FILM NIGHT: TIME Y2K

November 26, 2024



By Jennifer Miller and Gabriel Rhodes


HBO ORIGINAL
TIME BOMB
Y2K
THE END OF THE WORLD
AS WE KNEW IT
NEW DOCUMENTARY
STREAMING DEC 30
max

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, February 6th, at 7pm**. 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.

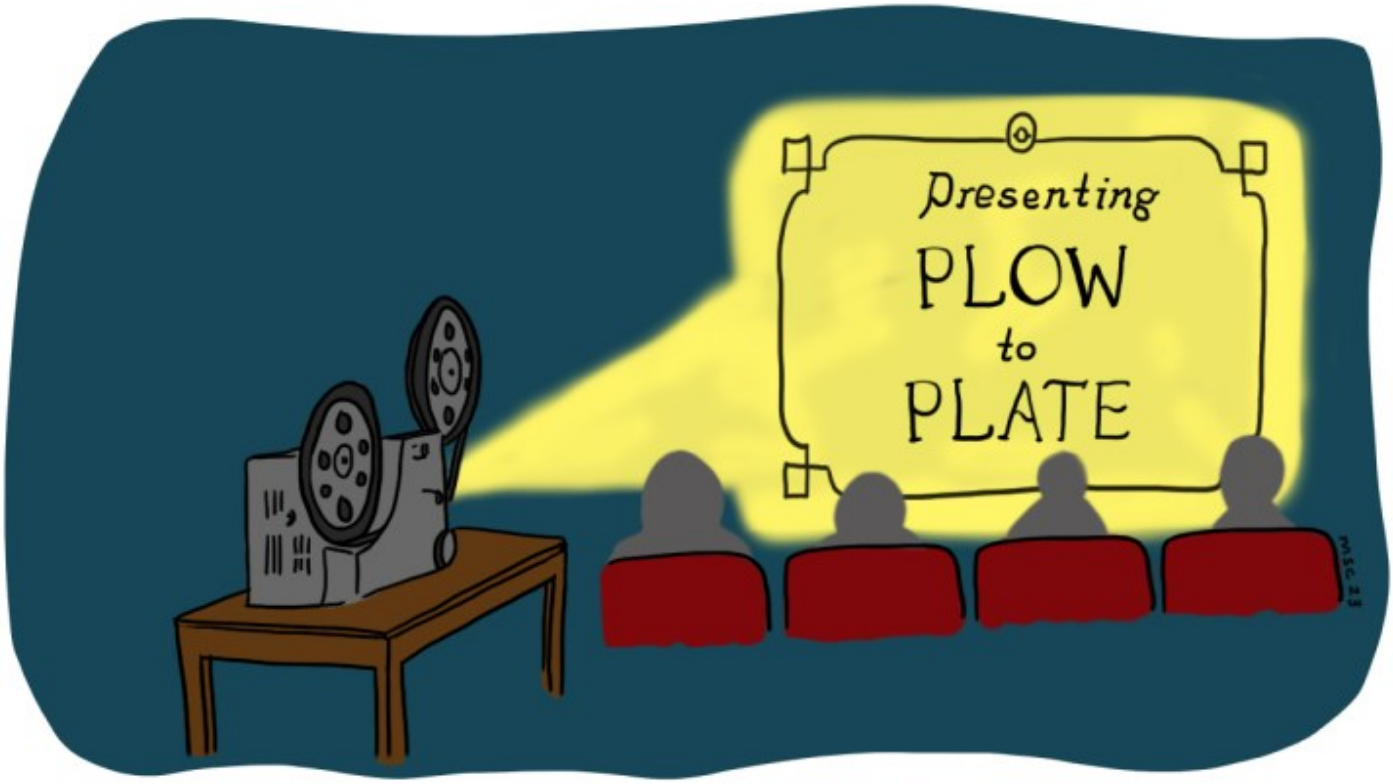
Jennifer Miller and Gabriel Rhodes live in Brooklyn and have been Coop members for

20 years plus.

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

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

November 26, 2024



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 multifaceted 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.

