



# LINEWAITERS' GAZETTE

Established 1973



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Volume DD, Number 4

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## GENERAL MEETING REPORT

### January 27 General Meeting

By Alison Levy



ILLUSTRATION BY ETHAN PETTITE

The Park Slope Food Coop General Meeting convened on January 27, 2009 shortly after 7 p.m. The meeting began a little late because it drew a larger crowd than usual, requiring additional time for attendees to enter and seat themselves.

Carl Arnold, a member of the Chair Committee, chaired the meeting.

In the Open Forum portion of the meeting, a Coop member named Hima asked whether there was a plan for the Coop to ban Israeli products and suggested that there should be. "I don't know whether or not we carry

Israeli products," she said, "but I propose that we no longer carry them."

Arnold asked for comments from those gathered. Allen Zimmerman, a general coordinator who oversees produce purchases, indicated that there were currently Sharon persimmons and organic red peppers from

Israel, but was unaware of offerings in other Coop areas.

Arnold next advised how the raised concern could be brought to the Agenda Committee for placement on the agenda either for discussion or as a proposal.

Next, a member reported that on Christmas Eve there were problems with the debit card system, so that people had to go to the bank to get cash to make their purchases. She requested that in the future when such breakdowns occur a sign be placed near the entrance so that shop-

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### Food Prices Steady in Weird Economy

By Ed Levy

What's the link between food prices at the Coop and the economic downturn? According to the Coop's buyers, there isn't a strong connection. Then what factors do affect Food Coop prices? Weather, shortages, surpluses, seasonal fluctuations and gas prices, to name a few—but over the short

term, the Coop's ability to make favorable deals and its preference for buying locally insulates us from market fluctuations. According to General Coordinator Joe Holtz, prices probably won't be rising now that the economy is in crisis, because suppliers

know that with less purchasing power, people simply won't buy their food if it's too expensive.

Although most prices have held steady, and fuel surcharges, which were negligible to begin with, have been removed, according to head buyer Janet Schumacher, some produce items inevitably go up in price in winter. Produce buyer Allen Zimmerman said that "cukes that were 65 cents a pound in July can be \$3 a pound in January." This winter's seasonal price rises, Zimmerman said, "are in the range of normal."

#### Brewers Crying in Their Beer

Beer, however, is one Coop product that has

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ILLUSTRATION BY ROD MORRISON

#### Next General Meeting on February 24

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, February 24, at 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Place.

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

\* Exceptions for November and December will be posted.

### Coop Event Highlights

- Thu, Feb 19 • Wordsprouts 7:30 p.m.
- Fri, Feb 20 • The Good Coffeehouse 8:00 p.m.
- Thu, Mar 5 • Food Class: Spices 7:30 p.m.
- Fri, Mar 6 • Film Night: 7:30 p.m.
- Sat, Mar 7 • Bag, Jewelry, Accessory and Shoe Exchange 10:00 a.m.–2:00 p.m.
- Sat, Mar 7 • Variety Show 7:00 p.m.

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

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## PSFC FEBRUARY 24 GENERAL MEETING Tuesday, February 24, 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: The Diversity and Equality survey (50 minutes)

Discussion: "The DEC will announce and discuss the results from the survey it completed over the past year."

—submitted by The Diversity and Equality Committee

#### Item #2: Formation of an audit committee (40 minutes)

Discussion: To discuss the formation "of an audit committee that will report to the Board and the GM. The objectives of the audit committee are:

1. Recommend to the Board and GM an independent auditor firm.
2. Act as liaison between the audit firm and the Board prior to, during and after the performance of the audit.
3. Recommend changes to be undertaken by management as a result of any audit findings.
4. Monitor the implementation of suggested and approved changes based on the independent auditor's findings.

Membership in the audit committee would be most appropriate for members who are professionals in fields that relate to organizational governance. One and only one member of the audit committee would be a member of management. At least one member of the committee would be a financial expert with knowledge and experience on par with the audit firm's qualifications.

The committee will meet 4-6 times a year (including 1 GM meeting) and service on committee would be a work slot credit."

—submitted by Yigal Rechtman

### 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.

## January 27 General Meeting

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pers could elect to make their trip to the ATM machines prior to shopping, rather than afterwards.

Next, General Coordinator Mike Eakin offered the financial report for the last 48 weeks ending January 4. He reported that the gross margins were 16.85%, noting that 17% would have been "perfect." Eakin also noted that the average coop has a 38% margin. With sales figures of \$32 million over the first 48 weeks, the differential between 21% and 38% is \$11 million. Membership is also up 12% and the sales per member are up 12%, Eakin reported.

General Coordinator Joe Holtz responded to recent concerns about a recall of peanut butter, reassuring attendees, "We get emails from the FDA all day long. We're on top of it." As it turned out only a few Coop items, including certain Clif bars (which were promptly removed), contained the recalled product.

General Coordinator Allen Zimmerman spoke on behalf of Lucky Dog Farm, a Coop produce supplier, currently raising matching funds to purchase adjacent land through a land preservation grant offered by New York State. Park Slope's Applewood Restaurant hosted a fundraiser on their behalf on Sunday, February 8, 2009.

Next, Arnold called for discussion of the first item on this meeting's agenda, a proposal by Joel Tamar Levin to film documentary footage and teach documentary filmmaking skills to members. In addition, films developed as part of the proposed 10- to 15-week program could potentially be podcast on the Coop website.

Meeting attendees expressed a number of concerns. First, there was a question about whether the filmmaking project was really part of the Coop's mission. Someone asked how shoppers who did not wish to be filmed could elect not to participate. Another questioner focused on how the podcasts would be vetted to assure that their content was not offensive or

inappropriate.

One attendee questioned whether the Coop, whose swelling ranks have resulted in crowding during popular shopping hours, does indeed need more publicity. Several paid staff workers expressed concern that the project would require a time commitment from overworked staff. Jessica Robinson, a general coordinator, pointed out that space is tight in the Coop. She said that the rooms where the proposed classes would occur are heavily booked with a proviso that teachers can only book these rooms two sessions at a time, with sessions a minimum of six weeks apart. One member wondered whether the film to be made would incur profits, and if so, whether the Coop would share in these profits.

The filmmaker replied that the film, which will focus on issues of America's food supply, is being produced under nonprofit auspices.

Joe Holtz, who handles all press requests, reported that in its early years the Coop had a policy of limiting press access. But in more recent years that policy has changed to cooperating with the press. He and other general coordinators make themselves available for interviews, and in general, those who request it are given permission to film or take pictures in the Coop. In response to the filmmaking project under discussion, which was first proposed to the general coordinators, Holtz reported that the general coordinators "couldn't say yes, so we said no."

The next agenda item was a discussion brought to the floor by Kevin Cunneen. He suggested that the Coop consider developing "satellite" coops in other areas of Brooklyn. Cunneen pointed out that mapping software could be used to identify the area with the largest concentration of members. In that location the Coop could look to rent a small storefront that would stock and offer the 100 most commonly purchased items, thereby relieving crowding in the Union Street Coop build-

ing until a long-term solution could be found.

This agenda item evoked a lot of discussion. A board member stated that she would prefer to see additional and shorter workslots as a way to accommodate more members and ease pressure on the overworked staff. Another member reminded the meeting that "the real issue is that the existing building is too small and that needs to be addressed."

Another participant called the proposal "visionary," claiming that "this idea is going to become more attractive, the more crowded we become."

Another participant who is involved with the Park Slope CSA (community-supported agriculture) suggested that the Coop transform from a "storefront model to a warehouse model," serving as a warehouse for other storefront coops.

Joe Holtz pointed out that the history of the Coop is that "whenever we've expanded to create greater capacity, new people have joined to fill that capacity."

He recalled that the Coop's newspaper was named the *Linewaiters' Gazette* because there were long lines outside as people waited to get in.

"Where do we go from here?" Holtz wondered. "Do we pull in the ladder and say it's too bad if you're not already in the boat? Is it our responsibility or do we have a social obligation to keep expanding the Coop, even if that means running the risk that we'll temporarily solve our problem, but twenty years from now we'll still be crowded? On October 1, 2007 (when debit card technology was installed) we got rid of people waiting to pay, and the Coop kept growing. We've helped other groups that are trying to develop coops that might attract our members away but that hasn't happened yet. Even when Trader Joe's opened in Brooklyn, we hit an all-time high two weeks after it opened.

"Maybe it's time for us to get another location," Holtz ruminated.

After further discussion, the minutes from the prior GM were accepted and the January 27 GM adjourned. ■



ILLUSTRATION BY LYNN BERNSTEIN



## Food Prices Steady in Weird Economy

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been hit by significant price increases. Beer buyer Anngel Delaney said that brewers can't find substantial supplies of barley or hops, and when they do, the price is 300 to 400 percent higher than it was last year.

Most of the beer the Coop buys is from small craft brewers or microbrewers, and many craft brewers have had to suspend brands.

crops to switch back. But in the meantime, shoppers should expect a smaller variety of craft beers this year, and at a higher price.

While the Coop is well insulated from short-term fluctuations in the market, there is a long-term upward pressure on food prices that will be harder to escape. In addition to pressure caused by biofuels, global population increases drive food prices slowly but steadily upward. The sheer number of mouths to feed on the earth ensures that food will be scarce for a while to come, until perhaps there is another breakthrough like the post-World War II Green Revolution. Some believe that breakthrough is genetic modification of foods, while others cite the potentially disastrous effects that toying with the genetic structure of plants could have on the planet's biomass. In any event, in countries like India and China that benefited from the Green Revolution, a growing middle class is now demanding higher quality food—and more dairy products and meat protein. And this puts exponential pressure on the food supply, since cattle and pigs, which are higher on the food chain, consume grains that would otherwise be used to feed people. However, the beef sold at the Coop is 100% grass-fed.

