

LINEWAITERS' GAZETTE

Established 1973



100% SOY BASED Ink System

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March 26, 2009

Lucky Fundraiser A Foodie Fundraiser at Applewood

By Diane Aronson

On a blustery February evening, Park Slope's Applewood restaurant and advocacy group Farm Catskills co-hosted a fundraiser for Delaware County's Lucky Dog Farms, a small upstate organic farm supplying pro-

Lucky Dog's founding farmer, Richard Giles.

A lifelong farmer who grew up in the delta region of Alabama and Mississippi, Giles met his wife, Holly White Giles, in New York City, and in 2000 they purchased their

by the streams over the years."

But Giles doesn't own all the land he farms. Some he leases from neighboring landowners, and those owners could sell the land to developers at any time. Indeed, some have already. In recent years, parcels have been sold and sites developed. Giles comments, "Pieces are slowly being covered with concrete. Once that's gone, you never have the chance for the next five hundred years. To me, it's a huge tragedy—unwise development."

Several of these acres went for a community services facility site, which Giles described as "in itself a good thing," but a building that didn't need to be built on top-grade farmland. The next developed parcel was for a sewer plant, which Giles sees the need for, but, again, not on farmland. He points to the highway that borders the flat farmland as a big draw for relatively straightforward and less-expensive development. Giles and his wife calculate that close to 30 acres have been lost to development since they began farming.

Sustain the Farm, Sustain the Land and the Watershed

To try to keep this unique land as farmland with the added goal of preserving

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PHOTO BY WILLIAM FARRINGTON

Laura Shea, owner of Applewood, a restaurant on 11th Street in Park Slope.

duce to Applewood, as well as to the Park Slope Food Coop.

Applewood's welcoming, warmly lit interior was an ideal setting for the silent auction's range of enticing goodies, including books, jewelry, art, wine, and even tattooing.

Between Applewood's tempting hors d'oeuvres, which included savory crostini and pulled pork, and festive drinks—champagne cocktails among the choices—I caught up with

farm in the verdant valley of the Delaware River's west branch, one of the watershed areas for New York City's water supply. Giles describes the land as "beautiful," and one thing that particularly surprised him was the farming quality of the land. He observed, "The land in these valleys is excellent land; it compares with anything in the rural delta" of his youth. He highlights the soil's special quality as "alluvial, laid down



ILLUSTRATION BY DIANE MILLER

A Hard Pill to Swallow

Coop Work Is Complicated in the Vitamin Aisle

By Willow Lawson

If you're a frequent shopper at the Coop, you've probably spent a decent amount of time standing in aisle 4, inching your way to the ice cream cooler. Which means you've probably spent a couple hours staring at the thousands of bottles across

the way. And maybe you've wondered, as this reporter has, "What the #\$%&@ is all that stuff?"

The vitamin section of the Coop is its own little universe. If you have been

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Next General Meeting on March 31

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, March 31, 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.

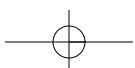
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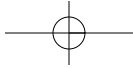
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Coop Event Highlights

- Fri, Mar 27 • Blood Drive** 11:00 a.m.–6:00 p.m.
- Sat, Mar 28 • Blood Drive** 11:00 a.m.–6:00 p.m.
- Thu, Apr 2 • Food Class: A Night of Sweet Treats** 7:30 p.m.
- Fri, Apr 3 • Film Night: Silent Choices** 7:00 p.m.
- Thu, Apr 16 • Wordsprouts: Children's Reading** 7:00 p.m.
- Fri, Apr 17 • Coffeehouse: Kathleen Payne & Adele Rolider** 7:00 p.m.

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





Lucky Fundraiser

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acreage that is our watershed, Giles is trying to raise \$30,000 to \$40,000 toward purchasing an easement from a neighbor to prevent the land from being developed in a way that would make farming not possible. According to Giles, that dollar figure represents 12.5% of the easement value.

Lucky Dog is partnering with Farm Catskills to raise the money, and Farm Catskills representative Amy Kenyon was also present for the fundraising party at Applewood. This Catskill native, who grew up on a dairy farm, described the five-year-old nonprofit's mission as protecting farmland through keeping it viable as farmland, rather than preserving the land just as open space. As Kenyon sums it up, "The land sustains the people, and the people sustain the land." No stranger to living from the

land, Kenyon now raises grass-fed cattle, and she is passionate about farming in a sustainable fashion.

Along with helping established farmers like Richard Giles, Farm Catskills plans to become a "farmer incubator, where we help new farmers get started in a supportive

Park Slope's Applewood restaurant and advocacy group Farm Catskills co-hosted a fundraiser for Delaware County's Lucky Dog Farms.

community, with shared equipment and infrastructure." Indeed, part of the land that Giles currently farms is slated to become part of the project, if the easement can be purchased, and Kenyon is particularly keen to see young farmers and those who wouldn't have the upfront resources on their own to start tilling the fields as part of the incubator imperative.

Joining with Lucky Dog Farms and Farm Catskills to

preserve the rich watershed land is the Open Space Institute. For 40 years, this nonprofit land conservation group has, according to Jennifer Grossman, vice president of land acquisition at the Institute, worked to "preserve landscapes of importance." This includes the land's his-

toric uses, as well as ecological factors, with a stress on sustainability.

Local Food Is Secure Food

For Grossman, maintaining a community's character is paramount. At February's Applewood fundraiser, she sketched the goal as one "allowing for growth, but keeping a wonderful feeling about a community, which makes it unique and special for the people who live there

and the people who visit." She is particularly passionate about keeping farmland as farmland in the Catskills, because a local food supplier is a secure food source. As Grossman put it, "When you preserve a farm, you are preserving food security. You are making sure that quality food is being grown that can be shipped within 24 hours" to a place where the food will be eaten.

Open Space Institute has offered to put up money in the effort to help Giles purchase the easement, which would run in perpetuity; while not restricting the land to agriculture, the easement use would limit the land from being subdivided or used in a way that would make it inhospitable to farming. If Giles and Farm Catskills can raise 12.5% of the easement value (the \$30,000 to \$40,000 figure), then Open Space has committed verbally to contribute 12.5%. The combined 25% of the easement value is key as the threshold figure for New

York State to consider funding the balance of the easement.

Giving During Hard Times

February's Applewood fundraiser went some distance in helping the cause. During troubled economic times, people—Park Slope Food Coop members among them—opened their wallets to attend the fundraiser, bid on auction items and enjoy a toast to this sustainable cause. Counting in checks sent post-fundraiser by individual contributors, close to \$12,000 has been raised as of early March, according to Richard Giles.

When I asked him what happens at Lucky Dog during mud season, Giles described the plant-seeding in the farm's greenhouses. Hopefully, we'll soon be able to enjoy this locally grown organic produce at the Coop. And we can feel pride as we support a farm that helps sustain the land and our city's water supply—a lucky arrangement all around. ■

PSFC MARCH GENERAL MEETING

Tuesday, March 31, 7:00 p.m.

- Items will be taken up in the order given.
- Times in parentheses are suggestions.
- More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7:00 & 7:15 p.m.
- Meeting Location: Congregation Beth Elohim Social Hall (Garfield Temple) 274 Garfield Pl. at 8th Ave.

AGENDA:

Item #1: Annual Disciplinary Committee Election (35 minutes)

Election: The committee will present four members to be re-elected *submitted by the Disciplinary Committee*

Item #2: Board of Directors Candidate's Presentation (45 minutes)

Discussion: "Presentation by candidates for the Board of Directors followed by questions for the candidates"

Future Agenda Information:

For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*.

The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.



Coop Job Opening: Receiving/Stocking Coordinator

Late Afternoon, Evening & Weekend

Description:

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

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

Hours: 35-40 hours per week, schedule—to be determined—will be afternoon, evening and weekend work.

Wages: \$23.39/hour

Benefits: —Health and Personal time
—Vacation—three weeks/year increasing in the 4th, 7th & 10th years
—health insurance
—pension plan

Application & Hiring Process:

Please provide a cover letter with your résumé as soon as you can. Mail your letter and résumé or drop it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. Please do not call the office.

If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

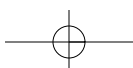
There will be a six-month probation period.

Prerequisite:

Must be a current member of the Park Slope Food Coop for at least 6 months.

Applicants who have not previously worked a Coop shift in Receiving should arrange to work in Receiving.

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



The Petite Palate: Food Options for the Coop's Babies and Toddlers

By Erica S. Turnipseed

Though not yet working members of the Park Slope Food Coop, babies and toddlers have nevertheless scored significant Coop real estate when it comes to the food and product selections that line its shelves. And with good reason: Coop parents are a discerning lot determined to offer their offspring the same variety of healthy, eco-friendly options they enjoy for themselves. But how is it that the Coop stocks the baby and toddler foods that it does?

How the Coop chooses foods and products

Janet Schumacher, a Coop general coordinator who supervises the purchase of groceries, explained that foods and products are added at the Coop through several different means. Members do sometimes make suggestions via the New Product Suggestion Book located at the Coop's entrance. The book is reviewed periodically by those who make buying decisions; they then input follow-up information or questions on the sheets. Schumacher stated that this means of adding products is not the most effective for a variety of reasons: sometimes members provide incomplete product information and do not answer the staff's follow-up questions; more often, the difficulty or expense of trying to get a recommended food or product reliably distributed to the Coop makes stocking it prohibitive.

