



LINEWAITERS' GAZETTE

Established 1973
GCIU LABEL



Volume DD, Number 1

January 1, 2009

GENERAL MEETING REPORT

Coop Members Discuss Refrigeration System Upgrade and Charitable Contributions

By Adriana Velez

The December 2008 General Meeting of the Park Slope Food Coop, which coincided with the season's first snowfall, dealt with a wide variety of topics, including how best to upgrade the refrigeration system and whether or not the Coop should give a portion of sales to a Haitian charity.

The Coop's video squad filmed the meeting for our Brooklyn Public Access show, "Inside the Park Slope Food Coop." (The topic: How PSFC governs itself.) Accommodations were made for members wishing to participate in the meeting but not appear on camera, and release forms were available for members who did appear on camera.

The meeting began, as always, with the open forum. A Coop member named David described the difficulty of pushing Coop shopping carts over bumpy sidewalks and asked if inflatable tires could be added to a few of the carts. General Coordinator Joe Holtz responded, saying the coordinators were aware of the problem and had been looking into solutions. They plan to replace the wheels on the larger carts (the two-tier carts, not the shopping carts) with softer, more sidewalk-friendly wheels. There are no



PHOTO BY INGRID CUSSON

Simon Braunstein makes a point at the General Meeting.

plans to change the wheels of the regular shopping carts.

A Year of Growth

Mike Eakin read the Financial Report. Our gross margin looks good, at 16.86%, which is nearly the same as last year and in line with previous years. Sales have grown a lot during the past year—up 22% across the board compared with last year—while depreciation and amortization have remained about same as last year. So while the increase in volume has meant more crowding on the shopping floor, it has been good for our finances. Electric costs are up, but again, when the increase in sales are factored in, this is not eating into our

profit. Membership is up this year by 11%.

As of the date of the meeting, taxes had not been factored into our retained earnings. Last year, after taxes, we broke even; this is our goal this year and it looks likely that we will go beyond that goal and report a positive bottom line. We continue to have positive working capital. Our inventory turnover is remarkably rapid, especially compared with the rest of the industry. We hold less than a week's worth of inventory in our store, while most food coops have about three weeks' worth of inventory. This is a good thing, because

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LIVING OUT LOUD AT THE FOOD COOP

By Hayley Gorenberg

Attention. Attention. Here's the announcement you've all been waiting for. Lt. Col. Henry Blake is the proud father of a bouncing baby appendix; Henry's doing fine. And the underwear's been saved!

Okay, so the announcements over the Park Slope Food Coop's PA system may not consistently rival Episode 19 of M*A*S*H. But the lively queries, exchanges and outbursts made public over the sound system have generated enough curiosity—about the speakers and how to use the system—to warrant this exploration by the Gazette.

My personal reportorial interest in the topic was piqued one Saturday afternoon when I introduced a friend from Manhattan to the Food Coop. Inside, the place was remarkably placid. I toured the aisles with him, pointing out interesting produce and some designer brownies, but feeling I was failing to demonstrate the endearing personality quirks that are Coop hallmarks.

And then a squad member picked up the PA. "Does anyone here know how to make cheese? And whether we sell what you need to make cheese?" he asked. "There's a shopper who wants to make cheese...."

Soon the response: "I think we have cheese cloth."

And another: "There's a great place in Brooklyn Heights, might be on Court Street...they sell what you need to make cheese."

"Great, thanks. I'll tell her to go there."

I couldn't help smiling when my friend turned to me with furrowed brow and asked, "Why are we listening to this?"

I told the story to my friend Susan Buchsbaum, who recalled her amusement at a recent page-out from a shelf-stocking worker: "Will the lady who was working vitamins with me please come back? I'm really sorry if I scared you away, but I really need your help!"

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Next General Meeting on January 27

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, January 27, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place. The agenda will be available as a flyer in the entryway of the Coop on Wednesday, January 7. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

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Coop Event Highlights

SUN, FEB 1 The Coop will be closing early at 5:00 p.m. due to our annual Coop-wide inventory

Sun, Jan 4 • Variety Show Auditions, 12:00–2:00 p.m.

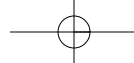
Sun, Jan 11 • Pub Night—Sing Back the Sun, 7:00 p.m.

Fri, Jan 16 • The Good Coffeehouse Swing Street, 8:00 p.m.

Fri, Jan 16 • Film Night: Rachel Is 7:30 p.m.

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





GENERAL MEETING REPORT

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we do not have room for any more!

The coordinators believe we owe some of the increase in sales to the introduction of debit card purchasing. However, one Coop member asked if some of the increase might be a result of inflation. Mike Eakin replied that although he could not say exactly what effect inflation has on sales figures, he suspects it may be a factor in the increase. Inflation is said to be about 6% this year.

Allen Zimmerman delivered the produce report. He thought it was remarkable that we still have over 50 local items currently available in the Coop, including greens from the Mid-Atlantic states. Zimmerman then enumerated the vast quantities of produce purchased (and presumably consumed) through the two-week period ending the Sunday after Thanksgiving. This included 3,300 pounds of honeycrisp apples, 8 tons of organic bananas, 960 bags of organic cranberries, 1,600 organic mangoes, 1,450 pounds of loose beets, 4.4 tons of loose carrots, 1100 bunches of collards, 5.2 tons of russet potatoes, 1 ton of pumpkins, 800 pounds of shallots, 450 packages of organic herbs and 1,000 pounds of leeks.

One member named Mike stood to ask after his favorite variety of turnip, which, once described, was identified by Zimmerman as a rutabaga. Apparently, there had been a quality issue with the rutabagas, so the Coop had been carrying several varieties of turnips instead.

Joe Holtz stood up to remind members that last year we had approved a debit card joint survey by the Federal Reserve Bank of Boston and the Coop. All members are encouraged to take this survey, which is now available. Members can find it on the Coop's website (www.foodcoop.com), take the survey at Coop computer stations by the first and second floor elevator lobbies or take a paper copy from the entrance or the first-floor ele-

vator lobby. The Federal Reserve Bank is interested in finding out what consumers like us think of the introduction of debit cards and how it would affect our behavior. The Coop will publish the results of the survey.

Proposal to Move Compressors from the Basement

Next on the agenda was a proposal to eliminate the basement compressor room in order to gain more space in the "produce" basement. This would entail replacing the frozen food compressors and installing a new and more efficient system on the

Joe Holtz pointed out is essential to running the Coop. The company has a stellar reputation throughout the city. This is why, when Coop members requested that the Coop consider bids from other contractors, the coordinators refused. Holtz asserts that soliciting counter bids would have been a bad-faith gesture, and that he did not recommend accepting a lower-bidding company at the risk of inferior quality work and service.

As a compromise, the coordinators had agreed to hire an engineer to review RAC Mechanical's bid line by line. According to the engi-

bid would include overtime for a timely transition. Eakin replied that there may be some overtime, but RAC Mechanical has a very efficient method for switching systems. The new system should be more eco-friendly, though again we do not have figures describing by how much. However, Holtz pointed out that the new system would use a refrigerant that, if it escapes, will cause less harm to the ozone than most refrigerants. He assured members that eco-friendliness is a priority with the coordinators and mentioned that the Coop had exceeded the requirements for our

Jean-Just, which currently cares for some 400 orphans. Balavandi went on to describe the political and economic crisis currently wreaking havoc in Haiti. He also passed out some literature on the crisis to the members.

During the question period, Balavandi clarified that he did not want to send all 1% of the Coop's sales (which would be \$360,000), just a very small fraction. He envisions starting small and then gradually expanding the scope of the charity.

