

LINWAITERS' GAZETTE

Established
1973



Volume II, Number 5

March 6, 2014

Why Supplements?

By Alison Rose Levy

The Coop's supplement aisle, located opposite the main checkout line, is a haven for some, a mystery to others, and a bit of a maze for purchasers simply because it is so hard to organize such a diversity of different categories (vitamins, minerals, herbs, probiotics, cold remedies and essential oils) in such a relatively small space. Why a haven for some? Because the Coop supplies a decent selection of many of the most basic and frequently used items at a lower price than many health food stores. And why a mystery to others? Because many people question the need for supplements, or wonder whether or not they are truly effective.

Show Me the Science

Is there a bona fide need to add nutrients beyond what we get from food? Well, according to Barbara Dossey, RN who trains nurse health coaches internationally, that depends on a range of factors, including age, presenting symptoms, health condition, family history, genetic predisposition, prior ailments, stress levels and health and longevity goals.

Many factors in our world and daily lives affect us—and the body responds. For example,

a recent study showed that children who grow up in stressful homes have lowered immune function, which can lead to a range of lifelong health problems. In addition, if people have certain health issues, such as weight gain, depression, fatigue, digestive complaints, allergies, asthma, migraines, blood sugar problems or others, they may have more specific needs for particular nutrients that can help restore biochemical pathways or support organ system function, depleted or imbalanced by poor diet, stress, lack of exercise or toxic exposures.



ILLUSTRATION BY DEBORAH TINT

Modern life entails exposures to a host of substances our ancestors never had to cope with: particulate matter from traffic, organophosphates from pesticides and air pollution, endocrine-disrupting chemicals (BPA and many more) found in consumer products, and carcinogens in industrial activities that contaminate water, air and earth. As a result some people benefit from additional nutritional support for the biochemical pathways tasked with eliminating these toxins.

For example, the body has natural detoxification organs and pathways. But modern life entails exposures to a host of substances our ancestors never had to cope with: particulate matter from traffic, organophosphates from pesticides and air pollution, endocrine-disrupting chemicals (BPA and many more) found in consumer products and carcinogens in industrial activities that contaminate water, air and earth. As a result some people benefit from additional nutritional support for the biochemical pathways tasked with eliminating these toxins.

Studies show that the nutrient, DIM, derived from indole-3-carbinol (I3C) a compo-

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If It's Hydroponic, Is It Organic?



ILLUSTRATION BY LYNN BERNSTEIN

By Ed Levy

Are hydroponically grown vegetables organic? That depends on whom you talk to.

Hydroponics refers to plants grown in nutrient filled water, with just a medium like peat or coconut coir to hold the seeds during germination. When hydroponic systems include fish—usually it's tilapia, but snails and crayfish and prawns are also used—they're referred to as aquaponic. In an aquaponic system, nitrogen-fixing bacteria are added to create an active microbiology that converts the fish waste products into nitrate that the plants

can utilize. The water is then filtered and returned into the fish tank.

As it stands now, some hydroponic farms have the organic designation and some do not. The reason for this is that organic certification is not done by one organization but by many. The National Organic Program (NOP), a division of the United States Department of Agriculture (USDA) makes policy and sets the standards after receiving recommendations from an advisory group known as the National Organic Standards Board

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Next General Meeting on March 25

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The March General Meeting will be on Tuesday, March 25, at 7:00 p.m. at MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. The Fourth St. entrance is handicap-accessible.

The agenda is in this *Gazette*, on the Coop website at www.foodcoop.com and available as a flier in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

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Coop Event Highlights

Thu, Mar 6 • Food Class:
Middle Eastern Favorites 7:30 p.m.

Fri, Mar 7 • Film Night:
What Alice Found 7:00 p.m.

Tue, Mar 11 • Safe Food Committee Film Night:
The Weight of the Nation, Choices 7:00 p.m.

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

Supplements?

CONTINUED FROM PAGE 1

ment from cruciferous vegetables (broccoli, Brussels sprouts and cabbage) can support detox to lower cancer risk and even mitigate the effects of radiation. Instead of taking a supplement, could you obtain sufficient quantities from food? Yes, but according to Jeffrey Bland, Ph.D., the founder of the Institute of Functional Medicine, it would require six servings per day. Not everyone can make it a practice to consume that much.

Overall, organic produce has been shown to have higher nutrient values than conventionally grown food, but due to modern day agricultural practices, USDA data reveals that the nutrient values in even healthy foods have declined due to depleted soils. A comparison of nutrient values in food grown in the years 1950 and 1999 reveals declines of key nutrients and protein in 43 foods. "In hundreds of studies, scientists have shown that incrementally higher levels of fertilizer negatively impact the density of certain nutrients in harvested foodstuffs, hence the name, the 'dilution [of nutrients] effect,'" said Dr. Preston Andrews, Ph.D., of Washington State University. Soil demineralization pro-

One of the most successful citizen-driven movements of the late 20th century was the battle to protect the public right to access supplements.

Nearly two million people asked their legislators to vote for the 1994 Dietary Supplement Health and Education Act (DSHEA), which still stands as law.

duces lower concentrations of key minerals in foods. As a result, people experience mineral deficiencies. According to the National Institutes of Health, "Dietary surveys of people in the United States consistently show that intakes of magnesium are lower than recommended." Alan Gaby, M.D., the author of *The Natural Pharmacy: Complete A-Z Reference to Natural Treatments for Common Health Conditions*, says that "people who consume foods grown on deficient soils may not obtain sufficient amounts of trace minerals like selenium, iodine, chromium or manganese in their diet."

Gaby further points out that both common foods and pharmaceuticals contribute to nutritional depletion. According to several studies, caffeine consumption can contribute to calcium loss which can be mitigated by calcium supplementation. High sugar consumption prompts urinary excretion of chromium, one study found, while a

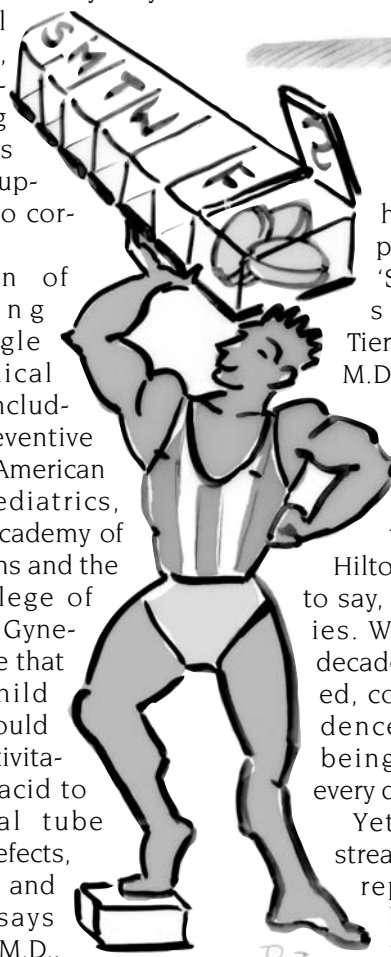
USDA study found that chromium intake helped to improve glucose tolerance in diabetics. These are just a few examples of the extensive literature that reveals both the reasons many may have nutritional deficiencies, and the benefits of using micronutrients from foods in supplement form to correct them.

"For women of childbearing age, every single national medical organization, including the U.S. Preventive Task Force, the American Academy of Pediatrics, the American Academy of Family Physicians and the American College of Obstetrics and Gynecology all advise that women of childbearing age should be taking a multivitamin with folic acid to prevent neural tube defects, heart defects, skeletal defects and cleft palate," says Victoria Maizes, M.D., Professor of Clinical Medicine, Family Medicine and Public Health, University of Arizona. "The Nurses' Health Study found that among those taking a multivitamin six times per week, there was 41% less infertility, fewer miscarriages and less cancer in their children." She points out that, "The CDC says that 75% of Americans don't get enough folate."

Nevertheless, many are skeptical, perhaps due to lack of familiarity with the medical literature.



ILLUSTRATIONS BY DEBORAH TINT



"How often have I heard people say, 'Show me the studies,'" Tierona Low Dog, M.D., told participants at a recent health conference at the New York Hilton. "And I want to say, read the studies. We have three decades of replicated, conclusive evidence, with more being published every day."

Yet the mainstream press rarely reports this body of literature. The few studies debunking supplements make the news. A *New York Times* article cited a study using DNA bar code testing, which found that some herbal products did not contain the labeled components. Mark Blumenthal, Executive Director of the American Botanical Council, said that without also conducting biochemical testing, the testing method was unreliable. He called for the study to be retracted.

The majority of health care

professionals acknowledge the science that demonstrates efficacy. A 2007 study found that 72 percent of physicians and 89 percent of nurses *personally* use vitamin, mineral, herbal and other supplements. Eighty-five percent of these providers recommend supplements to their clients. Among the 28 percent of physicians who don't take supplements themselves, 62 percent *do* recommend them. And integrative practitioners are obviously the most familiar with the clinical uses of a wider range of supplements.

Are They Safe?

Supplements are currently the most highly FDA regulated food products. Drugs are more regulated because they are highly potent and toxic synthesized chemicals with mechanisms of action and side effects new to the human organism. As natural complexes of ingredients with long histories of human biological compatibility, basic nutrients from foods and plants are considered lower harm. That's why the number of adverse events for pharmaceuticals reported to the FDA number 2,739,254 (from 2008 through 2011), while those for supplements number 6,307 for that period, according to a 2013 GAO report.

One of the most successful citizen-driven movements of the late 20th century was the battle to protect the public right to access supplements. Nearly two million people asked their legislators to vote for the 1994 Dietary Supplement Health and Education Act (DSHEA) which still stands as law. Whatever one's personal choice concerning supplements, it's important for people to safeguard the right to that option. ■

Fragmented

The word fragments need to be recombined to form answers to the clues below. When all clues are answered, the remaining fragments can be used to form a final related word. Each fragment will be used only once.

- | | | | |
|-----|-----|----|----|
| AB | SA | NS | CR |
| MP | TS | IC | CH |
| ANU | ME | RK | SH |
| RI | ANS | OT | SE |
| PE | EI | KE | NS |
| BE | PR | TU | EY |

- Paltry wages _____
- Eurasian crossroads _____
- Opening word? _____
- Complain _____
- Hits in the head _____
- Diminutive fellow _____
- Cowardly ones _____

Puzzle author: Stuart Marquis. For answers, see page 14.

What Is That? How Do I Use It?

Ask Me Questions About Coop Foods

Every Monday, 12 to 2:45 p.m.

You can join in any time during a question-and-answer session on the shopping floor.

Look for tour leaders in produce aisle.

Hydroponic

CONTINUED FROM PAGE 1

(NOSB), but it charges other organizations with the actual work of certification—organizations, for example, like California Certified Organic Farmers (CCOF), Oregon Tilth Certified Organic (OTCO) and the Northeast Organic Farmers Association of New York (NOFA-NY).

Some of these certifying organizations, CCOF and OTCO, have declared that hydroponics should be considered organic, and some, like NOFA-NY have not yet ruled on the issue. Rian Costello, a certification officer at Oregon Tilth, points out that that organic standard calls for organic producers to grow plants in an ecological system that supports natural resource recycling and healthy microbiology. “I would argue,” Costello told the *Gazette*, “that as most of our producers are aquaponic (with fish in the system), they are very efficiently cycling natural resources, and the microbiology in the system is quite active.”

However, there are some weeds in this garden. In 2010, the NOSB recommended by a large majority *not* to grant the organic designation to hydroponically grown vegetables. The NOSB is composed of three environmentalists or conservationists; three consumer interest advocates; two food handlers; one retailer; one toxicologist, ecologist, or biochemist; and one USDA accredited certifying agent. All are appointed by the head of the USDA.

The slowness with which the NOP has taken up the NOSB's recommendation has caused alarm and even cynicism among purists who are opposed to the idea of an organic hydroponics.