The Coop regularly has food brokers show new products and provide samples. If those foods or products meet Coop standards and are likely to appeal to members, the Coop may offer some special deals on them. This is time-intensive but allows us to try new products and receive discounts. Schumacher explained that the Coop lacks the staff that would be needed

to manage more distributors. The job of constantly vetting new products and ordering hundreds of products that are delivered—either via a distributor or a postal service—by many vendors is a burden that the Coop is not structured to meet. Therefore, it relies primarily on one distributor for health food because it provides outstanding service. Noting that it is good “when a distributor can do the vetting [of new products] instead of us,” she added that this is the easiest way to add new products to the Coop's selection.

What's available at the Coop

Baby- and toddler-specific products available at the Coop range from frozen foods to eating accessories to vitamins. While some offerings—like organic baby food forerunner Earth's Best—predate Schumacher's recollection of their introduction, others—like Happy Baby and Taste Bud frozen foods—are much newer and have yet to find their market. Speaking specifically of frozen baby food, Schumacher stated that she and receiving coordinator Caleb Webster make buying decisions on frozen foods. Though frozen baby foods are poor sellers, the Coop continues to offer them because they are good products and “we're bending over backwards for babies.” She noted that their higher price points, along with members' lack of awareness that they are available, probably contribute to sluggish sales. She also hypothesized that many Coop families may make some or all of their children's baby food.

Baby- and toddler-specific products available at the Coop range from frozen foods to eating accessories to vitamins.

Jarred baby food sells better, but sales are still not brisk. However, the Coop has no plans to reduce its organic baby food inventory. Schumacher pointed out that the Coop stocks only organic baby food and infant formula, noting that mainstream stores can easily offer better prices for standard formula and commercial baby food, even their organic varieties. By contrast, snack foods like Clif's Twisted Fruit and Z Bar, as well as children's cereals and Seventh Generation diapers, sell extremely well.

Schumacher further explained that in the field of health food and beauty aids, the formulation of products changes frequently, often without warning. She encouraged parents to be diligent in reading labels in order to ensure that they are continuing to get the product that they have come to expect. While Coop staff do review product ingredients, they cannot do



Left: Anna Solomon posing in the checkout line with the diapers she uses for her daughter Syvie Burger. Right: Joanna Lindenbaum and her seven-month-old daughter Penina Polsky like the organic Earth's Best baby foods.



PHOTOS BY WILLIAM FARRINGTON

this as diligently as individual parents can. If formulations change, and especially if known allergens are

added to the products, members should alert staff so that products can be reviewed. ■

The Coop's baby and toddler products

Below is an expansive, though not exhaustive, list of the foods available at the Coop especially for babies and toddlers. Please visit the companies' websites for information on ingredients.

FROZEN FOODS

Dr. Praeger's: www.drpraegers.com, e.g., Kids Broccoli Littles (\$2.53)

HAPPYBABY: www.happybabyfood.com, e.g., sweeter potato/ Purer Pear, Yes Peas/Thank You Carrots, Baby dhal/mama grain (\$2.10–\$4.00)

Health is Wealth: www.healthiswealthfoods.com, e.g., Chicken Nuggets, Pizza Munchees, Spinach Munchees

Jolie Ravioli: (\$3.17–\$3.50); www.nyravioli.com

Taste Bud Organic Baby Food: www.tastebudbaby.com, e.g., Peas (\$2.33)

DAIRY

Stonyfield Farm: www.stonyfield.com, e.g., YoBaby yogurt, YoKids yogurt, YoKids Squeezers (\$2.92–\$3.33)

DRY GOODS/JARRED FOODS/ SNACK FOODS

Annie's Homegrown: www.annies.com, e.g., Cheddar Bunnies crackers, Bunny Love cereal, assorted macaroni and cheese (various prices)

Baby's Only: www.naturesone.com, baby formula, soy and dairy (\$7.23–\$8.60)

Clif Kid: www.clifbar.com, e.g., Tropical Twist

Earth's Best: www.earthsbest.com, e.g., infant formula, soy and dairy (\$15.30–\$29.79); jarred food (\$0.64–\$1.16)

Familia: www.bio-familia.com, e.g., organic Swiss Baby Muesli (\$3.21)

Happy Bellies: www.happybabyfood.com, e.g., brown rice and oatmeal cereals (\$3.22)

Healthy Times: www.healthytimes.com, e.g., brown rice and oatmeal cereals (\$2.04–\$2.35)

Kinni Kritters Animal Cookies: www.kinnikinnick.com

Organic Baby: Jarred food (\$ 0.83)

EATING ACCESSORIES

(representative sampling of brands)

Born Free: www.newbornfree.com

Green to Grow: www.greentogrow.com

Green Sprouts:

www.greensproutsbaby.com

Kid Co.: www.kidco.com

Klean Kanteen: www.kleankanteen.com

TOILETRIES/VITAMINS/MEDICINALS

(representative sampling of brands)

Aura Cacia Kids: www.auracacia.com

Burt's Bees: www.burtsbees.com

Country Comfort:

www.countrycomfortherbals.com

Hero Nutritionals:

www.yummibears.com

Hyland's: www.hylands.com

Jason Kids Only: www.jasonnatural.com

Just for Kids: www.traditionalmedicinals.com

Kiss My Face Kids: www.kissmyface.com

Natra Bio Children's Naturals

Nature's Baby Organics: www.naturesbabyproducts.com

Nature's Plus: www.naturesplus.com

Nutrition Now: www.nutritionnow.com

Rainbow: www.rainbow.research.com

Schiff Children's Multivitamin Liquid: www.schiffvitamins.com

Seventh Generation:

www.seventhgeneration.com/Diapers

The Natural Dentist: www.thenaturaldentist.com

Unique Children's Chewables

Weleda Baby: www.weledababy.com

Zand Kid's Insure: www.zand.com



Marion Wild and 19-month-old son Liam Scherer, who has one of his favorite Coop items, YoBaby yogurt.

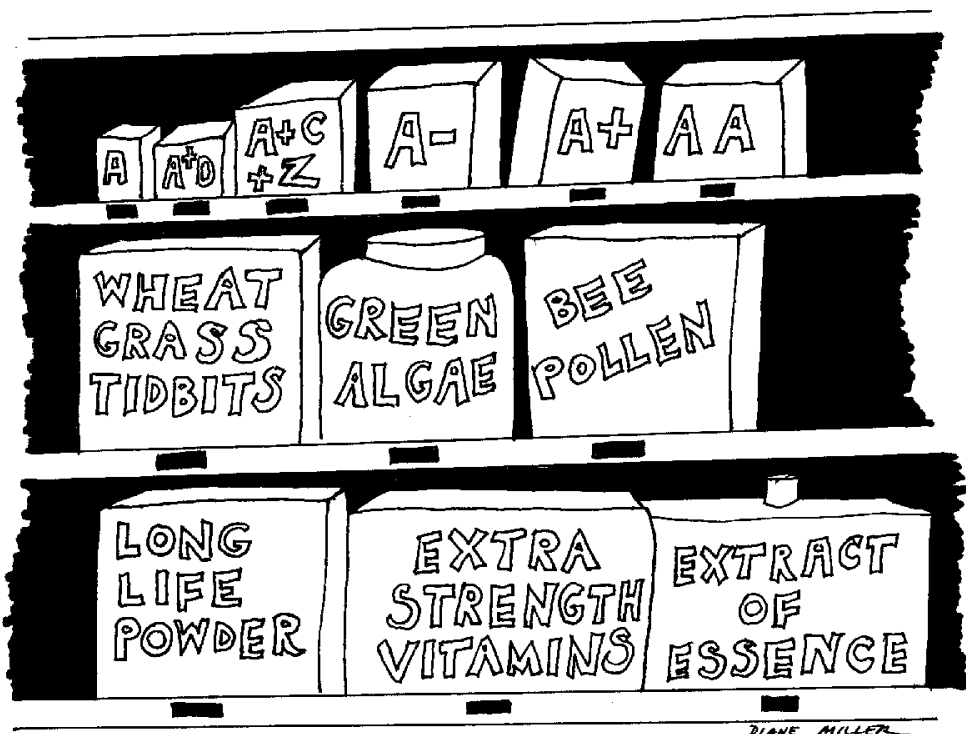


ILLUSTRATION BY DIANE MILLER

A Hard Pill to Swallow

CONTINUED FROM PAGE 1

assigned to stock the shelves, you'll be hard-pressed to find a Coop staffer who knows where the bottles of Slippery Elm are supposed to go. Mornings before the store opens, it's not uncommon to find three Receiving workers, wide-eyed and defeated, standing helplessly with pill bottles in both hands.

But that's nothing compared to the complexity of the job of the vitamin buyer, a woman named Edite Eckroth, who has worked for the Coop for over 18 years. She orders hundreds of supplements from at least 14 distributors. When the shipments come in via UPS, she must check that she's received the correct item and number. Sometimes it's the wrong item, or bottles are broken. Keeping up with the inventory control is the toughest part of the job, she says. Her advice to Receiving workers doing vitamin stocking: put the bottles where you think they go, say, close to similar items. Wayward pills can also be placed on the back endcap, where she'll see them and put them in their proper place. It's better that the items get put on the shelves (FTOP workers come in periodically to organize) than sit in the basement where no one can find them.

A Method to the Madness

A little-known fact: the vitamin section has its own map. It's laminated in yellow and black and hangs near the top shelves. Although it's been known to vex many a Receiving worker, it may be helpful if you are looking for a

particular supplement to buy.

If you need a popular kind of pill—vitamin C, multi—check the endcap near the checkout lines. The rest of the section is loosely organized by popularity, says Edite. The section next to the endcap contains “all those other letters”—your vitamin Bs, Ds, Es, etc. The closer you get to the yogurt cooler, the less popular the items tend to be.

