

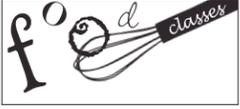
# jan 16–feb 28 2020

published jan 16 2020 in the Linewaiters' Gazette

revised every two weeks

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 Jay 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 inimitable 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 it's 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 19  
sun 11 am–2 pm

## Auditions For Our Coop Kids' Variety Show



**Auditions will be held at a remote location, not at the actual Food Coop.** Coop members ages 4-18 may audition on Sunday, January 19, 11 a.m.-2 p.m. Contact **Martha Siegel** at 718-965-3916 or [msiegel105@earthlink.net](mailto:msiegel105@earthlink.net) to reserve an audition time and confirm audition location. You must audition

to be in the show. Polished act not required for audition; we can help you polish it. Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please). Show time and place to be determined. We look forward to hearing from you!

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. **Dick Margulis** is an independent book editor and book designer whose second full-time job is helping to get Connecticut's first cohousing community, 30-unit Rocky Corner ([www.rockycorner.org](http://www.rockycorner.org)), built in Bethany, Conn., near New Haven, on a 33-acre former dairy farm. **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 woody acres adjacent to downtown Northampton, Massachusetts.

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.

jan 28  
tue 7 pm

## Curbside Composting

Attend a workshop to learn about the city's Curbside Composting program and how you can get involved. This training will include "how-to's" for greening and more information on upcoming composting events! We'll also share an update on efforts to increase participation in the city's Curbside Composting program along with volunteer opportunities. Coop member **Jacki Esposito** is a volunteer with the city's Curbside Composting program and will be joined by the program's organizers at this workshop.

jan 28  
tue 7 pm

## PSFC JAN 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: Election of Hearing Administration Committee Members** (10 minutes)

**Election:** The HAC will present four members for election to the committee. HAC members work on an FTOP basis when needed and serve three-year terms.

—submitted by the Hearing Administration Committee

**Item 2: Home Delivery for People with Mobility Issues** (55 minutes)

**Proposal:** The Coop will implement a three-month pilot project within three months of the vote to deliver groceries to eight members with mobility issues.

—submitted by the Home Delivery Study Committee

**Item 3: Amendment to the Park Slope Food Coop "Guide to the General and Annual Meetings"** (20 minutes)

**Proposal:** Amend the Park Slope Food Coop "Guide to the General and Annual Meetings" to allocate time to the Treasurer's Report and modify start and end times for successive reports as follows. —submitted by the General Coordinators

**CURRENT FORMAT:**

**7:30-7:45 Coordinators' Reports:** The General Coordinators provide brief reports on Coop operations including but not limited to finance, purchasing, logistics, and special projects. Written copies of the financial statement are made available during the warm-up period.

**7:45-8:00 Committee Reports:** Committees authorized by the GM can deliver a short report. This time is not to be used for discussion of an agenda item.

**AMENDED FORMAT:**

**7:30-7:40 Treasurer's Report:** Presentation of the Coop's financial report by the Treasurer or designated representative. Written copies of the financial statement are made available during the warm-up period.

**7:40-7:50 Coordinators' Reports:** The General Coordinators provide brief reports on Coop operations including but not limited to finance, purchasing, logistics, and special projects.

**7:50-8:00 Committee Reports:** Committees authorized by the GM can deliver a short report. This time is not to be used for discussion of an agenda item.

**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.

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.

# jan 16–feb 28 2020

also published in the current Linewriters' Gazette

continued from inside page

feb 1  
sat 12 – 2 pm

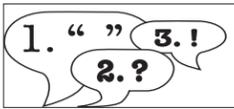
## Valentine's Day Card-Making Party



Bring family and friends of all ages to a Valentine's Day 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.

feb 4  
tue 7:30 pm

## Agenda Committee Meeting



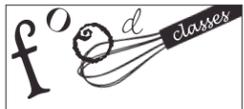
The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting"

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, February 25, 7 p.m., at John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.**

feb 6  
thu 7:30 pm

## Food Class: Miso Making



This special two-hour workshop is a unique opportunity to learn the ancient art of making miso, one of the foundational ferments of Japanese cuisine. Discover the in's and out's of fermentation and how to successfully

cultivate a biodynamic health food with a few key ingredients. Class size is limited. Participants are first come, first served. Participants are asked to bring a small glass jar (about 8-10oz.) for your miso. Chef **Cheryl** is the chief fermentationist and CEO of Contraband Ferments as well as an educator, artist, and writer. She co-organizes the NYC Fermentation Festival, and is an organizer of the NYC Ferments Meetup. She is a contributor to the new book *Miso, Tempeh, Natto* and is currently working on her first book on fermentation due out some time in the future. You can find her teaching workshops and at festivals both regionally and internationally. *Menu includes: Traditional Miso (to take home); Caramel Miso Popcorn; Taste samplers: various (grain, bean, nut) miso. This class is vegetarian, gluten-free and may include 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/GCCChef1](http://bit.ly/GCCChef1).**

feb 7  
fri 7 pm

## Film Night: Short Films by Coop Members



*Like Glass* features Zion, a club kid grappling with their gender-fluid identity, finds liberation in New York City's avant-garde nightlife scene while facing backlash from their boyfriend who struggles to understand. **Lauren Flack** is a New York-based director and producer originally from Kansas. She is co-founder of Little Blondie

Films. *Aftermath* is an animation of the last chapter of the illustrated supernatural odyssey *Telescope Highway*. **Toni Simon** is a multimedia artist and writer whose work encompasses the ways in which the future might appear, accessed through trance states. *The Magical Theater* shows a mysterious enchantment that falls on an X-rated theater, bringing the venue to life. Pornography breaks free from the silver screen, as the real world and the fantasy world blur into one. **Jovanna** is an animator and art director based in New York City. *Precious Hill Coop* features short animations about everyone's favorite member-owned Coop. By **BopJam**. *Pokemon No* shows Connor, who takes his girlfriend Sam to the Central Park Ramble for a special surprise, but the Pokemon she can't stop capturing are determined to wreak their revenge. **Valerie Work** is a Brooklyn-based playwright/screenwriter/librettist. *Animation Hotline* is a crowd-sourced animation series where anyone is invited to tell a story about anything they want. Call animator **Dustin Grella** (212-683-2490) and if he has time he'll animate it.

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

feb 8  
sat 12 pm

## Anger Management 101

Are you or someone you know prone to anger? Express your anger with an intensity that you later regret? Have anger issues because of a low frustration tolerance? Have a wish to be understood that gets derailed because of your inability to manage your anger? Anger when expressed in an assertive rather than aggressive manner can clear the air of misunderstanding, improve your sense of self and can aid in the restoration and repair of ruptures in relationships at home and at work. This hour will be devoted to: 1. Understanding the nature and neuroscience of anger. 2. Identify and anticipate the triggers that set off anger. 3. Learn strategies to manage those triggers. 4. Transform destructive anger into meaningful dialogue in relationships. We will be doing role playing if people are willing to enhance experience of workshop please call with any questions 917-627-6047. Coop member **Raymond Reichenberg** is a Certified Anger Management Association Specialist and New York State-Licensed Psychoanalyst. He has been in practice in Park Slope for the past 25 years.

## still to come

feb 11 **Plow-to-Plate Film: Wasted!**

feb 12 **Cheese Class**

feb 21 **Prospect Concert**

feb 25 **PSFC FEBRUARY General Meeting**

feb 25 **Healing from Climate Grief**

feb 28 **Wordsprouts**

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

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park slope  
**FOOD COOP**  
foodcoop.com

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

calendar of  
**events**

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