Several members stood to question the logistics of this effort while expressing admiration for its intention. One

member asked if there weren't a number of different ways to address the crisis in Haiti. Another recounted her effort to start a foundation through the Coop, an effort that resulted, after six months of organizing, in the Coop's

decision not to support a foundation. Most of the comments focused on the difficulty of choosing one good cause over another ("where does it end?") and an expressed preference for making independent decisions in supporting charities rather than contributing through the Coop. As one member pointed out, the Coop is already making a great effort towards social justice just by doing what it does best.

The Coop does participate in charity work to a limited extent: we send unsold food and Coop member labor to the local food pantry, CHIPS. Allen Zimmerman mentioned the passive collections the Coop has held for Hepworth Farms and, more recently, a banana farm stricken by floods.

While this agenda item was not up for a vote at this meeting, a quick straw poll was taken to gauge support for a portion of Coop sales going towards a charity in Haiti. The result indicated very little support. After accepting the minutes of the previous meeting, the December meeting was adjourned. ■



Coop members at the General Meeting, from left: Karen Minsberg, Karen Kramer, David Moss and Majeed Balavandi.

roof. In addition, the Coop would move the hot water heater to the second floor from the basement compressor room. This would increase the refrigeration capacity in the basement for produce.

The proposal was introduced in last month's general meeting. Allen Zimmerman stood to recap the coordinators' reasons for this proposal. Right now we are exceeding capacity in refrigerated areas of the Coop basement even after staggering deliveries. While there has been an overall 22% increase in sales, produce sales have been proportionally higher and there is just not enough room in the basement for all of it. This is now becoming a safety issue, with an increasingly cramped environment for workers. The plan also involves consolidating and updating our frozen food system, some of which is over 17 years old.

At the crux of this discussion was the contractor's bid of \$285,000 to do the job. RAC Mechanical currently maintains our HVAC and refrigeration and frozen food systems and provides excellent service—something that

neer's analysis, the job could be accomplished on a \$230,000 budget, suggesting a savings of some \$55,000. However, Holtz expressed concern about negotiating RAC's bid. He also pointed out that perhaps the engineer used the cost of non-union labor, whereas RAC Mechanical is a union shop.

When the proposal was opened to questions, one Coop member asked if this renovation would prepare us for space we would need in the future. General Coordinator Mike Eakin responded that the renovation would give us "what we can get"—some 200 square feet of new refrigeration. Unfortunately, there simply is no way at this point of finding more space in anticipation of future growth. Eakin mentioned that there has been talk of expanding into the schoolyard adjacent to the Coop, but that any such plans are still theoretical and well into the future.

When asked if there would be savings in electricity, Eakin replied that while the new system will be more efficient, he does not have any figures showing by how much. Another member asked if the

Energy Star rating. (The Coop is in the 93rd percentile.)

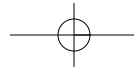
In the ensuing discussion, several members expressed a desire to negotiate the bid in the hopes of agreeing on a figure closer to the engineer's estimate. Finally, an amendment was put up for a vote: the Coop would negotiate the price with the original bidder based on the engineer's findings, and the Coop would use only union labor for this project. The amendment passed 73 to 34 (with 3 abstaining votes).

Members at the meeting then voted by an overwhelming majority to pass the proposal for moving the compressors in the basement to make more room for produce.

Should the Coop Make Charitable Contributions to Haiti?

The last item on the agenda was submitted by Coop member Majeed Balavandi, who would like to donate a small fraction (less than 1%) of the Food Coop's monthly sales as emergency food aid for a non-profit in Haiti. Specifically, he would like to send funds to the Saint Claris Parrish, run by Father Gerard

PHOTO BY INGRID CUSSON



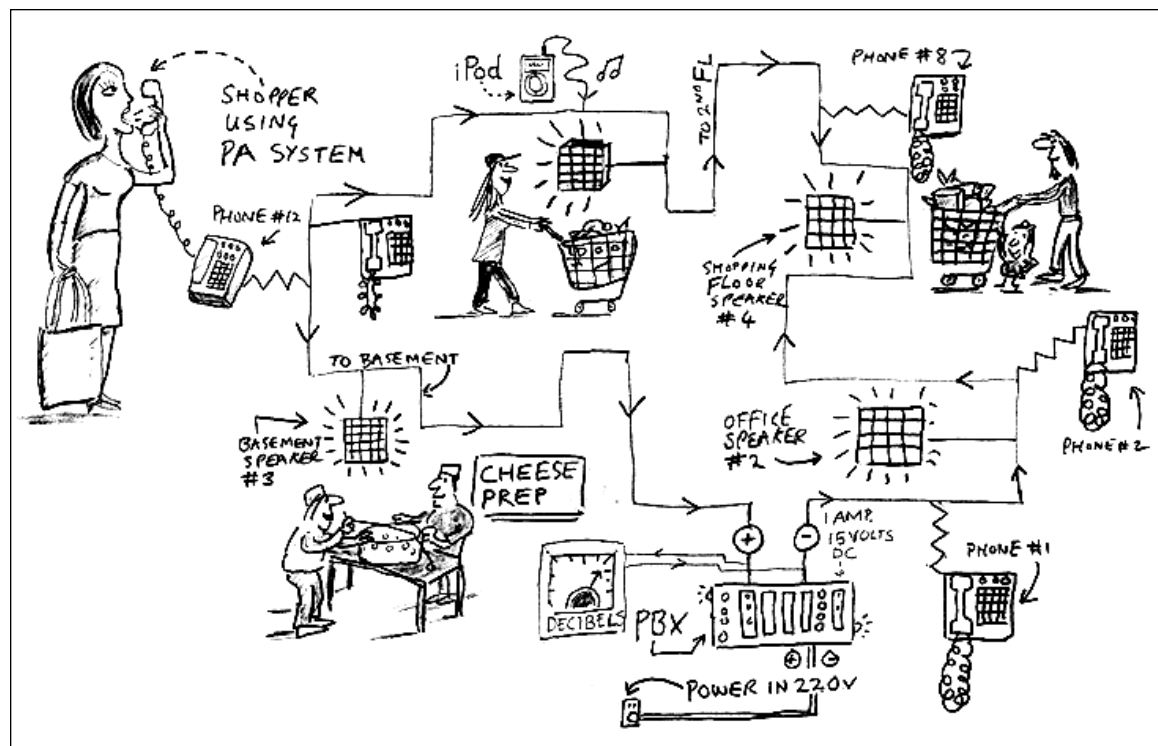


ILLUSTRATION BY ROD MORRISON

LIVING OUT LOUD

CONTINUED FROM PAGE 1

Comparing these notes led to interviewing Debbie Parker, the PSFC office coordinator of 10 years' standing who is in charge of our intercom system.

Parker and Coop member Zack Williamson, who has a background in theater sound design, recently oversaw a system upgrade away from a phone-based system for the shopping floor and second floor. (The basement upgrade is soon to come.)

Williamson added an iPod appliance to the pager system that allows squads to pipe in music but cuts out automatically for pages. The new, better-sounding equipment seems like a good means for instructing members on the proper use of the system.

How To

Pager handsets, which are basically telephones, are located around the shopping floor. There's one by the price lookup computer at the front. Another is located in the produce section by the receiving doors beyond the eggs. There's also one near the back lift, to the left of the chicken cooler.

On each telephone, on the upper right, is a button labeled, helpfully, "Page." Press the button before you pick up the handset and start speaking. Then hang up and listen for a response. If you pick up the handset first and then hit page, you may interrupt one of the dozens of calls coming into the Coop at any given time.

The "hanging up" part is also critical, as Parker explained. "No one can respond if you're paging. You have to hang up. Sometimes

people pick up system and say 'Hello? Hello?' They think it's two-way."

And then there's the question of volume. "Don't yell into it and also don't whisper—a regular voice is fine," said Parker. "But people paging the basement should speak up because it's noisy down there."