...You've probably spent a couple hours staring at the thousands of bottles across the way. And maybe you've wondered... "What the #\$%&@ is all that stuff?"

Coop bestsellers include the usual suspects: vitamin C, multi-vitamins, calcium, joint remedies. Brooklyn shoppers are also big fans of omega-3 oils (bottom shelf near the center of the aisle). Another popular pill—possibly the top seller at the Coop—is an expensive supplement called CoQ10. People say they take it for “heart health,” though none of the supplements are evaluated or regulated by the Food and Drug Administration. Edite is careful to point out that the Coop doesn't vouch for the efficacy of the items on sale.

Coop members have decided for themselves which brands they trust, Edite says. “We just order what members tell us they want. We don't recommend anything,” she says.

It's tough to keep the shelves neat with so many bottles on the shelves, so many shoppers, so many bored children standing in line looking for something to do with their hands. It's also impossible to keep up with

the price labels. For one, there's not enough room on the edges of the shelves for them. Moreover, few items have a permanent space. If one product is out of stock for a while, the shelf space will be used for other items.

Wouldn't it all be simpler if the Coop just carried fewer varieties of supplements? Maybe. However, Edite fields daily requests for supplements that the Coop doesn't carry. Vitamin fans are adamant that she should not reduce the variety of her orders, she says.

A Word About Special Orders

Do you really, really need to buy 24 bottles of Curcumin? Edite can't fulfill most requests for special orders. “It wouldn't work for me to call up some company and order a few vitamins or even 12 or even 30. First you have to set up terms and usually you only get discounts if you buy \$1000 worth,” she says. “They'd be better off buying it on the Internet.”

Special orders for one family take an awful lot of time when one is buying vitamins for a Coop with 15,000 members. “More and more people want personal shopping and that's not what a Coop is.” That said, if you put in a request with Edite, make sure you know exactly what you want, e.g., the exact brand name, the size of the bottle, the number of pills in the bottle, etc.

The Problem of 'Shrinkage'

The price markup for items in the Coop is roughly 21 percent across the store. But another 10 percent is tacked on to the cost of vitamins because so many go “miss-

ing.” This extra 10% was mandated by a General Meeting vote in the early 1990s.

It's not uncommon for vitamin bottles to get broken. But it's also clear that members are stealing, says Edite. Sometimes empty boxes or bottles are found on the shelves. Occasionally shoplifters are caught and arrested.

One case that Edite remembers vividly: A woman was checked out by a member of her own family. Although she had paid a bill of about \$28, she had stolen over \$700 worth of vitamins and other expensive items. “If she had done it so easily, she had probably done it before,” says Edite.

Another man, confronted on the sidewalk with stolen goods, grabbed his box, jumped into his car and sped away.

“It's scary to catch someone,” says Edite. “They are criminals. You don't know what else they might do, what they might do in revenge.”

For the record, the Coop does have surveillance, but staffers are not keen to divulge how much and where. Members who suspect theft should report it, Edite says.

Recession? What Recession?

Sales of vitamins are going strong, even in these tough economic times. If anything, sales are up over the last year, according to Edite.

Likewise, studies that show supplements don't improve health or ward off cancer seem to have little impact on sales. Says Edite, “People are very dedicated to their vitamins.” ■

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

When we rush
we lose confidence
in right now –
the bowl of life
set before us –

How it brims!

Be satisfied
with this one breath
two or three cannot
come at once
We were not born to serve time
time is our servant
it is our idea

This is a big lesson for us school children
there is plenty of time
We stand upon the world already
royalty in the presence of all we'll ever have:

this one
precious breath

The Park Slope Food Coop
Always on time

by Myra Klockenbrink

Thursday April 2 (A week)
10:00 a.m. to 12:30 p.m.

Monday April 6 (B week)
noon to 1:00 p.m. and
1:30 to 2:30 p.m.

You can join in any time during a tour.

BROOKLYN FOOD CONFERENCE PLANNING COMMITTEE

So Many Conferences!

By Rebecca Goldberg

The Park Slope Food Coop is proud to co-sponsor the upcoming Brooklyn Food Conference: Local Action for Global Change, to be held on May 2, 2009, in Park Slope. The all-day event will include workshops and plenary sessions, as well as lots of kids' programming, a parade, and plenty of delicious food. The response so far has been

able Agriculture (IPSA), a global advocate for the concerns of organic and sustainable farmers, is working hard to make sure that regional efforts to reclaim diversity and integrity in food and farming systems are at the forefront of the CSD session. As part of this effort, IPSA is inviting individuals and organizations to help organize events and outreach efforts

performance art to a career expo... and, of course, delicious food. There are still plenty of opportunities to get involved, whether you're a youth activist or an organization that wants to share its mission with the city's young leaders. Learn more at nycyouthforum.org.

If you're willing and able to leave the city behind for a few days, there is yet another exciting, youth-targeted event coming up in New England—The Rooted in Community (RIC) annual conference. Running from July 29 through August 2, the conference will be held in Portland, ME, with field trips to other locations in Maine and Massachusetts. RIC is a national grassroots network that encourages and empowers young people to take a leading role in fostering healthy communities and food justice. Plans for this year's conference are still in the works, but last year's 10th annual conference, which was held in Northern California, included field trips to local youth gardens and food security projects; youth-led workshops; performance art; and exposure to both farm life and the beach. To learn more about this year's conference, keep your eye on the Events page of the RIC website www.rootedincommunity.org—details should be coming soon.

There's no doubt about it—2009 is an exciting year to care about your food. Whatever else is on your food agenda, make sure you join us on May 2 in Park Slope for the Brooklyn Food Conference: Local Action for Global Change! ■

This article is part of a series by the Conference Planning Committee, leading up to the Brooklyn Food Conference: Local Action for Global Change, to take place May 2, 2009 in Park Slope. This event is co-sponsored by the Park Slope Food Coop, Caribbean Women's Health Association, World Hunger Year, Brooklyn Rescue Mission and Brooklyn's Bounty. To get involved, make a contribution, or find out more, please check out our new website, www.brooklynfoodconference.org, or email us at info@brooklynfoodconference.org.



ILLUSTRATION BY PATRICK MACKIN

overwhelming, and that's no surprise—we have an amazing event planned. What's more, public interest is skyrocketing when it comes to the types of issues that PSFC members have long cared about and that the May 2nd conference will address—issues surrounding the ethical, environmental, and health implications of food production, distribution, and consumption. One sign of this skyrocketing interest is that Brooklyn is not alone in planning a food-related conference for 2009. For those who are looking to take full advantage of the food democracy movement's growing momentum, here is a brief outline of some other upcoming events of interest.

On May 4-15, 2009, New York is hosting the 17th Session of the United Nations Commission on Sustainable Development (CSD-17), with agriculture being one of the themes of the session. International Partners for Sustain-

targeted at CSD-17 participants. In keeping with the theme of the Brooklyn Food Conference, this is truly an opportunity to take local action for global change. By introducing CSD participants to the innovative efforts at sustainable food systems that are taking place in our own backyards, New Yorkers have the opportunity to influence the Commission's global efforts. For more information on CSD-17, go to www.un.org/esa/dsd/csd/csd_csd17.shtml; for more information on IPSA, go to practice2policy.org.

Teens and young adults have a conference of their own coming up on April 16—the Youth Forum & Expo: Food, Farming and Active Living. The Expo is a full-day conference that is being planned with, and for, New York City youth leaders, ages 15-24, who are involved with health, wellness, and sustainability. The day will include everything from workshops to

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/>



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.


BROOKLYN FOOD CONFERENCE COMMITTEE REPORT

How School Food Went Wrong

By Paige Churchman

Some startling facts about American kids from the film *Two Angry Moms*:

- Children today will be the first in US history to live shorter lives than their parents.
- One in three of US nine-year-olds will develop diabetes.
- One in four US children is on some form of daily prescription medication. Prescriptions for amphetamines for children have gone up 2000 percent since 1990.
- The average American child sees 40,000 television commercials a year—over 100 a day.

And some facts about our school food:

- Schools can sell Coca-Cola's Hi-C Cherry Blast, but not Poland Springs Seltzer.
- Many schools no longer have stoves, ovens or even knives. They have "retherm units" to reheat processed foods. (Hospitals and airlines are other big users of retherm systems.)
- Some students get only 18

minutes for lunch.

The National School Lunch Program started in 1946 when Harry Truman signed a bill to give all school children a nutritious, affordable lunch. These were kids who were born not long after the Great Depression. Deficiency diseases, like rickets and pellagra, were common. Also, World War II had just ended and the government had been paying farmers to grow grain and other commodities to feed soldiers. "No nation is any healthier than its children or more profitable than its farmers," said Truman. The Lunch Program seemed like a beautiful solution.

The program is run by the US Department of Agriculture, whose purpose has always been to promote American agriculture. The USDA subsidizes school lunches and sets nutrition standards, but its mission isn't providing for the 28 million kids eating those lunches. Its mission is to promote the suppliers of the food. When the suppliers (and the big ones are the beef, poultry, dairy and sugar industries) have surpluses, the USDA

buys them and channels them into the schools. The problem is that sometimes these foods aren't so good for the kids. Sometimes they're high-fat, low-grade meats, or processed foods like chicken nuggets and pizza.

Schools aren't required to take part in the National School Lunch Program, but 95,000 public and nonprofit private schools do. Not only do they get the surpluses, they're partially reimbursed for each meal they serve. In return, they must meet nutrition requirements and offer free and reduced-price lunches to eligible kids.

