

## SQUARE DANCE!

January 28, 2025

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Come out and square dance at the ShapeShifter Lab on February 15! Bring friends and family and learn how to do-si-do, “rip and snort” and more. Alex “Sargent Seadoo” Udis and Emily Hosmer-Dillard will call and teach all dances.



# PSFC SQUARE DANCE

**February 15, 2025**

**6:30- 8:30pm**

**ShapeShifter Lab**

**FREE!**

**All ages welcome!**

**Every dance will be taught and beginner-friendly.**

**No experience or partner necessary.**

**Refreshments and light bites available**



Dance to the tunes of award-winning old-time and bluegrass string band musicians Jennifer Wilkin, Andrea Asprelli, Eli Hetko, A'yen Tran, Sarah Alden, Dave Speranza, Joe Bass, James Shipp, Jean Rohe, Krissie Nagy and friends.

Every dance will be taught and beginner-friendly. No experience or partner necessary.

- **FREE!**
- **Feb. 15, 2025**
- **Music 7-8:30 p.m.**
- **All ages** welcome; children under 16 must bring a guardian
- Refreshments and light bites available for purchase

This event is brought to you by the PSFC Fun Committee with ShapeShifterPlus.

RSVP on Eventbrite

Facebook invitation

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FILM NIGHT: TIME Y2K

January 28, 2025



*By Jennifer Miller and Gabriel Rhodes*

January 28, 2025



HBO ORIGINAL

TIME BOMB  
424

THE END OF THE WORLD  
AS WE KNEW IT

NEW DOCUMENTARY  
STREAMING DEC 30

max

As the clock counted down to the 21st century, the world faced a potential technological disaster: a bug that could cause computers to misinterpret the year 2000 as 1900. Crafted entirely from archival footage and featuring first-hand accounts from computer experts, survivalists, scholars, militia groups, conservative Christians and pop icons, *Time Bomb Y2K* is a prescient and often humorous tale about the power and vulnerabilities of technology.

This documentary will be screened by Zoom on **Thursday, Feb. 6th, at 7 p.m.** Editor Katyann Gonzalez and producer Peter Nauffts, both Coop members, will be present for a Q&A after the screening.

Katyann Gonzalez is a film editor and assistant editor working across documentary and narrative films. Her work has screened at international film festivals including Sundance, New York Film Festival and Berlinale as well as on major streaming platforms like HBO and Netflix. She is currently working on a docuseries about the Alabama Crimson Tide football team for Fox.

Peter Nauffts is a New York-based archival researcher and producer. He has conducted archival research on shows for Apple, ESPN, HBO and PBS. He is currently working on a documentary about Sun Ra for Firelight Films.

#### JOIN VIA ZOOM MEETING:

- <https://us02web.zoom.us/j/86444661891>
- Meeting ID: 864 4466 1891

To be added to our email listserv for future screening announcements, please send a request to [jlymiller@me.com](mailto:jlymiller@me.com).

*Jennifer Miller and Gabriel Rhodes live in Brooklyn and have been Coop members for*

*20 years plus.*

Editor's note: This film was initially supposed to be screened in November but we moved to February.

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2025 COOP BOARD OF DIRECTORS NOMINATIONS ARE DUE

January 28, 2025



ILLUSTRATION BY JOHN DONOHUE

*Interested in serving on the Coop's Board of Directors?*

*Nominations are now open!*

## **OPENINGS**

There are two openings on the board. Members serve three-year terms.

## **CANDIDATE DEADLINE**

If you wish to submit your name for nomination, you must declare your candidacy by submitting a statement of up to 750 words to [gazettesubmissions@psfc.coop](mailto:gazettesubmissions@psfc.coop). Candidates may also opt to include a small photo. Candidate statements and photos will be published in the *Gazette*. Deadline for candidacy submission is Saturday, March 1, 2025.

## **DECIDING AND VOTING**

Candidates will have the opportunity to present their platform at the March 25, 2025 General Meeting. Every member will receive an online ballot via email in May. Paper ballots will be available upon request. The votes from the advance online voting will be combined with the in-person votes at the Annual Meeting, to be held on June 24, 2025.

