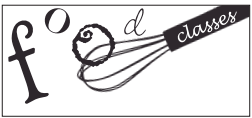


# dec 5 2019–jan 28 2020

published dec 5 2019 in the Linewaiters' Gazette

revised every two weeks

dec 5  
thu 7:30 pm



## Food Class:

### Gluten-Free Holiday Baking

Give gifts from the heart with gluten-free treats this holiday season. We'll make three different baked gluten-free treats that you can serve, take to a holiday party, give away as thoughtful gifts or eat yourself at a family get-together. We'll use both nut flours and gluten-free flour to achieve the right texture and form. Esther Farkas loves to bake and has been baking with her mom since she was small, and with her three daughters since they were small. When she was diagnosed with a gluten allergy two years ago, she learned to adapt all her favorite recipes to be gluten-free and still just as tasty as the originals. *Menu includes: Peppermint Bark; Almond-Flour Brownie; Orange-Cranberry Pound Cake. This class is vegetarian, gluten-free, includes dairy and includes nuts.*

**ASL interpreter available upon request, please contact the Membership Office. Materials fee: \$5. First come, first seated. To inquire about leading a Food Class, go to [bit.ly/CCCChef1](http://bit.ly/CCCChef1).**

dec 6  
fri 7 pm



## Film Night: Hail Satan?

When media-savvy members of the Satanic Temple organize a series of public actions designed to advocate for religious freedom and challenge corrupt authority, they prove that with little more than a clever idea, a mischievous sense of humor, and a few rebellious friends, you can speak truth to power in some truly profound ways. As charming and funny as it is thought-provoking, *Hail Satan?* offers a timely look at a group of often misunderstood outsiders whose unwavering commitment to social and political justice has empowered thousands of people around the world. **Amy Foote** is a documentary editor based in Brooklyn. Some of her editing credits include *Hail Satan?* (Sundance 2019, Magnolia); *The Work* (Grierson Award for Best Single Documentary, Grand Jury Prize SXSW 2017); *Exit Music* (ITVS); Peabody Award-winning *Mavis!* (HBO); 1964 (PBS American Experience); the Emmy-nominated and James Beard Award-winning film, *A Matter of Taste: Serving Up Paul Liebrandt* (HBO, BBC); *For Once In My Life*, (PBS Independent Lens, SXSW Audience Award 2010, IDA Best Music Documentary); and the Emmy-nominated film *Finishing Heaven* (HBO). She is currently editing *The New York Times'* first feature documentary. **To book a Film Night, contact Gabriel Rhodes, [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).**

dec 7  
sat 2 pm

## Holiday Card-Making Party



Bring family and friends of all ages to a Holiday Card-Making Party in the Coop's Meeting Room. We'll supply glue, markers, and paper and some fun art-making tips. Bring any other special art materials you would like to use. Hot cocoa and chocolatey treats will be available to purchase.

dec 20  
fri 8 pm



## David Roche; Marta Sanchez

**David Roche** is a singer/songwriter from a family of singers and musicians, poets and songwriters. It's something he's been doing since he was a little kid. Now, his third

studio album of original songs, *Griefcase*, is enjoying air-play around the world. Roche plays guitar and will be joined by David Kumin on bass and George Vahamonde on drums. He's gratefully retiring in good standing from the Coop after this gig. Pianist **Marta Sanchez** will present the music of her new album *El Rayo de Luz* (2019, Fresh Sound). Her unique vision for her quintet—celebrated by *The New York Times* (10 best albums of 2015), NPR's *Fresh Air*, *DownBeat Magazine* and many others—is further developed and explored in her new music on *El Rayo de Luz*. Marta's highly evocative music is textural, visual, and constantly surprising with invention and wit.

**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](mailto:bevgrant1@aol.com).**



jan 3  
fri 7 pm



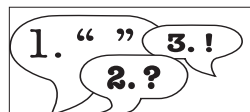
## Film Night: Eating Animals

*Eating Animals* is the feature-length documentary adaptation of Jonathan Safran Foer's critically acclaimed book of the same name. The film reveals through intimate narratives what has happened to our country in the past 40 years as we have moved away from traditional farming communities to massive industrial farming complexes that produce a seemingly endless supply of so-called "cheap" meat, eggs, and dairy. What starts out as a simple question—"Where does our meat come from?"—quickly takes us down the rabbit hole of today's industrial animal agriculture and becomes an exploration of the ultimate stakes of eating animals, the destruction of farming, and the complete unwinding of the American mythos. **Geoffrey Richman** is the editor of *Murderball*, *Sicko*, and *The Cove*—the 2006, 2008, and 2010 Academy Award nominees for Best Feature Documentary—and *Time Freak*, the 2012 Academy Award nominee for Best Live-Action Short Film. *The Cove* went on to win the Oscar, and an ACE Eddie Award for editing. At the 2005 Sundance Film Festival, Richman was awarded the first-ever Special Jury Prize for Editing for his work on *Murderball*.

**To book a Film Night, contact Gabriel Rhodes, [gabrielrhodes@me.com](mailto:gabrielrhodes@me.com).**

jan 7  
tue 7:30 pm

## Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting"

and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at [foodcoop.com](http://foodcoop.com).

**The January General Meeting will be held on Tuesday, January 28, 7 p.m., at John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.**

jan 10  
fri 7 pm

## Wordsprouts



Authors to be announced.

**Bookings: Sarah Schenck, [wordsproutspfc@gmail.com](mailto:wordsproutspfc@gmail.com).**

jan 11  
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.

jan 11  
sat 5 pm

## Healing From Climate Grief

Unhealed grief, fear, and frustration about the climate emergency affects our initiative and hope for the future. Our unexpressed emotions interfere with our ability to bring our intelligence and energy to effectively respond to the climate crisis. The opportunity to openly express emotions about the damage to the earth and its inhabitants can release enormous thinking and action. This workshop will be an interactive event and all Coop members all welcome. It will be led by longtime Coop members **Azi Khalili** and **Adley Gartenstein**.