Coop member Janet Poppendieck just finished her latest book, *Free for All: Fixing School Food in America*, due out in October. She spoke to the *Gazette* about the problems schools face.

Two Sets of Standards

Schools have to meet two sets of nutritional standards. First are the RDAs (Recommended Dietary Allowances). These date back to 1946, and, befitting that era of scarcity, they set minimums for protein, vitamins A and C, iron, calcium, and calories. The *Dietary Guidelines for Americans*, added in the nineties, say that no more than 30% of calories should come from fat. Sounds reasonable, but it's not easy. Many schools have replaced whole milk (too much fat) with sweetened skim milk (sweeteners to meet the calorie minimum). "It meets the guidelines," says Poppendieck, "but it's not good for the kids and it's not better than the whole milk."

Subsidies—What's the Problem?

The USDA pays schools \$2.57 for a free lunch, \$2.17 for a reduced-price lunch and 24 cents for a full-priced lunch. This hardly covers a meal—senior centers spend about \$5 per lunch. Another problem is dividing the kids into three income buckets. The idea was to help those who need it the most, but it saddles schools with paperwork and is burdensome for parents, and kids definitely feel the stigma. "I've had lots of stories from people about how they went through high school hungry," says Poppendieck. The cur-

rent system, she says, "inevitably stigmatizes first the kids and then the food."

Want Fries With That?

Schools also sell "competitive" foods a la carte. It's a way keep the paying kids in the school, and you do that by selling them what they're going outside to get. Gradually the cafeterias started to look like food courts at the malls—corn dogs, burgers, fries, pizza, sodas, chips. Except the kids eating free or reduced-price lunches have to stick to the federal menu.

How often do you eat lunch at your computers? "Kids are subjected to hours of advertising for things that aren't healthy," she said.

Some shining lights in the school food movement will be joining Poppendieck on the school food activism panel at the Brooklyn Food Conference. Chef Jorge Colazzo became interested in health, allergies, and childhood obesity as a faculty member at the New England Culinary Institute. He's now the executive chef of the NY City Schools where he's

Check These Out

Better School Food. Supports parents and others in their efforts to improve school food in their local communities. www.betterschoolfood.org

City Harvest. The world's first food rescue organization now works with the Office of School Food and Nutrition Services. Kristin Mancinelli, manager of program development and policy, will be on the school activism panel. www.cityharvest.org

Junk Food Quiz. Test your knowledge of junk foods in schools. From the Center for Science in the Public Interest. www.cspinet.org/nutritionpolicy/junkfoodquiz.html

New York Coalition for Healthy School Food. Director Amie Hamlin will speak on the school activism panel. www.healthyschoolfood.org

Two Angry Moms. Many great resources from the two moms of film fame. www.twoangrymoms.com

Said Poppendieck, "You have the rich kids lining up on one side to buy pizza and fries, and on the other side are the poor kids lined up for enhanced pizza and Tater Tots." The enhanced pizza and Tater Tots are the schools' attempts to compete with their own competitive foods.

Kitchens with No Stoves or Knives

Schools who want to serve fresh food face major equipment issues. Many no longer have stoves. This isn't easily remedied. You can't just bring in stoves. Today's fire codes would require retrofitting entire school buildings.

We've Lost Our Connection with Food

"We've been deprived of our cooking skills by a culture that pushes this 24/7 work notion," mused Poppendieck.

weaning kids off white breads, sugar and salt with fresh fruits and salads. "We want to teach them good habits," he said. "It's our social responsibility. I don't even think of it as a choice to do it. To me, there's no other choice than to do what New York City is doing." ■

This article is part of a series by the Conference Planning Committee, leading up to the Brooklyn Food Conference: Local Action for Global Change, to take place May 2, 2009 in Park Slope. Come discover more about school nutrition and sustainable food systems. This event is co-sponsored by the Park Slope Food Coop, World Hunger Year, Caribbean Women's Health Association, Brooklyn Rescue Mission and Brooklyn's Bounty. To get involved, make a contribution, or find out more, please check out our new website, www.brooklynfoodconference.org or email us at info@brooklynfoodconference.org.



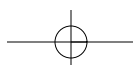
**CREATIVE? WRITER? TALKATIVE? LAWYER?
SOCIAL-BUTTERFLY? WEB-DEVELOPER?**

**HELP US GET STARTED
AND MAKE YOUR
OWN WORK SHIFT!**

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.



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



Taking COOPeration Beyond Food

By Ellen Freudenheim

It's tough times out there, and stress as well as bills can pile up. But there are lessons to be learned from the PSFC that can be translated into other (read, non-food) parts of our lives.

Take caregiving. With an aging population and a health care system that isn't really set up for long term care, who doesn't have an elderly relative or neighbor, or even a spouse, sibling or child who might need you for intensive caregiving from time to time? The circumstances could be hip surgery. Preemies. Or terminal cancer.

But as anyone who's done it can attest, it's hard to fit caregiving into already stuffed schedules. And the stress—for both local and long distance caregivers—can be inexpressible.

A few years ago a friend introduced me to a tiny, Manhattan-based non-profit organization called Share the Care. It's an educational entity, designed to promote the idea that people can pull together a group of friends, colleagues, neighbors, relatives, co-workers and others to collaboratively help provide care for someone—whether that person is dying of cancer or has just had triplets and needs a hand. Beyond an idea, this is a strategic plan, outlining step by step how to form a collective group to, literally, share the care.

And you know, it's striking how much the principles evolved by the Coop and by the founders of this group (who learned on the job, as they coped with caregiving themselves) are similar. To wit:

1. You really needn't go it alone. At the Coop, the whole idea is that we can get better food at better prices—and create community too!—by joining together. So if you need gluten-free organic food, you aren't alone in this world. Similarly, the idea of group caregiving is that one person need not shoulder the whole burden alone. The "system" assumes that the nuclear family will take care of anyone in need of home care or transportation. But other people really are willing to pitch in... if goals are clear

and boundaries are set.

2. It helps to have procedures in place. OK, everyone pokes hilarious fun at the Coop for having so many "guidelines." But the truth is, the Coop has thrived and is the nation's largest owner-run food cooperative for a reason: those guidelines work, apparently. Similarly, the notion behind Share the Care is that group caregiving has to have

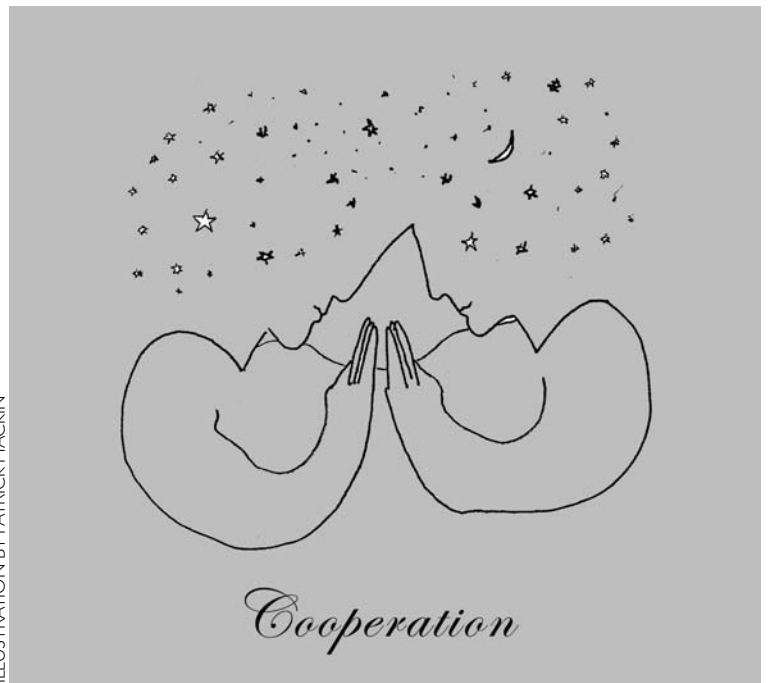
Member Contribution

some guidelines, too. That way, you don't get three chicken pot pies delivered on Tuesday, when what you really need is someone to drive you to the doctor on Friday.

3. Democracy works, too. Love or hate them, the General Meetings are an exercise in democracy. When it comes to group caregiving, it's best if the "rules" are worked out by the participants and the patient, too. So everyone has a say and a stake.

4. Heavy lifting just gets easier when you've got company. So there you are, on your shift, wondering if that heavy crate of, oh, organic sweet potatoes is going to do your back in. It's easier to get a co-worker to help hoist it, right? There's a lot about caregiving that can be heavy lifting, metaphorically speaking: facing frailty or death, dealing with the patient's frustration and dependency, running interference with the insurance company. It's easier when you can call in the troops.

ILLUSTRATION BY PATRICK MACKIN



5. Working together creates community. Innumerable friendships of all kinds and intensities have blossomed at the Coop. Similarly, when caring groups come together to do the meaningful work of helping another person in need, this experience, too, can create important emotional bonds.

There's more, but you get

the idea. Lessons from the Coop, applied to life. ■

Ellen Freudenheim, a 20+ year Coop member, is a writer and activist, and a former board member of Share the Care. She is hosting a free session April 4th at 5 p.m. at PSFC to present the Share the Care program alongside the organization's founder, Sheila Warnock. All are welcome.