## **DUTIES OF THE DIRECTORS**

The Board of Directors comprises five elected Coop members and the senior General Coordinator present. Members serve three-year terms. Members of the board are expected to attend GMs monthly. They receive Coop work credit for their attendance. From our inception in 1973 to the present, the monthly General Meeting has been an integral decision-making body of the Coop. Since the Coop was incorporated in 1977, we have been legally required to have a Board of Directors. The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting...The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the

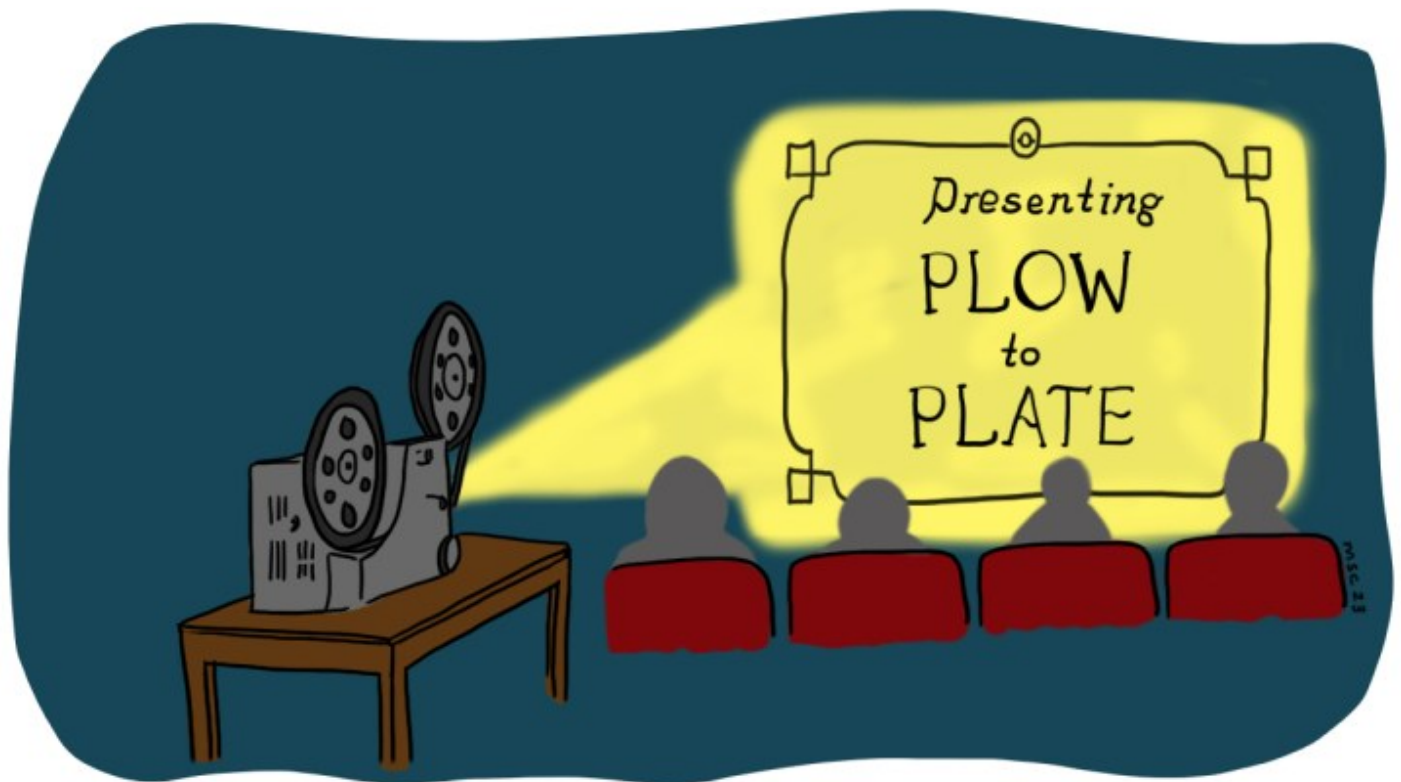
meeting.”

