

oct 11–dec 3 2019

published oct 10 2019 in the Linewriters' Gazette

revised every two weeks

oct 11
fri 7 pm

Wordsprouts: All the Restaurants in New York



A joyful hardcover ode to New York City's favorite eateries, published by Abrams this Spring. *All the Restaurants in New York* collects **John Donohue's** charming drawings for the first time. From Minetta Tavern to Frankies 457 Spuntino and River Café, the

book features an eclectic mix of 101 iconic restaurants and includes many drawings that have never been published before. Sprinkled throughout the pages are interviews with owners, chefs, and loyal patrons of these much-loved restaurants. This is the first book in a three-book series from Abrams, with Paris and London coming soon. The book is based on Donohue's website *All the Restaurants* (www.alltherestaurants.com), where he sells signed, limited-edition prints to people all over the country and the world. "If you know someone who's wild for a special New York restaurant, this is the perfect present," the critic Ruth Reichl said. Donohue, a former editor at *The New Yorker* and erstwhile cartoonist for the magazine, is a self-taught artist. In 2011, he edited *Man with a Pan: Culinary Adventures of Fathers Who Cook for Their Families*, a best-selling anthology featuring recipes and essays from Mark Bittman, Stephen King, Mark Kurlansky, Jim Harrison, and many others. He launched www.alltherestaurants.com in 2017, and he draws at least twice per day. And he takes requests. WordSprouts' Sarah Schenck will moderate a free-wheeling conversation with Donohue. Delectable tidbits will be served!

Free for all Coop members & non-members. Refreshments will be served.
Bookings: Sarah Schenck, wordsproutspfc@gmail.com.

oct 19
sat 11 am

Celebration of the Life of Cynthia Pennycooke

Please join the Food Coop staff in a celebration of the life of Cynthia Pennycooke, at **Old First Reformed Church, 729 Carroll St., at Seventh Ave.** We will hold a service for our departed Membership Coordinator, followed by a reception.

oct 19
sat 7 pm

From Blue Bayou to Bruce: Singalong with Beth

Come sing your heart out with longtime Coop member **Beth Harpaz**. We'll sing an eclectic mix of folk, rock, pop, and spirituals, including: "Will the Circle Be Unbroken," "American Pie," "Mary Don't You Weep," "Tambourine Man" and more. Bring a song to share if you like. Instruments welcome. All ages invited.

oct 26
sat 2 pm

Pumpkin Decorating



Glue, glitter, and pumpkins! Bring your own pumpkin or purchase one on site. Participants younger than 16 need to have an adult accompany them. The event is free and open to all.

oct 12
sat 12 pm

Achieve Your Ultimate Goal First

Do your big life goals cause you suffering, either because you've stopped working on them and don't like thinking about it, or you've pushed yourself to the limits and still feel like you'll never get there? Try a different approach. Clarify and achieve your "ultimate goals" first. Then let your life goals come to you. Come to this workshop to connect with your big life goals in a safe and productive way, refocusing your energy and using it to jumpstart the pursuit of your life's purpose. Specifically, you will: learn about the role of goals in life satisfaction, and misconceptions around goals; clarify the essence of your big goals and tap the power of your "ultimate goals"; generate easy solutions to achieve your ultimate goals right away. Together, we'll generate psychological energy that grows by itself and pulls us forward, whether it takes us to our original goals or past them, to even bigger ones. Led by **Dave Wolovsky**, a Positive Psychology-based coach and teacher of yoga and Qi Gong. He holds an MS degree in Neuroscience and Education and a Certificate in Applied Positive Psychology.

oct 16
wed 7 pm

Learn About Cheese at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional, **Elena Santogade**. This month's class will feature a selection of unique cheeses from around the world and fun pairings you can try at home!

oct 18
fri 8 pm

Barn Dance



Alex Kramer is calling a barn dance at the Society for Ethical Culture. Come with friends and family and learn to dance the "do-si-do," "rip and snort," and



more. Dance to the rhythms of award-winning bluegrass and old-time musicians **Alex Kramer**, caller/fiddle; **Meitar Forkosh**, fiddle; **Hannah Sassoon**, fiddle; **Elana Brody**, piano and vocals; **Jonah Bruno**, banjo; **Eli Hetko**, guitar and mandolin; **Stephanie Jenkins**, banjo; **Sarah Alden**, fiddle; **Elise Leavy**, accordion; **Jim Whitney**, bass; **Taylor Ashton**, banjo and guitar; **A'yen Tran**, guitar and vocals; **Joel Turoff**, guitar. Every dance will be taught and be beginner-friendly.

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.

Bookings: Bev Grant, bevgrant1@aol.com.

oct 29
tue 7 pm

PSFC OCT 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: John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

- I. Member Arrival and Meeting Warm-Up
- II. Open Forum
- III. Coordinator and Committee Reports
- IV. Meeting Agenda

Item 1: Annual Agenda Committee Election (15 minutes)

Election: Five current members of the Agenda Committee will be presented for re-election to two-year terms.—*submitted by the Agenda Committee*

Item 2: Interim Dispute Resolution Committee Election (10 minutes)

Election: Two members will be presented for election to fill current openings on the DRC.—*submitted by the Dispute Resolution Committee*

Item 3: Changes to the Park Slope Food Coop, Inc. 401(K) Plan and Trust (15 minutes)

Proposal: Resolved, that in order to take advantage of the positive changes that will be provided by a new service provider for the Park Slope Food Coop, Inc. 401(K) Plan and Trust, when we change to the new provider, that the 401(K) plan change as follows:

A) Applicants wanting to join the 401(K) plan will become eligible whenever they reach 1,000 hours of service (rather than also having to wait until January 1 or July 1 to join);

B) 401(K) plan participants can change the amount of their 401(K) plan weekly contribution at any time rather than the current constraint of having to wait until either January 1 or July 1.—*submitted by Lisa Moore and Joe Holtz, Trustees of the Park Slope Food Coop, Inc. 401(K) Plan and Trust*

Item 4: TerraCycle Squad: Budget Renewal April 2019 to end of March 2020 (15 minutes)

Proposal: 1) \$6,000 for this budget period (4/19 to 3/20). 2) If the year ending March 31, 2020, expenses are less than \$6,000, the budget will automatically be approved for the next year through March 31, 2021. The squad will attend the March 2020 meeting and make a Committee report to attendees to announce the expenses for the year ending March 31, 2020, and to announce the continuation of the program for an additional year.