A third factor in rising food prices is the rapid decline in fish stocks around the world, due to pollution and overfishing. According to the UN Food and Agriculture Organization (FAO), almost 80% of the world's fisheries are either fully exploited, overexploited, depleted or in a state of col-

lapse. "The overall ecological unity of our oceans is under stress and at risk of collapse, and we may lose a food source that huge numbers of people depend upon," according to French-born marine biologist Dr. Daniel Pauly. "If things go unchecked, we'll have a sea full of little horrible things that nobody wants to eat...a marine junkyard dominated by plankton."

A fourth factor in global food price increases is global warming, which is turning some farmland into desert. This is occurring more in the southern hemisphere, which can least afford it, and where, particularly in Africa, the loss of arable land is the cause of organized violence. Climate change is having a more favorable effect on the northern hemisphere, by lengthening growing seasons. Over the long term, this could make it easier for places like the Coop to buy more of its produce locally.

### Poor Hit Hardest

According to Catholic Relief Services ([www.crs.org](http://www.crs.org)), high food prices have the most damaging effect on the poor. Households that already spend 40 to 50 percent of their income on food are finding it increasingly difficult to afford basic items. Many people will eat less, or eat food with less nutritional value, according to CRS. And in many developing nations, even middle class people will have to sell assets to eat. CRS also reports that "child malnutrition is rising, and pregnant and nursing women are among the hardest hit. Women across Africa, for example, feed their husbands and children first before eating what little remains for themselves."

### Collapse of Regulation

In addition to population pressure, desertification and

the diversion of arable land to biofuels, the stress on world food prices stems from lobbying by the International Monetary Fund and the World Bank during the 1980s and '90s for countries to hand their food supplies over to market forces. According to James Surowiecki, writing in the *New Yorker* in November 2008, regulatory policies in many countries were abolished and reserves once used to stabilize food prices when there were fluctuations in supply were sold off as "unnecessary." Local farmers were urged to compete on

the global playing field. Thus, countries that could ill afford it became vulnerable to global market forces in feeding local populations. Incredibly, three countries now provide 90% of the world's corn, and five countries provide 80% of the world's rice. While such a system may be efficient in some respects, it also can break easily, and for populations dependent on it, with no reserves, a price spike can be devastating. "Instead of a more efficient system," Surowiecki suggests, "we should be trying to build a more reliable one." ■

ILLUSTRATIONS BY ROD MORRISON

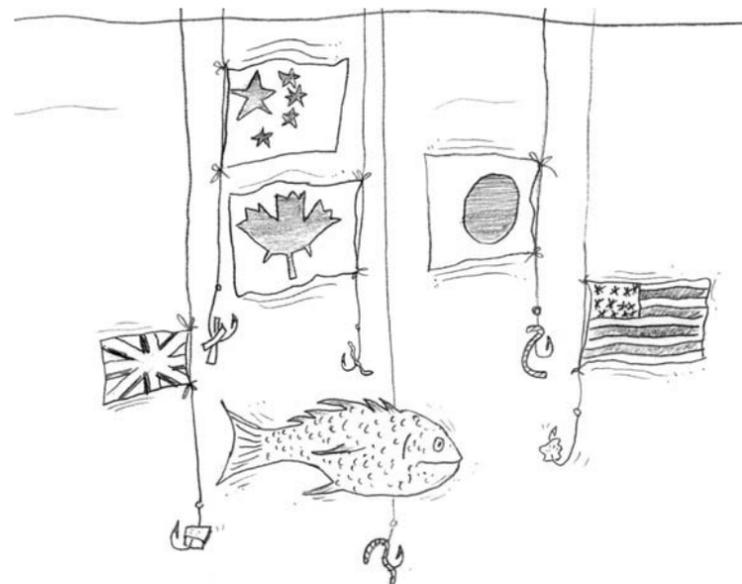


Another big factor in the price of beer is fuel prices, because even when the Coop buys locally, beer has to be trucked in, and it is a heavy product. The recent drop in gas prices has not been felt yet in the price of beer, Delaney said.

The Coop sells a lot of beer, about 200 cases a week, including lagers, pilsners, German, Bavarian, British and local beer, as well as some beers that Delaney said "are really unusual, for adventurous buyers."

According to a website covering the beer and wine industry ([www.winecompass.com](http://www.winecompass.com)), shortages have arisen because of increased beer consumption in China, real estate speculation, weather (drought in Australia and storms in Europe) and farmers' rotation to higher margin crops, caused in part by government subsidies for bio fuels. Demand for ethanol has doubled the price of corn—so there is little incentive to grow barley. An article on the winecompass website written before the recent U.S. election pointed out that "very few in the Federal government will acknowledge that their search for the ethanol Holy Grail has negatively affected other farm products."

In theory, Delaney said, the higher prices for hops and barley should eventually induce farmers who have switched to corn and other



## 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:

<b>Produce</b> (fresh fruits & vegetables)	<b>May not</b> 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.
<b>Books</b>	<b>May not</b> be returned.
<b>Juicers</b>	<b>May not</b> be returned.
<b>Bulk items &amp; bulk items packaged by the Coop</b>	<b>May not</b> be returned. Members may contact the bulk buyer to discuss any other claims for credit.
<b>Refrigerated items</b> <b>Frozen items</b>	<b>May not</b> be returned unless spoiled before the expiration date or within 30 days of purchase, whichever is sooner.
<b>All Other Products</b> (not covered above)	A. Other products <b>may be</b> returned if they are spoiled or defective and the category is not specified above  B. Other products <b>may be</b> returned if they are unopened, undamaged and therefore can be sold again.  C. Other products <b>may not</b> be returned if they are opened or unsellable, and were purchased by mistake or not needed.



# Keeping It in the Community

## Red Hook Teenagers Fight for a New Health and Education Center

By Frank Haberle

**W**ith so many enterprises struggling for survival today, there is great inspiration to be found in nearby Red Hook. The Red Hook Initiative, a vital nonprofit organization that helps young people in Red Hook Houses address community health issues and pursue education opportunities, was hit with stark and sudden news in November: the larger nonprofit organization that loaned them their community center wanted their space back. Instead of closing, Red Hook Initiative cobbled together temporary program spaces in churches, schools and a studio apartment, and continued services to 350 Red Hook residents each month without interruption.

Now Red Hook Initiative has launched an ambitious plan to create a new community center by renovating a 2,700-square-foot warehouse on Hicks Street. Through the sheer determination and persistence of RHI program members, their capital campaign, launched in the midst of a tough economy, is beginning to gain traction. Most excitingly, the campaign is being led by the young people themselves, each of whom pledged to raise between \$1,000 and \$5,000 toward the \$350,000 needed to open the new center.

"Red Hook Initiative impacts so many teens in the Red Hook area because of the positive energy that the founder and staff have brought to a neighborhood that most have given up on," relates Frances Medina, a recent participant who is involved in the campaign. "They work endlessly to ensure that the youth and the adults that use Red Hook Initiative as a resource are always educated, focused and on the right path to success. If it were not for Red Hook Initiative, my younger sister would not be as brilliant as she is, and I would not be a proud student of the University of Michigan. This place is not only important to me, it has become a home to the hundreds of teens who work and spend most of their time here."

"I fell in love with the Red Hook Initiative from the outset," adds Coop member Lisa Cowan, a project director with Community Resource Exchange, a nonprofit firm that helps community groups across the city build management skills and resources. After helping health educator Jill Eisenhard start Red Hook Initiatives in 2002, Lisa grew increasingly involved, and now serves as volunteer board chair. "They

are doing work that is so practical and profound, and it's really an honor to be a part of what they are doing." Lisa is assisting the staff and young program participants in every facet of building a grassroots campaign to keep the program alive and running in Red Hook.

### The Need for a New Red Hook Initiative Community Center

"When I met Lisa, I was trying to launch a program to empower women from the Red Hook Houses to teach each other about women's health and prenatal care, instead of me (an outsider) teaching them," relates Jill, now the executive director. For three years Jill worked nights and weekends to build a peer education program that addressed critical local issues—prenatal care and low-birth-weight babies, HIV/AIDS and diabetes. When a vacant space within

the neighborhood was offered, Jill seized the opportunity to move the program in and start building a bigger program serving young people as well as adult women. "We realized that in order to improve health, the entire person needs to be supported. Now we offer programs in four main areas: education, employment, health and community development. And over time our focus has shifted from women to youth. Today our primary audience is young people between the ages of nine and twenty-four."

Red Hook Houses is one of the city's largest public housing projects, with more than 10,000 low-income residents. The lack of opportunity for young people inspired Red Hook Initiative to recruit, train and hire locally. Fifty-three of Red Hook Initiative's 55 employees live in Red Hook Houses, and 30 of the staff are adolescents. The



employment, advocacy and leadership skills. United in their efforts to help their community, the young people of Red Hook Houses are now fighting to open a new, improved center.

### A New Beginning for Red Hook Initiative

When the doors to the community center closed last November, the young people of Red Hook Houses were essentially shut out from a

lifeline of resources they need to succeed. While Red Hook Initiative is grateful for the temporary spaces, they are scattered through the neighborhood, and only create a temporary solution. The board and staff of RHI discovered a new space in the community, and are now negotiating the lease. A DUMBO architect firm, SuperInteresting!, has offered to design the new community center on a pro bono basis.

"We have to raise \$350,000," Lisa says, "which would be a huge challenge at any time, but even more so in this fiscal climate. We are reaching out to any and all potential allies. The response of the young people has been really inspiring. Instead of despairing, a group agreed to try to raise \$1,000 to \$5,000 each, any way they can, for the new center. They've had a trickle of \$5, \$10, \$50 donations but it adds up; they've raised \$50,000 in the first month of the campaign!" Lisa adds that with events, including a Taste of Red Hook fundraiser and new grants, she is hopeful that they will make it. "It may take some time," she adds. "But these young people are really driven, and they've achieved so much already. So I know they are going to get there."