*For more information about Coop governance, please see The GM and the Board of Directors and Amended Bylaws of Park Slope Food Coop.*

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## PLOW TO PLATE PRESENTS 'FED A LIE: THE TRUTH ABOUT SEED OILS'

January 28, 2025

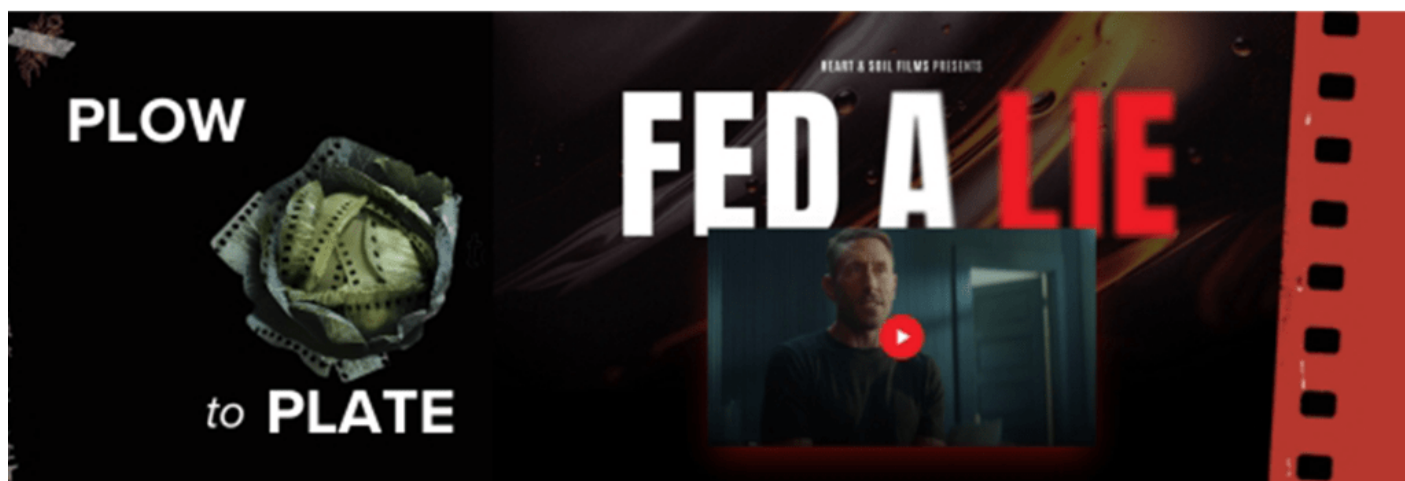


January 7, 2025

*By Adam Rabiner*

For some time, my daughter Ana has been interested in diet, health and nutrition, and I noticed her influence when she joined my wife and me on shopping trips to the Coop. No longer could we buy Oatly, our favorite brand of oat milk. Similarly, certain brands of crackers and cookies were suddenly verboten and our family now had an

affinity for ghee, avocado and coconut oil. What was going on? Unlike her parents, Ana, perhaps subject to influencers on TikTok, was tuned into the anti-seed oil movement, the theme of film *Fed a Lie*.



*Fed a Lie's* central contention is that highly polyunsaturated Omega-6, seed and vegetable oils are manufactured processed foods harmful to human beings. They cause linoleic acid (LA) to build up in our bodies and cells; a pro-oxidative, inflammatory, toxic and nutrient-deficient process that drives cell stress and death. Oils pressed from corn, soybeans, sesame seeds, peanuts, cotton and grapeseed must be heated, refined, bleached, deodorized and oxidized. Cotton seed oil was originally a replacement for whale oil used strictly as a lubricant for machinery. In 1911, Procter & Gamble (P&G) wanted to sell it as a food and created a fake lard they branded as Crisco. This was the first instance of a vegetable oil marketed to be consumed by humans as a replacement for butter, lard and tallow. Margarine was cheaper than butter, so consumers were happy. In 1948, P&G donated \$1.7 million to the American Heart Association, a small and sleepy organization, after which consumers were led to believe that vegetable oils were healthier than animal fats.