Finally, there's the issue of specificity. "Don't be afraid to page out if there's something you want that's not on the shelf," advised Parker. "But say exactly what you want. Some people will ask for soy milk. Well, what kind of soy milk do you want?"

Of course, some members page out on issues other than Coop products. A couple of individuals who contributed their observations for this story remarked on a shopper who routinely pages to find a ride home after checking out. "Is anyone leaving the Coop soon and going towards Kensington? Anyone going to Kensington?" His cheerful conclusion: "And yes, this works about fifty percent of the time!"

The page system setup may itself suggest a guideline for page length, since a press of the button lets one speak for 30 seconds, requiring an additional press for more time—which Parker admonished against: "If you're talking for a really long time, you're holding up the airspace!"

Besides, you wouldn't want to miss the music, now would you? "Sometimes it's quite a party in here!" said Parker, who worked in lighting design at the Washington, D.C. music club Tracks before she came to New York. "One Saturday night when I had to step in as squad leader, it was a tense evening, so I ran upstairs and got my iPod and

plugged it in and just let it go. We had people dancing in the aisles waiting for checkout!"

Change on the Horizon?

The question of whether use of the PA system should be restricted rears its head occasionally, but voices in favor of free use of the paging system have drowned out the naysayers. "It's all part of the feel here," Parker opined.

Staffers have considered giving receiving coordinators walkie-talkies to take the pages related to receiving off the common system, said Parker. "Probably fifty percent of pages have to do with receiving: 'Sending up the lift with eggs!'"

That idea may be gaining traction. "I think it's going to be brought back up because some receivers feel it would be a good idea," said Parker. "Sometimes there can be a span of time where receiving coordinators are taking up the [system] and we really don't need to hear it. Maybe a cashier needs support and can't get out."

Meanwhile, those who can get a line often start with a simple inquiry that may gather grand momentum. One Coop member related an exchange she heard two days before Thanksgiving in the midst of the big rush and long lines. Someone paged asking if there was any Roquefort cheese. Next a man answered, "Whoever just paged for Roquefort, I suggest you try the Shaker Blue. It's made like Roquefort and is so much better than Roquefort. You'll never buy Roquefort again." Then another shopper got on the pager and said, "I second that about the Shaker Blue. Buy it!" Then a third shopper got on to say, "I third that about

Shaker Blue. It will wipe the floor with any Roquefort!" Soon there was a little rush to the cheese case and the member who initiated the exchange got the sense the people in food processing were suddenly wrapping a lot of Shaker Blue.

Of course, members' contributions are not always confined to pure altruistic helpfulness, as I was reminded when I heard another paging story from Buchsbaum, who described hearing Receiving Coordinator Julie Gabriel's announcement that a bike light had been found. Gabriel described in extensive detail the features of said bike

light, including its proportions and color, concluding that she would leave the light at the front of the store. As Buchsbaum describes it, a mere half-minute later, the worker at the front picked up the PA to repeat that a bike light had indeed been found, and to review, again, in excruciating detail, the minute characteristics of the bike light. Finally, having waited barely a beat, Receiving Coordinator Bill Malloy paged out: "Okay, okay. I know this is crazy, but...has anyone seen my bike light?"

It was just another PA cameo moment at the Park Slope Food Coop. ■

We need your participation!

The Park Slope Food Coop and the Payments Research division of the Federal Reserve Bank of Boston will be conducting a survey jointly to learn more about member preferences for payment methods and the effects on the shopping experience.



Take the survey at www.foodcoop.com or at the Coop. Information cards available at the entrance desk.

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.



Impressions from PSFC's Newest Members

By Carey Meyers

There's always room for improvements at the Coop, and the fresh eyes of new members may be especially keen for identifying them. The Gazette spoke with a small sample of new members to get some fresh insights.

Abby Lovinger moved to Kensington in July, after more than 10 years in Long Island City. "I decided to join the Coop because there aren't any grocery stores near me that sell food I actually want to eat. I'd been hearing amazing stories about the quality at the Coop, and when I went on the tour I found it was all true. The selection met my expectations and then some," Abby said.

"I now buy all of my staples here. I especially like the produce, and the cheese selection is great. I buy my meat here, too. I'm always finding something new to try."

It's not a perfect honeymoon, of course. "I'd heard

that the Coop could be crowded, and I understand how that happens. That's the biggest downside, but I'm starting to learn when to shop and when not to shop. I'm also disappointed with the eggs. I'd really like to see pastured eggs available all the time instead of occasionally. But this is the only product I've found that is not up to the otherwise excellent standards that have been set—and met. I'd also love to be able to buy goat meat," a request she intends to file in the suggestion book on her next visit.

"Thankfully," Abby added, "I've not had one of the legendary encounters with the so-called Coop crazies." Indeed, one new member who wouldn't be named has found the Coop to be unpleasant on account of rule enforcers: "Those members who feel it is their duty to tell you the dos and don'ts of shopping in their most

obnoxious, schoolmarmish manner. I'm told how to stand in line, reminded when I can and can't add something to my cart. It's a food market...Give it a rest, people!"

Jay and Stephanie Gromek of Park Slope became Coop members earlier this year. Having a toddler at home motivated them to join. "We want to provide our son with the healthiest food we can. It takes time to research what that is, and then to source it. We both work and finding the necessary time to do due diligence is not easy. And that's where the Coop comes in. For us, we can shop with confidence in the standards here," Stephanie said.

As working parents, they'd like to see the Coop open at 7 a.m. on two or three weekdays. Jay also recommended the Coop consider a home ordering and delivery service similar to Fresh Direct, only with pedi-carts instead of

trucks. Indeed, the number of Coop jobs this would create is significant. He also remarked that the Coop's hummous selection is disproportionately large, especially when compared to the one type of baba ganouj we sell.

Another improvement was recommended by Emily Ashton, a Park Slope native, who recently became an active member again following a hiatus and still is occasionally put off by "the massive inefficiencies, in particular the rampant produce illiteracy" that she encounters when shopping.

Of what produce illiteracy does she speak? "One of the great aspects of the Coop is the produce selection. I love that during many visits I'll find a new fruit variety or vegetable to try. The average Coop member won't know what these are, and that's totally fine. But there are certain basics—and I really am

talking basics—that anyone who works checkout should know.

"At a minimum, you should be able to tell a Bosc from a D'anjou pear. You should know a butternut squash from an acorn squash. You should recognize a parsnip when you see one. You should be able to distinguish cilantro from parsley, and Romaine lettuce from red leaf. And if you don't know what a shallot is, I don't think it's too much to ask that you at least know how to spell it. If you are working this job, there is no excuse for thinking it begins with a 'ch' as one checkout worker did."

"The bottom line is that checkout is a popular work slot," Emily continued. "The Coop should require anyone who wants it to take and pass a basic produce literacy test. It will help checkout go more smoothly and more quickly—which means faster lines, and we all want that." ■

ENVIRONMENTAL COMMITTEE REPORT

Please Don't Sneeze on the Boreal Forest

By Cynthia Blayer, for the Environmental Committee

Here's something to think about the next time you buy tissues or toilet paper: The current boycott of Kimberly-Clark products, which contain pulp from ancient forests and have no recycled content. Should the Coop join this boycott? Read on and make your own decision.

The Boreal Forest

The boreal forest is a swathe of coniferous trees circling the northern part of the planet. Boras, the mythical god of the north wind, lent his name to this verdant wilderness. Stretching across Canada, Scandinavia and Russia, this lush green habitat contains evergreen spruce, fir and pine trees in abundance, many of which are hundreds of years old. The southern part of the boreal forest extends into the northern United States; in the Pacific Northwest it is a temperate rainforest of Douglas fir and western hemlock. This primeval or virgin forest has been in place for thousands of years, and is home to thousands of species of plants, mammals and birds. Approximately 327 bird species nest in the Boreal—nearly 50% of

the species found in the U.S. and Canada.