Health and nutrition issues remain priorities in Red Hook Houses, a community with some of the worst health statistics in the City. "Type two diabetes is on the rise among Red Hook youth," according to Jill. "We now have eight diabetes health educators who teach their neighbors about diabetes prevention, managing diabetes and healthy cooking. We offer CookShop classes several times a month for adults, teens and children. Those classes focus on a vegetable of the month. Everyone makes, and tastes, the recipe together. We also run a 'Passport to Summer' program in collaboration with eight other Red Hook organizations. People can earn a 'stamp' every time they do a fitness or nutrition activity somewhere in the neighborhood. At the end of the summer everyone who collected eight or more stamps can enter to win prizes at an award ceremony."

For Coop members, Red Hook Initiative has many volunteer opportunities available, in fund-raising and in assisting program efforts: speaking on career panels, supporting organizing and advocacy efforts and working with teens to help them plan their fundraising campaigns. For more information on how you can get involved, please email [info@rhicenter.org](mailto:info@rhicenter.org). Please visit [www.rhicenter.org](http://www.rhicenter.org) for more information about Red Hook Initiative. ■

The community center that RHI developed in an unoccupied, borrowed space—until they were evicted three months ago—was a haven, a hub of activity for neighborhood teens, who received a range of services and opportunities to build



ILLUSTRATIONS BY DEBORAH TINT



## CONFERENCE PLANNING COMMITTEE REPORT

# Hungering for Change

By Adam Rabiner

Last October I attended a panel discussion on hunger as part of the opening week ceremonies of the new Mercy Corps Action Center to End World Hunger. I recently returned to visit the exhibits and speak to the staff and what struck me are some of the parallels, explained in this article, between this space and the aims of our upcoming, free Brooklyn Food Conference: Local Action for Global Change.

If you are an attentive *Linewaiters' Gazette* reader you probably already know about the conference on May 2, cosponsored by the Park Slope Food Coop, from previ-

While those who work closely on the issues of food insecurity have long recognized that hunger and obesity are both aspects of malnutrition caused in many

States, Canada and the European Union. Each day about 25,000 individuals, many younger than five years of age, die from hunger or hunger-related causes. In New York City alone, hundreds of thousands of individuals are food insecure; over a million participate in the food stamps program, and the number is growing.

One also learns here that hunger is not always caused by food scarcity. Other major causes are wars and conflicts, natural disasters, AIDS and malaria, rising food prices, global warming and environmental degradation, and, as Mr. Patel will explain, international trade barriers, tariffs and food subsidies. And while the many complex and interrelated causes of hunger could easily leave one feeling paralyzed, the Action Center, as its name implies, actually has the effect of empowering the visitor. You learn that one person can make a big difference. Large action posters on the walls proclaim some of the 700 steps, large and small, you can take to reduce or eliminate hunger depending on how much time you can give: one minute, one hour, one day, one week, one month, one year or one lifetime. For example, Action Step # 131 is to buy and cook only the food you need and to store food wisely and safely to maximize freshness and longevity.

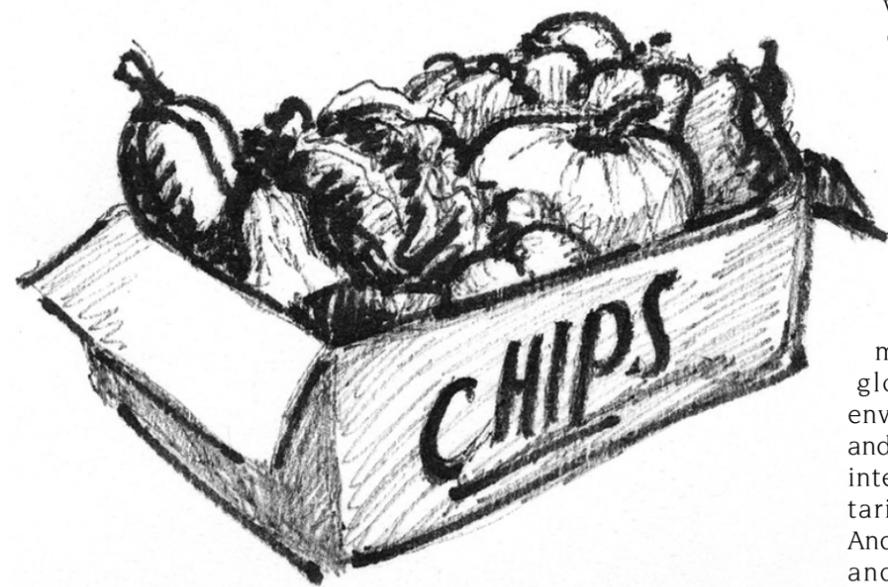
The truly interesting and remarkable thing about the Action Center is the voice it gives, through audiovisual exhibits, to hundreds of people who are seldom heard from or listened to. While it is important to listen to experts like Mr. Patel, ordinary men and women from around the world provide another perspective on the many community-building projects under way across the globe. And despite the many

distressing things one learns at the Action Center for example that since 1970 — the rate of climate change is three times the average rate of the last century, a phenomenon that destroys crops, agricultural land, livestock and fisheries and exacerbates hunger, poverty and deprivation—a takeaway is that ordinary people taking action to help themselves can make powerful changes in their communities and in the world.

In this respect, the Action Center very much mirrors what we hope to achieve with the Brooklyn Food Conference. We want it to empower attendees to take local action for global change. That's why we gave it that name.

The Action Center to End World Hunger is located at 6 River Terrace in Battery Park City, New York, NY 10282. To find out more, visit its website at [www.actioncenter.org](http://www.actioncenter.org), phone 212-537-0511.

*This article is part of a series of articles 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 global hunger and sustainable food systems. This event is cosponsored by the Park Slope Food Coop, Caribbean Women's Health, Association, and Brooklyn's Bounty. To get involved, make a contribution or find out more, please check out our new website, [www.brooklynfoodconference.org](http://www.brooklynfoodconference.org) or email us at [info@brooklynfoodconference.org](mailto:info@brooklynfoodconference.org). ■*



ous articles or advertisements in this paper. But you may not know that the organizers have lined up journalist and author Raj Patel as one of the keynote speakers. Last year he released an important new book, paradoxically titled *Stuffed and Starved: The Hidden Battle for the World Food System*, that provides an in-depth analysis of how our global food system is badly out of whack.

True to the title, Patel explains that starvation in some parts of the world and epidemics of obesity in others are not opposite phenomena, as one could reasonably assume, but rather have the same root causes, namely the entire system of global food production, distribution and sale. And while an in depth explanation requires that you read the book, my Cliffs Notes-version is that it has a lot to do with international trade policies and subsidies to agribusiness that produce corn (much of which is converted into corn syrup, a main ingredient in many junk foods) and other commodity crops.

cases by poverty and food policy, most of us can be excused for not understanding the connection. The Brooklyn Food Conference hopes to show some of the other less visible interconnections between our current food system and public health, global warming, the economy and sustainability.

But you should not wait until May 2, 2009 to hear from Patel about the situation in South Korea, Uganda or Brazil. You can learn a great deal about hunger in Africa, Asia, Latin America—or New York City for that matter—right now by visiting the Mercy Corps Action Center to End World Hunger located across the street from the Irish Hunger Memorial in Battery Park City (commemorating the Great Irish Famine of 1845-1852).

For example, I was reminded that, unfortunately, famine and hunger did not end in the 19th century. In the 21st century, more than 850 million men, women and children face food insecurity, more than the combined populations of the United

## Board of Directors Election

### The General Meeting & the Board of Directors

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

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

### Duties of the Directors

The Board of Directors is comprised of five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the Board are expected to attend GMs monthly. They receive Coop work credit for their attendance.

The Board of Directors conducts a vote at the end of every GM whether to accept the advice of the members that night. Members of the Board are required to act legally and responsibly.

### Openings

We have two full three-year terms open this year.

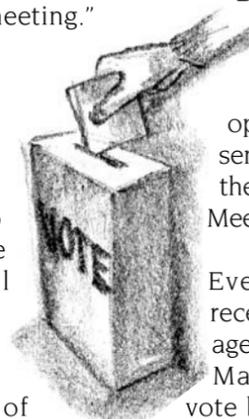
### Candidate Deadline

If you wish to place your name into nomination, you must declare your candidacy by Sunday, March 1. Please submit a statement of up to 750 words to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop). Please include a small photo for publication in the *Linewaiters' Gazette* and the member proxy mailing.

### Deciding and Voting

Candidates will have the opportunity to present their platform at the March 31 General Meeting.

Every member will receive a proxy package in the mail in late May. Members may vote by returning their ballot by mail or by bringing it to the Coop. Members may also vote at the Annual Meeting on June 30.



# WORDSPROUTS

The Park Slope Food Coop's Reading Series

## Memoir Writing Essentials with Paula Bernstein

Everybody has a story to tell, but most people don't know where to begin. This workshop will present an overview on the basics of memoir writing, including the technique of character development, description and narrative arcs. Bernstein will also discuss strategies for producing a book proposal and landing an agent.



Paula Bernstein is the co-author (with Elyse Schein) of *Identical Strangers: A Memoir of Twins Separated and Reunited*, which was published by Random House in October 2007. Featured on NPR, "Good Morning America" and "The View," *Identical Strangers* won a 2007 MS Society Books for a Better Life Award. A freelance writer, Paula's personal essays have appeared in *Redbook*, *The New York Observer* and other publications. Previously, she was a reporter at *Variety* and *The Hollywood Reporter*. She

teaches an online course in memoir writing for [mediabistro.com](http://mediabistro.com). Further details are available at her website, [www.paulabernstein.com](http://www.paulabernstein.com).