*Fed a Lie* relies heavily on certain statistics to make its case against seed oils. Several graphs are displayed throughout the film. One shows that the total calories consumed per person per day between 1999 and 2018 remained steady at 2,500 but during the same period, obesity climbed from 30% to 42%. Other charts show similar growth in various chronic diseases, which were exceedingly rare in 1900 but grew steadily thereafter, after the introduction of seed oils into the American diet. Notably, during the 20th century, when all these bad health results were trending, the consumption of saturated fats remained steady. The consumption of vegetable fat surpassed animal fat for the first time in the mid-1960s.

Today, an American consumes an average of three to five tablespoons of seed oil per day through a cornucopia of products: salad dressings, cakes, fried foods, and bread. These concentrations are equivalent to consuming 60 to 70 ears of corn or two pounds of soybeans, which is humanly impossible and evolutionarily inconsistent. *Fed a Lie* posits that seed oil consumption is the greatest change in history to man's diet. Certain populations like the Maasai warriors of Kenya and Tanzania, whose diet still consists largely of milk, meat and blood, and the Tokelauans, whose South Pacific diet consists largely of coconut, fish, tuber and fruit, have virtually no heart disease, diabetes or obesity.

*Fed a Lie* concedes that replacing saturated fat with seed oils lowers LDL—or “bad”—cholesterol but argues that this has not diminished death rates due to heart or other diseases. The film bolsters its case by claiming that Ancel Keys' influential 1958 Seven Countries Study, which purportedly showed lower rates of heart disease among populations that consumed less saturated fat, was flawed due to cherry-picking certain countries over others. The film argues that scientists and clinicians need to zoom in and look at the quality of every individual study on this topic rather than zoom out and take the averages.

One can argue that correlation is not the same as causation and therefore dispute the central message and warning of *Fed a Lie*. Yet the film is not preachy, and it's difficult to argue with its suggestion to shop the supermarket's periphery for whole, natural

“ancestral foods” such as meat, fish, nuts, fruits, tubers, and vegetables rather than its middle aisles to avoid the hidden seed oils in the many “food-like substances” that are boxed, canned, labeled, and packaged.

Shortly after watching, I visited my pantry for corn tortilla chips bought during my last shopping trip to the Coop two weeks earlier. Mysteriously, even after all this time, the bag remained unopened. I noticed it contained safflower and/or sunflower oils. Though I had not read the label until then, Ana surely had. Time to try another brand.

*Fed a Lie*: Tuesday, January 14, 2025 @ 7:00 p.m.

Screening link: <https://plowtoplatefilms.weebly.com/upcoming-events.html>

To be added to our mailing list for future screening announcements, please email a request to [plowtoplate@gmail.com](mailto:plowtoplate@gmail.com).

*Adam Rabiner lives in Ditmas Park with his wife, Dina, and child Ana.*

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INTERESTED IN ENGAGING COOP WORK?

January 28, 2025



November 26, 2024

## DISPUTE RESOLUTION COMMITTEE (DRC) SEEKS NEW MEMBERS

### SKILLS NEEDED

- Communication • Problem solving • Conflict resolution
- Dealing with complex situations
- Investigation • Writing • Research

### OUR WORK INCLUDES

- Resolving conflicts between members
- Applying Coop rules and regulations

- Discussing policy issues related to the committee's work
- Investigating allegations of uncooperative behavior by members and engaging in problem-solving
- Frequent contact with committee members
- Participating in mediation, hearings and other conflict resolution methods

## REQUIREMENTS

- In order to be considered for this position, any candidate must:
- Be a member for at least a year
- Have an excellent attendance record
- Possess the ability to work on a team
- Have good writing skills
- Have computer proficiency (Excel, Word, email)—this is essential
- Attend evening meetings every six weeks

We often work more than the 2.75 hours in a 6-week period. These hours are credited and can be banked for future use.

We recognize the importance of various points of view when considering cases brought to us. We are seeking a candidate pool that reflects the diversity of the Coop's membership.

## CONTACT

foodcoopdrc@gmail.com with the subject line: Joining the DRC

Join us to make the Coop the best place it can be for everyone.