But Sam Jones, a public affairs spokesperson for the NOP says there is nothing nefarious at work. He told us that “the organization has a backlog of recommendations from the NOSB that it has not yet been able to act on. “Meanwhile,” Jones said, “the current regulations don't prohibit organic certification for hydroponically grown vegetables, “as long as they are not using materials or substances that aren't allowed.”

NOFA-NY, according to a spokesman, prefers to wait for a final ruling from the NOP until making its decision on the matter. NOFA-NY's stance is that when and if the NOP comes out with

“As the hydroponic and aquaponic growing is being blended with the organic, it becomes impossible for the consumer to make an informed choice. The idea that a soilless agriculture could be called organic is a real departure from a philosophy of farming that is over 70 years old.”

—Dave Chapman, Long Wind Farm

formal regulations, producers run the risk that they will then have to amend their current systems to be in compliance. They are waiting, so to speak, for the soil to settle.

Do We Need a New Designation?

Dave Chapman founded Long Wind Farm in East Thetford Vermont in 1984 with a team of three oxen. He's staunchly opposed to soilless organics and has begun a drive called Keep the Soil Organic to that effect. Chapman says that while it's true hydroponic growers do not need to use pesticides, “growing plants in a healthy soil has always been the basis of organic farming...I would prefer to see the other types of farming promote themselves as what they are, and then let people make a choice. Let unsprayed aquaponic call itself just that. I can imagine that many people will be very happy to support unsprayed aquaponic with their wallets,” Chapman told us, “but there are certainly many people who do not want their food grown in a soilless culture who choose to buy organic. As the hydroponic and aquaponic growing is being blended with the organic, it becomes impossible for the consumer to make an informed choice. The idea that a soilless agriculture could be called organic is a real departure from a philosophy of farming that is over 70 years old.” Chapman's petition can be found at www.keepthesoilinorganic.org.

In an interview with the *Burlington Free Press*, Miles McEvoy, deputy administrator of the USDA's National Organic Program, said that the USDA currently has no plans for developing additional labeling or marketing categories.

Some opponents fear that the NOP may be acting on behalf of commercial interests in delaying its ruling on the NOSB recommendations. McEvoy denies this, declaring, “The mission of the National Organic Program is ensuring the integrity of organic products in the United States and throughout the world. We continue to imple-

ment a ‘sound and sensible’ certification process to support certification that is affordable, accessible and attainable.”

David Miskell, of Miskell's Premier Organics in Charlotte, Vermont, who has joined in Chapman's petition is not so sure. He says that he now realizes his initial fears of creating a national organic certification system through the USDA were well founded, and was tantamount to putting the fox in charge of the henhouse. Miskell criticized what he calls “the downgrading of the NOSB's role” calling it an attack on the organic standards that all farmers should oppose.

But Costello at Oregon Tilth says there is nothing sinister in the certification dispute. “I understand that there are differences of opinion and interpretation on this topic, he says, but “we are doing our best to faithfully interpret the Standards, and I believe the others certifiers are as well.”

What Do the Fish Eat?

Proponents of the organic designation for aquaponics maintain that the fish in an aquaponic system would not necessarily have to be fed organically for the plants that are fed by their waste to be labeled organic, just as animal manure does not have to come from organically fed livestock in order to be



PHOTO COURTESY OF VEGGIE POWER

approved for use on organic farms. In other words, all rotted manure is considered organic.

The scientific reason for the absence of regulation in this area is that virtually all chemicals, antibiotics and other additives food fed to livestock break down on their own or during the heat of composting and are thus unavailable for uptake by plants. *Organic manure* really is the pleonasm you always thought it was!

There is currently no organic designation for fish.

Whole Foods Hydroponics

The hydroponic greenhouses at the new Whole Foods on Third Avenue are

not aquaponic and are not certified organic. However, according to Viraj Puri of Gotham Greens, which operates the greenhouses, all their products are free of pesticides, insecticides and herbicides. For pest management the greenhouse uses beneficial insects and for nutrients a blend of mineral salts and micronutrients most of which, according to Puri, are certified by the Organic Materials Review Institute, (OMRI), an organization that does an independent review of products in organic agriculture. The greenhouses expect to have their first full harvest this month and to produce 150 tons annually. ■

Acronym Overview

CCOF—California Certified Organic Farmers

NOFA—Northeast Organic Farmers Association

NOFA-NY—New York chapter of NOFA

NOP—National Organic Program

NOSB—National Organic Standards Board

OMRI—Organic Materials Review Institute

USDA—United States Department of Agriculture

COMPOST COMMITTEE NEEDS HAULERS WITH VEHICLES

JOIN THE SQUAD THAT HELPS TO COMPOST MORE THAN 2,000 BUCKETS OF FOOD SCRAPS! WORK OUTSIDE IN LOVELY BROOKLYN GARDENS.

WORK IN TEAMS OF TWO, HAULING BUCKETS OF THE COOP'S PRODUCE SCRAPS TO LOCAL GARDENS FOR COMPOSTING.



WORK ANY TIME ON YOUR SCHEDULED DAY. THE WORK IS PHYSICAL AND IS DONE IN DELIGHTFUL WEATHER AS WELL AS INCLEMENT WEATHER. RELIABILITY IS A MUST—IF YOU ARE PRONE TO MISS YOUR SHIFT, THIS IS NOT THE SPOT FOR YOU.

If you are interested or want to find out more, please contact Sherry (Squad Leader) at 718-398-4454 or Annette Laskaris (PSFC) annette_laskaris@psfc.coop.





Look And See: New Book Builds Children's Perception

By Frank Haberle

Bill Kontzias has been a Coop member since the early 1980s. He has been a professional photographer since 1980 and a teacher since 2000. And now, Bill is the author of a children's book of photography titled *Look and See*—a picture book that challenges children to use their skills of perception to discover what is hidden in complex images. "In this interactive book of spot-the-difference puzzles," *Look and See* is described on the Holiday House Books for Children website, "Bill Kontzias uses eye-catching photographs of toys, trinkets, and more to create poetry from the commonplace, and at the same time, challenges readers to a game that is both entertaining and educational." The *Linewaiters' Gazette* interviewed Bill about his experiences as a Coop member, photographer, teacher and now author.

want connection with the food that nourishes the community, families and individuals of Brooklyn. I have always appreciated that activism and the opportunity to encourage those ideas, large and small. There's always a warm smile, and a funny story to be found here too. Just listen to the announcements next time you shop. Funny stuff.

Gazette: Tell us about your work as a photographer and teacher. From this work, what inspired you to develop a book for young children?

Bill Kontzias: I'm an Associ-

get the difference and appreciate the courage it takes to attempt a photography children's book.

Gazette: What is the most important thing you want a parent to know that their child can gain from this book?

Bill Kontzias: To look more carefully at photographs and learn that their eyes are meant for seeing. The diptych double vertical image of *Look and See* is similar to the optometry technique children had their vision tested with at the turn of the 20th century. They'd hold a

differences. To compare the Park Slope Food Coop to Whole Foods supermarket, for example, would be superficial. A more thoughtful discernment would reveal the differences.

My editor and I were very aware of the challenges involved, and wary of the superficial comparisons. Keep in mind that children are picking up iPhone cameras and figuring them out before they get out of diapers. Learning about the visual literacy of reading photographs is vital in the 21st century. Photographs can be transmitted in seconds around the world, without captions. What are they communicating? How are photographs being used?

I-Spy is a single horizontal double spread photograph. *Look and See* is a double vertical diptych that encourages children to study carefully what they're looking at, read the images and see for themselves. It teaches them to be curious about what they look at.

Look and See is inspired more by Joseph Cornell's artwork, his boxes of found objects assembled to represent ideas and themes, every object representing an idea. All of my objects can be found in the places children go to and see stuff every day. The book is not built in a big studio by a staff of workers.

Gazette: So many people dream of writing a successful children's book. What has your experience been like? How are you getting your book out into the world?



Bill Kontzias

Bill Kontzias: Many years ago, my dear mother placed my toy cars in a box and saved them for me. When I began working on *Look and See*, I found that box and opened it up. I took my cars out and began to play with them once again. This time, in front of my camera and lens, within arm's length while looking through my lens viewfinder, the tactile sensations were magical and real at the same time—my inner child playing with the open mind play space of a man.

Look and See Down The Road (on pages 26 and 27) is the prototype, the creative mind space I found in the box my mother saved for me. It inspired the point of view I needed.

Now, the book is available on the Internet worldwide. Children around the world can *Look and See* my picture puzzles regardless of what language they speak. They'll share the challenge of studying photographs carefully. Helen Levitt once told me, "Good photography takes time." Well, to read and understand them takes time and thought as well. ■

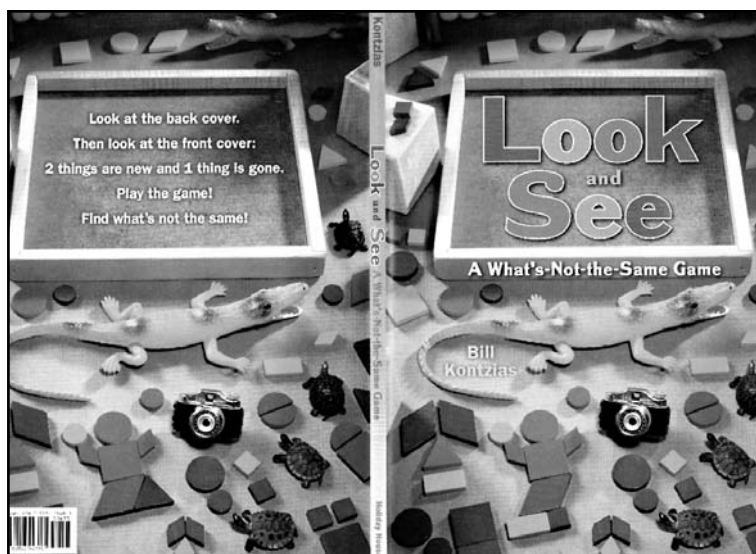
Learning about the visual literacy of reading photographs is vital in the 21st century.

Photographs can be transmitted in seconds around the world, without captions.

What are they communicating?

How are photographs being used?

—Bill Kontzias, *Look and See*



Cover and back cover to Kontzias' new book *Look and See*.

Gazette: When did you join the Coop? What is your current squad?

Bill Kontzias: I'm a native New Yorker, born on Manhattan Island, of Greek parents, and raised in an Irish neighborhood in the Bronx. After the army I moved to Brooklyn and graduated from Pratt Institute in 1976. I have lived in Clinton Hill ever since. I became a Coop member in the early 1980s when it was a garage. My earliest memory is of shoppers with their groceries in boxes on the floor, moving the boxes as they shopped with their feet. I was one of them.

I've worked a lot of shifts and various jobs. However, being a *Gazette* photographer, and now pre-production *Gazette* staff, gives me a view of the extraordinary backstories of the people, and the thinking behind those who

ate Professor of Communications Design at Pratt. I teach photography as a communication art and design to Graphic Design, Art Direction and Illustration undergraduates. Also, I'm a Visiting Lecturer with the University of Hartford graduate Illustration Department. I've been around children's book illustrators and authors since my High School of Art and Design years.

Grace Maccarone, my editor, the original editor of the *I-Spy* series, asked me one afternoon if I ever thought about doing a children's book. At first, I hesitated. She suggested I think about it. After a week I decided I couldn't resist.