**Still more Park Slope Food Coop events —→**

**For more information on these and other events, visit the Coop's website: [foodcoop.com](http://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.**

# dec 5 2019–jan 28 2020

also published in the current Linewaiters' Gazette

continued from inside page

jan 14  
tue 7 pm

## Safe Food Committee Film Night: Symphony of the Soil



Drawing from ancient knowledge and science, *Symphony of the Soil* is an exploration of the miraculous substance soil. By understanding the elaborate relationships between soil, water, the atmosphere, plants and animals, we come to appreciate its complex and dynamic nature. The film also examines our human relationship with soil, its use and misuse in agriculture, deforestation and development, and soil's key role in ameliorating environmental issues. Filmed on four continents, featuring esteemed scientists, farmers, and ranchers, *Symphony of the Soil* highlights the possibilities of healthy soil creating healthy plants creating healthy humans living on a healthy planet. See upcoming events, past reviews and a comprehensive list of films shown at [www.plowtoplatefilms.com](http://www.plowtoplatefilms.com) which can now also be reached via a link on the Park Slope Food Coop's home page at [www.foodcoop.com](http://www.foodcoop.com).

jan 16  
thu 7:30 pm

## Food Class: Knife Skills



Knife skills are the foundation of any cooking project. Mastering the art of slicing and dicing will improve your speed and efficiency in the kitchen. In this hands-on knife skills class, you will learn: the anatomy of a knife; how to sharpen and care for your knife; knife safety; classic French knife techniques, including dicing, julienne, brunoise, batonet. PLEASE BRING your own 6-8-inch knife (safely covered for travel please!), a cutting board, and containers or bags for all the perfectly cut vegetables you'll create. Chef Dianne is a graduate of the Natural Gourmet Institute and has worked in the food business for 13 years in restaurants, catering companies, culinary schools and cafes. She currently works as a private chef all around the city and regularly teaches cooking classes privately, at Haven's Kitchen in Chelsea, and at Cook Space Brooklyn in Prospect Heights. We'll be chopping onions, carrots, peppers, garlic, and more. Please eat before class as a meal will not be provided. ASL interpreter available upon request, please contact the Membership Office. Materials fee: \$5. First come, first seated. To inquire about leading a Food Class, go to [bit.ly/CCCChf1](http://bit.ly/CCCChf1).

jan 17  
fri 8 pm

## The Sugar Ray Rodriguez Latin Soul Dance Party



From Prince, Miles Davis, Chucho Valdez, Celia Cruz, Marc Ribot, to Miley Cyrus, Jay Rodriguez-Sierra has brought his saxophone sound and musical experience to many genres and generations. NYC-raised music veteran Jay Rodriguez-Sierra is one of its best-kept secrets! Jay will bring the ultimate culmination of his experiences for a not-to-be-missed performance of Soulful Descarga Dance Floor Music infused with jazz, Latin, funk and soul for the inimita-

ble Food Coop Prospect Concert series in Brooklyn. The all-star ensemble will feature Coop member/artists: Jose Joaquin Garcia, Alexis Cuadrado, Sean Moran, Brian Drye, Aruan Ortiz, Ludovica Burtone, Urbano Sanchez, Marta Sanchez, Andrew Drury and many others, including a string section and special guests to be announced. Let's kick off the new year right on a positive light! Bring your dancing shoes! It's a dance party! Let us party like its 2020!



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](mailto:bevgrant1@aol.com).

jan 25  
sat 11 am

## Curious About Cohousing?

Want to raise your kids in a warm supportive community? Join us for the NYC premiere of a new, 30-minute documentary, *The Best of Both Worlds: The Promise of Cohousing*. Representatives from two cohousing communities forming in Massachusetts and Connecticut will be on hand to answer your questions. What is cohousing? Picture a group of people coming together to design their own community of private dwellings, each with its own kitchen and privacy for residents. Also on the property: a large "common house" serving everyone. Optional group meals are offered several nights a week, and residents take advantage of recreation or exercise rooms, a community garden, children's playrooms and other amenities. All this occurs within a framework of shared values and a deep concern for kindness, connectedness, and sensitivity toward the environment. The U.S. to date has 165 cohousing communities. *The Best of Both Worlds: The Promise of Cohousing*, which will premiere at the Wild and Scenic film festival in January, profiles four cohousing communities in California. Joan Oleck, a writer and editor and a Coop member since 1992, recently moved to (soon-to-be) 28-unit Village Hill Cohousing ([www.villagehillcohousing.com](http://www.villagehillcohousing.com)) on 6.6 woodsy acres adjacent to downtown Northampton, Massachusetts. 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.

jan 26  
sun 12 pm

## Cultivating Emotional Resilience

We are all trying to find ways to be happier and every day there is a new method for us to increase our "positivity." What is it that really makes some people have a more positive outlook than others? What allows some people to bounce back from tragedy while others struggle to recover for years? What if some of our efforts to cultivate better thinking habits actually undermine our capacity for resilience? This workshop will illuminate the factors that contribute to genuine positivity and cover small steps anyone can take to build their own capacity for emotional resilience. Coop member Abra Havens is a clinical psychologist practicing in NYC. Abra specializes in the treatment of trauma, especially in survivors of childhood abuse and neglect.

## still to come

jan 28

Curbside Composting

jan 28

PSFC JANUARY General Meeting

For more information on these and other events, visit the Coop's website: [foodcoop.com](http://foodcoop.com)

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782 Union St., Brooklyn, NY 11215 • 718-622-0560

calendar of  
events

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