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## WORDSPROUTS REVIVED: A NEW PARTNERSHIP BETWEEN THE PARK SLOPE FOOD COOP AND THE OLD STONE HOUSE

January 28, 2025

*By Sarah Schenck*



November 26, 2024

We are happy to announce the revival of WordSprouts, the Coop's reading series featuring Coop authors.

Due to the lack of availability of space at the Coop, we will be hosting events in partnership with our neighborhood nonprofit, the Old Stone House. Our next few gatherings will take place at the Old Stone House's beautiful upstairs meeting room.

### **We are seeking:**

- Potential speakers (who have written a book, article, play—fiction or non-fiction—and would like to be considered for our 2024-2025 line-up).
- WordSprouts' featured authors receive 1-2 workslot credits for participating and may sell copies of their books at the event.
- We are also seeking potential squad members.

**We are especially interested in addressing these two topics at upcoming gatherings:**

- New approaches to community mental health.
- Our State of the Union (an open conversation about overcoming political polarization, defusing the epidemic of loneliness, and reviving our civic institutions).

Please contact Sarah at [SarahSchenckFilms@gmail.com](mailto:SarahSchenckFilms@gmail.com) if you are interested in proposing yourself or another member who is an author as a potential special guest, or if you are interested in joining the squad.

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FILM NIGHT: TIME Y2K

January 28, 2025



*By Jennifer Miller and Gabriel Rhodes*



HBO ORIGINAL

# TIME BOMB 424

THE END OF THE WORLD  
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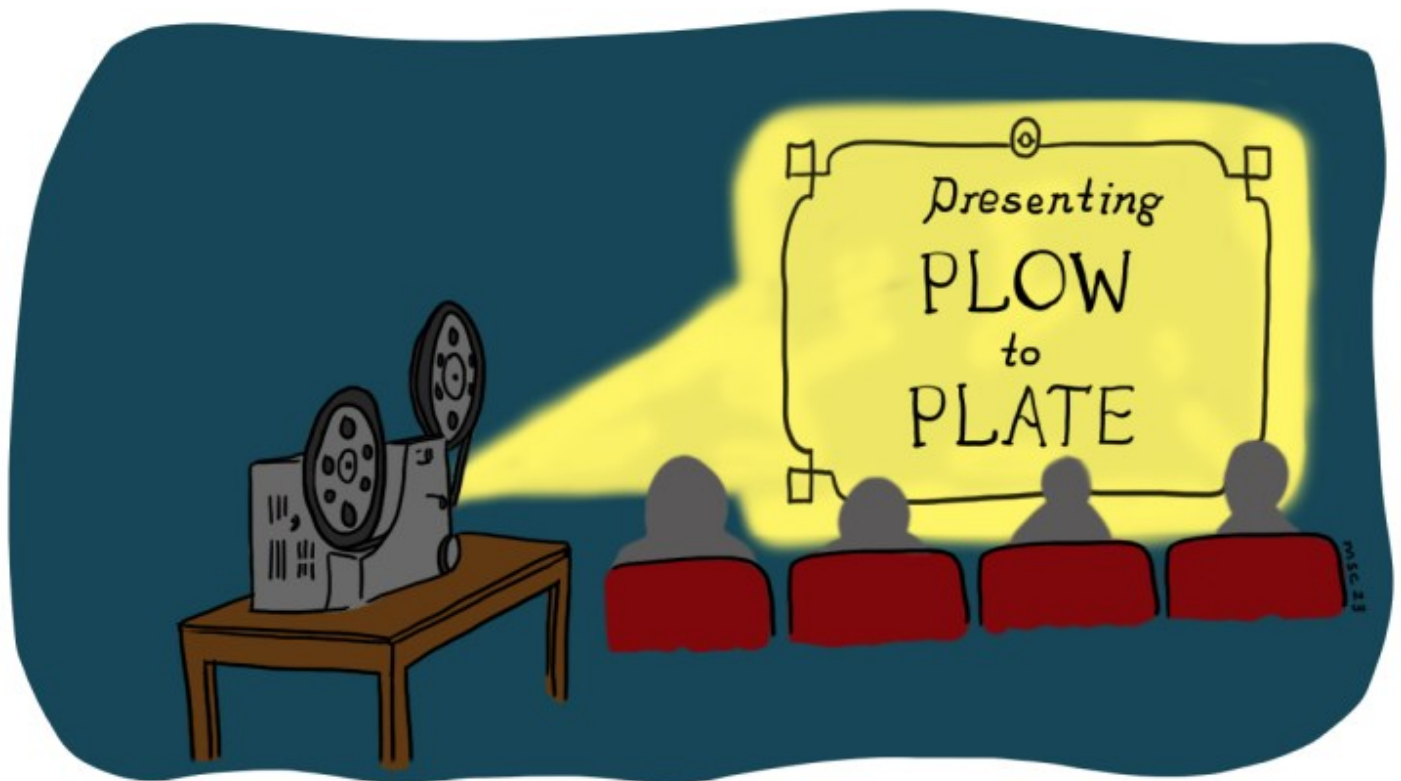
20 years plus.