My Co-op Rocks! Video Contest

Co-op fans encouraged to share the ways their co-op rocks

BY MARI ROSEMAN

Lights, camera...arugula! National Cooperative Grocers Association (NCGA) is inviting co-op shoppers to submit videos in a nationwide "My Co-op Rocks!" contest, in which fans get to share the reasons they love their local food co-op. Submissions will be accepted online beginning March 1 at www.MyCoopRocks.coop, and \$3,500 in prizes will be awarded to the best videos in "people's choice" and "judges' choice" categories.

The contest is designed to raise the local and national visibility of food co-ops and engage co-op shoppers/members in telling the co-op story in their own words. The contest is also open to co-op staff; in fact, NCGA is providing an incentive to encourage members to create and upload their own video entries to jumpstart the contest.

"We are very excited about this contest," comments Kelly Smith, NCGA director of marketing. "We hope to appeal to people of all ages, but particularly those in the Gen Y demographic, who share our values around sustainability, authenticity, and community. Personal stories are so compelling, and we know there are many great ones out there. A video contest seems like a great vehicle, and we're looking forward to seeing participants unleash their sense of humor and creativity!"

Just how creative can participants get with their videos? Whether shooting with a cell phone or in high-definition, one's own imagination is the only limit. NCGA offers several suggestions for a Top 10 list, but participants may



also create their own Top 10 list, or develop an original theme.

Top 10 suggestions from NCGA

- Top 10 reasons I love my co-op
- Top 10 goods at the co-op
- Top 10 funniest sights at my co-op
- Top 10 ways to get a date at the co-op
- Top 10 reasons to become a co-op member
- Top 10 reasons why shopping at a co-op is just better

Many NCGA member co-ops are holding a local version of the national contest as a way to further engage their community members. Get in the action! It's time to celebrate the qualities and quirks that make your co-op an integral part of your community. Submit your video(s) online from March 1 to April 17, 2009. For more contest information and to view video entries, please visit www.MyCoopRocks.coop. ■

CONTEST OVERVIEW

Theme: Top 10 reasons why your co-op rocks or your own original theme

Entrant: Must be 18 years or older and a U.S. resident

Submit: To the website www.MyCoopRocks.coop

Video specifics: Files must...

- Be in one of these formats: mpg, .mpeg, .avi, .divx, .mp4, .flv, .wmv, .rm, .mov, .asf, .swf
- Not exceed two minutes in length
- Be between 100 MB (recommended) and 500 MB (maximum)

Deadline and restrictions: Contest runs March 1 to April 17, 2009. Enter as often as you wish

Prizes: People's Choice and Judges' Choice awards:

1st place: MacBook, 2.1 GHz

2nd place: \$500 co-op gift card, redeemable at your local NCGA member food co-op*

3rd place: FlipMino HD (mini digital camcorder)

*The Park Slope Food Coop is not a NCGA member, but the Flatbush Food Coop is.



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.

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").

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

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$23 per year to cover the cost of postage (at First Class rates because our volume is low).

Printed by: New Media Printing, Bethpage, NY.

**Friday
Apr 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

Kathleen Payne

Brooklyn-born singer Kathleen Payne's performances reflect her wide-ranging musical experience and interests, from R. & B. and gospel to classical and musical theater. Kathleen is joined in this musical outing by the fabulous Cynthia Hilts on piano, Vox Amica, her newly formed a cappella ensemble that wowed 'em at the recent PSFC Adult Variety Show, and a host of other talented Co-op musicians.



Adele Rolider is a N.Y.C. singer songwriter, music therapist and activist. This long-time



coop member brings it all into her weave as she spins a passionate web of inspiring and healing songs and chants. From folk to jazz to show to rap, she brings a roomful of people together in song and spirit. Adding to her vocals and guitar, there'll be a special guest on back up instrumentals, and wonderful back up vocals (and signing!), by Cara Schwarz (and possibly more voices!). "Adele's warm and beautiful voice and empowering songs make me know a better world really is possible"—Ray Korona, singer songwriter/activist

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
MARCH 29
10:00 A.M.–2:00 P.M.

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

Third Thursday
APRIL 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.



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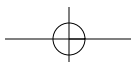
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Dana Rouse

Editor (production): Lynn Goodman

Final Proofreader: Teresa Theophano

Index: Len Neufeld



Creative Media Project Seeks Talent

FTOP credit available if you're a video editor, comedy writer, media writer, broadcast/motion graphics artist, 2D or 3D animator, editorial researcher familiar with Lexis-Nexis, Westlaw, etc. Be part of the Brooklyn Food Conference: a grassroots event for a just, sustainable, healthy and delicious food system.

Please contact us at rooster@bway.net.

Plastic Recycling Drivers

Monday, Wednesday or Friday, Flexible time
The Plastics Recycling Squads are looking for drivers to transport plastic recycling collected at the Coop to the recycling plant in Brooklyn. Drivers are needed for shifts on Monday, Wednesday or Friday. The time for pick-up and drop-off of recycling is flexible. Drivers must have a large capacity van or truck for the volume of recycling collected. You need to be able to lift and work independently. Reliability a must as you are the only person coming to do this job on your day. Member will be reimbursed for mileage according to IRS reimbursement rates. If interested please contact Office Coordinator Cynthia Pennycooke at cynthia_pennycooke@psfc.coop or drop by the Membership Office to speak to her.

Schedule Copying Description

Tuesday, 6:00 to 8:30 p.m.

You will be copying Coop committee schedules from originals provided using the Risograph machine. Familiarity with a risograph machine and the ability to troubleshoot problems with the printer is a plus. You will be on your feet for much of the shift and you will be working independently. Looking for members with a good attendance record and who have been members of the Coop for 6 months. A six-month commitment to the workslot is required. If interested, please contact Debbie in 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 Internet

www.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, MAR 31

GENERAL MEETING: 7:00 p.m.

TUE, APR 7

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Apr 28 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Apr 9 issue: 7:00 p.m., Mon, Mar 30
Apr 23 issue: 7:00 p.m., Mon, Apr 13

CLASSIFIED ADS DEADLINE:

Apr 9 issue: 7:00 p.m., Wed, Apr 1
Apr 23 issue: 7:00 p.m., Wed, Apr 15

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, March 31, 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

mar 27-28 fri & 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.

mar 28 saturday 7:30 pm

Gas Is So 20th Century!

My car doesn't need gasoline...how about yours? Say goodbye to fossil fuels and switch to clean-burning fuel. Help jump-start the green economy. Gas prices are rising, and by year's end will be very high again. Get off gasoline now! There is an alternative! Find out more. Come to a screening of David Blume's *Alcohol Can Be a Gas!*, presented by Coop members **Michael Winks** and **Kevin Burget**, founders of the Park Slope Ethanol Coop.

mar 29 sunday 12 pm



Ten Ways to Green Your Routine

Please join us for an informative discussion to learn ten ways to green your routine; tips to detoxing your home and office; and ways to save money while going green. Presented by Coop member **Saudia Davis**, president and environmental consultant for an eco-cleaning service.

mar 31 tuesday 7 pm

The Case for Solar Power in New York

Photovoltaic technology ("PV") converts sunlight into electricity. Join I Heart PV campaign advocate and Coop member **Margo Bettencourt** to hear all about this and discuss current attempts to establish New York as a leader in solar adoption. Launched by Solar One in 2008, I Heart PV is a people-powered campaign that mobilizes citizen support for pro-solar policies and educates New Yorkers about the potential and benefits of solar power here in the five boroughs.

mar 31 tuesday 7 pm

PSFC MARCH
General Meeting

Items will be taken up in the order given. Times in parentheses are suggestions. More

information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7 and 7:15 p.m. **Meeting location: Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue**

Agenda: Item #1: Annual Disciplinary Committee Election (35 minutes)

Election: The committee will present four members to be re-elected—submitted by the Disciplinary Committee

Item #2: Board of Directors Candidates' Presentations (45 minutes)

Discussion: "Presentation by candidates for the Board of Directors followed by questions for the candidates."

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.

apr 2 thursday 7:30 pm



Susan Baldassano, Coordinator

Food Class:
Attention
Dessert Lovers

Join us for a night of sweet treats. Guest chefs **Dina Cutrone** and **Carina Kuhl**, owners of TALL order in Brooklyn, will prepare Chocolate Lovers' Brownies, Lemon Mascarpone Coconut Tartlets, Frozen Yogurt Berry Smoothies (dairy and non-dairy versions), Cardamom Pistachio Ice Cream (vegan), and Fresh Berry Sauce. **Materials fee: \$4.** To book a Food Class, contact Susan Baldassano, sueb@naturalgourmetschool.com.

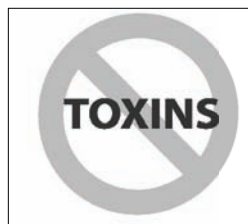
apr 3 friday 7 pm



Silent Choices

Silent Choices is a documentary about abortion and its impact on the lives of African-American women. From African-Americans' cautious involvement with Margaret Sanger during the early birth control movement to black nationalists and civil rights activists who staunchly opposed abortion (or stayed silent on the issue), *Silent Choices* examines the juxtaposition of race and reproductive politics. Three black women also share their stories of the abortions they had. To book a Film Night, contact Alexandra Berger, isisprods@yahoo.com.

apr 4 sat 9:30-11 am



Spring Cleaning

Want more energy? Want to look younger? Improve digestion? Reduce bloat? Coop member **Diane Paxton**, MS, LAc, owner of Inner Fire Integrative Health Services, will cover the basics of internal cleansing—from colonics to Inner Fire's 21-Day Purification Program. Learn how to gently detoxify your body without extreme fasting, hunger, headaches, or fatigue. Participants will be evaluated for toxicity and guided to the best approach for their situation.