—*submitted by TerraCycle Committee*

Item 5: Proposal on Plastic Reduction Program at the Park Slope Food Coop (35 minutes)

Proposal: The General Coordinators propose a two-step approach to study and develop a program for plastic reduction at the Coop. The goal is to move the Coop towards a measurable reduction in plastic packaging and bags, used in Coop operations or/and consumed by members, in the most environmentally-, operationally-, and financially- sustainable manner.

The first step will be for the Coop staff to leverage internal and external

Still more Park Slope Food Coop events —>

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.

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also published in the current *Linewaiters' Gazette*

continued from inside page

existing resources to help the Coop develop a plastics reduction program. Examples of existing external resources are Climate Collaborative Project (as a NCG participant), engaging the PCC sustainability program and NCG plastic reduction task force, and consulting with other coop partners to learn and implement best practices. Our goal is to report back to the GM and the Coop at every GM in the next 12-16 weeks with the steps we can take immediately or in the short-term to reduce plastic packaging and plastic used or consumed by members. If possible, the General Coordinators will implement immediate actions, and report to the GM and membership. The GCs will also report monthly to the GM and in the Gazette on an ongoing basis.

The second step will be to form a staff-member committee to guide Coop progress on reducing plastic and to continue to study and suggest ways in which the Coop and Coop members can reduce their plastic consumption. The committee will be formed no later than mid-2020. The details of the committee—its mission, composition, number of members, responsibilities, etc.—will be reported to the GM when the GCs present the results of the first step in 12-16 weeks.

—submitted by the General Coordinators

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.

nov 1
fri 7 pm

Film Night: Frozen River



Winner of the Grand Jury Prize at the 2008 Sundance Film Festival, *Frozen River* is the story of Ray Eddy, an upstate New York trailer mom who is lured into the world of illegal immigrant smuggling when she meets a Mohawk girl who lives on a reservation that straddles the U.S.-Canadian border.

Broke after her husband takes off with the down payment for their new doublewide, Ray reluctantly teams up with Lila, a smuggler, and the two begin making runs across the frozen St. Lawrence River carrying illegal Chinese and Pakistani immigrants in the trunk of Ray's Dodge Spirit.

Frozen River will be presented by the film's composer **Shahzad Ismaily** who has recorded or performed with an incredibly diverse assemblage of musicians, including Laurie Anderson and Lou Reed, Tom Waits, Jolie Holland, Laura Veirs, Bonnie Prince Billy, Faun Fables, Secret Chiefs 3, John Zorn, Elysian Fields, Shelley Hirsch, Niobe, Will Oldham, Nels Cline, Mike Doughty (of Soul Coughing), Graham Haynes, David Krakauer, Billy Martin (of Medeski Martin and Wood), Carla Kihlstedt's Two Foot Yard, the Tin Hat Trio, Raz Mesinai and Burnt Sugar.

To book a Film Night, contact Gabriel Rhodes, gabrielrhodes@me.com.

nov 2
sat 11 am

Medicare Made Clear

Confused by Medicare? What does Medicare cover? How much does Medicare cost? When can I change my coverage? These are a few of the questions we will answer in this educational workshop. Join us to learn all about your Medicare choices. We'll also share tools and resources to help you understand the coverage that may be right for you, including a free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, we're here to help. Long-time Coop member **Mary Blanchett** is a Financial Services Professional who helps Medicare recipients understand their coverage and options.

nov 2
sat 2 pm

Sweet Relief Workshop

Declutter, clear, transform. Make room for yourself. Be inspired, productive and at peace in your home or workspace. Clear overwhelm and shame. Allow your physical spaces to support you to thrive! **Shira Sameroff's** work has evolved over two decades years of experience with individuals, groups, and organizations as a workshop facilitator, therapist, event planner, activist, board president, volunteer coordinator and more. She has been a member of the beloved PSFC for as long. Shira's many passions include trees, singing, biking, travel, and Honey Mama's chocolate.

nov 3
sun 12 pm

Sick and Tired of Feeling Sick and Tired?

Wish you had more energy? Can't seem to get through the day without that second (or third) cup? Hopeful that your stress level will drop but never seem to feel that way? Got all the energy you need for the upcoming holiday season? Nutrition Response Testing is a non-invasive system of analyzing the body to determine the underlying causes of ill or non-optimum health. We can help identify nutritional deficiencies that contribute to stress and fatigue and support your body with whole-food supplements, dietary changes and lifestyle hacks that will put the pep back in your step! Long-time Coop member **Diane Paxton**, MS, LAc, is an acupuncturist, colon therapist and Nutrition Response Testing Advanced Clinical Master. She practices here in Park Slope.

still to come

nov 5 **Plow-to-Plate Film: Los Lecheros**

nov 5 **Agenda Committee Meeting**

nov 6 **Cheese Class**

nov 7 **Food Class: Napa Kimchi 101**

nov 15 **Prospect Concert**

dec 3 **Plow-to-Plate Film**

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calendar of events

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