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

LINEWAITERS' GAZETTE SEEKS CO-COORDINATING EDITOR

November 26, 2024



November 10, 2026

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 one Co-Coordinating Editor to join the current Coordinating Editor team. Coordinating Editors 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 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. Please put "Coordinating Editor" in the subject line.

The candidate selected for this position must be approved by the General Meeting and will hold a three-year term.

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

JOIN THE AGENDA COMMITTEE

November 26, 2024



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:

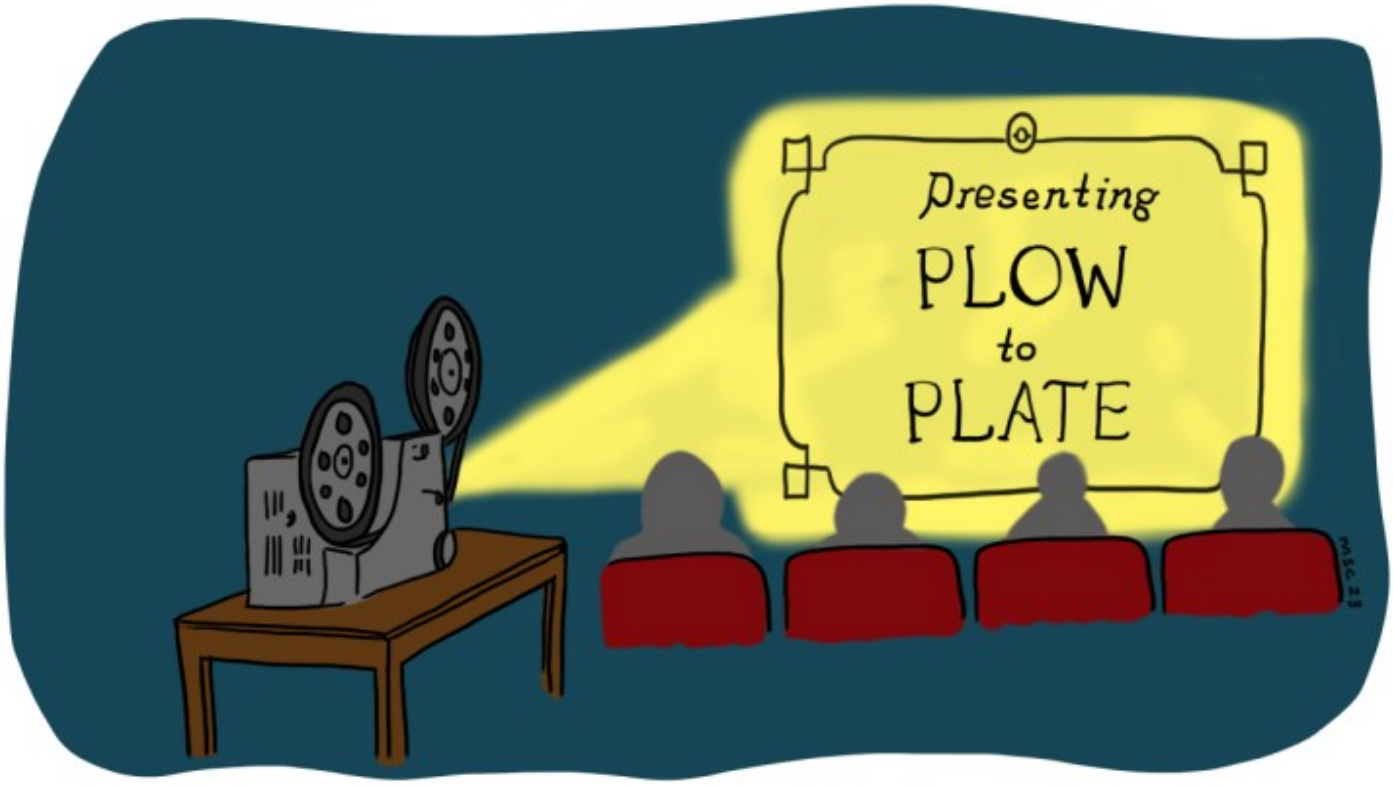
- Members in good standing for at least a year before the pandemic.
- Able and willing to regularly attend Agenda Committee meetings. These occur on the first Tuesday of the month at 7:30 p.m. ten times a year. There is no meeting in June and December. Currently, the Committee is meeting via Zoom.
- 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. 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.