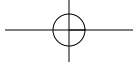
apr 4 saturday 12 pm

Greening and Cleaning Your Home

Did you know that the air quality inside your apartment is often 10 times worse than the air outside? Do you want to make your home as healthy as possible for yourself and your family? 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! Presented by Coop member **Sarah Julig**, freelance ecological housekeeper and home organizer since 2005.

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



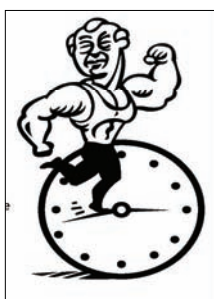
mar 27 - apr 25 2009

apr 4 saturday 5 pm

Avoid Burnout: Form a Caregiving Community!

Do you have a loved one—parent, partner, or child—in need of home care and you're struggling all alone? Even the best-intentioned caregivers sometimes burn out. Informal group caregiving is an alternative model suited to tough economic times and community-spirited people. Coop member **Ellen Freudenheim** and guest Sheila Warnock, author of *Share the Care*, will discuss the nitty-gritty of forming—and maintaining—a “caregiving family” of concerned friends, neighbors, and co-workers to help.

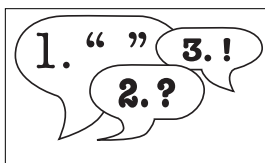
apr 5 sunday 12 pm



Detox Day

Fight aging, prevent illness, feel strong, and look great, with simple steps to detox your diet and lifestyle. Guests get: free food, face masks, foot soaks, breath work, stretching, and a three-day plan for cleansing at home. Coop member **Shannon Sodano**, B.S. Nutrition and Dietetics, Certified Spinning® Instructor, and Corporate Work-Life Balance Trainer, helps to inspire, refresh, nourish, and enlighten.

apr 7 tuesday 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, Apr. 28, 7 p.m., at Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Place at Eighth Avenue.**

apr 11 saturday 3 pm



Bike Month Bike Talk Series

A series of bike events related to Bike Month (mid-April–May) is taking place under the auspices of the Shop 'n Cycle Committee at the Coop, indoors and out. Events include talks on bike safety, shopping and cycling, bike rides and tours, and a bike clinic.

apr 12 sunday 12 pm



Spring Cleansing and Renewal

Learn how to lighten up this spring by shedding winter congestion and optimizing the digestive system.

Benefits of gentle spring cleansing include weight loss, reduction of allergy symptoms, and increased energy. Explore the role that diet, fresh greens and herbs, and acupuncture can play in this process. Tastings and samples of various herbs, teas, and fresh spring greens will be available. Presented by Coop member **Joy Lindquist**, New York State–licensed acupuncturist and health educator.

Puzzle Corner

Can Can

You can-can do this new Japanese number game. The numbers 1, 2, 3 and 4 will appear once and only once in each row and each column (or 1-6 in the larger puzzle). Each connected set of boxes has an arithmetic clue with the number part of the clue equaling the result of applying the arithmetical operation to all the numbers in the boxes, in any order. For instance, both of these work:

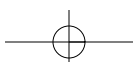
2-	2	4
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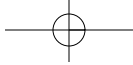
2-	4	2
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2÷	2	7+	
	5+		
3	8+	2÷	
		2-	

48X		4X		2÷	6+
	1-				
10X	2	60X			6
		7+	2-		24X
2÷			5	2÷	
6+		2-			

Puzzle Author: Matt Burkhard. For answers, see page 13.





ISRAELI BOYCOTT LETTERS

DEAR EDITOR:

It surprised me that there was not a single letter in the March 12 issue explaining why a boycott of products from Israel is being suggested as a non-violent strategy to protest Israeli governmental policies against the Palestinian people. Every letter except one was against the idea of a boycott, and the arguments followed logic that is diversionary at best:

1) Those who support a boycott of Israel are uniting with other enemies of Israel, particularly Hamas. Since Hamas is (fill in the blank) illiberal, regressive, anti-Semitic, etc. the boycotters must be, too (guilt by forced association)

2) Jewish people have on many occasions been mistreated in Arab countries. To focus on the mistreatment of Arabs by Israel and its agents is one sided (distract from the issue at hand by showing that an unrelated converse is true, and much worse)

3) Other Middle Eastern regimes are just as, or even more, repressive than Israel (again, distract by highlighting an unrelated, true issue)

4) Show that egregious actions by others (e.g., the Iraq War launched by the US) were not protested similarly, and hence the boycott against Israel constitutes unfair scapegoating (implicitly acknowledge that Israel acted badly, but change the parameters of the argument by showing that worse offenders have not been held accountable)

5) And of course the slew of ad hominem attacks on the character of the individuals calling for the protest, and the long list of attacks on Hamas' irrational behavior, which ostensibly "provoked" a decent country to behave indecently.

Not ONE of the letters directly addresses the issue at hand: Israel continues to directly occupy land and resources that are not its own. Where it does not directly occupy, it controls and restrains freedom of goods and movement by a brutal air, sea and land siege. By the estimation of neutral, international human rights agencies who regularly criticize Arab and other Middle Eastern regimes, Israel's use of disproportionate force in its last two wars is unjustifiable from both military and humanistic perspectives. The only logical reasons for the use of such massive deadly force are to cause suffering and subjugation, and as a form of collective punishment. Finally, from commentary I have been following from within Israel (not Arab media), it is not at all clear that the breakdown of the truce between the Hamas government and Israel was the sole fault of Hamas. Israeli incursions into Gaza (and targeted killings) and the brutal siege of Gaza's civilians continued unabated during the so-called truce. Israel was preparing to invade

Gaza long before the truce ended and such preparations continued even while terms for a renewed truce were being offered by Hamas. These and related facts can be found in Israeli newspapers, particularly *Ha'aretz*.

The boycott, as I see it, is being proposed to protest the continued lack of a fair resolution of the Palestinian issue, and the occupation and suppression of the Palestinians for over 60 years. It is being proposed to call attention to the systematic policies of land, water and resource exploitation by Israel in occupied Palestine. It is being called to demand a just peace for Jews, Muslims and Christians alike in the Holy Land. If the issue of the boycott is debated at a Coop general meeting, these are the concerns I and others would like to discuss, not ad hominem attacks and unrelated arguments.

Mohan Sikka

DEAR MEMBERS,

I have read members' opinions in the *Gazette* and heard them in the General Meeting concerning a boycott of Israeli products. I was the media contact person when the "story" broke and was interviewed by Jewish and mass media journalists and bloggers. I also met with and took many calls from concerned members and others. I would like to share with you my reasons why I oppose this boycott.

A boycott can be used to either effect change or to raise consciousness. A boycott by the Park Slope Food Coop would neither hurt Israel, nor aid Palestinians. It will have no effect at all on the other side of the world and its divisiveness can cause great harm to the Coop. My concern is for the welfare of the Coop and its members: a boycott is a serious distraction from important Coop work and a perfect opportunity to spread misunderstanding of the Coop throughout the media. As far as raising consciousness is concerned, a boycott is not a tool of communication or understanding, but is perceived as an act of aggression, leading to reaction and defensiveness, not dialogue. A boycott can't hurt Israel or help Palestinians, but can hurt the Coop. Sounds like a "lose, lose, lose" proposition.

Allen Zimmerman
General Coordinator

TO THE EDITOR OF THE GAZETTE:

I was very upset to see the article in the Food Coop newspaper about the General Meeting, where somebody suggested that the Food Coop boycott Israeli products. The Food Coop's philosophy is to welcome and include everyone in their store. "We are an equal opportunity employer" is listed in all ads for jobs at the Food Coop. We must embrace all cultures. We must tolerate black, white, green, yellow, purple. I visited Israel last year with a group from Temple Beth Elohim. Israel is a beautiful, vibrant country, and I

met many Arabs, where I got falafel, and pomegranate juice, and bought wares. Israel is striving to maintain peace, where there is war. Nobody wants war. Nobody wants suicide bombers. People are people, and we must learn to accept, tolerate and love our fellow neighbors and countries.

Sincerely,
Nancy Spitalnick

TO THE EDITOR:

I am glad that at this point no formal submission has been made to consider boycotting Israeli products. I add my voice to those who are opposed to the idea. Perhaps the authors of the proposal can suggest something constructive that would help bridge the gap between the two sides. But a boycott that affects one side in a very two-sided conflict is wrong.

Stewart Pravda

ACCOUNTABILITY AT THE COOP

TO THE EDITOR

Last month, I had to end my shift 30 minutes early. The Squad Leader was absent and everything had been done (maintenance). So, I left. My Squad Leader got a report and she had to mark me as absent. FINE! I had caused a problem for the other members and it is fair to have me to make up the shift. I apologized to her, and I suggested that she mark me for a double-shift.

NOW, follow me! The debit system at the Coop has been down for three days in a row, generating big and serious problems to the entire community. Who is responsible for that? Nobody at the Coop, according to the office I complained to about this frustrating situation. Apparently, the General Coordinator has signed a contract with a service that doesn't work over the weekend, or is not able to promptly fix problems with the system. What kind of service is that? I have never heard of such a thing happening in a supermarket. Isn't that weird? I have asked the office to release the name of the company providing that service, yet they refused to give it to me. The General Coordinator must tell all members the reason for such inefficiency and take responsibility as I did with my half-missing shift.

Rino Varrasso

GMO SHELF LABELING COMMITTEE RESPONSE TO RECENT BGH LETTERS

TO THE EDITOR:

In the February 26th issue of the *Gazette*, Gillian Puryear comments on her concerns about bovine growth hormone (BGH) in dairy products at the Coop.