Over 80% of the world's old growth forests have been destroyed or degraded. The massive old trees have been too tempting for timber and paper companies to think twice. Their preferred method of commercial exploitation is clearcutting, similar to giving a crewcut to a section of the forest. A once vibrant ecosystem becomes a barren landscape of tree stumps. The loss, however, is greater than we might imagine.

Climate Control

Forests play an important role in our fight against global warming, in part because they absorb carbon through their respiration process, which is the opposite of animal respiration, namely they breathe in carbon dioxide and exhale oxygen. The huge boreal trees hold an estimated 67 billion tons of carbon—almost eight times the amount of carbon produced worldwide in the year 2000. This carbon absorption and storage helps to slow the rate of global warming and protect those of us even thousands of miles away. The importance of this unique forest in protecting

our atmosphere has led to its being called "the lungs of the world."

Recycle Rewards

Compared to using virgin forests for pulp, producing recycled paper saves water and energy. Recycling a ton of paper saves 7,000 gallons of water, 4,000 kilowatt hours of energy and 600 pounds of air pollution. Considering that the average North American uses 50 pounds of tissue paper products each year, the result is a lot of water and air pollution. Consumers have the power to help save these resources and prevent more pollution by choosing tissue, toilet paper, towels and napkins made of recycled paper products or cloth.

Dioxin Debacle

Pollution from paper mills is quite toxic. There is an area in the southeastern United States, on the Mississippi/Louisiana border, known as Cancer Alley. This region is home to many paper mills and vinyl (plastic #3) factories, both of which release dioxin into the air and water. Dioxin is considered one of the most dangerous toxins in the world, part of the "dirty

dozen." The dirty dozen are 12 especially toxic persistent organic pollutants (POPs), which affect many human organ systems and tend to remain in fatty tissue indefinitely. The unusually high incidence of cancer in the region has been attributed to the presence of dioxin. Recycled paper diminishes the dioxin problem because no further bleaching is needed. By choosing recycled paper, you are saying no to more dioxin in the environment.

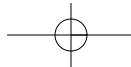
The Boycott

Greenpeace has taken a stand against Kimberly-Clark, a company that continues to use pulp from old growth trees in the Canadian boreal, as well as produce paper products with no recycled content. Greenpeace began the Forest Friendly 500 list of businesses that refuse to use or sell Kimberly Clark products. Over 700 businesses, including some in Brooklyn, have joined so far. To see this list, go to: <http://forestfriendly500.org/viewthe500>.

The Coop stocks Kleenex tissues and Scott toilet paper, both made by Kimberly-Clark. There are many reasonably priced alternatives that do

not use pulp from the boreal forest. Recycled brands found at the Coop include Seventh Generation, Green Forest and Marcal. By purchasing Kleenex tissues and Scott toilet paper, we are complicit in destroying a vital part of the global ecosystem as well as endangering our own health by allowing more carbon dioxide and toxic chemicals into the environment. Parents will want to know that the forest called "the Lungs of the Planet" will still exist in the future to help filter the air and regulate global temperatures. We would all like to know that there will be fewer carcinogens like dioxin in our environment. By purchasing recycled paper products, we can help to ensure a healthy environment now as well as for generations to come.

We invite members to send us their thoughts about whether the Coop should join the boycott of Kimberly-Clark products at ecokvetch@yahoo.com or to our blog at <http://ecokvetch.blogspot.com/>. Let us know if you would like to be added to the Environmental Committee's email list and get occasional updates about our work. ■



By Jill Dearman

Happy New Year!

Because we can use all the help we can get during these troubled times, read on for some perspective from the stars.

Aries (March 21 – April 19): Expansive and generous Jupiter is passing through your house of friends and neighbors, starting January 5. Be advised: your community needs you more than ever, but your romantic partner needs you too! Make time for love, and then introduce your newly pleased partner to your partners in crime.

Taurus (April 20 – May 20): With earthy Saturn, planet of patience and growth, transiting your fertile fifth house, you, earthy Taurus, are cosmically in tune with root vegetables! In addition to growing turnips and parsnips, you may want to plan your next major birth: a child or a creative project. Let that idea gestate, baby.

Gemini (May 21 – June 21): On January 3, artsy Venus moves into your career house to bring you great mojo in the world of aesthetics. You can bring your earth-friendly creativity to the office and make your space so appealing and seductive your boss will want to spend more time there. Good! When you get more power, you will have more power to improve the world.

Cancer (June 22 – July 22): The Sun transits your house of

love and cracks your protective shell. When you are feeling most vulnerable, you are actually most sexy and attractive to that special person in your life (not that you're not cute when you're smugly barking orders too). While the moon is full in your sign on January 9, create a ritual with candles, water and a chunk of earth to build your confidence.

Leo (July 23 – August 22):



Put the needs of the many above the needs of the few, Leo, while so many transits are taking place in your house

Horos-coop

For January 1–14, 2009



with your inner circle (especially the person you adore most). That means (how can I be diplomatic here...) don't get sucked into a contrarian battle of wills. Spread happiness, rather than spreading resentment by attempting to prove that you are right. Be a lover, not a fighter, Libra!

of service and your house of love. When you release your ego and your need for control you are actually tapping in to your truest self. Fade into the background a bit and trust that your newfound lack of pushiness will make others push their way closer to you. How could they not?

Virgo (August 23 – September 22): With Pluto transiting your work house, you may be tempted to sell out and get a soul-crushing gig working for the man. Meditate on this, Virgo, and before making any changes ask yourself how you can best change the world. Working hands on with people? Or infiltrating the places where the power brokers play?

Libra (September 23 – October 22): The moon in your house of relationships on January 3 and 4 is inducing you to use your powers of diplomacy

Scorpio (October 23 – November 21): Pluto has moved in for the long haul (12 years, doll face!), specifically, into your house of communication. Oh sharp-tongued Scorpio, now more than ever see if you can act as a translator between groups who don't understand each other. Instead of taking sides, build coalitions. And as a tasty treat for all your high-minded work, have some flirty fun with your fellow organizers and make the teamwork less tedious.

Sagittarius (November 22 – December 22): Freedom-loving Sag, I have a surprise for

you... with Pluto settling into your second house, the way for you to attain true freedom will actually be through true commitment. Rather than spreading yourself so thin, put your huge and giving heart on the line. Whether it's a ring of commitment, non-profit status for your company or the deed on your property, make it official and make it real.

Capricorn (December 23 – January 20): This is truly your time, Capricorn, after 12 years of finishing a long journey of the soul. Let me be the first to congratulate you: you have arrived! You may feel a bit like

Member Contribution

Dustin Hoffman and Katherine Ross at the end of *The Graduate*. You've taken a



ILLUSTRATIONS BY ROD MORRISON

huge leap of courage. Now what? Stay on the bus (especially if it's the B71) and trust that the answers will come...from within.

Aquarius (January 21 – February 18): The full moon on January 9 falls in your house of health and body, and so, my cerebral friend, might I suggest that you get to a yoga class (or Pilates, Tai Chi, taekwon do, what have you...) and allow the massive changes in the world to work their way through you, first through your body, then through your mind. Your physical self holds the answers. Your mind (and your mouth) are just the messengers.