**FREE** Non-Members Welcome

All Wordsprout participants are Coop members.

Bookings: P.J. Corso, [paola\\_corso@hotmail.com](mailto:paola_corso@hotmail.com)

Thursday, February 19  
7:30 p.m. at the Coop

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

Thursday,  
Mar 5  
7:30 p.m.  
at the Coop



Susan Baldassano  
coordinator

## PARK SLOPE FOOD COOP

### Spice Up Your Life: The Power of Spices

Explore the medicinal and culinary power of five common spices: cinnamon, tumeric, ginger, cayenne and paprika. Come discover the healing attributes and intense flavor of these spices through simple and delicious recipes.

Linda Monastra is a graduate of The Natural Gourmet Institute who works as a freelance chef specializing in vegetarian and health-supportive cooking. Currently Linda works as a culinary instructor, private chef, food writer, and recipe developer for *Natural Health Magazine*.

#### MENU

- Spicy vegetable stew (vegan)
- Toasted chickpeas with paprika (vegan)
- Chai Tea
- Sauteed greens with cayenne (vegan)

#### \$4 materials fee

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

MEMBERS &  
NON-MEMBERS  
WELCOME.

Come early  
to ensure a seat.



# 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](http://www.foodcoop.com) or pick up an information card from the entrance desk.

## Bag, Jewelry, Accessory and Shoe Exchange



This exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can share items that have already been well loved? Reuse, renew, recycle.



**FREE**  
Non-members welcome



Saturday, March 7  
10:00 a.m. – 2:00 p.m.  
in the meeting room



#### To bring items for exchange:

- Do not leave things in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean purses, bags, shoes, jewelry and accessories that you are proud to be able to exchange with a new owner.



(Unchosen items will be donated to a local shelter.)



Experience the Thrills, Chills and Spills of the Park Slope Food Coop's **Adult Variety Show!**

Saturday  
March 7, 2009  
7:00 p.m.

at the Old First Church  
Carroll St. and Seventh Ave.

**REVEL IN THE UNMITIGATED TALENT STYLINGS OF:**  
 RICHARD ANTONE ★ NEIL BLONSTEIN ★ CHUCK BREEN  
 FANELLE COLETTE ★ TRACY FITZ  
 VINCENT AND LISA FRISARI ★ PHYLLIS GADSDEN  
 DORA AND WESLEY GRAY ★ CYNTHIA HILTS  
 ISRAELLA F. MAYERI ★ BRUCE MARKOW ★ DONALD MURK  
 KATHLEEN PAYNE A CAPELLA GROUP  
 LEE ROGAN ★ MARTHA SIEGEL  
 BARRY SIMPSON ★ THOMAS SMITH  
 ALBERT SOLOMON ★ NANCY SPITALNICK ★ JOAN STURGIS  
 JAMES SUBUDHI ★ WILLIAM (BILLY) THOMAS  
 MEKKA TIMBERLAKE

Admission \$10  
\$6 for children under 12 & limited income  
Refreshments will be for sale!

PRESENTED BY THE





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

[www.BrooklynFoodConference.org](http://www.BrooklynFoodConference.org)

On **Saturday, May 2, 2009**, the PSFC, Caribbean Women's Health Association, and Brooklyn's Bounty will co-sponsor an all-Brooklyn conference on the Politics of Food: Local Action for Global Change. We need hundreds of Coop members and lots of organizations to be our partners in this huge event!

Do you have experience in ...

**COMMUNITY OUTREACH** – Help us reach out to other community groups, including faith, health, environmental, hunger and homelessness, business, schools, unions, youth, and immigrant organizations. Also, if you are a member of a community group please help us to connect.

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

**CREATE AND ORGANIZE A PRINT PROGRAM** for the conference, recruit advertisers for support. Help us either recruit for the ads and/or help us layout and design the program.

**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.

**PUBLIC RELATIONS** – Marketing, outreach, press kits.

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

**PRINTING** – We need free or very low-cost printing. Have any connections?

**AIRMILES** or money to help bring keynote speakers to the conference.

**PLUS we need staff on the day of the event!**

Anyone with organizational skills and interest in food and food policy is welcome to join us!

Please send an e-mail with your name and area of expertise to the volunteer coordinator: [Lstoland@gmail.com](mailto:Lstoland@gmail.com).

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

**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, monocrops 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 [Lstoland@gmail.com](mailto:Lstoland@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](mailto:info@BrooklynFoodConference.org)  
[www.BrooklynFoodConference.org](http://www.BrooklynFoodConference.org)  
917-693-3155**

**The Environmental Committee has a blog!**

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



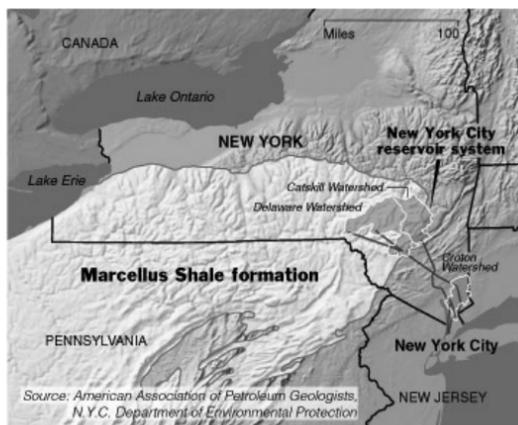
We're blogging about our activities at the Coop, as well as environmental events of interest at the Coop and beyond.

Find us at:  
<http://ecokvetch.blogspot.com/>

**FREE Non-members welcome**

**Saturday, March 21  
11:00 a.m.–12:30 p.m.  
at the Coop**

**Protect NYC's Watershed**



New York City's municipal water is considered among the best in the country and the world. Gas companies are currently vying for drilling rights in the City's upstate watershed. This presentation will discuss the threat such drilling may pose to our water supply, and what you can do to help protect it. Q&A will follow.

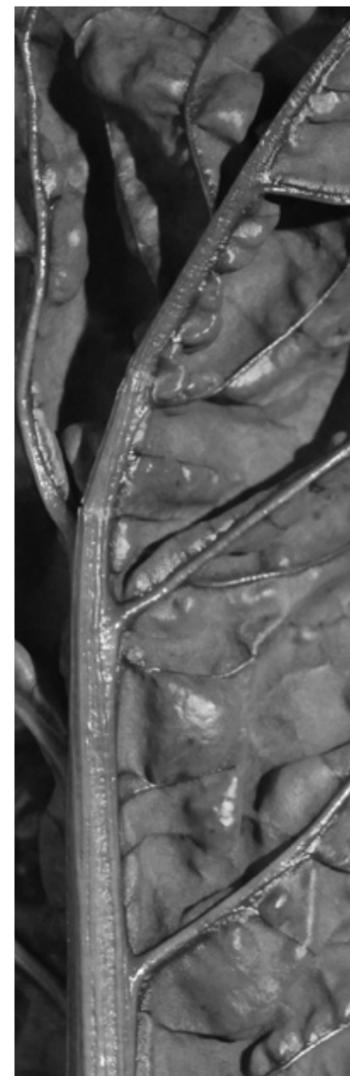
**Carolyn Zolas**  
Watershed Coordinator of the Sierra Club, Atlantic Chapter

**NYS Assemblyman Jim Brennan**  
co-sponsor of legislation to halt gas drilling in upstate NY

**Sponsored by the  
Park Slope Food Coop Environmental Committee.**

Visit us at <http://ecokvetch.blogspot.com>

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



PHOTOGRAPH BY KEVIN RYAN



**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](mailto: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  
Feb 20  
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

**Dayna Kurtz**

Producer, singer, guitarist and songwriter Dayna Kurtz has been touring the world for over a decade, from grand concert halls in Europe to house concerts in the American south. She's opened the shows on tours with such luminaries Richard Thompson, Rufus Wainwright, Richie Havens, Keren Ann, and Antony and the Johnsons. She's appeared on NPR's Morning Edition and All Things Considered, World Cafe, and the Mountain Stage, among others.

**Harmonic Insurgence**

In a world that spins erratically, it may seem mere mortals have scant control over their circumstances. Sometimes a seemingly unforgiving universe affords few tools to contest what is occurring. Of a plethora of weapons, we of Harmonic Insurgence have chosen song to celebrate life through a myriad of peaceful anthems. Through songs from Latin America, the Carribean, North America, Europe, and Africa, we demand freedom and justice. Gene Glickman's a cappella arrangements are shockingly powerful, mournful, sweet and joyous.

**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  
FEBRUARY 14  
10:00 a.m.–2:00 p.m.**

**Third Thursday  
FEBRUARY 19  
7:00 p.m.–9:00 p.m.**

**Last Sunday  
FEBRUARY 22  
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.



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**This Issue Prepared By:**

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Editor (production): Tioma Allison

Post Production: Becky Cassidy

Final Proofreader: Nancy Rosenberg

Index: Len Neufeld

WORKSLOT NEEDS

**Data Entry Project**

**Weekday evenings, Saturday or Sunday**

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 weekday evenings after 6:00 p.m. or all day Saturday or Sunday. Please contact Renee St. Furcy at 718-622-0560 or renee\_stfurcy@psfc.coop to arrange shifts.

**Cash Disbursed Bookkeeping**

**Monday, 6:00 to 8:45 p.m.**

Do you have neat, legible handwriting and like to work with numbers and calculators? You will be transferring information about checks

written from individual papers into our checkbook (cash disbursed journal) and adding it up. Attention to detail (especially working with numbers) is a must. A six-month commitment is required for this workslot. If you are interested, please speak to Renee St. Furcy, Monday through Thursday or email her at renee\_stfurcy@psfc.coop.