My students grew up with *I-Spy*, and they have been enormously helpful in their questions and critique. Now, I can see on their faces they

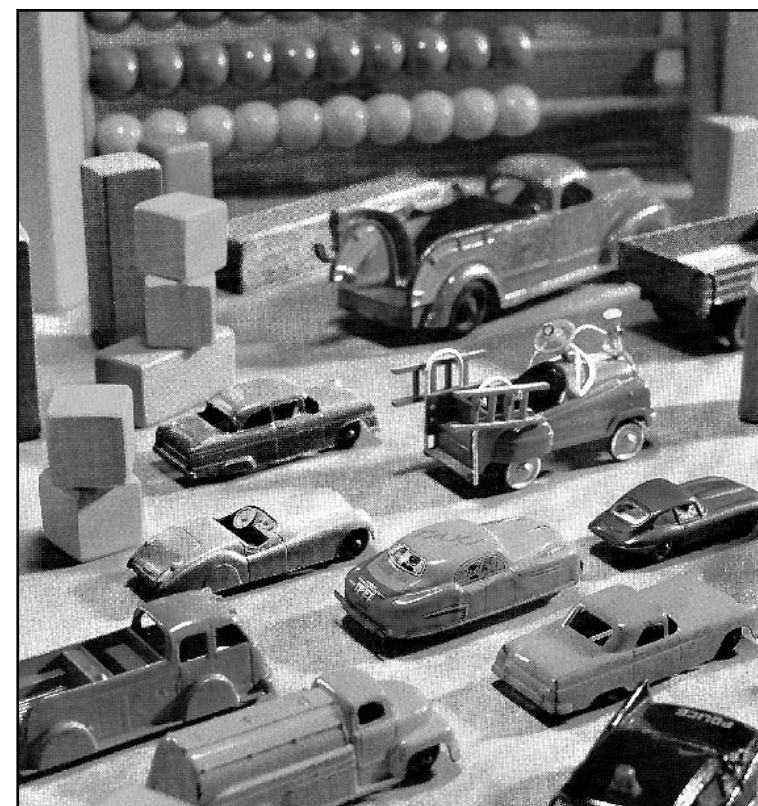
stereoscope to their eyes with double images that had something different in one to test their perception and eyesight.

It's a series of mysteries that can also be played with an adult or friends, using a pad and pencil to write down what they're seeing. What's moved? What's added? What's gone? I'm not telling them what to look for, only that there are differences to be discovered.

The objects represent science, nature, math, art—the objects used in the book could be found by any child in an arts and crafts store, local flea market or farmers' market. The illustrations in *Look and See* are picture puzzles made by me alone in my studio, looking through my camera lens, reaching around and moving the objects as I observed them through the viewfinder. Tactile connection, manual space, visual texture in the image through lighting—if you can reach out and touch the objects with your eyes, it is because I was doing just that creating the pictures.

Gazette: What makes your book unique? How does it differ from *I-Spy*?

Bill Kontzias: *I-Spy* is the gold standard of photography children's books. It's been around for 20 years. A big studio production staff builds sets for *I-Spy*, with a big budget. I'm flattered at comparisons, but there are



Inside page to Kontzias' new book *Look and See*.



LINEWAITERS' GAZETTE COMMITTEE REPORT

Linewaiters' Gazette (LWG) Policies

As promised at the October 2013 GM, we developed this set of policy guidelines together with editor Diane Aronson. It was then reviewed by all the *Gazette* editors. We will be putting it on the agenda for discussion at a future GM.

By Stephanie Golden and Erik Lewis,
Gazette Co-Editors

Fairness, Anonymity and Respect Policies

The mission of the *Linewaiters' Gazette* (LWG), as the official newsletter of the Park Slope Food Coop, is to facilitate communication within the PSFC by publishing articles, committee reports and letters within the guidelines of the PSFC's mission statement. That statement says: "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."

Fairness Policy

The LWG follows these Fairness doctrines in order to provide fair, comprehensive, factual coverage:

- The *Gazette* will not publish hearsay—that is, allegations not based on the author's firsthand observation.
- Nor will we publish accusations that are not specific or are not substantiated by factual assertions.
- Editors will give a copy of a submission that makes substantive accusations against specific individuals to those individuals, in order to give them an opportunity to write a response, and both the original submission and the response will be published simultaneously. This may require delaying publication of the submission to the next issue.

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

If a letter criticizing a *Gazette* reporter or editor asks for a response, the reporter or editor must make some response, even if only to say "no comment."

Anonymity Policy

The LWG adheres to standard journalistic policies regarding anonymity, as approved by the GM.

- All letters must be signed by the letter writer and include the writer's

phone number and/or email address. Unattributed letters will not be published.

- Letters will only be published anonymously when the contributor gives a credible, compelling reason to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty.

Respect Policy

A direct offshoot of the Coop's mission statement.

- Articles, reports or letters must not be personally derogatory. The LWG will not knowingly publish articles that are racist, sexist or otherwise discriminatory. Writers must refer to other people with respect.

Editorial Policy

During their respective shift rotation, each team's two co-editors are responsible for coordinating and editing team reporter article topics and reviewing member submissions, committee reports and coordinator reports. Editors edit for grammar, punctuation and clarity. Editors are not required to do extensive line editing on member-submitted material. Editors also review articles and letters to make sure they follow the Fairness, Anonymity and Respect policies.

The editorial board has the final say on what goes into an article and what goes into the *Gazette*.

- Member submissions that are very poorly written and/or incoherent will be rejected, with a note of explanation or a phone call.

• In other cases, if there is a problem with a member article or letter, the editor is responsible for calling or emailing the writer and beginning a dialogue.

- Editors cannot change copy in member submitted-articles without consulting the writer. If it is necessary for the member to make changes to the article, the editor must provide a reasonable amount of time (one day) for the member to do so.

• Editors cannot change titles contained in the submission. However, if an article or letter is submitted without a title, editors can

independently devise an appropriate title without consulting the writer.

If the problem can't be solved between editor and writer, the editor will confer with the other Team editor and/or one or both of the coordinating editors to try to come to a solution. If the matter cannot be resolved by the current *LWG* issue deadline, then the submission will be held for a future issue and go to our dispute resolution process.

Disputes not resolved between member writers and editors will be submitted to the two editors of the next team in rotation plus one Coordinating editor. Disputes will be decided by a majority of the reviewing editors.

Word Limit and Content Guidelines

- An individual is allowed one article or letter submission per *LWG* issue.
- The *Gazette* will not publish voluntary articles by a member about the member's own business.
- Member contributions can be opinion pieces.
- The author of a member submission that is too long is responsible for editing the text down unless the author consents to let the editor edit it and the editor agrees to edit it.

Word Limits by Category

- Letters: 500 words
- Member-Submitted Articles: 750 words
- Committee Reports: 1,000 words
- Coordinators' Reports: 1,200 words, combined per issue
- Reporter Articles: 1,200 words, extended in some cases at the discretion of the editor. ■



Attention Coop Squad Leaders!

- ❖ Do you want your shift to operate more smoothly?
- ❖ Are there folks on your squad who seem to irritate one another, and it's difficult to see what the problem is?
- ❖ When a conflict occurs between shoppers during your shift, what can you do to ease the situation on the spot?
- ❖ Do you know what resources are available for people who want to follow up?

**Saturday, March 15
10:30 a.m.—12:30 p.m.**

The Park Slope Food Coop's Diversity and Equality Committee is holding a series of workshops for Squad Leaders. The goal of the two-hour workshop is to increase awareness and understanding of diversity in the Coop.

Through interactive discussions we will talk about the values of diversity, how differences can create both collaboration and conflict and strategies for dealing with issues of diversity.

We will discuss conflicts that have arisen in the Coop, the findings of the diversity survey and what you can do to make the Coop a more welcoming place for all.

Please call 888-922-COOP (2667) box 4 or send an e-mail to reply@psfc.coop (with "SL Training" in the subject line) to confirm your attendance and/or for more information. In either case, please tell us your name, Coop member number, contact information and the date you are interested in attending. We will reply with a confirmation within a week.

Diversity and Equality Committee
PARK SLOPE FOOD COOP

Workslot credit (make-up or FTOP) is available to those who attend.

REVOLVING LOAN COMMITTEE REPORT

Fund for New Food Coops Hits the Ground

The Committee has successfully launched a revolving loan fund, the Fund for New Food Coops, created to make low cost loans to coops using the PSFC member-labor model. A version of this article appeared in the December 9, 2013, print issue of *Crain's New York Business*.

By Kathy Martino

Food Coop Spreads The Wealth

The Park Slope Food Coop, the largest in the country, with 16,300 members and \$49 million in revenue, has a new mission. Though it has long acted as an adviser to other coops, for the first time in its 40-year history it will loan them money to start up or grow.

Its success, including net income this year of \$221,544 and an endless stream of people who want to become members, has allowed it to launch a fund managed by a 501(c) foundation that will make low-interest-rate loans of about 2% at the grocer's discretion. The Coop is close to finalizing its application, and the first loans are expected to be made next year.

The fund has just \$40,000 or so available now, but the general manager of the Coop, Joe Holtz, believes it has the potential to grow much larger. "If just 3,000 of our members donated \$30 a year, it would have \$90,000," he pointed out. Donation cards are available near the store's checkout aisles.

The first applicant is likely to be the Greene Hill Food Coop in Clinton Hill, Brooklyn. About two miles from the Park Slope store, Greene Hill even shares some members with its bigger neighbor. "I think we will apply for the loan," said DK Holland, a co-

founder of the two-year-old store, whose 1,300 members hail from Bed-Stuy, Crown Heights and Fort Greene.

Rather than fearing competition, Mr. Holtz wants Greene Hill to grow to relieve some membership pressure on his popular Coop. "We don't ever consider coops competition," he said. "A nearby coop might lessen the demand for ours, so that would be a good thing."

The loan program comes at a time when food coops are growing nationwide and in New York City. Many of them started during the downturn, and some are taking root in gentrifying neighborhoods, as Park Slope was in the 1970s. There are some 370 across the country, and about 70 of them started since 2008, according to the Food Coop Initiative, a Minnesota-based nonprofit that supports coops.

The organization gives out \$10,000 grants to coops that can raise the same amount on their own. But that's a drop in the bucket. It costs about \$1 million to start a coop, according to Stuart Reid, executive director of the Food Coop Initiative.

"A lot of startups need a little bit of seed capital early on," he said. "Even a small amount, from \$5,000 to \$10,000, can cover a lot of ground in the early organizing."

Park Slope hasn't determined the size of its loans

yet, Mr. Holtz said.

In Brooklyn alone, there are at least six fledgling operations that could use the investment, including ones in Bed-Stuy, Bushwick, Bay Ridge, Prospect Lefferts Gardens and Windsor Terrace.

Meeting the Requirements

But not all of them will qualify. Greene Hill meets Park Slope's criteria in two important ways. It requires its members to volunteer at the store two hours a month, and it allows only members to shop at the store.

"The model for our Food Coop is unusual," conceded Mr. Holtz. Having members handle most of the work at the Coop—stocking shelves, cleaning and ordering merchandise—significantly reduces its labor costs, allowing it to pass along the savings to members.

Although many coops started out with work-rule requirements, they didn't stay that way because it makes it hard to keep members. Indeed, about 45 people a week join and leave Park Slope because they move away or can't fulfill their work obligation, according to Mr. Holtz.