Pisces (February 19 – March 20): Make the first couple of days of 2009 set the tone for the rest of the year, dreamy Pisces. While the moon in your sign hooks up with progressive, altruistic Uranus, you should hook up (in person, by phone, by Facebook or fax) with the most optimistic people in your life. That can-do spirit rubs off on you and helps buoy you to take on the challenges of your own world, and the world at large. Screen calls from Los Negativos. ■

Folk Music Society of New York, Inc.
The Pinewoods Folk Music Club
and

The Fun'Raising Committee of the Park Slope Food Coop
Jointly and proudly present

Sing Back the Sun

Another Fabulous Pub Night!

A night of informal singing, partying, food and drink, with your friends old and new. This year featuring songs for the renewal of life.

Sunday, January 11, 7:00 pm

Bring voices, instruments, friends, family, good cheer at Freddy's Back Room, 485 Dean St., near Park Slope, Brooklyn — Dean St. and Sixth Ave., East side of Flatbush Ave.

(left if coming from Manhattan) — Free Admission!

All ages welcome • All songs, tunes, stories welcome

Freddy's has a choice selection of drink (including Guinness and Bass on draught!), but does not serve food (BYO).

Directions: M, N, R, W trains to Pacific St.; 2, 3 trains to Bergen St.; 4, 5, Q trains to Atlantic Ave. Parking is relatively easy on Sunday. See map here: <http://www.freddysbackroom.com/directions.htm>

Further info: 718-429-3437

Announcing Auditions for the third ADULT Coop Variety Show



AUDITIONS:

Sunday, January 4 12:00–2:00 p.m.

Saturday, January 17 2:00–4:00 p.m.

Coop second floor meeting room

PERFORMANCE DATE: Saturday, March 7 7:30 p.m. at the Old First Church

To reserve an audition spot contact: Martha Siegel 718-965-3916 or msiegel105@earthlink.net

You must audition to be in the show.

■ Polished act not required for audition; we can help you polish it.

■ Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please)

We look forward to hearing from you!

Presented by the PSFC Fun'Raising Committee



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.

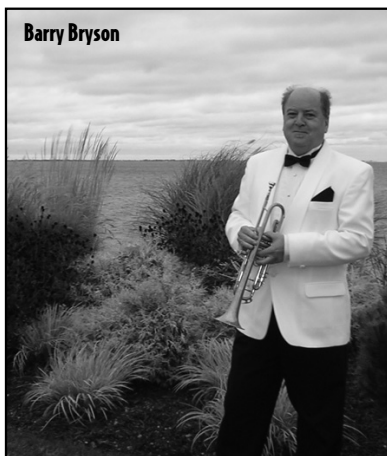
Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$23 per year to cover the cost of postage (at First Class rates because our volume is low).

Printed by: New Media Printing, Bethpage, NY.

**Friday
Jan 16
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



Barry Bryson



SWING STREET

**A Great
Big Band Sound from
a Great Small Band**

"Swing Street is a dance band with a rare ability: It provides stirring jazz and dance tempos without compromising either one," wrote Stuart Troup in *New York Newsday*.

Come join **Barry Bryson**, bandleader and trumpeter, with Coop musicians for a night of big band dance music, with special guest vocalist **Marje Wagner**.



Marje Wagner

George Kanzler, *Newark Star Ledger*, says, "Not only are the musicians all committed to playing the music well, they're also dedicated to making it sound fresh and interesting, too."

- Barry Bryson**—Trumpet/Leader
- Jenny Hill**—Tenor Saxophone/Clarinet
- Lisa Parrott**—Alto Saxophone/Clarinet
- Peter McGuines**—Trombone
- Todd Isler**—Percussion

- Roberta Picket**—Piano
- Rob Garcia**—Drums
- Stephan Bauer**—Vibes
- David Phelps**—Guitar
- Marje Wagner**—Vocals

Liz Peterson will be there to give a brief swing lesson in the beginning and continue coaching people throughout

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

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

Monthly on the...

**Second Saturday
January 10
10:00 a.m.—2:00 p.m.**

**Third Thursday
January 15
7:00 p.m.—9:00 p.m.**

**Last Sunday
January 25
10:00 a.m.—2:00 p.m.**

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

PLASTICS

What plastics do we accept?

- #1 and #2 non-bottle shaped containers and #1 and #2 labeled lids. Mouths of containers must be equal width or wider than the body of the container.
- All #4 plastic and #4 labeled lids.
- #5 plastic tubs, cups & specifically marked lids and caps (discard any with paper labels).
- Plastic film, such as shopping and dry cleaning bags, etc. Okay if not labeled.

ALL PLASTIC MUST BE COMPLETELY CLEAN AND DRY

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



**R
E
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This Issue Prepared By:

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Tom Moore

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Index: Len Neufeld

WORKSLOT NEEDS

Laundry

Tuesday, Thursday and Saturday

There are openings on two separate shifts.

6:30-8:30 p.m.

You will collect and sort Coop laundry (aprons, bandanas, gloves, dishcloths, freezer coats, childcare sheets). You will load laundry into washing machine and complete other maintenance tasks from a checklist while the clothes are washing.

8:30-10:30 p.m.

You will load laundry into dryer, fold it and redistribute around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room.

Please contact the Membership Office to sign up.

Data Entry Project

Monday or Wednesday, Daytime

Do you have accurate typing skills, and are familiar with working on Excel spreadsheets? The Bookkeeping Coordinator needs your help. Shifts are available for FTOP or makeup credit entering data from Voucher sheets into a spreadsheet. Workslots are available on Monday or Wednesday from 10:00 a.m. to 5:00 p.m. Please contact Renee St. Furcy at 718-622-0560 or renee_stfurcy@psfc.coop to arrange shifts.

General Ledger Bookkeeping

Friday, Saturday and Sunday

Are you a detail-oriented person who likes working with numbers and is at ease handling a

calculator? General Ledger Bookkeeping might be the workslot for you! General Ledger Bookkeeping consists of making entries into the General Ledger, running a calculator tape to draw account balances and, finally, balancing the General Ledger. The work must be completed in three separate segments, on 3 separate days, between Thursday evening and Sunday evening, allowing some flexibility in scheduling the work. This is all hand entry work, since the Coop bookkeeping system is not computerized. Good handwriting is a must. Prior bookkeeping experience helps. Prerequisites are: 1) must be a member of the Coop in good standing for at least six months; and 2) must make a six-month commitment to

CONTINUED ON PAGE 8

COOP CALENDAR

New Member Orientations

Monday & Wednesday evenings: . . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.

Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Jan 15 issue: 7:00 p.m., Mon, Jan 5
Jan 29 issue: 7:00 p.m., Mon, Jan 19

CLASSIFIED ADS DEADLINE:

Jan 15 issue: 7:00 p.m., Wed, Jan 7
Jan 29 issue: 7:00 p.m., Wed, Jan 21

General Meeting Info

TUE, JAN 27

GENERAL MEETING: 7:00 p.m.

The agenda will be available on Jan 7.

TUE, JAN 6

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Jan 27 General Meeting.

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).

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, January 27, 7:00 p.m.

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

Location

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

How to Place an Item on the Agenda

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

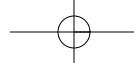
Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

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.



COMMUNITY CALENDAR

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

*Denotes a Coop member.