Gillian, we at the GMO Shelf Labeling committee share your concern. We are currently wrapping up a two-year process of reading every label on every product on the Coop shelves to determine which may contain genetically modified organisms (GMOs). We hope to have a preliminary report for the May 2nd Food Conference being sponsored by the Coop, among others.

Specifically relating to dairy products, we have created labels which appear on the inside of the butter and cheese cases stating which dairy products we have determined to contain BGH. Cabot, which you mention in your letter, was among them but has since announced that by August 2009, they will only use rBST-free milk. Generally, any cheese originating in Europe is probably free of BGH, due to strict labeling laws mandated by the EU. Conversely, any US dairy product should be considered probably BGH suspect, unless it is not on our list or is USDA organic.

Hope that helps address some of your concerns.

Sincerely,
Greg Todd
GMO Shelf Labeling Committee

COOP: NO PLACE FOR BLEEDING HEARTS

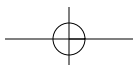
DEAR EDITOR:

If I required—*required*—tampons that don't have chemicals in them, then you can be sure I would stockpile a sufficient supply, including five emergency ones packed in a "do not open" bag that I would not use until I had a true emergency. The moment my supply was so low that I had to open that emergency stash, I would be back at the Coop, replenishing my month-to-month quota.

If, for some reason, I did not have emergency tampons and my period did what periods do...that is, dump at the least convenient and/or most unexpected moment, then my first thought would NOT be to take "a long bike ride to the Coop" when the odds of my getting there before closing time were slim.

My first thought would be to enlist a sanitary napkin (remember those?), a handkerchief, a kitchen towel, a clean rag. Inconvenient, yes; but historically accurate, physically restful, and really quite simple. This does require a certain ease of attitude around hankies and towels, yet it is a solution simpler than getting on a bike in the dark of a winter's night when the Coop will reopen for leisurely shopping in ten hours' time.

I sit here reading about Sara C's plight in "Where is the Heart of the Coop?" (3/12/2009). Truthfully, had I been staffing and confronted with this plea, I (being inside) would have purchased the tampons myself and have



LETTERS TO
THE EDITOR

"sold" them to her at the exit door. Dealing with the vicissitudes of our bodies is hard enough; sometimes a little support goes a long way. However, in terms of Coop policy, where do we draw the line? The person with the vicious cold who requires Vitamin C to make it to the morning? The heart person who is out of life-saving Co-Q10? The mother with the hungry baby, out of the very food that baby needs? 10:05? 10:10? 10:15?

Once we are closed, I would support my shift in not allowing people into the Coop except in cases of emergency. A menstrual period is not an emergency; a request for compassion is not an emergency. Where is the compassion in putting two workers—for an extended period of time—in the Scrooge-like position of saying "No!" to human need? Whenever I ask a question of others ("Where is the Heart of the Coop?"), it is equally important that I ask that question of myself.

If the cooperator had stayed home, comfortably padded for the evening, this situation would not have happened.

Cooperatively,
Mary

CAUTIONARY WAVE

CAUTIONARY WAVE
"So long," "see ya," "ciao,"
Along with on-cheek kissing
Convey you're leaving now,
Still something vital's missing.

When stews bid you adieu
Their words advise you prep
For stuff that could be due:
"Bye-bye. Take care. Watch your step."
Leon Freilich

**Bank FTOP hours using your expertise
to create one of the largest events
in the COOP's history.**
www.BrooklynFoodConference.org

On **Saturday, May 2, 2009**, the PSFC, Caribbean Women's Health Association, Brooklyn Rescue Mission, World Hunger Year, and Brooklyn's Bounty will co-sponsor an all-Brooklyn Food Conference: Local Action for Global Change. More than 80 community organizations have signed on as partners helping us do publicity to attract the 2,000+ people we expect to attend. We need hundreds of Coop members to help us with this huge event! Do you have experience in ...

COMMUNITY OUTREACH**BOOK KEEPING**

BUS COORDINATOR – Coordinate bus transportation for the day of the event.

VOLUNTEER COORDINATOR FOR MAY 2, the day of the conference.

RESEARCHER**HIGH SCHOOL STUDENT INTERN COORDINATOR****WEB SITE CODING SKILLS**

AD COORDINATOR for the printed program for the conference.

CHEFS AND "FRONT OF HOUSE" PROFESSIONALS to work the event on May 2, as well as doing kitchen prep work on Wed, April 29, 30, and May 1.

STORE, RESTAURANT, & VENDOR OUTREACH – Help us reach out to stores, restaurants, and vendors to involve them in our conference.

GRANT WRITING – Help us raise foundation funds to support this free conference.

MEDIA CONTACTS – Help connect us to people you know in the media—journalists, TV, radio, bloggers, all needed.

EVENT PLANNING – Including a parade, films, vendors, info tables, workshops, and educational groups for May 2; we also need help organizing fundraisers before May 2 to support this free conference.

TRANSLATION – Spanish, Creole, Arabic, Cantonese, Mandarin, Russian and American Sign Language

And if you have them, we need: AIRMILES or money to help bring keynote speakers to the conference.

Please send an e-mail with your name and area of expertise to info@brooklynfoodconference.org.

As we intend to keep the conference free and open to the community, we are asking for donations.

Puzzle Answers

4	2	3	1
2	1	4	3
3	4	1	2
1	3	2	4

3	4	2	1	6	5
4	6	5	2	3	1
1	2	3	4	5	6
2	5	6	3	1	4
6	3	1	5	4	2
5	1	4	6	2	3

**Brooklyn Food Conference:
Local Action for Global Change
May 2, 2009 Free and Open to the Public**

The world food crisis is real, it's growing, and it affects us all. Food prices are skyrocketing, mono-crops and agribusiness have damaged the environment, farmers cannot afford the food they grow, most farmers and farm workers live in poverty, and an irrational system of food production and distribution based on short-term corporate profits has created a mess for us to clean up and change. Epidemics of obesity and diabetes caused by the food industry extract a huge personal and societal toll. The world food crisis: what can we do about it?

The Park Slope Food Coop, Caribbean Women's Health Association, and Brooklyn's Bounty are organizing a huge conference on the Politics of Food on May 2, 2009, to answer the questions, "What is the global food crisis all about?" and "What can we do about it?" With much support from Coop leadership, our goal is to reach out to people all over Brooklyn. So many Brooklyn community organizations have exciting initiatives on food: community gardens, urban agriculture, farmers markets, youth education programs, school food activists, local restaurants, health professionals, fair and local traders, and of course coops. We hope to engage as many members of the PSFC as possible: we ask you to introduce us to your friends, neighbors, workmates, and associates so we can involve them in this conference and learn from their experiences. We already have 50 additional organizations that have signed on as partners.

Over the next few months, you'll hear more about our plans and about the many groups out there that are trying to deal with the food crisis on a local level. But here's a short sketch of what we have in mind for May 2nd:

- Plenary Speakers – food and community activists from all over the U.S.
- Workshops, films & teen-led activities (to be held at John Jay HS) with an emphasis on Brooklyn activists and organizations
 - Kids' activities (to be held at PS 321)
 - Healthy food vendors
 - Information tables on local organizations and on-going activism
- Dinner and dance at John Jay HS to celebrate our coming together as a community

Parents, teachers, and administrators at PS 321 and John Jay HS have been welcoming us and dreaming up great ideas for the conference. Many local organizations are working with us and becoming partners for the conference. This sort of effort is going on across the nation and the world. Everywhere there are people who refuse to acquiesce to an unjust, ecologically damaging, and unhealthy food system. We are part of that movement.

Please put May 2, 2009, down in your calendar as an important community event. If you want to participate in organizing this complex project, please send a short message indicating your particular interests, skills, or contacts to Istoland@gmail.com. Finally, if you're aware of any people or organizations that can help us cover the cost of this FREE conference, please let us know. See you on May 2nd.

**info@BrooklynFoodConference.org
www.BrooklynFoodConference.org
917-693-315**

TAKE THE SURVEY

Help the Coop gather valuable information on your shopping experience and payment choice by taking our survey in conjunction with the Federal Reserve Bank of Boston. Your responses will help the Coop serve you better!



Take the survey now on www.foodcoop.com or pick up an information card from the entrance desk.



The Ecolvetch is now on Facebook, representing the Park Slope Food Coop's Environmental Committee.

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917-463-0403

ADVERTISE ON THE WEB

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

CLASSIFIEDS

BED & BREAKFAST

SOUTH SLOPE GREEN—new bed & breakfast. Full breakfast, organic, most diets accommodated. 2-room suite, private bath, families of 1-5. Reasonable rates, Coop members 10% discount. TV, Internet, mini fridge and microwave. Call Linda Wheeler at 347-721-6575 or email South SlopeGreen@gmail.com.

HOUSE ON 3rd St. B&B, beautiful parlor floor thru apt., double living room, bath, deck overlooking garden, wi-fi. Sleeps 4-5 in privacy and comfort. Perfect for families. Call

Jane White at 718-788-7171 or visit us on the web at houseon3st.com

CLASSES/GROUPS

SUPER GENTLE YOGA. Think you're too stiff, too old, too large, too out-of-shape to do yoga? Gentle, nurturing classes on Wednesdays, 7:30-8:15 PM or private sessions. Convenient Park Slope locations. Call Mina Hamilton, 212-427-2324

¿HABLAS UN POQUITO DE ESPANOL? I can help you break through and truly improve your command of the language.