The Flatbush Food Coop, a \$10 million store with 5,000 members that was founded in 1976, does not require members to volunteer their time, nor does it exclude nonmem-

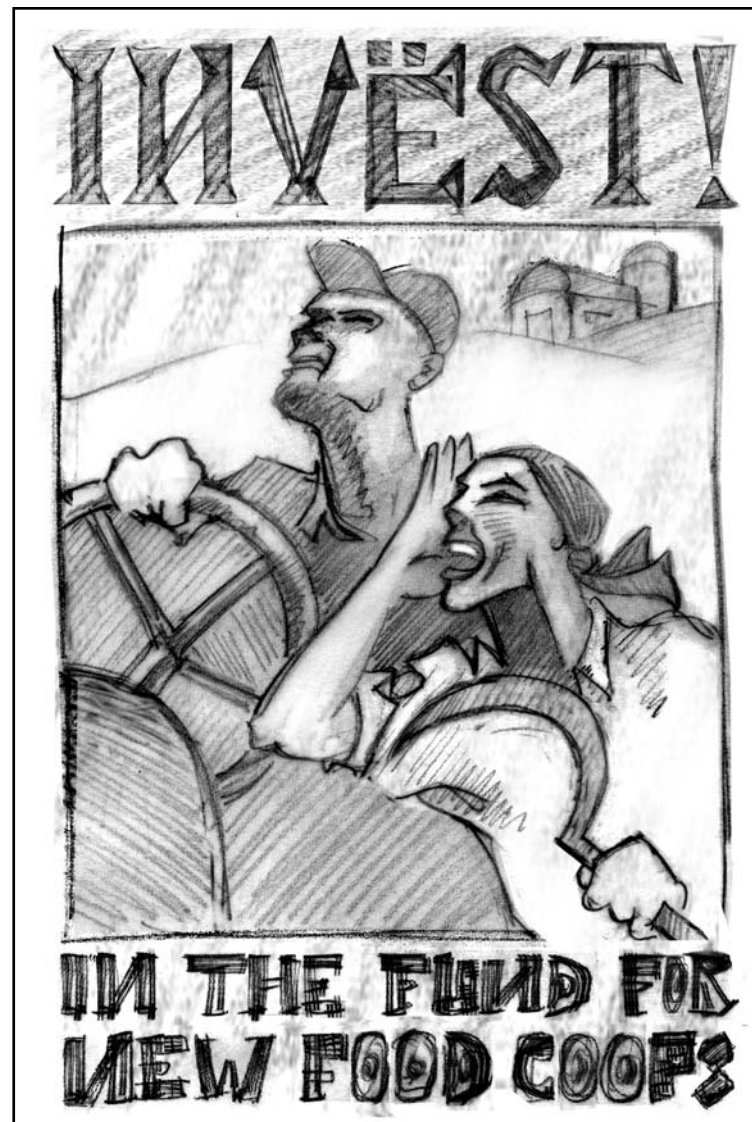


ILLUSTRATION BY ETHAN PETTIT

bers from shopping there, making it ineligible for a loan.

For Greene Hill, extra cash would help it grow into its 2,700-square-foot space, only a portion of which is used for selling merchandise because the business is still too small. The startup might also expand its hours as more members join. It's now open only three days a week. Park Slope members have spent many hours helping Greene Hill get off the ground. In fact, Park Slope's members are allowed to apply their two hours and 45 minutes' monthly work requirement to helping Greene Hill.

"I ride my three-wheeled trike [to Park Slope]," said Ms. Holland, who was inspired to launch a coop closer to her Fort Greene home after shop-

ping at Park Slope, where she is a member. "It's a food desert where we are," she said.

Collegiality among coops stems from their doctrine. "We believe all cooperatives have an obligation to work with other cooperatives," said Mr. Holtz.

But not all Coop members are as principled. Theft is actually on the rise at Park Slope—though it is still lower than at comparable stores. Mr. Holtz estimates that the Coop loses \$438,000 a year. In November, a member was arrested for stealing \$25 worth of merchandise. She was also expelled from the Coop. ■

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Looking to help new coops form in Brooklyn while getting a tax deduction?

Support the Fund for New Coops—a project of the Park Slope Food Coop.

THE FUND FOR NEW FOOD COOPS

a Project of the Park Slope Food Coop

The Fund for New Coops will make low-interest loans to start-up coops that use the full-member labor model like ours. Loans will be extended to qualified start-ups to address problems and maximize the chances that start-ups will flourish.

How can you donate?

- Use the scannable Fund for New Coops donation cards available on the shopping floor
- Donate directly from the Coop's website, foodcoop.com. Follow the link for the Fund for New Coops and select the DONATE button
- Mail a check—made out to the Fund for New Food Coops—to: FJC, 520 Eighth Ave., 20th Flr., New York, NY 10018

Help nascent coops that want to use our model: Contribute today!

THE GAZETTE INDEXES

If you are interested in the history of the Coop or in when and how particular subjects have been discussed in the *Gazette*...

Send an e-mail to Len Neufeld, *Gazette* indexer, at lenneufeld@verizon.net, to request PDF files of either or both of the following indexes:

An alphabetized list of the titles of all articles published in the *Gazette* from 1995 to the present, with issue dates.

An alphabetized list of all subjects (including people's names) discussed in *Gazette* articles from 1995 to the present, with article titles, issue dates, and page numbers.

Many of the *Gazette* issues referenced in these indexes are available as PDFs on the Coop's website.

SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: The Weight of the Nation Part 2: Choices

By Adam Rabiner

The *Weight of the Nation* is a hefty documentary. The film, produced by HBO in collaboration with the Institute of Medicine of the National Academies, the Centers for Disease Control and Prevention, the National Institutes of Health, as well as the Michael & Susan Dell Foundation and Kaiser Permanente, is comprised of four feature length segments, each of which focuses on a particular aspect of this epidemic. Part 1, *Consequences*, was screened by Plow-to-Plate last year. Now, we bring you Part 2, *Choices*.

Choices is a fine complement to last month's *Hungry for Change*, which also dealt with obesity and weight loss, but approaches the topic with greater scientific rigor. *Hungry for Change* was narrated by experts, some of whom had been overweight, but are now models of fitness. In *Choices*, by contrast, those still struggling with their weight tell their stories. If *Hungry for Change* is the motivational football coach delivering an inspirational speech in the locker room during half time, *Choices* is his strategic playbook, providing the tools to execute a successful game. *Choices* makes clear that permanent weight loss, like winning, requires a daily regimen of hard work and discipline.

But just because there is no magic bullet, no miraculous pill to curb the appetite and melt away those pounds, does not mean that there are no solutions. The NIH has supported thousands of obesity projects and while no miracle cures exist, research does point to some answers. Key strategies to losing weight the right way are: 1) take small steps (like cutting out sugary drinks), 2) set realistic goals and become aware of what you eat and drink (keep a food journal), 3) seek support (join a walking club, try Weight Watchers), 4) control portions, 5) develop new eating habits (plan your meals), 6) snack healthfully, and 7) avoid fad diets (though adopt what works, e.g.: counting calories, monitoring food intake, finding support networks, increasing activity levels).

Yolanda, who owns a soul food catering business in St.

Louis, Missouri, and has enrolled in a medically supervised weight-loss program at Washington University followed these steps and went from 400 to 300 pounds. After realizing that she was drinking more than 2,000 calories from soda and sweetened ice tea she cut these out. Then she started eating a healthy breakfast and stopped snacking. She cut down on fried foods and substituted lean foods, fruits and vegetables. A big fan of Kit Kats, she enjoys the occasional treat but now splits the candy bar in two throwing half away.

Paul and Tim are identical twins from Boston. Fifteen years ago Paul was diagnosed with type 2 diabetes. Tim then signed up for an NIH-funded Diabetes Prevention Program (DPP) whose goal was to determine if modest weight loss—just 7% of body weight, could delay or prevent the disease for people at high risk. Tim lost the weight, kept it off, and remains disease free, illustrating the different health outcomes of two individuals with identical genes but different life styles. Even modest weight loss can produce big health benefits.

You don't need to lose a

lot of weight to achieve big health gains, and it's a myth that the best way to lose weight is through exercise, like in "The Biggest Loser" where the contestants are also coached (off camera) to eat and drink fewer calories. In fact, it can take half an hour on a bicycle to burn off three cookies. The most effective way to lose weight is a balanced program of diet and exercise.

This was the approach taken by Gigi, a single mother from Nashville who works 60 hours a week in a call center. Sedentary and surrounded by poor lunch options, Gigi had reached 400 pounds by age 40. Warned by her doctor of chronic disease, she rallied her co-workers, many of whom shared her issues, to join her to improve their health and wellness. They began to share accurate health information, gave up soda (the only food directly linked to obesity) for water, snacked on healthy fruits and vegetables, kicked the fast food habit, formed a walking club, created a supportive environment for each other and began to celebrate health and activity milestones.

Some people simply can-

not lose weight the conventional way. Darrel, a 63-year-old judge from Seattle, elects to have bariatric surgery. Darrel is 425 pounds and suffers from type 2 diabetes, which makes him a good candidate. After undergoing the procedure, Darrel has several setbacks, including infections and kidney stones, and receives additional operations. Eventually Darrel loses 100 pounds, lowers his blood pressure enough to get off of three prescriptions, and reduces his diabetes treatment to a small dose of insulin. This segment highlights the benefits, as well as the risks, of this treatment. Moreover, it shows that surgery is just the first step and is not the be-all and end-all. As with the others, Darrel has to spend the rest of his life watching what he eats and getting proper exercise.

Besides the fascinating, revealing interviews and in depth case studies, *Choices* explains concepts such as mindful eating, energy bal-



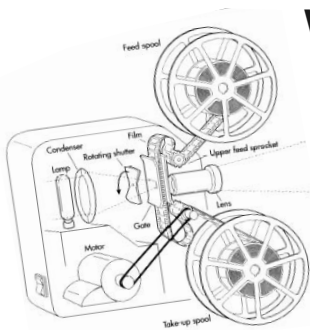
ance and set points. It answers such questions as "Why is it so hard to lose weight?" and "How can I curb stress eating?" As one would expect from a film made in collaboration with the CDC and the NIH, *Choices* is filled with scientific facts and figures, some of which you may find extraordinary. The people, though, are ordinary. *Choices* provides the viewer with much information on how to maintain weight loss on his or her own. The choice is to now act on this information. ■

The *Weight of the Nation Part 2: Choices* will show on Tuesday, March 11, 7 p.m. Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.



ARE YOU A BROOKLYN-BASED FILMMAKER?

Would you like to
screen your work
at the Coop?



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

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

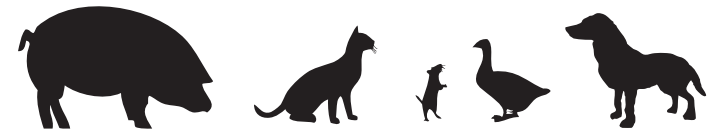
We accept documentary and fiction, both features and shorts (we program shorts as a group).

Please e-mail **Faye Lederman** for details at **squeezestone@hotmail.com** or mail your DVD to:
**Faye Lederman, 2000 Linwood Ave, #9E
Fort Lee, NJ 07024**

Sunday April 6
12:00 p.m. at the Coop

FREE
Non members Welcome

Join the Animal Welfare Committee



Did you know that the Coop has an Animal Welfare Committee?

We do... and we're looking for new members. Come find out more about us and apply!

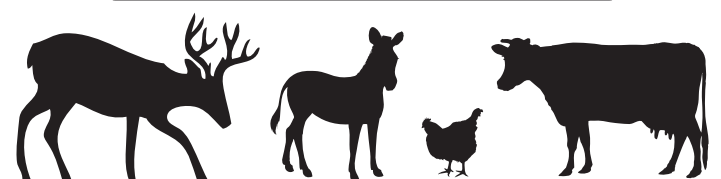
We are looking for applicants with design, publicity, branding, or investigative journalism skills. We meet monthly at the Coop (Mondays, C week, 7-8:30 p.m.).

We will distribute a link to online applications at the workshop.

If you can't make it, please check out our blog for more information on the committee and how to apply:

www.psfcanimals.blogspot.com

We strive to reflect the diversity of the PSFC, including dietary diversity (omnivores, vegetarians, and vegans are equally welcome!).



Jesse Oldham and Kama Einhorn are members of the Animal Welfare Committee.

COOP HOURS**Office Hours:**

Monday through Thursday
8:00 a.m. to 9:00 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:

Monday through Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.

*Shoppers must be on a checkout line
15 minutes after closing time.

Childcare Hours:

Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist or otherwise discriminatory.

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

SUBMISSION GUIDELINES

All submissions must include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the guidelines above. The Anonymity and Fairness policies appear on the letters page in most issues.

Voluntary Articles: Maximum 750 words. Editors will reject articles that are essentially just advertisements for member businesses and services.

Committee Reports: Maximum 1,000 words.

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

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

Digital Submissions: We welcome digital submissions. The e-mail address for submissions is GazetteSubmissions@psfc.coop. Drop disks in the wallpocket described above. Receipt of your submissions will be acknowledged on the deadline day.

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

Printed by: Tri-Star Offset, Maspeth, NY.

Friday, March 21, 8:00 p.m.