SAT, JAN 3

PEOPLES' VOICE CAFE: Jon Fromer; Kim & Reggie Harris. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

NUYORICAN POETS CAFE: Duets II—jazz vocals: Jessie Reiss* & Michael Williams; Ron Ferrell & Antoinette St. John; Carolyn Holmes & Ajax. 9 p.m. \$15. Followed by Banana Puddin Jazz Jam. \$10. Through Jan. 11: Rome Neal's Monk. 263 E. 3rd St. Aves. B & C. RSVP: 212-465-3137

SUN, JAN 4

SUPPORT GROUP for people caring for aging family and friends meets the first Sunday of each month from 9:30–11:00 a.m. at Park Slope United Methodist Church. Open to all members of the community dealing with issues around elderly parents, family or friends. Come share feelings, insights and resource ideas with others. Info: 718-783-4404

SAT, JAN 10

PEOPLES' VOICE CAFE: Mothers & Daughters. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

FLATBUSH JEWISH CENTER warmly invites you to our Learners Service for those who desire a more personalized service with explanations & discussion. The next sevice will take place in our smaller chapel downstairs. Our service is open to all, regardless of background, and meets regularly the second Saturday of each month. Wheelchair Accessible. 327 E 5th St., corner of Church Ave. 10:30 a.m. Info: 718-871-5200, www.flatbushjewishcenter.com

SAT, JAN 17

PEOPLES' VOICE CAFE: John Flynn; Greg Greenway. At the Community Church of New York Unitarian Universalist, 40 East 35th St. (between Madison & Park); wheelchair-accessible. Info: 212-787-3903 or www.peoplesvoicecafe.org. Suggested donation: \$15 general/\$10 members/more if you choose, less if you can't/no one turned away.

SAVE A LIFE

Give Blood

Join the Blood Drive
at the Park Slope Food Coop

- ☞ **Thursday, January 22 • 3:00 – 8:00 p.m.**
- ☞ **Friday, January 23 • 11:00 a.m. – 6:00 p.m.**
- ☞ **Saturday, January 24 • 11:00 a.m. – 6:00 p.m.**

In the second floor Meeting Room



FACT: Less than 3% of the population donates blood and 90% will use blood some time in their life.



• Park Slope Food Coop • 782 Union Street • Brooklyn, NY • 718-622-0560 •

• In cooperation with New York Methodist Hospital • For further information about blood donation, call Stuart Rosenhaus, 780-3644



Friday, January 16 • 7:00 p.m.
at the Coop



Rachel is

In her feature directorial debut, Charlotte Glynn moves home to chronicle her sister Rachel's last year in school. Rachel is mentally retarded, and the resulting film, **Rachel is**, moves past the safety of political correctness and into the most intimate and honest moments in the Glynn family's life. Rachel—mysterious, funny and difficult—challenges her mother on a daily basis, forcing her to make tough choices about her daughter's future. Along the way Charlotte documents the tug of war between parent and child, while struggling to come to terms with her only sibling's disability.

Charlotte Glynn was born in New York and spent her formative years in Pittsburgh PA. She moved to Los Angeles at 17 to pursue her dream of being a filmmaker. A year turned out to be enough real-life experience and she moved back east to get her BFA in Film at SUNY Purchase. She finished **Rachel is**, her first feature film, in August. She has received Pennsylvania Council for the Arts, a Heinz Endowment and residencies with the Lower Manhattan Cultural Council and the Virginia Center for the Creative Arts, among others. She lives in Brooklyn, where she is working on her next film and on interdisciplinary work with the Circuit 3 Collective she co-founded in 2007.

FREE
Non-members
welcome

Alexandra Berger is a filmmaker living and working in Brooklyn. For many years she ran a screenplay reading series called The Fifth Night at the Nuyorican Poets Cafe, which aided over 50 independent filmmakers making their feature films.

She is currently editing her first feature length documentary, which follows the life of an amateur porn producer looking for love.

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

WORKSLOT NEEDS (CONT'D)

CONTINUED FROM PAGE 7

Laundry

Tuesday, Thursday and Saturday

There are openings on two separate shifts.

6:30–8:30 p.m.

You will collect and sort Coop laundry (aprons, bandanas, gloves, dishcloths, freezer coats, childcare sheets). You will load laundry into washing machine and complete other maintenance tasks from a checklist while the clothes are washing.

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Data Entry Project

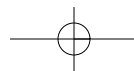
Monday or Wednesday, Daytime

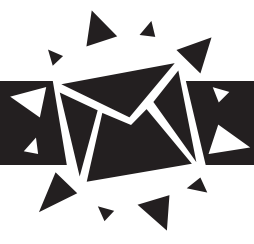
Do you have accurate typing skills, and are familiar with working on Excel spreadsheets? The Bookkeeping Coordinator needs your help. Shifts are available for FTOP or makeup credit entering data from Voucher sheets into a spreadsheet. Workslots are available on Monday or Wednesday from 10:00 a.m. to 5:00 p.m. Please contact Renee St. Furcy at 718-622-0560 or renee_stfurcy@psfc.coop to arrange shifts.

General Ledger Bookkeeping

Friday, Saturday and Sunday

Are you a detail-oriented person who likes working with numbers and is at ease handling a calculator? General Ledger Bookkeeping might be the work-





LETTERS TO THE EDITOR

AWAKE TO OPPORTUNITY

TO THE EDITOR:

My psychic warned me months ago That stocks were due for slumps So I sold them all and purchased gold On her assurance it trumps. I went and sewed the golden bars Into my mattress in clumps; I should be sleeping happily— But who can sleep on lumps?
Leon Freilich

ARCHIVAL/HISTORIANS COMMITTEE

TO THE EDITOR:

Susan Metz's letter (12/18/08) joins several subjects, including Coop membership retirement and a proposal that an archival/historians committee be formed. I am a retired Coop member and like the idea. I suggest, however, that if a committee is formed, it consist wholly (or largely) of retired Coop members who volunteer to do the work. Such members would have at

least 20 years experience with, and knowledge of, the Coop. They, in all likelihood, have the time to put in to the non-physical work and probably would enjoy continuing to contribute to the Coop in a significant way.

If any retired member would be interested in this idea, please contact me at melspain@msn.com. If there is interest, I will take steps to bring the matter up at an upcoming General Meeting.
Mel Spain

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

Anonymity

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Fairness

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.

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

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

The above applies to both articles and letters. The only exceptions will be articles by *Gazette* reporters which will be required to include the response within the article itself.

Respect

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

LETTERS POLICY

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

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

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

These are the days when the breath puffs from the mouth when steam spirals from hot cups when clouds issue from mountain tops and settle as ice in fields of ravished grass

It's about getting cold keeping warm and focusing on close work it's about being deliberate and the holiness of music

It's about sleds, skis, skates, boards it's about speed it's about work and play at their most stark

It's about the descendant dark hot food and a nest made deep and extravagant with words so that we can dream possibility and power outside our ken

These are the days when we wake up in the yet dark to sit in stillness until the emerging light

The Park Slope Food Coop In darkness and in light
by Myra Klockenbrink

Sunday January 18 Noon to 3:00 p.m.

Monday January 5 January 12 Noon to 1 p.m. and 1:30 to 2:30 p.m.

Wednesday January 7 10:00 a.m. to 12:30 p.m.

You can join in any time during a tour.

Puzzle Corner

January Puzzle

Use the clues below to fill in the quote.

Puzzle Author: Janet Farrell. For answers, see page 11.

“ _____ ’ _____
1 2 3 4 5 6 7 8 9

10 11 12 13 14 15 16 17 18 19 20 21

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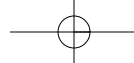
39 40 41 42 43 44 45 46 47 48 49 50 51 52 53

54 55 56 57 58 59 60 61 _____”

62 63 64 65 66 67 68 69 70

- 1. Windsor Wives 24 37 47 10 66
- 2. Sleepy 50 61 18 4 70 44
- 3. Lamp Inhabitant 35 60 2 20 56
- 4. Idea 63 41 16 39 51 29
- 5. Predator 55 69 40 31 3 8
- 6. Greek Letter 36 67 11 30 1
- 7. Detective 38 14 6 15 54 32
- 8. Shenzi & Ed 27 5 43 19 48 22
- 9. Car 62 52 26 64
- 10. Din 42 23 17 9 45
- 11. Vows 57 7 34 59 12
- 12. Achieve 46 58 53 33 28 65
- 13. Slip Knot 49 68 13 21 25





At the Coop for the Holidays

By Lisa Cohen and Gianna Baldaccini

Our roving photographer recently asked members what they cooked for the holidays, whether they bought ingredients at the Coop and, finally, did they purchase any PSFC gift items?