PLOW TO PLATE PRESENTS: KITCHENISTAS

November 26, 2024



By Adam Rabiner

November 5, 2024

The opening frame of the documentary *Kitchenistas* shows an older person's hand penciling a new entry into a well-worn, dog-eared and stained notebook containing family recipes. Once completed, just past the one-minute mark, it reads: "Octubre 3, 2020. Empanadas de carne pollo—para la pelicula de las Kitchenistas." Then abruptly the screen flashes, "One Year Earlier" and we are off to 2019 and the inauguration of the 16th generation of the seven-week nutrition education course, "Kitchenistas 101," comprised of mostly Latina and Caribbean women, embarking on the first class, "Cooking for Salud." Was this intriguing tease of an introduction simply a clever way of rolling some screen credits? Only toward the end of the movie, when the footage is shown once again in fuller context, do you realize that these simple images capture the thematic heart of the film.

The class is taught at the Olivewood Gardens Learning Center in National City, California, a lower-income area south of San Diego, whose main drag of fast-food restau-

rants is the hallmark of a food desert. Years ago, “Cooking for Salud” began as a gardening and nutrition class for children but evolved into an adult-oriented program as moms wanted to learn to cook the foods their kids were getting excited about. In an interesting twist, the program now spans multiple parent-child combinations. For example, tenth-generation Monica is mother to sixth-generation Esperanza.

> THE MANTRA IS THAT EATING HEALTHY SHOULD BE EASY, DELICIOUS, NOT EXPENSIVE AND DELICIOUS.

Most of the Kitchenistas, which in Spanish translates as “professionals in the kitchen,” enter the class knowing how to cook. However, many of them are immigrants from Mexico or other Central and South American countries and are unfamiliar with how prepare some of the ingredients. In addition, many are employed and leading modern lives with limited time for making meals, so the class teaches fundamental skills and abbreviated recipes, whether a student has ten minutes or a full day to dedicate to scratch-made cooking. The mantra is that eating healthy should be easy, delicious, not expensive and delicious.

But the class is about much more than simply cooking. Kitchenistas are schooled in the five pillars of wellness: 1) sleeping, 2) eating, 3) exercise, 4) connecting with people and 5) being mindful. Many attend class wearing traditional clothing and jewelry from their countries of origin. A Guatemalan Kitchenista shows off a necklace of seemingly identical cloth dolls and says of the figures, “They are not like us, we are like them. What happens to one, happens to the rest. Though of different ages, education, and stories, we love each other and have adopted one another as sisters.”

The Kitchenistas learn from others too. They host a visit about culinary medicine from Dr. Sabrina A. Falquier Montgrain (a ninth-generation Kitchenista herself), Joe Pastry and guest chefs Angel and Angel from Tecate, Mexico (Honoring My Culture), where they learn about guajillo, ancho and Mexican chiles. They take the third pillar of well-

ness seriously. When not cooking they practice breathing, yoga, tai chi and movement. Indeed, they view what they are doing as a revolutionary movement.

The Kitchenistas perform demonstrations in schools and community centers where people come to hear what they have to say. They take the “Heart Healthy Tacos” show on the road to Imperial Beach, CA and the “Cooking Mindful Mushrooms” class to San Diego. They teach an off-site “Cooking for Salud” to the United Women of East Africa and testify at city council meetings where they advocate for community-wide changes in policy.

The closing credits inform that, as of December 2020, more than 275 Kitchenistas had graduated from the “Cooking for Salud” program. Kitchenistas have become elected officials, nonprofit leaders, small business owners and neighborhood mentors. They advocate for healthy food solutions and traditions to change communities and transform lives.

> THE FILM SHOWS THE TIES THAT BIND MOTHERS AND DAUGHTERS, PAST AND PRESENT, WHERE WE COME FROM AND WHERE WE HAVE ARRIVED. IT ALSO POINTS THE WAY TO WHERE WE NEED TO GO.