The Brooklyn Society for Ethical Culture
and the Park Slope Food Coop present:

**PROSPECT CONCERTS**

Flying Home returns to Prospect Concerts for a night of swing dancing! Performing classic swing hits of the '30s, '40s, and '50s, Flying Home carries on the hot style and "light on their feet" approach to swing music made famous by the Benny Goodman Ensembles. Starting with a strong foundation in the classic repertoire and arrangements of the early sextet with Charlie Christian, Flying Home then explores the various incarnations of the small ensemble and big band favorites that made them a



musical force for more than 30 years. With an ever-expanding repertoire, the ensemble takes dancers and listeners on a musical journey through the hot jazz and swing eras.

With John Mettam (drums), Mike McGinnis (clarinet), Brian Drye (trombone), Sean Moran (guitar), Tom Beckham (vibraphone), Jim Whitney (bass) and Toby Williams (vocals).



There will also be free dance lessons with professional dance instructor **Arturo Perez**, who will be partnered by **Carolynn Murphy**.

www.facebook.com/ProspectConcerts

53 Prospect Park West [at 2nd Street] • \$10 • 8pm [doors open at 7:45]
Performers are Park Slope Food Coop members and receive Coop workslot credit.
Booking: Bev Grant, 718-788-3741

RETURN POLICY

The Coop strives to keep prices low for our membership. Minimizing the amount of returned merchandise is one way we do this. If you need to make a return, please go to the 2nd Floor Service Desk.

REQUIRED FOR ANY RETURN

1. The Paid-In-Full receipt **MUST** be presented.
2. Returns must be handled within 30 days of purchase.

CAN I EXCHANGE MY ITEM?

No, we do not "exchange" items. You must return the merchandise and re-purchase what you need.

CAN I RETURN MY ITEM?

Produce*	Bulk* (incl. Coop-bagged bulk)
Cheese*	Seasonal Holiday Items
Books	Special Orders
Calendars	Refrigerated Supplements & Oils
Juicers	
Sushi	*A buyer is available during the week-days to discuss your concerns.

NEVER RETURNABLE

Refrigerated Goods (not listed above)
Frozen Goods
Meat & Fish
Bread

RETURNABLE ONLY IF SPOILED BEFORE EXPIRATION DATE
Packaging/label must be presented for refund.

Items not listed above that are unopened and unused in re-sellable condition

RETURNABLE

The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.

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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.

Jay Ackley	Henry Bridge	Erik Gerlach	Brian Larossa	Virginia Murdoch	Marissa Rhodes	Pierre Thiam
Michael Acreman	Marina Burini	Christopher Gibson	Seth Lavissiere	Kara Neaton	Sasha Rivera	Svenja Timme-Bastian
Yonah Adelman	Sean Carton	Vitor Goncalves	Trevor Lazarus	Colleen O'Connor-Grant	Deokie Roopnarine	Carly Todd
Meir Alkon	Gary Catano	Acacia Graddy-Gamel	Jonathan Lee	Michael Oman-Reagan	Tessa Roush	Tamami Wakabayashi
Adriana Alvarez	Keely Cofrin-Shaw	Elaine Herzog	Nick Legowski	Christopher Osborn	Phil Rowan	Elizabeth Ward
Evan Arntzen	Arianna Cortesi	Gregory Herzog	Jeri Liaw	Violet Pena	Brenda Salas Neves	Darius Weekes
Seiya Asada-Johnson	Sarah Crichton	Christopher Houpt	Robert Lipnitsky	Rosa Perr	Emily Saltzman	Tyler Wilcox
Alvaro Atienza	David Daniel	Emilie Hunt	Danielle Martino	Andrew Perrin	Daichi Sasaki	Jennifer Wittlin
Mindy Axelrod	Erica Dilan	Kiera Jaffin	Rachael Martins	Dawn Petter	Yuki Sasaki	Ari Wohlfeiler
Kathryn Ayala	Fernanda Dobal	Johann Johannesdottir	Timi Martins	Lilly Pollak	Ecaterina Schief	Kirsten Wood
René Bastian	Liz Dolfi	Gerlach	Lizzy Mazer	Pamela Puchalski	Markus Schief	Ilana Worrell
Angela Beallor	Matthew Duncan	Charles Kasov	Olga McCaghren	Marissa Quenqua	Lee Anne Shaffer	Or Zubalsky
Adam Behrens	Estan Esparza	Amy Kirkhum	Colter McCorkindale	Natasha Raheja	Ju An Song	
Claire Berjot	Samuel Frank	Greg LaRosa	Erin McDonald	Arielle Ratner	Amy Rosita Spence	
Simone Betz	Tanya Friend	Jaclyn LaRosa	Asraf Mohammed	Allison Rex	Junette Teng	

COOP CALENDAR**New Member Orientations**

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

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

The Coop on the Internet

www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop

FRIDAYS 11 a.m. and 5 p.m. Channels: 56 (Time-Warner), 69 (CableVision), 84 (RCN), 44 (Verizon), and live streaming on the Web: www.bricartsmedia.org/community-media/bcat-tv-network.

General Meeting Info**TUE, MARCH 25**

GENERAL MEETING: 7:00 p.m.

TUE, APRIL 1

AGENDA SUBMISSIONS: 8:00 p.m.

Submissions will be considered for the April 29 General Meeting.

Gazette Deadlines**LETTERS & VOLUNTARY ARTICLES:**

Mar 20 issue: 12:00 p.m., Mon, Mar 10
Apr 3 issue: 12:00 p.m., Mon, Mar 24

CLASSIFIED ADS DEADLINE:

Mar 20 issue: 7:00 p.m., Wed, Mar 12
Apr 3 issue: 7:00 p.m., Wed, Mar 26

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

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

Next Meeting: Tuesday, March 25, 7:00 p.m.

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

Location

MS 51, 350 Fifth Ave., between Fourth and Fifth Sts. Enter on Fourth St. cul-de-sac. Fourth St. entrance is handicap-accessible.

How to Place an Item on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.) • Meet the Coordinators

- Enjoy some Coop snacks • Submit Open Forum items
- Explore meeting literature

Open Forum (7:15 p.m.) Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

Reports (7:30 p.m.) • Financial Report • Coordinators' Report • Committee Reports

Agenda (8:00 p.m.)

The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.

Wrap Up (9:30-9:45) (unless there is a vote to extend the meeting) • Meeting evaluation • Board of Directors vote • Announcements, etc.

Attend a GM and Receive Work Credit

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

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

• Advance Sign-up required:

To be eligible for workslot credit, you must add your name to the sign-up sheet in the elevator lobby. The sign-ups sheet is available all month long, except for the day of the meeting when you have until 5 p.m. to sign up. On the day of the meeting, the sign-up sheet is kept in the Membership Office.

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

• Two GM attendance credits per year:

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

• Certain Squads not eligible:

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

• Attend the entire GM:

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

• Signing in at the Meeting:

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

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

• Being Absent from the GM:

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

Park Slope Food Coop Mission Statement

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

park slope
FOOD COOP

calendar of events

mar 6
thu 7:30 pm

Food Class: Elegant and Easy Middle Eastern Favorites



Chef **Megan Moore** will share her vast knowledge of Middle Eastern cuisine and demystify spanakopita among other Middle Eastern favorites. After studying at the French Culinary Institute, Moore spent nine years working for prestigious NYC establishments including Brasserie 8½, Lever House and Daniel. She later switched to the food retail world, first at Dean & DeLuca and most recently she was the culinary lead at Williams Sonoma where she led a number of cooking classes including specialty classes on French, Italian and Asian cuisines. *Menu includes: spanakopita; hummus with parmesan pita; Israeli salad.*

ASL interpreter may be available upon advance request. If you would like to request an ASL interpreter, please contact Ginger Jung in the Membership Office by February 20. Materials fee: \$4. Food classes are coordinated by Coop member Susan Baldassano.

mar 7
fri 7 pm

Film Night: What Alice Found



What Alice Found is a harrowing coming-of-age tale about a young woman who flees her poor New Hampshire hometown life to follow her wealthier friend down to college life in Florida. But her car breaks down on the highway under mysterious circumstances and a middle-aged "snowbird" couple in an RV come to her rescue, offering a ride all the way south.

Before long we're wondering if these seeming Samaritans are good or bad for Alice. A *New York Times* Critic's Pick, *What Alice Found* is a complex story about consequences, mothers and daughters and the "haves and have-nots" in American society. **This film is Rated R**, so no audience members under 17 will be allowed unless accompanied by an adult. **A. Dean Bell** is an award-winning filmmaker whose feature *What Alice Found* won the Special Jury Prize for Emotional Truth at the 2003 Sundance Film Festival and Grand Prize at the 29th Deauville Festival of American Film in France. **To book a Film Night, contact Faye Lederman, squeeze@hotmail.com.**

mar 8
sat 12 pm

Normal Language Development, Birth to 5

Join us for a discussion about what it means to have "normal" language development. We will tackle the following topics: What are typical language milestones in the first few years of life? How much do these vary between cultures? What are some developmental "social skills" (non-language based) that develop? How important is the caregiver's role in language development? What's in the news: Autistic Spectrum Disorders, or "ASD". What you need to know about recent changes. What can I do as a parent of a child in NYC if I am worried that my child may be developmentally delayed? **Christie Izzo**, MS, CCC-SLP, is a Brooklyn native, Coop member, and language fanatic. She received her formal training at Teacher's College, Columbia University, and is certified in PROMPT and PECS. She is passionate about social skills, neurolinguistics, and the intersection of multiculturalism and language development—all areas she gets to explore as a speech language pathologist at NYU Hospital.

mar 8
sat 6 pm

Choices in Childbirth

The U.S. maternity care system is one of the costliest in the world. However, among industrialized countries, our maternal and perinatal outcomes are consistently among the worst. *The Business of Being Born: Classroom Edition (BoBB:CE)*, a shortened edition of Ricki Lake and Abby Epstein's original documentary, takes a look at how Americans view midwifery, the importance of choices in childbirth, and what the United States can do to improve birth outcomes. Join us for a free screening of *BoBB:CE* and panel discussion with women's natural health practitioners.

Stephanie Propper is a Coop member and is a licensed acupuncturist, herbalist, nutritionist and doula with a focus in pregnancy, labor support and postpartum care. **Laura Vladimirova** is a Coop member and certified doula on her way to becoming a Certified Nurse Midwife.

mar 8
sat 7 pm

Coop Kids' Variety Show



Types of acts include: piano, singing, guitar, drums, cello, hip-hop, tap, trumpet, a skit, flute, magic tricks, modern dance, and rock 'n roll. Performers in alphabetical order: Meaghan Accarino, Henry Altman, Jude Batiste, Nadia and Sabine Benjamin, Luke Dunlavey, Theo Haythe, Ikhari Hinds, Raven Karlick, William Lach, Vaishali Lerner, Micah Levine, Naomi Levy, Leila and Luc Mieville, Max Miller, Ella and Sarina Moriber, Jordan Nass-deMause, Ana and Elan Rabiner, Julian Raheb, Tate Richardson, Maya Silberman, Eric and Margareta Stern, Amaru and Sayri Tupacyupanqui, Mia Weiss. **Event takes place at Old First Church, Carroll St. & Seventh Ave. Admission: \$10 adults; \$5 kids 12-18; free kids under 12. Refreshments for sale.**

mar 11
tue 7 pm

Safe Food Committee Film Night: The Weight of the Nation



The Weight of the Nation, Choices, poses a question that anyone who's struggled with excess weight has asked: For all the remarkable high-tech tools available to medicine, for all the billions of dollars in drug research, there's still no highly effective medication to prevent or reverse obesity—why? Research shows that successful programs target both eating less and being more physically active. Maintaining a lower weight is an ongoing process that requires work and must be constantly monitored. Taking time to think about what we eat—and why we are eating—can be an effective way to attain and maintain a healthy weight.

mar 15
sat 2 pm

The Sharing Economy

Is the future going to be about access instead of ownership? The human race is pushing Earth to its limit by relentless population growth and overuse of natural resources to produce ever more consumer goods, homes, cars, etc. The sharing economy can help reduce the impact and begin to change people's mindsets about owning vs. having access. Sharing reduces resources used to produce and distribute goods, saves people money and storage space, strengthens local communities, and reduces recycling and waste disposal costs. Learn about the latest developments in the sharing economy and all the different ways you can access it with **Alan P. Berger**, Coop member since 2001 and executive director of NeighborGoods.net.

mar 21
fri 7 pm

Ten Living Points for The Creative Spirit

There are millions of books already on how to be a better writer, or painter, or graphic artist, etc. These points instead show you how to lay a foundation for artistic living in general. Themes covered will include: using the five senses, definition of the self, and lack of inspiration. Bring pencil and paper and firm surface to draw upon. You will not be graded on your artistic ability. Chocolate will be served. **Jesse Rosenfeld** (a.k.a. Jesse Greene) is an artist, a workshop leader on creativity for Connecticut College Gender Women's Studies Department, a published author of the graphic novel *Andy Hero of Brooklyn!*, a Coop member since 2004, and once shook Lou Reed's hand standing in line at a Broadway show.