Jeff Faerber and Stacey Dreher stocked up on stocking stuffers such as chocolate and wasabi peas. They also bought a Coop T-shirt for her dad.



Nina Farnsworth gave 10 Chico Bags (nylon shopping bags) and three big-patterned bags as gifts. Everyone was thrilled with them.



J.T. Rogers bought smoked mussels at the Coop and gave PSFC maple syrup as a gift.



Joe McCann cooked for the holidays and bought his ingredients at the Coop.



Susan Halio cooked butternut squash lasagna for the holidays and bought the ingredients at the Coop. She bought some Zhen's Gypsy Tea: Coconut Chai to give as a gift.



Donyale Werle cooked and shopped at the Coop.



Ben Eichler and his wife, Beth, cooked for the holidays. They made corn pudding, cranberry sauce and a dessert. They bought all their ingredients at the Coop.



Tehm Pechesky baked a "ton of stuff." She made brownies, apple crumble and cookies for relatives. She bought mason jars at the Coop to make memory jars for her grandparents.

PHOTOS BY LISA COHEN

Friday, January 9
7:00 p.m. at the Coop

FREE
Non members Welcome

Jump Start Your New-Year Nutrition Right



Are you constantly craving sweets and want to understand why? Do you want to gain control without willpower or deprivation? Then this is the perfect workshop for you!



Shannon Brennan-Cressey is a Certified Holistic Health Counselor, accredited by the American Association of Drugless Practitioners. She is a graduate of The Institute for Integrative Nutrition in partnership with The Teachers College of Columbia University. She has a Bachelors' Degree in Fine Arts from NYU's Tisch School of the Arts. Shannon is the sole proprietor of Bliss Health and Nutrition and works at The Jena Wellness Center in Manhattan. She has been a Coop member since May 2008.

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

Saturday, January 10
10:00 a.m. at the Coop

FREE
Non members Welcome

Infant Developmental Movement Workshop

For parents and children in their first year of life

A Body-Mind Centering® approach led by Scott Lyons, BMCP, RSMT, SME, IDME, and Emily Peck, SME, IDME.

Join us to learn more about all the new things your baby is doing!

From birth through rolling, crawling, standing, and exploring, your baby's independent movement skills are expanding along with his or her perceptions of the world. Through observation, play, and following your baby's growing curiosity, this workshop offers useful information about natural movement patterns that encourage optimal brain and body development. Families gain support for common baby concerns like how to enjoy Tummy Time and digestive and sleep difficulties, as well as for more complex challenges.



Coop member **Scott Lyons**, BMCP, RSMT, SME, CPT, IDME, has been dedicated to integrating somatic and holistic practices into the creative and healing arts. He works privately as a movement therapist, integrating cranial-sacral therapy, visceral unwinding, yoga, Body-Mind Centering®, experiential anatomy, applied kinesiology, and neuro-developmental therapies in his work with infants, children, and adults. **Emily Peck** is a certified Somatic Movement and Infant Developmental Movement Educator as well as a dance instructor and performing artist. She holds a deep commitment to fostering wellness through movement in all stages of life.

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

Saturday, January 10
1:00 p.m. at the Coop

FREE
Non members Welcome

Frazzled? Nerves on edge? Worried about your job? The economy? Life?

The Art of Managing STRESS

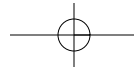
with Mina Hamilton

In this experiential workshop you'll learn:

- Calming breathing skills
- Easy de-stressing stretches
- How to transform heart-pounding rage or fear
- What to do before leaving your home in the morning
- Important small changes in your diet
- How to bring meditation and mindfulness into your life

Mina Hamilton is a life coach. She has been teaching stress reduction for 20 years. Her book, *Serenity To Go: Calming Techniques for Your Hectic Life*, has been translated into five languages. She is a Coop member and can be reached at minaham@aol.com or serenitytogo.com.

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



Sunday, January 11 **FREE**
12:00 p.m. at the Coop Non members Welcome

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 3-day plan for cleansing at home.
DECIDE: Commit to coming. Take part of an afternoon to find out how to make your life less stressful.
INSPIRE: Find out how little effort it takes to make big changes.
REFRESH: Learn to erase holiday indulgences using products that remove toxins from the inside and out.
NOURISH: Energize yourself for the week and the new year. Learn to prepare foods that give you all the energy you want.
ENLIGHTEN: Take home tips and tricks for living a more focused and attentive life.

Presented by Shannon Sodano, B.S. Nutrition and Dietetics, Certified Spinning (R) Instructor, Corporate Work-Life Balance Trainer, and Coop member. Brought to you by the Global Dinner Network (GDN), where cosmopolitan women get together for dinner (and fun) with regular meet-ups in NY and other global cities around the world.

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

Thursday, January 25 **FREE**
12:00 at the Coop Non members Welcome

You know that box of photos?

You can get your memories out of that box and back into your life!

Join us for a hands-on workshop that will help you:

- Simplify the process
- Preserve your photos and memorabilia
- Sort and organize them effectively
- Tell the story of your life

Bring your shoebox and let's get started! Help us plan by pre-registering at (718) 398-1519.



Martie McNabb is the owner of a small business that is dedicated to preserving and presenting the moments of your life. She has been a PSFC member for more than 10 years.


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

Tuesday, January 27 **FREE**
7:00 p.m. at the Coop Non members Welcome

Understanding Long-Term-Care Insurance

The NYC Department for the Aging provides information regarding health and long-term-care insurance for New Yorkers. We do not sell insurance or endorse any coverage.

The goal of this presentation is to provide unbiased information regarding choices available for financing individuals' long-term-care needs. During the presentation, we will discuss: a definition of long-term care, the cost of long-term care, misconceptions regarding who pays for long-term care, some of the complexities associated with long-term-care insurance, the types of insurance available in NY State, and ways to purchase a policy.



Michelle Berney is a Coop member and Medicare Consultant, NYC Department for the Aging. She has more than 10 years of experience in public health and welfare benefits, with experience in both the public and nonprofit sectors.
Julie Shahroudi is a coordinator of the Long-Term-Care Insurance Education and Outreach Program at the NYC Department for the Aging. She is a graduate student in health policy and management at NYU and has more than 9 years experience in the area of pharmaceuticals.

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

Meet Your Mind

WITH ALLAN NOVICK

A Class In Basic Meditation

The fundamental nature of our mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives. Meditation opens and calms the mind. This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique.

Allan Novick has practiced meditation since 1975 and is a meditation instructor at the New York Shambhala Center. He lives in Park Slope, has been a Coop member for many years, and works as a psychologist for the New York City Department of Education.

FREE Non-members welcome **Friday, January 30 7:30 p.m. at the Coop**

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

Saturday, January 31 **FREE**
11:00 a.m. at the Coop Non members Welcome


WHY SOLAR? How You Can Make a Difference

Taught by Tracy Fitz, of City Solar

Reduce CO² Emissions
 Move Toward Energy Independence
 Save \$\$\$ on Your Energy Costs

Solar Thermal for Domestic Hot Water and Heating

A Cost-Effective Renewable Energy In Use Worldwide



Learn How it Works and How it Can Work for You!