Can you see now the images of the beaten-up family recipe book and wrinkled, pencil-wielding hand and how they resonate with sisterhood, family, sharing and tradition? The film colorfully conveys how the Kitchenistas have learned to become professionals in their communities and families, planting seeds, promoting healthier and better lives, melding the modern with the traditional. The film shows the ties that bind mothers and daughters, past and present, where we come from and where we have arrived. It also points the way to where we need to go.

Kitchenistas *on Zoom Tuesday, November 12th, 2024 @ 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.

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

PLOW TO PLATE FILM SERIES

November 26, 2024

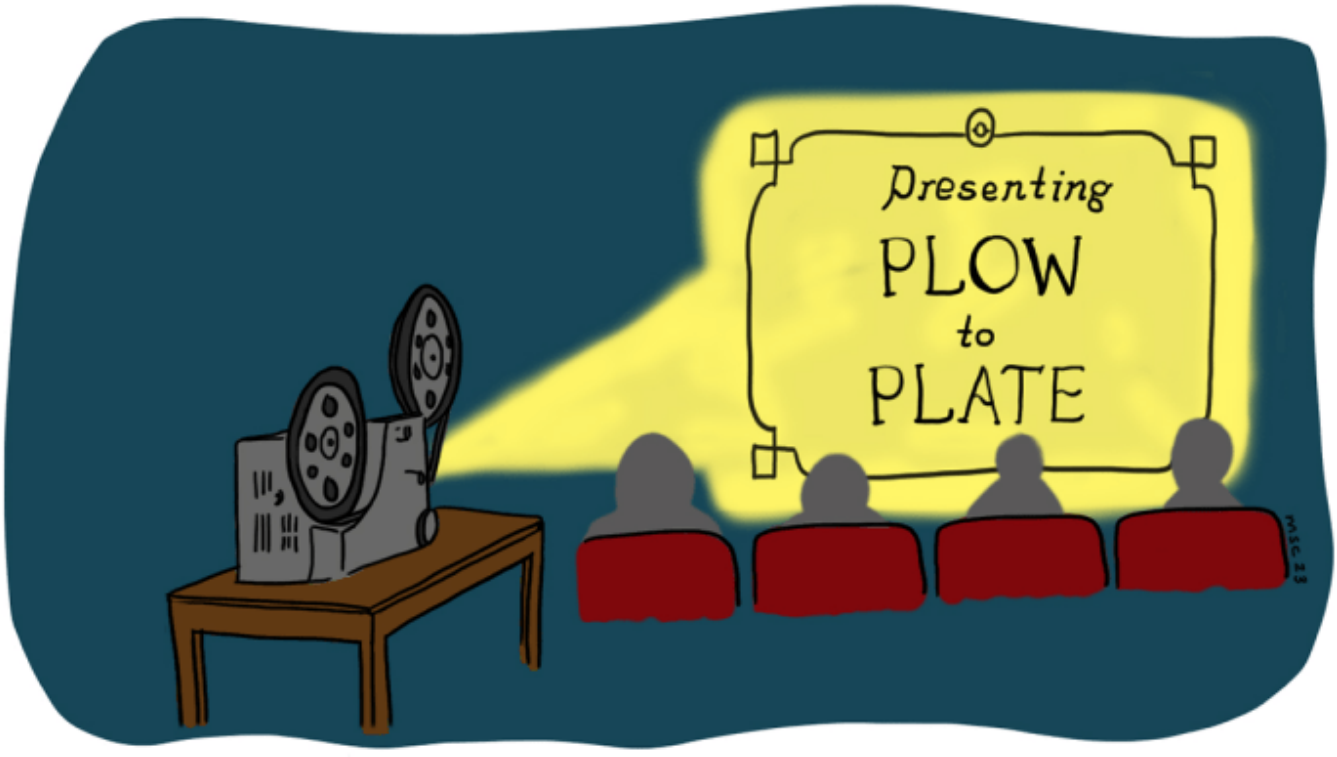


ILLUSTRATION BY MAGGIE CARSON

PET FOOLED: THE SHOCKING TRUTH ABOUT THE PET FOOD INDUSTRY

By Adam Rabiner

September 4, 2024

Let's just say that the documentary *Pet Fooled* is brought to you by *Plow to Bowl* rather than *Plow to Plate*. Never in our long-running series have we presented a film on what we feed our pets, although we have discussed whether cows are grass or grain fed. Yet *Pet Fooled* builds on the series' commitment to unveiling the less than savory aspects of an industrialized, corporatized and profit-driven food system. What plagues the pet food industry are the same problems that bedevil the system designed for our eating—namely, false and misleading packaging, monopoly power and consolidation, weak or non-existent regulation and a focus on profits over health.

It's really not shocking therefore to learn that our pets suffer from many of the same maladies that we do: obesity, allergies, autoimmune issues and diseases such as diabetes. The main reason for this is that many of the pet food formulations are not biologically appropriate. Dogs and cats are carnivores. A cat's favorite meal is a freshly killed mouse. And dogs evolved from meat-eating wolves. In fact, every animal has a unique diet best suited for it. Worms eat dirt; hummingbirds thirst for nectar. Serve a snake a salad and it will hiss at you as it slithers away into a hole where it will choose to starve to death. Yet, many pet foods are packed with carbohydrates. One beautifully designed package listed the following top unnecessary ingredients: ground yellow corn, chicken byproduct meal, corn gluten meal, whole wheat flour and animal fat. Another leading dog-food brand with all organic brown rice, oats, millet, barley, sorghum, peas and potatoes is described as "fabulous quality ingredients…if you were a goat."