Strengthen your grammar and pronunciation in a fun, conversational approach. All levels are welcome. Call Sergio at 646-775-1475

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.

COMMUNITY CALENDAR

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

SAT, MAR 28

CELEBRATION OF URBAN FOLK MUSIC of the 1940s & 1950s Panels and Concert. Oscar Brand, Jean Ritchie, Tony Saletan, Roger Sprung & more. Little Red Schoolhouse, Elisabeth Irwin HS, 40 Charlton St., NYC, Folk Music Society of N.Y., Inc/ N.Y. Pinewoods Folk Music Club, 1-10, \$25 panels, \$25 concert, or \$40 full day. www.folkmusicny.org

AUCTION FUNDRAISER: Middle School 51 PTA Annual Dinner/ Dance & Auction, at Temple Beth Elohim, Garfield & 8th Ave., 2nd fl. ballroom. Food, drinks, dancing to music by Memphis Train & The Boxcar Horns. Purchase tickets (\$45 in advance/\$50 at the door) at www.nycharities.org/event/event.asp?CE_ID=3535.

"ORPHEUS & EURYDICE" by Gluck in English. Orpheus descends to the underworld to bring Eurydice back to life with the help of the Goddess of Love, but not before he encounters Furies who will not let Orpheus pass into Hades. Brooklyn Repertory Opera with orchestra & ballet. 3:30 p.m. Brooklyn Lyceum, 227 Fourth Ave./President. Admission \$20, Seniors/Students \$10. www.bropera.org

PARENTING BEYOND BELIEF: Seminar led by Harvard Humanist of 2008 Dale McGowan, hosted by the Brooklyn Society of Ethical Culture. This workshop offers encouragement and practical solutions for secular parents in a religious world. 1-4:30 p.m. Free childcare. More info: parentingbeyondbelief.com.

SUN, MAR 29

"ORPHEUS & EURYDICE" by Gluck in English. Orpheus descends to the underworld to bring Eurydice back to life with the help of the Goddess of Love,

but not before he encounters Furies who will not let Orpheus pass into Hades. Brooklyn Repertory Opera with orchestra & ballet. 3:30 p.m. Brooklyn Lyceum, 227 Fourth Ave./President. Admission \$20, Seniors/Students \$10. www.bropera.org

CHAMBER PLAYERS CONCERT at the Dweck Center for Contemporary Culture at the Brooklyn Public Library at Grand Army Plaza: Haydn: Trio in D Major (XV:16); Villa-Lobos: Assobio A Jato (The Jet Whistle); Copland: Duo for Flute and Piano; J. S. Bach: Partita No. 3 in A Minor Weber: Trio for Flute, Cello and Piano, Op. 63. Enter the Dweck Auditorium? at the Eastern Parkway entrance. 4 p.m. FREE. www.brooklynpubliclibrary.org.

FINAL GIFTS: DONATING ONE'S BODY TO MEDICAL EDUCATION OR RESEARCH. Park Slope United Methodist Church, 6th Ave. and 8th St., 1-2 p.m. Representatives of NY medical school programs and two PSUMC family members of donors will present, with time for questions. Info: dhuntin42@aol.com, 718-288-6874 or z.moffitt@verizon.net.

WED, APR 1

"Will Work for Food"—a radio documentary about the Food Coop—will air on WBAI at 99.5 FM at 11 a.m. You can also listen online after the air date at the archive show section at www.wbai.org.

FOLK OPEN SING: Come sing with us. Bring voice, instruments, friends. Children welcome. Cohosted by the Folk Music Society of N.Y., the Ethical Culture Society & the Good-coffee House. At the Ethical Culture Society, 53 Prospect Park West. 7:30-10 p.m. Info: 718-636-6341.

FRI, APR 3

CHILDREN'S GARDENING CLASSES: Spring classes for ages 4-12 at Brooklyn Botanic Garden's historic Children's Garden; Fridays & Saturdays beginning April 3. Kids tend their own garden plots and harvest fresh flowers, fruits & vegetables to bring home. Full scholarships available. Register: 718-623-7220 or www.bbg.org/edu/children.

DANCE PARTY FUNDRAISER: Dance, Dance, Dance & support The Church of Gethsemane Food Pantry. Hosted by The Brooklyn Society for Ethical Culture (www.bsec.org), 53 Prospect Park W at 2nd St. 8-11 p.m. \$10. Refreshments and fair trade treats for sale. www.thechurchofgethsemane.org.

SAT, APR 4

DANCE PARTY FUNDRAISER: Dance, Dance, Dance & support The Church of Gethsemane Food Pantry. Hosted by The Brooklyn Society for Ethical Culture (www.bsec.org), 53 Prospect Park W at 2nd St. 8-11 p.m. \$10. Refreshments and fair trade treats for sale. www.thechurchofgethsemane.org.

TUE, APR 7

COOKING COOPERATIVE: The change in economic climate inspires us in different ways. Let's start a Cooking Cooperative. Meet at the Tea Lounge on Union across the street from the Food Coop on at 9:30 a.m. to discuss the particulars. Call Esme at 718-499-4587 or 917-526-9264 to sign up!

MON, APR 13

WRITERS ON THE ROOFTOP! Coop authors Donna Minkowitz* ("Ferocious Romance"), Matt Mitler* ("Kaufman's Holiday") & Vinny Collazo* ("Sanity's Bane") read their new fiction & memoir at the Prospect Park YMCA, 357 Ninth St., 7th Fl. (indoor panoramic view). Wheelchair-accessible. Books available for signing. Refreshments provided. Contact info: 718-768-1274. 7:30 p.m. FREE.

CLASSIFIEDS (CONTINUED)

EMPLOYMENT

PART-TIME WORK: Politically conscious people wanted for community outreach. You may be able to work in your own Brooklyn neighborhood. Full-Time possible in future. Please call 718-638-3533.

HOUSING AVAILABLE

HOUSE FOR SALE by owner. Mohegan Colony Progressive Community in northern Westchester. 2500 sf legal two family on 0.9 acre. 3 br/2 baths + home office/family room and 1 br/1 bath. Lake rights to Mohegan Lake, near train and #15 bus. Lakeland school district. Phone 917-755-4686. Bob.

HOUSING SUBLETS

MIDWOOD SUBLET Large one bedroom, beautiful neighborhood, April to November. \$900 plus utilities, shorter time negotiable. One block to Q train next stop B express, 30 to 40 mins to city. Two month deposit and references required. Fully furnished artists apartment. No pets or smokers. Call Susan 347-623-2653 or 718-859-6722

MERCHANDISE-NONCOMMERCIAL

FOR SALE: Women's shoes, Merrell, size 8 1/2, tan, new, \$45; dark green Susan Bennis suede boots, embroidered, size 10, \$30; gold-plated jewelry signed by artist (vintage), \$20-\$40. Call 718-768-1598.

YAMAHA ELECTRIC PIANO UPP-50. 76 weighted keys with stand and manual. email: ingridcusson@verizon.net.

FOR SALE-SCANNER AND TRANSPARENCY ADAPTOR. Visioneer. Like new. \$15. Call 718-789-8822 10am-10pm.

PETS

ADOPT BROWNY! Adorable 32 lb pit mix. Being fostered from Animal Control. 1 1/2yr. old. Good with people, kids, other dogs. Unsure about with cats. Very gentle. Knows how to sit. Up to date on medical care. Picture can be e-mailed to you. Call Karen at 718-238-1409

SERVICES

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

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. 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.

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.

HAIRCUTS HAIRCUTS HAIRCUTS. Adults, Kids in the convenience of your home or mine. Also Color, Perms, Treatments. Adults, \$35.00, Kids \$15.00. Call Leonora, 718-857-2215

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PHOTOGRAPHER-Kelly Neal, MFA. Weddings, Bar Mitzvahs, family Portraits, Christenings, Confirmations. Photographs to fit your needs and pocketbook. Call 718-354-6002 for a free consultation or check me out on the web at www.kellynealphoto.com

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

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

Life Coaching with Mina. Are you in transition? Want to explore new possibilities in your career? More fully express your creative potential? Life Coaching is a powerful tool for change and growth. Sessions either by phone or in convenient Park Slope location. First session free. Call 212-427-2324.

PSYCHOTHERAPY: Clinical psychologist with many yrs. experience (& many yrs. coop membership) offers respectful, collaborative treatment for adults, adolescents, couples & families. Insurance accepted. Look me up on <http://therapists.psychologytoday.com/rms/60175>. Linda Nagel, Ph.D.. 718-788-9243

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.

BERKSHIRES 4-Bedroom House on beautiful clean lake. Near cultural attractions. Large screened-in porch. Deck and dock. Rowboat, canoe and kayak. Well-equipped kitchen. \$975 per week. Call Marc

at 917-848-3469

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-surgi-

cal gum treatments. For insurance information and an appointment, please call 212-505-5055.

FREE CHANCE TO WIN A \$25 GIFT CERTIFICATE TO AMAZON.COM in appreciation for your filling out a quick, easy anonymous questionnaire online that will only take 10 minutes. Please email pcflsky@yahoo.com for details. This is for a school project.

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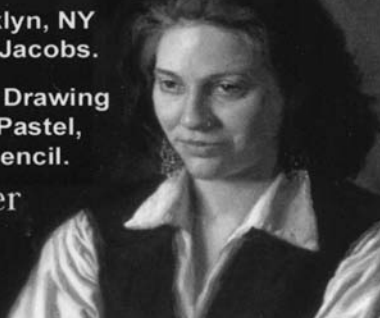


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