**Shopping Floor Set-up and Cleaning**

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

Are you an early riser with a love of cleaning and organizing? Work under the supervision of a staff person to set up and clean the shopping floor checkout stations. Must like to clean, be meticulous, detail oriented and able to work

independently. Great opportunity for someone who wants to work when the Coop is not crowded. Please contact Cynthia Pennycooke at cynthia\_pennycooke@psfc.coop or through the Membership Office at 718-622-0560.

**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

CONTINUED ON PAGE 15

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:**

Feb 26 issue: 7:00 p.m., Mon, Feb 16  
 Mar 12 issue: 7:00 p.m., Mon, Mar 2

**CLASSIFIED ADS DEADLINE:**

Feb 26 issue: 7:00 p.m., Wed, Feb 18  
 Mar 12 issue: 7:00 p.m., Wed, Mar 4

**General Meeting Info**

**TUE, FEB 24**

GENERAL MEETING: 7:00 p.m.

**TUE, MAR 3**

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the Mar 31 General Meeting.

**The Coop on the Internet**

[www.foodcoop.com](http://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, February 24, 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, FEB 14**

**PEOPLES' VOICE CAFE:** Rod MacDonald. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (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.

**FRI, FEB 20**

**SALLY FALLON**, author of "Nourishing Traditions," will speak on "The Oiling of America." Come learn the truth about cholesterol, heart disease and the benefits of traditional foods. At Nurture New York, 1123 Broadway, 12th fl. (@ 25th), Manhattan. \$15-20. 7-9 p.m. Ticket info: www.wprice-nyc.org.

**SAT, FEB 21**

**BOOK SALE:** Thousands of new & used books plus DVDs, videos, CDs, records & tapes. Prices start at 50 cents. Incredible bargains! Terrific Children's Corner! Park Slope United Methodist Church (6th Ave. at 8th St.). 8:30 a.m.-4:30 p.m. Donations needed. Drop-off dates and other details at www.parkslopeumc.org.

**PEOPLES' VOICE CAFE:** Sally Campbell; Adele Rolider\*. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (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.

**SUN, FEB 22**

**BOOK SALE (afternoon only):** Thousands of new & used books plus DVDs, videos, CDs, records & tapes. Prices start at 50 cents. Incredible bargains! Terrific Children's Corner! Park Slope United Methodist Church (6th Ave. at 8th St.). 12:30 p.m.-4:30 p.m. Details & more info at www.parkslopeumc.org.

**FREE CHAMBER MUSIC SERIES** featuring the Apollo Trio: Curtis Macomber, violin; Michael Kannen, violoncello; Marija Stroke, piano; and Maria Lambros, viola. Music of Haydn, Beethoven & Faure. At the Steven Dweck Center for Contemporary Culture (under the steps of the Brooklyn Public Library in Grand Army Plaza). 4 p.m.

**TUE, FEB 24**

**VOLUNTEER ORIENTATION:** Want to help a high school student graduate? Volunteer for just two hours a week in a local high school! Attend a volunteer orientation-refreshments included-at the Park Slope Public Library at 1 p.m. For more info, call Ricardo at 646-519-8375, email rlazo@learningleaders.org and visit www.learningleaders.org.

**BENEFIT READING** for PEN America: A Journal for Writers and Readers. Featuring André Aciman, Edward Albee, Anthony Appiah, Ron Chernow, Lydia Davis, Deborah Eisenberg, Nathan Englander, Janet Malcolm, Francine Prose,

Sarah Ruhl. Cooper Union's Great Hall, 7 p.m.: 7 E 7th St. \$15 admission, \$12 PEN Members/ students, \$50 admission plus reception. www.smarttix.com.

**SAT, FEB 28**

**PEOPLES' VOICE CAFE:** Colleen Kattau & Band; Barry Kornhauser\*. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (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.

**SUN, MAR 1**

**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, MAR 7**

**PEOPLES' VOICE CAFE:** Raging Grannies; Solidarity Sisters. At the Community Church of New York Unitarian Universalist, 40 E 35th St. (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.



**March 6 • 7:30 p.m.  
at the Coop**



**Two Short Films by Lynne Sachs**

**Georgic for a Forgotten Planet (11 min)**

When Sachs read Virgil's Georgics, a 1st Century epic agricultural poem, she knew immediately that she needed to create a visual equivalent about her own relationship with New York City. The film is culled from material she collected at Coney Island, the Lower East Side, Socrates Sculpture Garden in Queens, a Brooklyn community garden and a place on Staten Island that is so dark you can see the three moons of Jupiter.

**States of Unbelonging (63 minutes)**

A moving cine-essay on the violence of the Middle East created by exchanging personal letters and images with the filmmakers' Israeli friend Nir Zats. The core of this experimental meditation on war, land, the Bible and filmmaking is a portrait of Revital Ohayan, an Israeli filmmaker and mother killed in a terrorist act on a kibbutz near the West Bank. Without taking sides or casting blame, the film embraces Revital's story with surprising emotion, entering her life and legacy through home movies, acquired film footage, news footage, news reports, interview and letters.

Working against the grain of traditional documentary, **Lynne Sachs** makes non-fiction films, videos, installations and web projects that push the borders between genres, discourses, radicalized identities, psychic states and nations. Her films, which expose the limits of verbal language by complementing it with complex emotional and visual imagery, also include: *Which Way is East: Journals from Vietnam*; *Investigation of a Flame: A portrait of the Catonsville Nine* and *House-of-Drafts: A Bosnian-American web collaboration*. Sachs strategically situates herself in relation to her subjects and challenges conventional hierarchies of historical and political inscription. Her work has screened at the MOMA, Pacific Film Archive and the Sundance Film Festival as well as museums and alternative exhibition sites nationally and internationally. Lynne teaches experimental film and video at NYU.

**FREE  
Non-members  
welcome**

**Faye Lederman's** independent films include *Women of the Wall*, *The New Old Country*, *A Good Uplift* and *Hold the Soup*. She was a field producer on *Election Day* (POV 2008) and consulting producer on Judith Hefand's *Cooked* (in production). She has traveled extensively to facilitate workshops using her films, which have screened on PBS and in festivals, universities, museums, conferences and community/political organizations in the U.S., Europe and Africa. She served on the steering committee of New Day Films, is a member of the Jews, Religion and Media working group at NYU and has taught at the School of Visual Arts. Her work has been supported by NYSCA, NYFA, the Funding Exchange and the Puffin Foundation.

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



ILLUSTRATION BY LYNN BERNSTEIN



LETTERS TO THE EDITOR

**BOYCOTT ISRAELI PRODUCTS**

**HELLO,**  
I agree with a fellow Coop member regarding boycotting Israeli products to send a message with our buying power. I understand that some of my fellow members may not agree with that, so I suggest to put the issue on the next Coop monthly meeting for a vote. In the meantime, the Coop should print a list of products via *The Linewaiters Gazette*, which are made in Israel, so members like me who do care about this issue strongly have a choice not to purchase those items.

Peace and Justice for all.  
*Imrana Sayed*

**BOYCOTT AND DIVESTMENT**

**TO THE EDITOR:**

At the risk of opening up a can of worms even more contentious than the bottled water issue (!) I am inviting fellow Coop members to begin a discussion of the boycott and divestment of Israeli holdings, goods and products. I don't know enough of Coop history to know whether or not we ever got to the stage of protesting the policies of the apartheid regime of South Africa in this way but I do believe that serious consideration needs to be given to doing so now in light of the continued occupation of Gaza and this (most recent) ruthless war waged against its citizenry.

*In the spirit of cooperation and non-violent resistance,*  
*Carol Wald*

**INTERCOM CHATTER**

**TO THE EDITOR:**

Hayley Gorenberg's article in the January 1, 2009 issue of *The Linewaiters' Gazette* entitled "Living Out Loud at the Coop" prompts me to write this letter. I find the constant, incessant communication via the intercom paging system annoying and unnerving. I believe this system contributes to an already stressful shopping and working experience. I wonder how

many other members also feel this way and if there is some way we can modify the system and/or suspend most of the chatter while keeping communication lines open for really important and necessary announcements?

*Tom Rinaldi*

**WHO IS MINDING THE STORE?**

**TO THE EDITOR:**

Shopper beware, I purchased garlic powder to discover that the end of the plastic bag was tucked neatly into the label. Looked good but it really does not work, especially if you are putting in a glass spice jar. If you want the garlic all over the counter except the jar. Thought why do this? It does not work, is there no supervision in Food Processing at all. Are there any standards in this area, or is everyone just doing their own thing??

*N. Cohen*

**SEVENTH GENERATION PRODUCT CHANGE**

**DEAR EDITORS:**

I noticed after purchasing the 12-pack Seventh Generation toilet tissues that it is no longer a total of 600 square feet but is only 498.6 sq. ft. While I don't have the old cost I doubt that the price was reduced proportionately. Members need to watch for this type of change.

*Stewart Pravda*

**CLOCKSTER**

*Complaints are piling up about lawyers' pricey billable hours.— news item.*

If forced by recession to give up his billable,  
Which enables the lawyer to have his fillable,  
He can always retain a by-the-hour fee  
By punching a time clock in a factory.

*Leon Freilich*

**LETTERS POLICY**

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

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

You may submit on paper, typed or very legibly handwritten, or via email to [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop) or on disk.

**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.

**Puzzle Corner**

**Split Pairs**

Can you name the other half of these notable romantic couples?

