrances can destroy the quality of life if not cleared. This unique, life changing technology will be demonstrated. **Susan March** and **Marija Santo** are Geotran practitioners.

dec 4
sat 3 pm**Banish the Holiday Blues**

The winter holidays can be a stressful time. Learn a grassroots, peer-based process based on listening that empowers you to release difficult feelings, whether they are rooted in childhood experiences or in internalized oppressions. This workshop will teach the basics; you can then practice them in your own life. Coop member **Jennifer Joy Pawlitschek** has co-counseled for 20 years and is currently the NYC Co-Counseling International teacher and leader.

dec 4
sat 6 pm**Small Business Marketing Success**

If you are a small-business owner and would like to grow your customer base, increase the average amount a customer spends per visit and increase the number of times a customer visits and buys again, then this workshop is for you. Coop member **Rene Brinkley** is a small-business marketing consultant with expertise in marketing and media strategies.

dec 7
tue 8 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, December 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

dec 10
fri 7:30 pm**Dream Workshop**

This workshop will provide you with ideas to understand dreams and their guiding intention in a deeper way. Drawing from the analytical psychology of C.G. Jung, we will look at dreams both chosen by the presenter as well as dreams of participants, if wished. We will also discuss the idea of the unconscious: "Container of the repressed?" "Voice of the other side of self?" or "Inner wisdom?" Coop member **Frauke Glaubitz**, MD, ADTR, is a Jungian analyst in private practice in Manhattan and Brooklyn.

dec 14
tue 7:30 pm**Safe Food Committee Film Night: King Corn**

Behind America's hamburgers and sodas is an ingredient that fuels our fast-food nation: corn. In *King Corn*, college graduates Ian Cheney and Curt Ellis head to Iowa to grow an acre of the nation's most powerful crop. By summer, their farm is thriving. Ian and Curt are troubled by how corn is helping to make fast food cheap and consumers sick. But it also lets consumers have fast food at low prices. As Ian and Curt return to Iowa they realize their acre of land shouldn't be planted in corn again—if they can help it.

dec 17
fri 8 pm**David Roche and Louis Rosen**

David Roche is a singer/songwriter from a family of famous singer/songwriters. (The Roches are his sisters.) His most recent album of original material is *Harp Trouble In Heaven*. **David Kumin** will play bass and Michael Graves will play cajone. **Louis Rosen** is a multi-award winning songwriter, guitarist and pianist best known for his recent recordings and performances with the jazz/pop vocalist and Broadway musical actress, Capathia Jenkins. He will preview selections from his latest song cycle, the folk-based *Time Was*. Accomplished Broadway actress and fellow Coop member **Charlotte Maier** (vocals) has promised to sit in. **Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.) • \$10 • doors open at 7:45. The Very Good Coffeehouse is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture. To book a Coffeehouse event, contact Bev Grant, 718-788-3741.**

dec 18
sat 2 pm**Bowenwork**

Bowenwork® is a unique, holistic bodywork that stimulates the body's own healing response. Gentle moves across muscle and connective tissue send signals to the body to relax and move toward balance. There will be a demonstration. **Moraima Suarez** is a Coop member, certified Holoenergetic® healing practitioner, certified Bowenwork® therapist and Reiki practitioner. She has studied and practiced the healing arts for more than 20 years and has her healing practice in the Park Slope vicinity.

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.

dec 3 2010–jan 21 2011

dec 18 sat 5 pm

The Body Electric: Control the Electricity Around Your Body

This lecture and hands-on tai chi workshop, given by **Dino Blanche**, discusses how stress is behind the initiation, exacerbation and maintenance of most killer diseases. Stress is an electrical current. Every thought has electricity with enough current to either heal or destroy us. Now, new Western scientific research supports the body's ability to heal itself and the promise of a "new" electro-medicine.

dec 19 sun 7 – 10 pm

Winterfest Pub Night Sing-Along



Join the Fun Committee and the Folk Music Society of New York at Bar 4. Attendees are encouraged to sing/jam together or simply just listen. Enjoy the friendly, pub atmosphere and warm up with hot toddies, spiked apple cider and hot buttered rum all for sale at the bar.

Nonmembers welcome. No entrance fee. Come and meet new friends and old! **Event takes place at Bar 4, 444 Seventh Ave. (between 15th and 16th Sts.), 718-832-9800. Directions by subway: F train to Seventh Ave. station in Brooklyn (at 9th St.). Walk south up Seventh Ave. Bar 4 is between 15th and 16th Sts. on the west side of the street.**

dec 28 tue 7 pm

PSFC DEC General Meeting

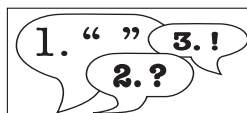


Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewriters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the

Coop office. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jan 4 tue 8 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, January 25, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

jan 6 thu 7:30 pm

Food Class: Easy Indian



Alia Dalal will prepare some of her favorite Indian home and restaurant dishes. She will discuss classic techniques and ingredients for easily creating a flavorful Indian feast at home. Dalal is completing her formal culinary studies at the Natural Gourmet Institute for Health and Culinary Arts. Favoring healthy, vibrant vegetarian cuisine, her culinary tastes are particularly informed by her Indian and Pakistani heritage. Dalal does cooking demonstrations at the Tompkins Square Greenmarket in Manhattan, and in October 2010, she was named Healthy Cook of the Year by *Cooking Light* magazine. **Menu includes sweet tomato and coconut dal; saffron and pea basmati rice; cilantro chutney; baingan bhartha (spicy eggplant puree); and dalal family masala chai. Materials fee: \$4.**

jan 7 fri 7 pm

Film Night: The House of Suh



One of Chicago's most famous murder cases surrounded sister and brother Catherine and Andrew Suh, first-generation Korean Americans, who conspired against, shot and killed Catherine's former boyfriend. Over a decade later, director Iris Shim revisits the case and opens a Pandora's box of family secrets that reveals the murder to be anything but black and white. What emerges in *The House of Suh* is a riveting and tragic portrait of a troubled family, which sheds light on the psychological complexity of cultural assimilation.