Editor's note: The film was initially supposed to be screened in November.

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## PLOW TO PLATE PRESENTS: A HARD AND FAST (AND FAMISHED) FILM

January 28, 2025



By Adam Rabiner

November 26, 2024

Plow to Plate has spilled plenty of ink explaining how processed foods have contributed to unprecedented levels of global obesity and related diseases. We've also presented views on alternative healthier diets, whether they be protein- or plant-based. *Fasting: The Healer Within* takes a different tack. The film, which was co-directed by Sinclair Fischer-Gray, Saxon Fischer-Gray, Tyler Tolman and Lindsay Guerrero, is about

the absence of food, and what it does to the body and mind over time.

These effects are seen in Sinclair and his younger brother, Saxon, as they embark on an incredibly ambitious 20-day water fast followed by a 20-day fruit-juice fast. Sinclair's primary motivation is to heal his body from a ruptured disk sustained playing rugby. The injury left him with chronic knee, neck, back, and leg pain. Saxon is a healthy 26-year-old who comes along for moral support.

Before the two Australian brothers embark on their adventure, the film sets the stage with a cast of characters who explain the benefits of fasting, give the brothers advice and discuss their blood chemistry. We meet Joe Cross, a fellow Aussie, who healed himself through fasting and made the 2011 documentary *Fat, Sick, and Nearly Dead*. Dr. Alan Goldhammer, who runs a fasting clinic in Santa Rosa, California, explains how fasting is an ancient physical and spiritual healing practice. The most important and influential talking head is the person who introduced Saxon to fasting: his mentor Tyler Tolman, who runs a retreat in Bali, Indonesia. Tyler best articulates the multi-faceted aspects of fasting, discussing its religious overtones and themes of purification, holiness and communing with oneself and nature. He also digs into the physical and scientific sides of the equation. Tolman believes that just about any disease can be healed through fasting.

*Fasting: The Healer Within* balances the technical and biological with the spiritual. The brothers who anchor the film are also game to flush out the toxins from their bowels using colonic machines, as well as shed their childhood traumas and other repressed emotions through a technique called "rebirthing." Biochemical processes like autophagy, autolysis and ketosis share time in the film with discussions of energy flows and other naturopathic concepts.

It is no wonder that Saxon and Sinclair use every conceivable practice or ritual to help them through their fasts. By day six, living in a trailer in the shadow of Mount Warning in New South Wales, they are already tired, hungry, uncomfortable and bored. They are boosted by a sign on the wall that reads, "You're Supported & Loved" and

occasional phone calls with their mom. Saxon misses the warmth and love of taco night with his family and writes an affirmation in his journal: “The harder the day, the deeper the detox.” Both are already struggling, weak, sad, lonely, craving food, experiencing stomach aches and at wit’s end while trying to remain positive. A good attitude proves difficult to maintain when there is no food to serve as a distraction, and little to hide behind as old insecurities creep to the surface and tell them that they are not good enough to pull this off.