<p><b>ACROSS</b></p> <p>3 Robin Hood 6 Morticia 7 Delilah 9 Ken 11 Clyde 12 Bacall 13 Cher</p>	<p>15 Eve 17 Nora 19 Brad 20 Westley 22 Jane 23 Ricky 24 Greg 25 Scarlett</p>	<p>26 Minnie 29 Popeye 30 Odysseus 31 Dagwood 32 Helen</p>	<p><b>DOWN</b></p> <p>1 Marge 2 Fred 3 Carrie 4 Juliet 5 Antony 8 Fred 10 Darcy 12 Beast 14 Bill</p>	<p>16 Jane 17 Josephine 18 Orpheus 21 Rick 22 Lady 27 John 28 Clark</p>
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For answers, see page 16. This issue's puzzle author: *Stuart Marquis*

# NOFA-NY 2009 Conference: January 23-25

## Local grains, anyone?

By Marion Stein

I was privileged to participate in the New York North East Organic Farming Association's annual conference again this year. We met in Rochester, NY, a cold but vibrant city near many of New York State's organic farms. This year's theme was: "Meals Without Wheels Revitalizing: Our Local Organic Foodshed."

"Foodshed" refers to the area from which food comes. It may include products from several political jurisdictions adjacent to one another. For example, in the western corner of New York State, the foodshed would include the northwest parts of Pennsylvania and perhaps nearby parts of Ontario, Canada. Pick a spot and draw a circle around it, that's your local foodshed. At the PSFC, our circle has a 500-mile radius. Some say that 100 miles radiating from your location is a truer local foodshed. The foodshed idea builds awareness of where our food is coming from.

It was exciting to learn that some New York farmers have added grains to the mix of products they raise. I attended two sessions on a new endeavor called NOW, The Northeast Organic Wheat Project. The first session, entitled "Growing Your Own Bread: Wheat from the Northeast," was moderated by Elizabeth Dyke, director of seed trials for Cornell. The speakers were grain growers in New York State and bakers using these grains. A hundred fifty years ago, New York State was an important grain-growing area. These ambitious farmers are bringing back this heritage.

The website for this project is [www.growseed.org/nw.html](http://www.growseed.org/nw.html).

There you will find a full explanation of this

project. When I asked Elizabeth, why grow wheat in New York State when the breadbasket of the country is in the Midwest, she said that wheat is healthier when it is used as close to milling time as possible. When wheat is shipped from a great distance, it loses some of its nutritional value. In addition, the NOW project is bringing back varieties of wheat that haven't been grown in many decades. Presenter Don Lewis, the proprietor of Wild Hive Farm Bakery in Millbrook, NY, gave me a good idea of the many benefits of eating bread baked from locally grown and milled flours. He mills flour from grains grown on nearby Lightning Tree Farm. A September 10 article in the *New York Times* talks about Don Lewis and his grain suppli-



er, Alton Earnhart. The writer praises bread made with these locally grown grains. Perhaps here at the PSFC we could sample some of these breads. Don Lewis said that we could purchase his flours in bulk. I'll speak to our bulk buyer about trying out these grains.

As with all matters, this one has a political

side. Large grain growers are feeling threatened by this effort and have been doing things to undermine the NOW efforts. Elizabeth Dyke also remarked on the importance of being self-sufficient in these times of energy instability. If we can get a commodity as basic as flour from 100 miles away, why rely on grains from 2,000 miles away? It's something to think about.

The second session was a demonstration using homegrown grains in the kitchen. Members of the Martens family ground wheat in a small tabletop stone mill immediately before using the flour to make pasta and flatbreads. The taste of these products, made from a variety called "emmer," was superb and the pasta had a firm texture. The flatbreads we sampled were made from spelt and were equally tasty. The mill used was the Fidibus 21 mill. It is a handsome tool quick to use and creates little or no dust. It is available for sale from this website, [www.naturaleurope.com/ne/home/komo/komo\\_grain\\_mills.html?id=KkUYX4nQ](http://www.naturaleurope.com/ne/home/komo/komo_grain_mills.html?id=KkUYX4nQ).

I've mentioned only two of the dozens of sessions offered at the conference. It's always exciting to see the energy that fills a room with 800 to 1,000 organic farmers. Who would have thought only two years ago when the conference attracted 300 to 400 people that we would be seeing this explosion of interest? It is truly heartening to us for whom the source of our food is so important. Maybe you'll come next year too?

In the next issue, I will tell you about the keynote address at this year's conference given by Fred Kirschenmann, Distinguished Fellow at the Leopold Center for Sustainable Agriculture at Iowa State University. His talk was a virtual outline for a graduate seminar on Food Policy for the 21st century. ■

### Member Contribution

**Friday, February 13**  
7:00 p.m. at the Coop

**FREE**  
Non members Welcome

## Couples Need Community

CELEBRATE VALENTINE'S DAY!

Couples' relationships flourish and grow with support from other couples in committed relationships. You can experience your relationship from a new perspective with other couples who want to deepen their connection.

Why should you participate?

- Renew or reignite your love and connection with your partner.
- Meet other couples who want to grow their relationships.
- Normalize your relationship issues.
- Have fun with other couples!

We will explore:

- impasses in relationship
- deepening communication skills
- behavior patterns formed in childhood
- re-romanticizing relationship
- spirituality
- sex, passion, and intimacy
- fun in your relationship

\* It makes sense that you might be reluctant to disclose intimate aspects of your relationship. No one is required to share with other group members. You will participate according to your needs and preferences.

Coop member Margo Steinfeld, LMSW, MA, CGP, is a certified Imago Relationship Therapist (based on the work of Harville Hendrix, Ph.D., author of *Getting the Love You Want*), a certified group therapist, and a certified Focusing Trainer. She specializes in the art of relationship and communication skills with a focus on connection. She has integrated her work into her own marriage and is skilled in helping couples develop deep, committed, and successful partnerships. Margo has a private psychotherapy practice in Park Slope, Brooklyn, working with individuals, couples, and groups.

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

**Saturday, February 14**  
10:30 a.m. at the Coop

**FREE**  
Non members Welcome

## Japanese Workshop for Beginners

This one-and-a-half-hour workshop is academic and practical. It guides you to the outline of Japanese as a language, featuring the following:

- Grammatical structure
- Sound and pronunciation
- Polite, respectful, humble, casual expressions
- Writing

The goal is that every participant can greet and introduce themselves in Japanese and write their names in Japanese.

Coop member Asao Teshirogi is a Brooklyn-based journalist, writer, and a certified Japanese teacher who has been tutoring Japanese in New York for more than six years. She has passion to introduce New York life to Japan and has covered the PSFC many times as a journalist. Now she has realized another mission to introduce Japan to Brooklyn.

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

# Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

Holding on to feelings of hurt, guilt, resentment, blame, anger and the need to punish binds up a lot of your own energy and keeps you locked in the past, instead of being fully present.

The Forgiveness Process allows you to release these negative feelings and completes your own healing.

LEARN TO:

- Forgive yourself and others
- Focus and use the power of unconditional love
- Align your head and your heart
- Use the power and energy of love to relieve stress
- Participate in a group unconditional love meditation

Moraima Suarez is a Coop member, certified Holoenergetic® Healing Practitioner, certified Bowen Therapist, and Reiki practitioner. She has studied and practiced the healing arts for over 20 years and her healing practice in the Park Slope vicinity.

**FREE**  
Non-members welcome

**Saturday, February 14**  
2:00-4:00 at the Coop

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

**Saturday, February 14** **FREE**  
**6:00 p.m. at the Coop** Non members Welcome

## Intending a Partner

Letting the Field be the Matchmaker Within

This hour-long presentation is guaranteed to inform, enlighten, and entertain as it offers an inside peek into how we create our reality in the world by the beliefs that we harbor, wittingly or unwittingly.

The adage, "Marriages are made in heaven" expresses a specific instance of a general spiritual truth that the knowledge, vision, resources, and efficiency of human will are profoundly limited. How often have we "made something happen" through exerting our will, only to find it wasn't at all what we expected? This remarkable talk offers a way to free ourselves from having to find a partner, and tap the creative genius of the Field, for this and any other fulfillment we desire.

Coop member **Gili Chupak**, a Field Center Certified Facilitator, has been exploring the idea that we create our reality for well over a decade. He has been practicing various forms of Tai Chi and meditation since 1995. He offers Certified Facilitating services to individuals, couples, families, and organizations. This quick, gentle, and powerful method helps clear inner contradictions, which are the cause of suffering in various forms.

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

**Sunday, February 15** **FREE**  
**12:00 at the Coop** Non members Welcome

## ANCIENT FOODS, ANCIENT WISDOM

Using Traditional Foods to Create Vibrant Health for Adults and Children

In this workshop, we will discuss what traditional foods are and why they are so essential to our health and well-being, as well as for pregnancy and growing children. These traditional foods include enzyme-enriched foods, mineral-rich bone broths, animal fats, and properly prepared whole grains.



We will cover the pioneering work of Dr. Weston A. Price, his study of healthy traditional communities, and the underlying factors in a variety of traditional diets that conferred beauty, strength, and freedom from disease.

Come learn how to integrate traditional foods and preparation techniques into your diet, for vibrant physical and mental health.

**Angela C. Davis** is a holistic health counselor, with a private practice in Ft. Greene, Brooklyn. She is a member of the Coop and Clinton Hill CSA, and the Brooklyn chapter leader of the Weston A. Price Foundation.  
**Claudia Keel** is an herbalist and flower-essence therapist, with a private practice in Union Square. She is also the co-founder and president of the Traditional Nutrition Guild, a nonprofit buying club for traditional foods in metro New York and the New York City-chapter leader of the Weston A. Price Foundation.

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

**Friday, February 20** **FREE**  
**7:30 p.m. at the Coop** Non members Welcome



Avatar Adi Da Samraj



## The Enlightenment Of the Whole Body

Students speak of their teacher, Avatar Adi Da Samraj, considering the process and the nature of enlightenment and reality.

Richard Hart presents the work of Adi Da Samraj, born in the West, who points to the possibility of a life based in reality, beyond the opposite points of view of East and West.