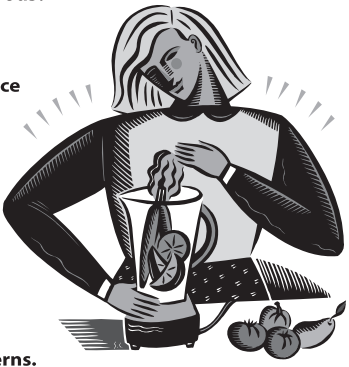
Tracy Fitz founded City Solar in 2004 to "help make a difference." Her workshops on renewable energy show you how. She is a LEED (Leader in Energy and Environmental Design) Accredited Professional. Tracy has been a proud member of the Coop since 1975.

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

Saturday, January 31 **FREE**
2:00 p.m. at the Coop Non members Welcome

Nutrition Response Testing

Are you "medical-izing" your symptoms? Taking supplements you read can help with this symptom or that? Treating symptoms with supplements may be preferable than pharmaceuticals that mask symptoms. But why not use whole foods? Why not feed your body back to balance?



This seminar will introduce you to a cutting-edge protocol that is non-invasive, affordable, and effective. Without expensive lab testing or hundreds of dollars of supplements, learn how nutrition response testing can be your drug-free alternative for all your healthcare concerns.

Diane Paxton, MS, LAC, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope. She is also a long-time Coop member.

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

Saturday, January 31 **FREE**
7:00 p.m. at the Coop Non members Welcome

The Healing Arts Explained

BODY MIND WELLNESS

"I will demonstrate and help some people on the spot."

I will explain or demonstrate: Acu-Energetics, Reiki, Shiatsu, Therapeutic Touch, Medical Massage, Chi-Energy Healing, Reflexology, Meridians, Chakras, the Aura, Karma, Emotional Healing. We will explore Cellular, Sub-atomic, Quantum Healing & Past Lives.

"I will work on someone from 20 feet away and help them. Think it's impossible? See it for yourself!"


Richard, Coop member, specializes in Acu-Energetics, Polarity, Shiatsu, Reiki, Therapeutic Touch, Reflexology, EFT, Hypnosis, Medical Massage, Acupressure, Trigger Points, Yoga.

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


Sunday, February 1 **FREE**
12:00 at the Coop Non members Welcome

MOVING YOUR BUSINESS FORWARD IN A STUCK ECONOMY

Do you own your own business and feel stressed about the impact a recession could have on you? In times of crisis, it's even more important that your core principles are sound. Are your targets really right for the current climate? Have you priced your services or products in ways that reflect our new reality? And how do your personal goals line up with your business goals?



In this workshop, we'll show you how to create a simple planning strategy that safeguards your economic interests and aligns them with your individual life needs. We will present a series of actions you can take to re-position yourself and your business so you are in control of your economic future.



Renate Reimann, Ph.D., is a Certified Life Coach who holds a Certificate in Personal and Life Coaching from New York University and a Ph.D. in Sociology from The Graduate Center of CUNY. She has been a member of the Coop since 1991.
 Alan Siegel is the owner and founder of Small Business Management Consulting. He is an adjunct professor in business at the Borough of Manhattan Community College and at New York University.

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

Puzzle Answer

"A NEW YEAR'S RESOLUTION IS SOMETHING THAT GOES IN ONE YEAR AND OUT THE OTHER."

ANONYMOUS



To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, business card ads at \$30. (Ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal). Submission forms are available in a wallpocket near the elevator.

BED & BREAKFAST

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

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, mini fridge and microwave. Call Linda Wheeler at 347-721-6575 or email SouthSlopeGreen@gmail.com.

CLASSES/GROUPS

YOGA FOR ORDINARY MORTALS. Super-gentle yoga for people returning to yoga after years, who have back problems, arthritis, who think they are too old, too stiff, too fat, too something. Gentle, experienced teacher Mina Hamilton. 748 Union St. Park Slope. Wed 7:30-8:15 PM Write minaham@aol.com

DO YOU SPEAK a little Spanish? I can help you break through and truly improve your command of the language, clarify different aspects of the grammar and start to converse with fluency. Emphasis on pronunciation and communication. All levels are welcome. Call Sergio @ 646-775-1475.

JAPANESE LESSONS for anyone interested in Japanese language. Native certified Japanese with six years experience will teach you. Beginners are welcome. After the first lesson, you will be able to introduce yourself in Japanese. Please ask for the trial lesson (\$5). Contact: 917-622-0734. asaoteshi@earthlink.net.

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.

EMPLOYMENT

VISION THERAPY ASSISTANT. Exciting Opportunity: Asst. needed in holistic optometry office in Park Slope, Brooklyn. Interest in holistic health and exp. working w/ children and adults necessary. P/T after school hours Mon., Tues., and Thurs., Please send a personally composed cover letter only to alteyedr1@aol.com

HOUSING AVAILABLE

HOUSE FOR SALE BY OWNER. Mohegan Colony progressive community in Westchester. 2500 sf on 0.9 acre. Legal two family. Lake rights to Mohegan Lake. Phone 917-755-4686. Bob.

MERCHANDISE

DON'T LIKE THE TASTE OF "KOMBUCHA", but enjoy its many benefits? Then try Kombucha extract drops. Get great results without the strong taste. Made from Organic, well nourished Kombucha mushroom and 100% pure grain extract. Call Kombucha by the gallon 718-856-4746 for delivery or special order.

PETS

ADOPT NIKA! She was found on the street, is about 7 mos. old, tiger striped w/ white paws & chest. Healthy, spayed, she's got a great personality, is petite, drinks water right from the faucet! Name can be changed. Pics can be emailed to you. Contact Victoria at 914-443-9209 or haroldlvsmaude@aol.com.

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.

YOUR SMALL & HOME OFFICE computer techs: NY Geek Girls, Inc. Networking & internet; setup & configuration; hardware & software maintenance; data recovery; viruses; backups. Mac and PC. On-site or pick-up/drop-off. References, reasonable rates. Long-time Coop member. 347-351-3031 or roberta@nygeek-girls.com

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, courte-

ous 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.

NYC SCHOOL HELP-Public/Private Nursery and Elementary school info. High School and Middle School choice workshops. Save time, manage the process, stop stressing. School search consultant specializing in north Brooklyn lower schools/city-wide HS. Joyce Szufflita 718-781-1928. www.nycschoolhelp.com

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.

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. holisticyecare.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 FOR 2009. Want to jump-start personal and professional growth? Bring creative projects to fruition? Facing difficult transitions? Need more support? Life Coaching is powerful, transformative. Contact Mina Hamilton for free 20-min intro and other holiday packages. minaham@aol.com

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www.beyondcare.coop

ate each therapy as an individual journey. You can expect to be more successful yourself, in your family and your work. Spanish spoken. 347-743-3879

VACATIONS

Three season vacation cottages for sale in our friendly, wooded northern Westchester community. Pool, tennis, biking, hiking; near Hudson River and Metro North. \$97,000-99,000; One-time initiation fee, \$3000, maint. approx. \$3200. Cash sales only; no dogs. 212-242-0806 or junejacobsen@earthlink.net

WHAT'S FOR FREE

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

Brooklyn Food Conference: Local Action for Global Change

Learn How You Can Get Involved
in the Food Conference

We are holding a meeting to introduce you to the Brooklyn Food Conference, co-sponsored by the Park Slope Food Coop, Caribbean Women's Health Association and Brooklyn's Bounty (plus 50 other organizational partners). This huge conference, to be held on May 2 in Park Slope, will bring people together from all over Brooklyn who are interested in changing the food system, making it healthy, environmentally sustainable and socially just to workers and consumers.

Come learn about the conference and how you can participate in it

(There's a possibility to get FTOP hours if you get involved in the conference.):

**Tuesday, January 13, 2009
7:00-8:30 p.m.**

**Methodist Hospital Executive Dining Room
7th Avenue & 6th Street • Park Slope, Brooklyn**

Info@brooklynfoodconference.org
www.brooklynfoodconference.org