To book a Film Night, contact Faye Lederman, squeeze@earthlink.net.

jan 8 & jan 16 sat 10-1 & sun 12-2

Auditions for Coop Kids' Variety Show



Auditions for Coop members ages 4-18. You must audition to be in the show, which will be held Saturday, March 13, 7:00 p.m., at the Old First Church. A polished act is not required for the audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). We look forward to hearing from you! **To reserve an audition spot, contact Martha Siegel at 718-965-3916 or msiegel105@earthlink.net.**

jan 8 sat 3:30 pm

Eat Well, Be Well in 2011

Make a fresh start for the new year. Learn how to nourish your body to feel great. This workshop will teach the basic principles of a balanced, sustainable diet and strategies that will leave you vitalized and energetic. No gimmicks, no fads, no deprivation! Eat with pleasure, love food and find out how to use food to be healthy, so you can lead a fulfilling and inspiring life. **Laura Stadler, MS, RD**, has been a Coop member since 2006. She is a registered dietitian and has a Master's Degree in Nutrition. She worked in clinical research at Columbia for three years, authored a chapter in a women's health textbook and has a private practice for nutrition counseling.

still to come

jan 8 Naeemah's Knitting Circle

jan 15 Social and Emotional Intelligence

jan 9 Pilates 101

jan 15 Diversity Awareness Initiative Series

jan 11 Safe Food Committee Film Night

jan 20-22 Blood Drive

jan 14 Meet Your Mind

jan 21 The Very Good Coffeehouse Coop Concert Series

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CLASSES/GROUPS

YOGA FOR BEGINNERS on Friday mornings. Beautiful, pristine studio one block from the Coop. Small classes, personal attention and a 10% discount on class cards for PSFC members! For details on this and other classes, visit Jenniferbrilliant.com.

ARE YOU THE PARENT OF A CHILD WHO LOVES TO DRAW? Award-winning illustrator Juliette Borda teaches drawing to kids age 7-12 at Brooklyn Society for Ethical Culture. After school classes begin week of Jan 10. justdrawingforkids.tumblr.com E-mail justdrawingforkids@gmail.com for more info or a registration form.

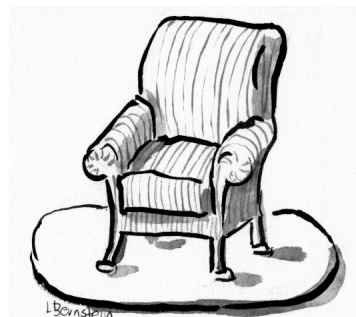
COMMERICAL SPACE

COLON HYDROTHERAPY office available. Great Park Slope location. Near F, G, R trains. Separate entrance and waiting area. Large comfortable treatment room. Set up and equipped for gravity. For more details, please call: 718-965-9458.

PART TIME OFFICE SHARE. Beautiful, cozy office space available on garden brownstone block steps from Coop. 2 treatment rooms, consult room, waiting area & restroom. Available M/F 3-9, W 3-6 & all day Sunday. Contact Sally @ 718-398-5284 or sally@sallyrappeport.com.

HOUSING WANTED

2 BEDROOM APT. WANTED FOR 5-6 MONTHS. Begin 1/1/11. Furnished or not. Park Slope or Prospect Heights, elevator or one flt stairs, internet access or option for. Couple, nonsmokers. E-mail sh51@columbia.edu



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VINTAGE OAK pedestal table - 36" round, solid piece, nice, \$200. Call/lv mssge @ 646-641-1955 Pk Slp area.

FOR SALE: Great leather sofa-Putty-cream color, 6-cushion, 89" L x 38" D x 32" H, excl condition, clean, nice lines \$225. Call/lv mssge @ 646-641-1955 Pk Slp area.



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

DO YOU or a senior you love need to downsize & move? Or just get organized? We are a senior move manager here to help: create a floor plan of your new home, sell & donate possessions, pack & unpack and manage the move. Insured. 917-374-1525. Email: Katie@papermoonmoves.com or

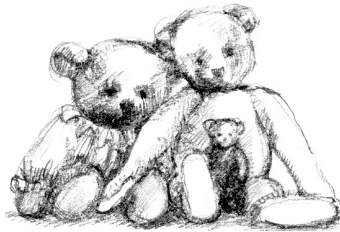
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MADISON AVENUE HAIRSTYLIST right around the corner from the Food Coop. So if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60.00.

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December 11: 2 & 8 PM
December 12: 8 PM

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

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

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Mason & Hamlin upright piano. Steelcase desk, 30 x 60, 6 drawers. Pair arched doors with raised molding each 28 x 96 (short side) & 101 (long side). Downtown Brooklyn, Eleanor, 718-522-3561.

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

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