Documentary will be shown, with discussion to follow.

**Richard Hart**, Coop member, established one of the first health food stores in NYC, works in nutritional counseling, and is a student of the World-Friend, Adi Da Samraj.

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

**Saturday, February 21** **FREE**  
**10:00 a.m. at the Coop** Non members Welcome

# GIVE YOURSELF A TAX CUT!

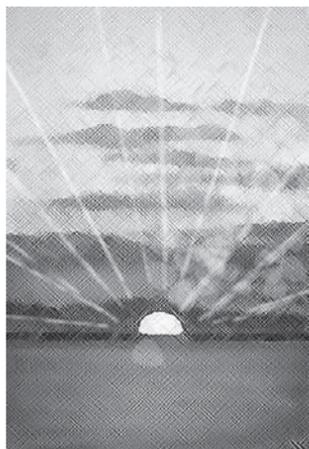
Homeowners, Students, Parents, Grandparents, Small-Business Owners

Jenifer Lee is a CPA, CFP®, and MBA and a Coop member.

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

**Saturday, February 21** **FREE**  
**1:00 p.m. at the Coop** Non members Welcome

## What Can Life Coaching Do For You in 2009?



### Life Coaching can:

- clarify life goals;
- teach you how to avoid blocks;
- help you take concrete steps toward a more fulfilled and happy life;
- learn to live a life aligned with your unique gifts and talents.

In this experiential workshop you will discover some of life coaching's unique techniques for personal and professional growth. Come prepared to examine and play with a key issue in your life.

Please come to this workshop on time. Anyone arriving more than 15 minutes late will not be admitted.

**Mina Hamilton** is a Certified Life Coach, author, yoga teacher, and yoga therapist. Her book, *Serenity To Go: Calming Techniques for Your Hectic Life*, has been translated into five languages. She has an MA from Harvard University.

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

## ENHANCING FERTILITY NATURALLY:

A CHINESE MEDICINE APPROACH WITH LARA ROSENTHAL, L.A.C.

### UNDERSTANDING FERTILITY:

- The energetics of reproduction
- What our grandmothers never told us: reading our body's signals

### OBSTACLES TO FERTILITY:

- Chinese medicine patterns of imbalance
- "Unexplained infertility" explained

### IMPROVING THE ODDS:

- Nutrition and lifestyle choices for your body type
- Tilling the soil: preparing the body for the rigors of pregnancy

### WORKING WITH ASSISTED REPRODUCTIVE TECHNOLOGIES:

- Eastern and Western approaches side by side

**Lara Rosenthal** is a Licensed Acupuncturist and Board Certified Chinese Herbologist. She maintains a private practice in Manhattan specializing in Women's Health and Fertility and works at the NYU Hospital for Joint Diseases' Initiative for Women with Disabilities. She has a B.S. in Biological Sciences from Stanford University, is fluent in Chinese, and studied and worked in Taiwan for three years. She is a faculty member at Pacific College of Oriental Medicine and a Coop member.

**FREE**  
**Non-members welcome**

**Sunday, February 22**  
**12:00 p.m. at the Coop**

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

**Tuesday, February 24** **FREE**  
**7:00 p.m. at the Coop** Non members Welcome

## Auricular Acu-Pressure

It's relaxing and does not require the use of needles to be effective.



Auricular therapies are used successfully by acupuncturists for stress reduction, smoking cessation, and weight loss. This complete healing system can also treat symptoms or pain anywhere in the body.

Come learn more about ear acu-pressure in this informative workshop.

**Ann Reibel-Coyne** is a NYS-licensed acupuncturist with more than 15 years of experience in Chinese medicine. She has studied classical acupuncture from renowned Taoist priest and teacher Jeffrey Yuen. She is a Food Coop member and lives in Park Slope with her husband and son.

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

**Friday, February 27** **FREE**  
**8:00 p.m. at the Coop** Non members Welcome

## THE NOW FILM SERIES presents

### 24 Hours on Craigslist

What is the internet, anyway? The idea probably makes you think of huge corporate sites like Yahoo, Microsoft, Amazon, and (gasp!) even MySpace. These giant, multi-billion-dollar companies spend millions and employ tens of thousands of people worldwide in an effort to get your attention and money.

But did you know that there's a Web site run by only 22 people in San Francisco that, despite never having paid a single penny in advertising,

• Is responsible for billions of dollars of interpersonal commerce — more than any other stop on America's internet?

• Provides the majority of housing and jobs for the nation's urban population?

• Has hooked up more people than ALL other dating sites combined?

• Has grown in Web traffic 100% per year since its creation more than a decade ago?

• Is 99.99% FREE to use and 100% FREE of banner ads, pop-ups, or any other annoying internet advertising, which you are probably seeing out of the corner of your eye at this very moment?

It's all true, and it's called [www.craigslist.org](http://www.craigslist.org).



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

**Saturday, February 28** **FREE**  
**11:00 a.m. at the Coop** Non members Welcome

## Get the SKINNY on FAT

Does fat scare you? Confuse you? Taunt you? Come face your fears. This course will show you how to have a smart, happy, and healthy relationship with the most notorious of nutrients. We'll learn the difference between "good" fats and "bad" fats and what is so terrible about trans fats. Need some ideas to reinvigorate your cooking? Curious what the latest research says about the Mediterranean, low fat, or Atkins diets? Come learn what it all means and why it matters to you.

**Laura Friedman** has been a Coop member since 2006. She is a registered dietitian and holds a Masters of Science in Clinical Nutrition from NYU. She currently works in research at Columbia University and has a private practice in Brooklyn.

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



**Saturday, February 28** **FREE**  
**2:00 p.m. at the Coop** Non members Welcome

## Living with Loss

With Suzy Lieber, LCSW



Resolving grief has profound transformative benefits. Move beyond mourning and reclaim your passion for life.

Grieving is a life-long process, whether it is:

- Death of a Loved One
- Loss of Health
- Divorce
- Loss of a Pet
- End of a Relationship
- Loss of Dreams



Explore normal grief reactions and the stages of bereavement. Identify common pitfalls.

Learn effective strategies for coping and grief recovery. Find support and resources.

Suzy Lieber, LCSW, is in private practice in Prospect Heights, Brooklyn, and midtown Manhattan. She holds a Certificate in Psychoanalytic Psychotherapy from the Post Graduate Center of Mental Health and has training in group psychotherapy from The American Society of Group Psychotherapy and Psychodrama.

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

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

## Welcome to 21st Century Medicine

What if there were a simple test that would determine, whether your antioxidant and other supplements are really reducing your free radical levels?

What if you could merge the best of Western and Eastern philosophies?

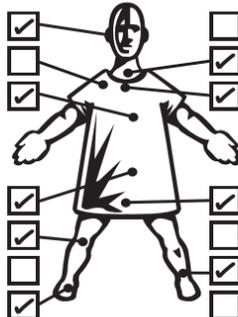
What if there were a simple way to determine if the foods you eat are good for you?

Welcome to 21st century medicine.

Bring your favorite food, bring your antioxidants, and bring yourself!

Presented by Coop member Jeffrey Goodman, ND, and Monique Binford, NP.

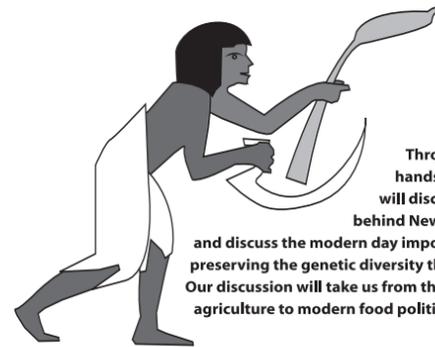
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop



**Saturday, March 7** **FREE**  
**6:30 p.m. at the Coop** Non members Welcome

## SAVING SEEDS THE TRUE FOOD SECURITY

Every seed has a story. Whether grown by native peoples or brought from abroad by immigrants, heirloom vegetables, herbs, and flowers that we eat, savor, and enjoy come with unique genetic and social histories.



Through slides and hands-on activities we will discover the stories behind New York heirlooms and discuss the modern day importance of preserving the genetic diversity they hold. Our discussion will take us from the dawn of agriculture to modern food politics.

Coop member Philip Botwinick is the Executive Director of Local Energy Solutions, a project of the Five Borough Institute, a Not For Profit organization that educates and empowers people on the issues of energy, economics, food, and community building. Co-presenter Ken Greene is part of the seed saving panel of the Coop's Food Conference in May. He is co-founder of Hudson Valley Seed Library, a small seed company that produces organically grown seeds and fosters a regional seed-saving community.

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

**Sunday, March 8** **FREE**  
**12:00 p.m. at the Coop** 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

## Past Life Regression Through Hypnosis

WITH JEFFREY T. CARL, CHT.

DO YOU HAVE THE FEELING THAT YOU HAVE LIVED BEFORE?

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

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

Well there might be an explanation for this.

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

Relax and take a journey within.

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

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

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

**FREE** **Friday, March 13**  
**Non-members welcome** **7:30 p.m. at the Coop**

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



## Helping Feral/Outside Cats: Trap-Neuter-Return

WITH JESSE OLDHAM

Do you want to help your neighborhood cats? Please join us for a comprehensive workshop on why trap-neuter-return is the healthiest and most humane choice for feral cats.



We will speak about the trap-neuter-return process, feral nutrition, advocacy, socialization, spay/neuter options, winter shelter and cold-weather caretaking tips!

All attendees will get a proof-of-attendance card enabling them to borrow traps from a number of area trap banks.

Jesse Oldham, a PSFC member, has been an animal welfare advocate for 13 years. She is the founder and President of Slope Street Cats and is on the NYC Feral Cat Council.