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

All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops. Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

mar 6–apr 8 2014

mar 21
fri 8 pm

Flying Home, Swing Dancing



Flying Home returns to Prospect Concerts for a night of swing dancing! Performing classic swing hits of the '30s, '40s, and '50s, Flying Home carries on the hot style and "light on their feet" approach to swing music made famous by the Benny Goodman Ensembles. Starting with a strong foundation in the classic repertoire and arrangements of the early sextet with Charlie Christian, Flying Home then explores the various incarnations of the small ensemble and big band favorites that made them a musical force for more than 30 years. With an ever-expanding repertoire, the ensemble takes dancers and listeners on a musical journey through the hot jazz and swing eras. With John Mettam (drums), Mike McGinnis (clarinet), Brian Drye (trombone), Sean Moran (guitar), Tom Beckham (vibraphone), Jim Whitney (bass) and Toby Williams (vocals). There will also be free dance lessons with professional dance instructor **Arturo Perez**, who will be partnered by **Carolynn Murphy**. **Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45. Prospect Concerts is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture. To book a Prospect Concert event, contact Bev Grant, 718-788-3741.**



Item #2: Annual Disciplinary Committee Election (20 minutes)

Election: Two current committee members will stand for re-election, and the committee will present three additional candidates for the committee to fill openings.

—submitted by the Disciplinary Committee

Item #3: Special Agenda Committee Election (20 minutes)

Election: One candidate will be presented for election to fill a partial term that ends in October 2015.

—submitted by the Agenda Committee

Item #4: Support the Farmworkers Fair Labor Practices Act (30 minutes)

Proposal: That the Coop become a supporter of the Justice for Farmworkers Campaign and send letters to N.Y. State Senators in support of A.1792-A (Nolan) and S. 1792 (Espaillat).

—submitted by Steven Beck and Jean Weisman

V. Board of Directors Meeting

VI. Wrap-Up. Includes member sign-in for workslot credit.

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

mar 25
tue 7:30 pm

Stories of Conscious Consumption

Thinking through your apparel purchases. Coop member **Libby Chisholm Fearnley** is often asked where to shop for sustainably-made or ethical fashion. However, many times the "right" decision varies from person to person. Sometimes, fulfilling a need does not require a purchase at all. She will discuss how to prioritize what is important to individuals and how to establish a meaningful connection with your apparel purchases. She will give examples from her life and will help find ethical and resourceful solutions to your own apparel needs. After 10 years designing apparel, Fearnley has chosen to devote herself to establishing a new and sustainable business model in the textile industry. She is currently working toward the Sustainable Design Entrepreneurs Certificate at FIT.

mar 22
sat 2 pm

Hot & Healthy

Eat till you are full. You don't have to cut out sweets. You don't have to cut carbs. You can keep eating nuts. And never restrict your calories—eat till you are full! Enjoy delicious foods like avocados, bananas, sweet potato, cashews, mango, arugula, basil, peanut butter. Coop member **Nataliya Ostrovska** will show you some delicious recipes that will have your mouth watering. She will show you a new way of eating that sheds all your excess body fat, gets you down to your ideal weight, eliminates inflammation, and gives your skin a healthy glow. Come—this can change your life! Ostrovska loves good food, and for years battled the war between food that tastes good and makes you look good. She is very excited to have found the solution and looks forward to sharing it with you.

mar 25
tue 7 pm

PSFC MAR General Meeting



Items will be taken up in the order given. Times in parentheses are suggestions. More information on each item may be available on the entrance table at the meeting. We ask members to please read the materials available between 7 and 7:15 p.m.

Meeting location: MS 51, 350 Fifth Ave., between Fourth and Fifth Sts.

Enter on Fourth St. cul-de-sac. Fourth St. entrance is handicap-accessible.

I. Member Arrival and Meeting Warm-Up

II. Open Forum

III. Coordinator and Committee Reports

IV. Meeting Agenda

Item #1: Presentation of Board of Directors Candidate (20 minutes)

Discussion: Presentation by the candidate for the Board of Directors followed by questions for the candidate.—mandated by the General Meeting

mar 28
fri 6:30 pm

The Trans-Pacific Partnership and You

What is the connection between the growing food monopolies, the Trans-Pacific Partnership and you? Join a lively discussion with **Alice Joyce-Alcala**, who has been Coop member since the 1970s. She first introduced the topic of fracking at a General Meeting in 2010 where she asked for Coop involvement to oppose fracking. She is a member of The Sierra Club and has volunteered with several grassroots organizations including United For Action on environmental issues.

mar 29
sat 1:30 pm

Thyroid Disorders

If my test results are all normal, then why do I feel so bad? Fatigued? Trouble losing weight? Always cold? Sinus problems? Constipation? Infertility? Acne? Join long-time Coop member **Diane Paxton** for a discussion of common thyroid symptoms and why conventional testing/treatment isn't always the answer. Nutrition Response Testing is a unique system of analyzing the body for nutritional deficiencies and designing the precise nutritional correction. We can be successful identifying the root cause of your symptoms when others have failed. Come find out how! Paxton, MS, LAc, is the owner and principal of Inner Fire Integrative Health Services, with offices in Manhattan and Park Slope.

still to come

mar 30 Hidden In Plain Sight

apr 2 Fund for New Coops

apr 3 Food Class: Spring Cleaning

apr 4 Film Night

apr 5 Unmarried Couples & Money

apr 6 Join the Animal Welfare Committee

apr 6 It's Your Funeral

apr 8 Safe Food Committee Film Night



LETTERS TO THE EDITOR

RESPONSE TO GENERAL COORDINATORS' OPPOSITION TO PLASTIC BAG CHARGE

DEAR EDITOR:

I voted previously for the removal of plastic roll bags from the Coop. This new proposal is an unfortunate compromise to keep plastic roll bags in the Coop while compelling people not to use them. Still, it must be supported.

In their article opposing the proposal, the Coordinators argue that such a cost would set a dangerous new precedent of taxing for disliked products. This is not a legitimate concern. Coop members are practical enough to know that most products have to be packaged. Also, we all know that such an action is not to be taken easily.

The Coordinators' other points boil down to cost, which is easily addressed by the recycling option. People can reuse their plastic roll bags until they fall apart. To avoid paying the dreaded twenty cent tax, go to a Whole Foods (god forbid!) or any of your local grocery stores. Plastic bags are still free there.

The Coordinators make the rather startling statement that 2.5 million bags a year is not an excessive number in relation to the business the Coop does. However, that merely distracts from the real issue, which is the environmental cost of the manufacturing and disposal of these bags. Their manufacturing involves the use of petroleum products and the bags clog up landfills while creating unnecessary costs for

their removal to those landfills.

This proposal merely seeks to deter members' use of plastic roll bags.

Rick Armstrong

CREDENTIALS, PLEASE

TO THE EDITOR:

I wanted to express appreciation for the points of view so well expressed in two articles in the 2.20.14 issue of the *Linewaiters' Gazette*: "Supplements Can't Replace Real Food," by Kristin Wartman, and Kevin Cunneen's article "The Proposal to Reduce Roll Bag Use Is a Very Dangerous Idea." My only reservation is—with articles like this, I would like to know something about the credentials of the author; and, the source material research references should be more fully documented, more readily traceable. It's not enough to say, "another study." A brief pertinent author bio and source specific footnotes should be editorial requirements for *Gazette* articles/submissions.

Sincerely,

Dolores Brandon

LETTER TO FOOD PROCESSING WORKERS

TO THE EDITOR:

If you are on a Food Processing shift, please bring up the following with your co-workers on your next shift: My favorite tea is the Imperial Oolong Vietnamese. A month ago it was out-of-stock for a while. When it came back in I was all out. I wanted to stock up. I don't want to have to buy it

every week or two. I went through the bags. As usual, most were very small: 0.01 and 0.02 pounds. I did find three that were 0.03 pounds. I bought them. I spent a total of \$5.64. Not an unreasonable amount to pay for tea.

When I got home I opened the three to transfer them to the container where I keep this tea. I found that two of the three bags were nut bags. All had the same date.

I have a scale that weighs light items. A nut bag with a label is 3.1 grams. A spice bag is 1.2 grams. I calculated how much I was overcharged on this tea that costs \$62.76/lb. I was overcharged \$0.525 for the two bags!

Then a short while later I needed some thyme. The top was all curled under. It is hard to tell what type of bag was used. And again I ended up with a nut bag. Now thyme is only \$16.43/lb. My overcharge was only \$0.07.

Please, please use spice bags for spices and tea. Using a nut bag for these items is overcharging the customer. And it is a substantial overcharge when the item is costly.

Don Wiss

SCAPEGOATS OF EUROPE

TO THE EDITOR:

More than 10 million Roma live in Europe. They have lived there for over 1,000 years—and have been ostracized and persecuted for centuries. At

a growing pace they are fleeing westwards from poverty and discrimination in the countries of southeastern Europe. The Roma are Europe's biggest minority—an unwanted one.

Antena, a settlement on the outskirts of the Serbian capital Belgrade, is representative; no running water, the toilets are holes in the ground; the air smells of burned plastic. Half the inhabitants have no birth certificate. For the Serbian government, they simply don't exist, and they get no welfare benefits. There are hundreds of settlements like Antena in Serbia and thousands in the other countries of Eastern Europe. In Romania, a far-right group last January called for the sterilization of Roma women. Bulgaria last year saw anti-Roma demonstrations in the capital, Sofia. In 2012, a mob in the Czech Republic chanted "gas the gypsies." In August, three Hungarian men were convicted of murdering six Roma out of racial hatred.

Tens of thousands of Roma fled the misery and discrimination they suffer in Romania, Bulgaria, Serbia, the Czech Republic, Hungary and elsewhere. In the West too, virtually all of them remain bitterly poor and discriminated against. Hans-Peter Friedrich, who was German Interior Minister until recently, wanted to get rid of them as quickly as possible and to prevent more from coming to Germany. In Germany, they frequently

LETTERS POLICY

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

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

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

Anonymity

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

Fairness

In order to provide fair, comprehensive, fac-

tual 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.

CHIPS

PARK SLOPE CHRISTIAN HELP
FOOD FRIENDSHIP & HOPE SINCE 1971

Volunteers Needed Art Director, Designers, Videographers For CHIPS Charity Events

CHIPS (Christian Help in Park Slope) is a 43-year old nonprofit organization in Brooklyn. Thanks to the generosity of churches, businesses, schools, and volunteers in the community, it serves daily meals to the poor and homeless, and operates a small residence for pregnant teens.

Last year, it served 93,000 hot lunches to people who couldn't afford a meal, and sheltered nine young mothers and their babies, helping them take charge of their lives and their children's future.

CHIPS is planning several major fundraising initiatives that kick off this spring to enable it to continue its mission of helping the less fortunate—collaborative events with local restaurants, a 3K run in Prospect Park, and a gala in April. CHIPS needs help designing posters, handouts, newsletters, and collateral materials and filming short videos to publicize these events and get people excited.

Volunteer participation will mostly be virtual via e-mail and phone through the February-August period, a few hours per week.