Even the animal parts are problematic. By-products are what's left over after an animal has been slaughtered and all the edible parts removed for human consumption. They consist of every piece and part imaginable. In other words, "mystery meat" of unknown quality or grade. These by-products, ground up and blended with synthetic vitamins and minerals, are obtained from slaughterhouses, but can also include dead animals from farms, ranches, maybe even zoos.

There are other problems. Kibbles, otherwise known as dried pet food, exacerbate dehydration in cats and dogs and contribute to kidney problems. The words on packages do not actually mean what most people think they do. For example, “dinner, nugget and formula” must contain up to 25% actual meat. However, “with” may contain only 3% meat. And “flavor” may contain little to no (0%) meat, yet the package might contain an image of a fresh steak. Similar deceptions apply to words such as “natural” and “organic.”

A lot of this deception was revealed in 2006 because of a major product recall and congressional hearings resulting from a mysterious illness afflicting dogs caused by melamine, a deadly chemical used to make plastic. Subsequently, between 2007 and 2013, dog deaths and illnesses were associated with chicken jerky tainted with trace elements of antibiotics produced in a single factory in China.

The negative attention that thrust the industry into the spotlight created an opening for Blue Wilderness, which developed into a billion-dollar brand, to offer ostensibly healthier, grain-free and more biologically appropriate foods, though a lawsuit filed by Purina later revealed that the upstart company, Blue Buffalo, mislead consumers and engaged in false advertising when it claimed it used no animal byproducts.

Today, many passionate animal lovers have founded and launched pet food companies that form the basis of an alternative industry. Many of these visionaries enthusiastically and transparently talked about their products with the film makers. As for the five main conglomerates, they have gauged consumer sentiment and branded their own newer formulations; however, their spokespeople remained more secretive about the sourcing of their ingredients.

The bottom line is that today there are plenty of options for the educated consumer and animal lover, whether it is the newly popular raw food craze, or the glut of gently--cooked, human-grade options delivered frozen monthly to your door (shout out to my dog Sparky’s favorite—The Farmer’s Dog). There is no longer a reason to be fooled. Read labels. You can also make your own dog food like my veterinarian friend

does. Though, if you are like me, that is going a bit too far.

“Pet Fooled,” September 10, 2024 @ 7:00 p.m.

Screening link: http://www.plowtoplatefilms.com/events/

To be added to our mailing list for future screening announcements, please email a request to plowtoplate@mail.com.

Adam Rabiner lives in Ditmas Park with his wife, Dina, and two children, Elan and Ana.