**FREE** **Saturday, March 14**  
**Non-members welcome** **1:00 - 4:00 at the Coop**

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

**Sunday, March 15** **FREE**  
**12:00 at the Coop** Non members Welcome

## Ayurvedic Nutrition for Kapha Season

The wisdom of Ancient India teaches us that an ideal diet is different for everyone, and also changes according to the season. As winter approaches, Ayurveda teaches us to use warming foods and spices for balance.

This workshop covers the basics of Ayurveda, with a focus on nutrition and balancing recipes for winter.

Namaste!



Deborah is an Ayurvedic and Living Foods nutritionist in Park Slope. She is a graduate of Harvard University and the European Institute of Vedic Studies and has worked internationally as an Ayurvedic Massage Therapist. She is a long-time Coop member and proud momma to happy baby Theo.

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



**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.

**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.

**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 NONCOMMERCIAL**

**LEATHER COUCH FOR SALE.** 72" brown leather couch and ottoman bought from ABC-Dumbo 4 yrs. ago

in mint condition. \$500.00. Email ellengurz@gmail.com.

**PETS**

**CAT FOR ADOPTION.** 7 month old male. All black with yellow eyes. Handsome, friendly (purrs when held), sociable, neutered, healthy, all shots, great companion, free to good home. Call 718-859-2510.

**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—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.

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

**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/citywide HS. Joyce Szuflita 718-781-1928. www.nycschoolhelp.com.

**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.

**WRITING COACH/EDITOR/PENGUIN AUTHOR.** Nurturing but whip-cracking, well-connected, well-published and energetic author will help you unleash the true fabulosity in your projects and bring them to fruition in the real world before drink or depression destroy your nerve! Sessions in person (Brooklyn or Manhattan) or by phone: 212-841-0177. jilldearman@gmail.com; www.bangthekeys.com.

**SERVICES-HEALTH**

**HOLISTIC DENTISTRY** in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen Goldberg provides comprehensive, family dental care using non-

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**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 TO SUIT YOUR NEEDS AND YOUR LIFESTYLE.** Helen Wintrob, Ph.D., licensed Psychologist and trained family therapist will accept insurance including GHI, Oxford, Aetna, Blue Cross/Blue Shield. Park Slope Office. Evening and weekend appointments. 718-783-0913.

**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 . Lida Nagel, Ph.D.. 718-788-9243.

**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.

**To Submit Classified or Display Ads:**

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

Submission forms are available in a wallpocket near the elevator.

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PHOTOGRAPH BY KEVIN RYAN

**WORKSLOT NEEDS**

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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.



**WELCOME!**

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

Zipa Q. Acosta	Kristin Cartee	Kathy Foulise	Eric Holthaus	Guillermo Martinez	Ralph Russo	Poonkulali Thangavelu
Mary Agard	Frederic Catherin	Misti Freeman	Cathy Hundt	Patti McCabe	Jean-Marc Saint Laurent	Brett Tolley
Anna Amadei	Aiko Chikaba	Emily Friedman	Janet Hurt	Caroline McKeown	Brian Sakonchick	Danielle Tolley
Erin Amato	Nicole Cloutier	Sam Fuller	Najati Imam	Robin Mcluen	Juan Salazar	Arturo Torras
Chris Artis	Kenneth Collins	Regina Gallego	Craig Inciardi	Rosalie McManis	Nikola Savic	Robert Trujillo
Paula Azevedo	Laura Comerford	Cynthia Gamble	Joan Inciardi	Chloe McPhillips	Selma Scheewe	Anya Ulinich
Robin Bady	Cirstin Conneely	Ronald Gamble	Dody Israeli	Ryan Meagmer	Laurent Serog	Abigail Umstead
Jim Baker	Peter Conneely	Samantha Gamble	Claudius Johnson	Pamela Means	Cara Shembri	Alina Vaisfeld
Edo Banach	Dean Conner	Tawanda Gamble	Tara Johnson	Diana S. Mendoza	David Sherrin	Emily Van Eck
Elizabeth Banach	Greg Costikyan	Brian Garcia	Tsanya Johnson	Jessica Morris	Sharon Shoenfeld	Jason Vance
Shira Bannerman	Judd Counsell	Rachel Geiger	Mary Jose	Cassie Murdoch	Ariella Sidelsky	Danielle vanGeuns
David Barker	Kathryn Counsell	Daniel Glaser	Seiko Kamiya	Sarah Nager	Karen Sideman	Jason Walker
Jemile Bata	Marco Cousins	Elizabeth Goodman	Terrence Kavanaugh	Autumn Bree Neumann	Miriam Siegman	Anne Washburn
Christine Beardsley	Elise Dahan	Cali Gorewitz	Michael Kenney	Donna Noble	Jennifer Skees	Jodi Weiser
James Beck	Anna Daugherty	Antonia Green	Margot Kent	Monika Oleksiejuk	Natasha Skogerboe	Kayla Wexelberg
Gary Belcher	Robert DeAmbra	Tracy Grigus	Seija Koski	Miriam Pantojas	Sally Slavinski	Jennifer Wilson
Emma Bellamy	Richard Deeran	Jennifer Gubitz	Paulina Kubiak	Bre Pettis	Tatsiana Slesarevich	Amber Winick
Patrick Borelli	Nigel DeFriez	Victoria Haken	Liz Lake	Kevin Phillips	Fred Soffa	Amanda Wofsy
John Boutwell	Alexandra Derien	Bill Halliwell	Staci Leatherland	Carlos Pierre	Stephanie Speaker	Jay Wofsy
Nathaniel Browand	Lea C. Dias	Megan Hamilton	Meredith Ledlie	Varda Pierre	Rachel Spector	Kimberly Wolff
Nicole Browand	Elisabeth Donnelly	Kimberly Harty	Charles Lee	Veronica Price	Helen Spruill	Dan Wonderly
Kate Brown	Virginia Dotson	David Hassing	Giselle Lee	Joanna Prisco	John Squires	Charles Yust
Ebboni Bryant	Jennifer Doyle	Fryske Helms	Kelly Lignos	Sarah Resnick	Marie J. St. Hilaire	Bec Zajac
Will Budreau	Micah Effron	Heather Henninger	Joyce Lumpkin	Thomas Rigney	Christopher Standish	Ofer Ziv
Patti Buffolano	Kendall Eskine	Theresa Hernandez	Brent Lyman	Francis Robert	Stephanie Stein	
Thomas Buffolano	Noemie Fargier	Andriana R. Herrera	Jesse Lynch	Jerami Robins	Samantha Storey	
Kate Bussmann	Daniel Fetewia-Soto	Michelle Hewryk	Kirsten Lynch	Mireille Roc	Anna Strelis	
Aja Calvitti	Melissa Fleischman	Olexa Hewryk	Elizabeth Lyngholm	Emily Rosen	Mayssa Sultan	
Alexander A. Campaz	Ann Foulise	Jennifer Holmes	Alex Mallett	Emily Rubin	Kumiko Terao	

**THANK YOU!**

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

Ryan Andersen	Jason Cortlund	Eva Garriga	Sarah Kermensky	Michael	Penny Reed	Peggy Stafford
Aviva Zakarin Angel	Windsor Cousins	Crystal Gaudio	Emily Kerzin	Naomi Moland	Alex Rich	Marion Stein
Sanam Aarabi	Andrew Crane-Droesch	Nell Geiser	Lisa King	David Moore	Grace Rollins	Christina Stewart
Molika Ashford	Isabel Cruz	Benjamin Goldman	Kate Kirby	Tom Moore	Ivice Rose	Dan Stillman
Julia Bacha	Talmie de Shimadai	Mari Keiko Gonzalez	Robert Kirby	Ella Nemcow	Jesse S.	Julia Stone
Susan Bennett	Debra	Anna Gravina	Jena La Flamme	Sarah Nunberg	Mari Sakaji	Sarah Thomas
Bilen Berhanu	Rimjhim Dey	Jillian Greenberg	Ada Leaphart	Katherine Nutter-Upham	JoAnn Santangelo	Shastine Van Vugt
David Bernstein	Jessica DiCicco	Victoria Grimshaw	Grace Lee	Kierie P.	Francesco Saviano	Lisa Ward
Fletcher Boote	Kelly Dolak	Rebecca Guber	Chloe Leichman	Pratikshya Patil	Brandon Seabrook	Sarah Wefald
Summer Brennan	Cecile Dyer	Yvonne Guest	Lisle T. Lewis	Dan Pepitone	Melea Seward	Mona Weiner
Isa Brito	Stephen Eriksson	Svetlana Guney	Sara Luria	Heather Phelps	Jonathan Sharp	Michael Williams
Nicole C.	Zoya Eydelman	Andrew Harmon	Jenny Lynch	Grace Piper	Emiko Shinozaki	Saasha Wilson
Olivia Canter	Emily Flynn	Lillian Hope	Sophia M.	Adrienne Piras	Zachary Singer	Marva Wiltshire-Sealy
Yoon Choi	Shannon Forman	Leah Howe	Colleen Macklin	Kim Pistone	Nicole Sisco	Sam Withrow
Claire	Madeline Fox	Diana J.	Ellie Maiorana	Jennifer Polk	Andrew Sloat	Lan Wong
Gerald Clarke	Erin G.	Priyanka Jacob	David Marangio	Ariel Poster	Len Small	Zack
Evan Cohen	Silvio Galea	Rita K.	Donette Marion	Brigitte Prat	Amy Socolow	
Laura Colby	April Garipey	Shawna Kent	Sharon McNamara	Karen Raphaeli	Helen L. Spiegel	

**The Fun Committee Needs You!**

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

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

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

All interested members, please e-mail Len Heisler at [heislerlen@yahoo.com](mailto:heislerlen@yahoo.com).

**Puzzle Answers**