Watching this up-close portrait of the brothers’ shared hardship reminded me of the History Channel’s show *Alone*, in which survivalists vie to be the last man or woman standing in a harsh natural environment—with no food and a handful of tools. Saxon and Sinclair do not face down a severe winter or a menacing grizzly bear but they experience the same mental anguish and physical transformations (each one loses 26.5 pounds in twenty days). I wish we saw more of the day-by-day vlogging during the fast.

On day 21, after the water fast, you have never seen two people relish and appreciate a giant glass of watermelon juice more than these two brothers. Finally, the film moves on to the denouement which covers the proper way to conclude a serious fast. It’s shown during a family reunion in Bali with Tyler and their parents and siblings, and two post-fast follow-ups—one eight months later, and a final conversation between the brothers three and a half years afterwards.

Despite the discomfort and difficulty, they agreed that the experience under Mt. Warning was life-changing and provided great memories. The pair learned about their minds and bodies and the art and science of fasting. More importantly, they discovered that genuine healing is an ongoing everyday endeavor.

*Fasting: The Healer Within*, Tuesday, December 10th, 2024 at 7:00 p.m. on Zoom

Screening link: <https://plowtoplatefilms.weebly.com/upcoming-events.html>

To be added to our mailing list for future screening announcements, please email a request to [plowtoplate@gmail.com](mailto:plowtoplate@gmail.com).

*Adam Rabiner lives in Ditmas Park with his wife, Dina, and child, Ana.*

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## LINEWAITERS' GAZETTE SEEKS COORDINATING EDITORS

January 28, 2025



November 5, 2024

*The Linewaiters' Gazette* has been the Park Slope Food Coop's official newsletter since its inception in 1973, when the *Gazette* was mimeographed and distributed to

the Coop's then few hundred members. Since it went digital in 2021, the *Gazette* has had over half a million views and more than 130,000 visitors to its WordPress site.

The *Gazette* currently seeks two Co-Coordinating Editors to provide leadership to the entire *Gazette* workforce, which includes four teams of 15 member-workers who collaborate to write, edit, produce and illustrate a new issue every three weeks.

The Coordinating Editors will work together as a team, in coordination with a staff member, to strategize long-term planning for the newsletter, while also being involved in immediate problem solving. The role includes helping to create fair submission and editorial policies; serving as a sounding board and resource for Developmental Editors, Production Editors and the Letters Editor; learning the inner workings of the *Gazette*, with an eye for improvement; recruiting and facilitating trainings for new workers; and resolving conflict, among other things.

#### Requirements:

- Minimum of 3-5 years of experience in editing or production in the publishing sector
- Possess excellent judgment and strong communication and listening skills
- Able to work with diverse groups of people
- Flexibility to work an irregular schedule to support the *Gazette* teams

Prerequisite: One year of Coop membership immediately prior to applying.

If you have the relevant work experience and Coop tenure and are interested in serving the Coop in this important capacity, please email your résumé and a cover letter explaining your interest and qualifications to: [GazetteSubmissions@psfc.coop](mailto:GazetteSubmissions@psfc.coop). Please put "Coordinating Editor" in the subject line.

The two candidates selected for these positions must be approved by the General Meeting and will hold three-year terms.

Diversity Statement: We seek an application pool that reflects the diversity of the Coop's membership.

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## JOIN THE AGENDA COMMITTEE

January 28, 2025



ILLUSTRATION BY STEPHEN SAVAGE

November 5, 2024

The Agenda Committee is seeking new members! The Committee's work is scheduling the agenda for the monthly General Meeting, and it meets on the first Tuesday of the month at 7:30 p.m. over Zoom.

**Prospective applicants should be:**

- Members in good standing for at least a year before the pandemic.
- Able and willing to regularly attend Agenda Committee meetings. These occur on the first Tuesday of the month at 7:30 p.m. ten times a year. There is no meeting in June and December. Currently, the Committee is meeting via Zoom.
- Willing to work in a collaborative committee environment.
- Interested in the ongoing business of the Coop.
- Willing to attend the General Meeting at least five times a year. The General Meeting meets on the last Tuesday of the month at 7:30 p.m.

Please send statements of interest to [psfcac@gmail.com](mailto:psfcac@gmail.com). The Committee will interview applicants and then select candidates for election at the General Meeting.

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