However, two in-person team meetings are planned for kickoff and debriefing purposes.

Contact Mary Tan if you would like to join CHIPS in making these events happen: 917-647-5723 or mary477@aol.com

These are volunteer positions for CHIPS and are not for Food Coop work credit.



LETTERS TO THE EDITOR

suffer verbal abuse and assault. Racism against Roma is "an everyday occurrence in Germany" according to Der Spiegel.

But sentiment towards Roma is even more hostile in other wealthy EU countries. In Italy, the government is trying to resettle Roma in segregated estates made of containers.

Elviz Isola lives in such a camp with his mother and siblings. Before, they lived in "Casolino 900," one of Europe's biggest slums which was razed overnight by bulldozers. Then the government re-housed them in Salone. Elviz waits at the gate which is secured with barbed wire. There's a surveillance camera next to it. Salone is just outside Rome.

In fact, Salone is more a ghetto than a village, and it deprives young men like Elviz of the chance to belong to normal Italy. It takes three hours to get to the center of Rome where they might get job training. "They win elections," says Salome, "by sticking Roma people in a prison like Salone."

Last summer the vice president of the Genoa city council said: "Jellyfish are like gypsies: useless and always an annoyance." Activists lodged a complaint with the EU against the police for taking fingerprints of underage Roma.

In France, camps made of lean-tos and trailers, established by Roma from Eastern Europe, are simply bulldozed away...

*reporting by Giannarou, Ehlers and others.

Gil Ronen

BDS TOPIC:

ISRAEL'S HUMAN RIGHTS VIOLATIONS AGAINST PALESTINIAN CHILDREN, PRISONERS; BDS INCREASES PRESSURE ON ISRAEL

MEMBERS:

The Israeli occupation seen through the lens of the business savvy *Financial Times* (2/1/14): "The occupation imprisons thousands of the Palestinians' young men, gives their land and water to settlers, demolishes their houses and partitions the remaining territory with scores of checkpoints and segregated roads. There are almost no basic foundations for an economy. The way to create Palestinian jobs is to end the occupation and let Palestinians build those foundations—not to build "bridges to peace" on other people's land without their permission." (Robert Cohen) For daily violations, see www.imemc.org, www.imeu.net)

Israel's systematic violence against Palestinian children: Soldiers have arrested and detained more than 10,000 Palestinian children since September 2000 including 2,500 the last three years. More than

1,400 Palestinian children have been killed by Israeli soldiers or settlers since 2000. This ongoing process of dehumanizing and brutalizing Palestinian children is in violation of International Humanitarian Law. (Saed Bannoura, Nora Barrows-Friedman)

Palestinians in prison: 5,200+ Palestinians were held in seventeen Israeli prisons, detention and interrogation centers (October, 2013) plus 1,280 for being inside Israel without permits. Since 2011: the army arrested 8,534. Since 1967, more than 650,000 Palestinians have been detained by Israel, representing 20 percent of the total population and 40% of all males in the occupied territories. (Ma'an News Agency)

Israel's medical neglect of Palestinian prisoners: Treatment of prisoners amounts to "intentional medical crimes," said Palestinian Minister of Prisoner Affairs, Issa Qaraq. Sick prisoners are targeted through medical negligence, until they become irrevocably sick. Qaraq provided a list of 80 people with serious medical conditions for President Mahmoud Abbas to include in negotiations. Qaraq asked the Arab League to request a special UN session to discuss Israel's medical negligence of Palestinian prisoners. He declared April 2 as national day for the support of sick prisoners to coincide with the anniversary of Maysar Abu Mamdia's death. He died of can-

cer in prison last year.

BDS increases pressure on Israel: In solidarity with Palestinian political prisoners, the Student Union at the University of Kent (England) overwhelmingly approved a motion condemning G4S, a company that provides security and incarceration services to Israeli military bases, checkpoints, illegal settlements and prisons at which Palestinian political prisoners are held without trial and subjected to abuse and torture. The Student Union will cancel its contract with G4S currently providing the Union with cash handling services. (Michael Deas)

Three international companies withdrew their bid to build private seaports in Haifa and Ashdod due to concerns over political repercussions, and as a result of the increased boycott pressure on Israel: Royal Boskalis Westminister, (Dutch), Condote de Aqua, (Italian) and Jan De Nul (Belgium).

Germany's largest bank, Deutsche Bank, has included the Israeli Hapoalim bank in a blacklist of "unethical companies" not to deal with or invest in because of its involvement in funding settlement activities in the West Bank. (Chris Carlson)

Mary Buchwald
Brooklyn For Peace
PSFC members for BDS
www.psfcbds.wordpress.com

LINE BREAK

1 OF 3 SENTENCES FOR ALEX DIMITROV (IN PROGRESS)

I love it when immigrants ask me where I am from, how it gives me a momentary return onto an ongoing fantasy which is partly a fantasy that this is not a racial experience although I know that everything here and maybe the world is always already a racial experience and a experience inextricable from the formal structures and total habits of power, money, tradition, sex, etc...in other words there is hardly anything one can do to separate ourselves out from "personality" and maybe this is what is meant/being addressed by the current obsession (selfies etc) with personality like how it is always already a gendered experience and a class experience too but, the thing that I love about when immigrants ask me where I'm from, the part of the fantasy that just makes it loveable, adorable and maybe even possible is precisely this: in that moment I fantasize a space that is about being from somewhere more place-like than my race, gender and class, more place-like than anything which I am ever usually acknowledged to have or to be from, more place-like than anything any of us here gets to be located from though we all suspect each other is but can't say and can't really ask, although we do and it's often one of those totally failed social attempts at small talk, in which you want to be just where the person in front of you is inviting you to be but can't quite get there, for you are from somewhere but you don't know because can't say, and that makes me just a little unlike the immigrant, that is, until this moment in which the immigrant asks it of me making me and them in common with having place, being from place-likeness, that is mattering to someone, another with a place something more than a lost or found memory.

Rachel Levitsky



**Coop
Band Nite**
The Fun Committee is
looking for bands
(various genres including rock, folk
rock, funk, indie, etc.)
to perform at
a free event on
April 26, 8-11 p.m.
at **Rock Shop**
(249 Fourth Ave., Brooklyn,
bet. Carroll & President)

**At least one member of your
band must be a Coop member.**

Please contact Sarah Safford at
saffo1953@gmail.com or drop off demo CD with
Jason Weiner at the Coop.
Deadline for submission is March 16.



CLASSIFIEDS

BED & BREAKFAST

THE HOUSE ON 3rd ST. B&B serving the Slope for over 20 yrs. Parlor floor-thru apt. sleeps 5 in comfort & privacy, queen bed, bath, double living room, kitchenette, outdoor deck. Visit our website at houseon3st.com. Click our FB link or call Jane at 718-788-7171. Ask about bargains for last minute bookings. Let us host you!

SERVICES AVAILABLE

ATTORNEY—Personal Injury Emphasis—35 years experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 23-year Park Slope Food Coop member; Park Slope resi-

dent; downtown Brooklyn office. Tom Guccione, 718-596-4184, also at www.tguccionelaw.com.

MADISON AVENUE HAIRCUTTER 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.

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.

Do you or a senior you love need to move? Are you eager to get

organized? Paper Moon Moves is a senior move management company helping New Yorkers to: get organized; sell, donate or discard things no longer needed; and manage moves. Call 917-374-1525 for a free consultation!

SKILLED, FRIENDLY ESL TUTOR FOR ADULTS. I would love to assist you in improving your English! I teach all skills and levels, with special expertise with advanced students and in writing. I address medical and business English too. I hold a TESLA certificate from the Literacy Assistance Center. 347-564-5752.

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SERVICES WANTED

FREELANCE TALENT WANTED Non-profit has great opportunities for talented WRITERS: Sales-Copy, Web-Content, Articles, Motivation, Metaphysics, Radio. WEB SITE: Designer/Builder. RADIO: Agent, PROGRAM PRODUCER: Motivational, Metaphysical. DESIGNERS: Graphic. Clothing. Costume. RESEARCHER P/R PERSON. Email to: PLCMcan@gmail.com.

Puzzle Answer

PEANUTS
TURKEY
SESAME
CRAB
BEANS
SHRIMP
CHICKENS
PROTEINS

Members Sought for PSFC Personnel Committee

If you know how to work collaboratively and believe you could make a contribution to the Coop, we would love to hear from you. The Personnel Committee is an elected group of members that serves in an advisory capacity to the General Coordinators (the Coop's collective managerial team), supporting them with/in performance evaluations, succession planning, developing human resources policies and in the hiring/termination of General Coordinators when/if either of those actions is necessary.

We would like the Personnel Committee to reflect the diversity of the Coop. We are especially interested in people who have skills in finance, running a business, upper-level management, organizational development, personnel and human resources. Applicants should have a minimum of one year of Coop membership immediately prior to applying, experience doing workshifts at the Coop and excellent attendance.

The Personnel Committee meets with the General Coordinators on the third Tuesday of every month from 5:30 to 7:15 p.m. Additional work outside the meetings is also required.

If you are interested, please do the following two things: e-mail your resume and a letter explaining why you would like to be part of the committee to pc.psf@gmail.com, and go to <http://bit.ly/120Dn2s> to fill out a short questionnaire.

Do you want your old Coop attendance records?

Up until September 2009, the Coop kept attendance on index cards.

If you were a Coop member before then, we may still have your old partial or complete cards.

If you would like to have this as a souvenir, please come to the Membership Office and ask for it. If we have it, it's yours!

We will be recycling them shortly.

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to GazetteSubmissions@psfc.coop.

Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

SAT, MAR 15

1-4 p.m. Pie for the People Bake off in Park Slope. Community Voices Heard (CVH) sponsors its 2nd Annual Pie Off. A Pie for the People will be held at Old First Reformed Church at 729 Carroll St. in Park Slope For info contact Mo George at (212) 860-6001 ext. 27 or Michele Burger at micheleburger11@gmail.com or (347) 852-0079. Buy tickets at cvhaction.org/PieforthePeople. To enter a pie, contact Mo George at mo@cvhaction.org.

SAT, MAR 15

4 p.m. Cookbook Tasting: *First Prize Pies*, by Allison Kave featuring recipes prepared by Melissa Vaughan (*The New Brooklyn Cookbook*) at the power-House 1111 Eighth Ave (btw 11th & 12th St), Brooklyn, NY 11215. Call for info 718.666.3049 rsvp@POWERHOUSEon8th.com.

SAT, MAR 15

8 p.m. Peoples' Voice Cafe: People's Purim: Jewish Voices for Peace and Justice (Robin Greenstein, Paul Stein). At The Community Church of New York Unitarian Universalist, 40 East 35th St. NY. Wheelchair-accessible. For info 212-787-3903 or see www.peoplesvoicecafe.org.

Donation: \$18 general/\$10 members/more if you choose, less if you can't/no one turned away.

FRI, MAR 21

8-10 p.m. SWING DANCE NIGHT with FLYING HOME - Playing the music of Benny Goodman. Evening begins with dance lessons with Arturo Perez! Then dance the night away to classic swing hits of the 30s, 40s, and 50s. Prospect Concerts, Brooklyn Society of Ethical Culture, 53 Prospect Park West. Info: www.flyinghomeband.com.

MON, MAR 24

7 p.m. Book Launch & Discussion: *My Usual Table*, by Colman Andrews in conversation with Ruth Reichl. At the power House Arena, 37 Main St. Bklyn NY for info call 718-666-3049. Rsvp appreciated: rsvppowerhousearena.com.

SUN, MAR 30

4 p.m. BPL Chamber Players at the Dr.S.Stevan Dweck Center, Central Library 10 Grand Army Plaza Bklyn10 featuring American Brass Quintet: Kevin Cobb and Louis Hanzlik, trumpets, Eric Reed, french horn, Michael Powell, trombone, John Rojak, bass trombone. Admission is free.

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Coop Job Opening: Receiving Coordinator: Meat Co-Buyer

Description:

The Park Slope Food Coop is seeking a co-buyer for the Meat Department. This is a career position. Under the supervision of a General Coordinator, the two meat buyers will be responsible for purchasing the Coop's fresh meat and poultry and smoked fish in a fast-paced environment driven by high sales volume.

The meat buyers make and coordinate complex buying decisions, negotiate prices, nurture vendor relationships and maintain the high quality and broad selection of these products. The Meat Buying team must respect and promote local/sustainable/ethical principles.

Specific responsibilities of the meat buyers include:

- Continue our longstanding buying practices: high quality with a fair return to farmers.
- Analyze and monitor sales history to create accurate orders.
- Maintain accurate inventory through quality assessment, checking of sell-by-dates and routine counting of product.
- Check deliveries for accuracy, freshness, appearance, temperature and quality.
- Systematically weigh and calculate pricing for whole animals using Excel.
- Review invoices for accuracy, price changes and make adjustments for shortages and overages, coordinate returns and track credits due from suppliers.
- Prepare/authorize/enter vendor payment information into the Coop's accounting system.
- Follow ordering deadlines and communicate changes in delivery time to relevant staff.
- Share responsibility for maintenance and cleanliness of the meat and poultry case: supervising and directing the work of other staff and members to provide an attractive display, rotation of products and accurate up-to-date price signage.
- Regular supervision and training of members who are using Hobart scales to price product.
- Be knowledgeable about organic, local and national issues regarding the raising of livestock and poultry and sustainable seafood practices. Understand relevant terms such as grass-fed, grass-finished, and free-range.
- Communicate with members about product availability and use.
- Communicate with our suppliers regarding the Coop's seasonal changing needs, and maintain current information regarding projected availability of products.

Requirements:

Required Skills

- Handle multiple demands, work under pressure, meet deadlines and follow through on any problems.
- Skillfully delegate work and manage and motivate others.
- Professional level verbal and written communication skills.
- Attention to detail and good organizational skills.
- Excellent interpersonal skills. Able to cooperate with a diverse group of co-workers and members.
- Supervision and/or training.
- Flexibility, openness, willingness to learn and take on new responsibilities.
- Facility with computers and Excel spreadsheets. Experience with Apple computers a plus.
- Facility with math. Knowledge of weights and measures.
- Ability to lift or move up to 50 lbs. every day.

Desirable Skills

- Professional experience as a butcher, or livestock/poultry farmer or chef accustomed to preparing a variety of meats and poultry.
- Professional experience purchasing product and negotiating skills.
- Experience in planning, developing and implementing systems, procedures and policies.

Work Environment:

Purchasing meat and poultry at the Coop is taxing, both physically and mentally. At the Coop, we work in a fast-paced environment driven by high sales volume with 14 times the national average per square foot overall and limited selling space. This position requires juggling competing priorities under inflexible deadlines, intense physical activity such as lifting, standing for long periods, working inside cold coolers, working outside in all weather, maneuvering heavy cases in crowded spaces, and sometimes working in noisy environments near loud equipment. Staff offices are crowded and require working in close physical proximity to others. Our staff must be able to focus on details while attending to our paging system, phones and radios, member questions and the ambient noise created by the work of other staff and members.

Hours:

In general, Monday-Friday, approximately eight hours a day, but occasional weekend work may be required. It is important that the Meat Buyers are flexible and available to cover absences. At least two to three days will start at 6 am and several days may start later and end in the early evening.

Wages:

\$26.24/hour.

Benefits:

- Paid Holidays: July 4th, Thanksgiving Day, Christmas Day, New Year's Day
- Paid Health and Personal Time: 11 days per year
- Paid Vacation: three weeks per year increasing in the 4th, 8th & 11th years
- Health Insurance*
- Dental and Vision Plan*
- Pension Plan*
- Life Insurance*
- 401(k) Plan
- TransitChek Program
- Flexible Spending Account
- *Benefits with no payroll deduction.

Prerequisite:

Must be a current member of the Park Slope Food Coop for at least one continuous year immediately prior to application.

How to Apply:

Please provide your resumé along with a cover letter explaining your relevant qualifications, skills and experience. Materials will only be accepted electronically via e-mail to hc-meatcoordinator@psfc.coop. Please put "Meat Buyer" and your member number in the subject field. Applicants will receive an e-mail acknowledging receipt of their materials. Please do not call to check on the status of your application. Applications will be reviewed and interviews scheduled on a rolling basis until the positions have been filled. If you applied to a previous Coop job offering, please re-submit your materials.

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

To Submit Classified or Display Ads:

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

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

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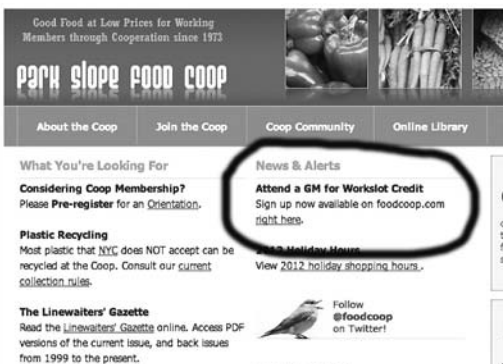
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www.cgcvt.org

To receive workslot credit for attending the
monthly *General Meeting*, members must sign up in
advance in one of the following three ways:



◆ On the Coop's website
(www.foodcoop.com)

◆ Add your name to
the sign-up sheet
in the ground floor
elevator lobby



◆ Call the Membership Office

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

One three-year term on the Board is open. To vote you may use a proxy or attend the Food Coop Annual Meeting on June 24, 2014.

Every member will receive a proxy package in the mail in late May.

You will have the opportunity to meet the candidate at the March 25 GM and also at the June 24 Annual Meeting. Candidate statement follows:

BILL PENNER



I am writing to ask for your support for reelection as one of the six members of the Board of Directors of the Coop.

I have been a member of the Board of Directors for 8 years, I also serve on the receiving committee as a squad leader. Outside of the Coop, I am an architect with my own practice

in Brooklyn and before receiving my degree in architecture, I apprenticed as a chef and cooked professionally for 6 years. The Coop is an important part of my life, it is a place where I connect with my passion for food and see the significance of food and food production in our society as a cultural, environmental, and economic force of incredible importance.

Because the Coop is a corporation, it is required to have a board of directors. Our Board of Directors meets every month in public at the General Meeting. Unlike most corporations, the Coop is unusual in that it relies on a town hall style of governance for the majority of its policy decisions. At our General Meeting, any Coop member can bring an item for dis-

cussion or make a proposal to be debated and voted on by the Coop membership present. At the end of the General Meeting, the Board of Directors votes on taking the advice of the membership. This is how the Coop combines its corporate structure with its town hall style of democracy.

In my opinion, there is often confusion as to the primary role of the Board of Directors within the Coop's decision making process. I believe an important distinction is that the Board's role is one of oversight rather than one of advocacy. Each member of the Board of Directors has a responsibility to act for the benefit of the Coop as a whole not to any one constituency or group. Proposals covering many different topics are presented, debated and voted on by all members present at the General Meeting. However, when the Board of Directors votes, I base my decision to the best of my ability on three criteria: 1) Will a proposal ratified by the General Meeting jeopardize the financial health of the Coop? 2) Will the proposal expose the Coop to unnecessary legal risk? 3) Does the proposal violate the spirit of the Coop's own by-laws? Historically, it has been extremely rare that the Board of Directors votes to overturn a decision made at a General meeting. I believe that this is testament to the

strength of our democratic process and the commitment both the members and the paid staff place on contributing to that process. The current Board of Directors is a diverse group of talented and dedicated people and I am honored to work with them on behalf of all members of the Coop.

The Coop just celebrated its 40th anniversary. I see the coming years as very important to prepare and lay the groundwork for our next 40 years of cooperation. There will be management changes that need to be addressed and planned for. Further, the Coop is more diverse than ever, and it will take a concerted effort to remain responsible to our cooperative mission and our commitment to inclusiveness for all people of different cultural and economic backgrounds without succumbing to divisive politics and all or nothing viewpoints.

As I have in the past, I have ended this letter with a dedication to the late President of the Board of Directors Israel Fishman. Israel used to say that the Coop saved his life—the different viewpoints and different people all working together for a common purpose gave him the perspective and patience to see beyond himself towards what was really important. I still think of this more than ever each time I attend a General Meeting and when I shop. ■

EXCITING WORKSLOT OPPORTUNITIES

Laundry and Toy Cleaning Weekend, 8:30 to 10:30 p.m.

This workslot has two responsibilities. You will load laundry into dryer, fold it and redistribute it around the Coop. While the laundry is washing/drying, you will clean toys in the childcare room. You will be working with a partner on these tasks.



Bathroom Cleaning Monday-Friday, 12 to 2 p.m.

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

Check Store Supplies Monday, 6 to 8:30 a.m.

This workslot is responsible for restocking supplies on the shopping floor, at checkout lanes, entrance desks and the cashier stations, and in

the basement. This is a task- and detailed-oriented job, ideal for someone who likes working independently and is pro-active. Please speak to Alex in the Membership Office or contact him at alex_marquez@psfc.coop if you are interested.

Store Equipment Cleaning Monday and Wednesday, 6 to 8 a.m.

The Coop is looking for members to clean the checkout area of the store. It entails cleaning the scales at each checkout and vacuuming around the base of the checkout station as well as sweeping and occasionally mopping. You will work under the supervision of a staff person.

THANK YOU!

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

Emily Alexy	Alexandra Cesteros	Ardis Giles	Jonathan Itskov	Paul Masterson	Tanti Rosadi	Julie Triedman
Benjamin Altman	Priya Choo-Ying	Gabriella Goldberg	Arthur Johnson	Liz Maurer	Onnesha Roychoudhuri	Hiroko Uchimura
Mieko Asada	Sean Cronin	Leah Goldberg	Judith Jones	Guy McFarland	Samantha Safer	Sarah Wagner
Leo Asada-Johnson	Nynne Just Christoffersen	Emma Grady	Sean Kaminsky	Stephen McFarland	Alizah Salario	Alex Weiss
Godofredo Astudillo	Colin Clarke	Melissa Graham	Kyle Kilness	Katie Mellinger	Mike Sanchez	Sarah Wheaton
Elisa Baring	Daniel Couch	Dynishal Gross	Jeejung Kim	Pablo Menares	Heidi Sanders	Laura Ann Wilson
Noah Barth	Jennifer Couch	Allison Grossman	Betsy Klompus	Martina Michlickova	Emily Saunders	Leonard J. Wilson
Brian Baum	Denny Demeria	Lucy Gruett	Leah Krauss	Matt Mitler	Benjamin Seibel	Ben Winter
Paula Baum	Christhian Diaz	Casey H.	Sanae Lemoine	Katelyn Muir	Dina Shapiro	Regan Wood
David Beasley	Amy Dunn	Anne Hall	Heather Lochridge	Brian Olin	Jesse Shapiro	Eric Wu
Danielle Bernstein	Anne Marie Edden	Devin Harner	Rebecca Lopez-Howe	Tanya Olszewski	CarolAnn Sica	Karin Zahavi
Jonathan Blitstein	Lee Eskin	Jennifer Harris-Hernandez	Tony Mace	Kymberly Orcholski	Para Soerensen	Francesca Zanghi
Christine Boutross	Andrea Esteruelas	Karen Hatt-Mittler	Nicole Mader	Mitty Owens	Maya Solovey	
Amy Braunschweiger	Maryse Felix	Anu Heda	Umaimah Mahmud-Thiam	Martha Poole	Katy Sparks	
Anne Byrd	Mackenzie Field	Erica Heinz	Thiam	Jason Porter	Jessie Spector	
Siobhan Burke	Madeline Furst	Simone Herbin	Andrew Mandel	Judith Pushett	Joshua Sperling	
Amanda Capalbo	Tova Geller	Amy Herzog	Michael Mandiberg	Cathy Resler	Ira Stup	
Kelly Carlin	Lucy Gibson	Emily Huber	Kathleen Marsh	Gianluca Rivizzigno	Megan Thorsfeldt	

