

## MEMBER-SUBMITTED ARTICLE: HELP OUR SISTER COOP IN SAO PAULO!

November 18, 2025



November 18, 2025

*By Joe Holtz*

Through our practice of the International Cooperative principles, we have been giving advice to the group that has been trying to start the Gomo Coop in Sao Paulo, Brazil.

Over the last several years, we have Zoomed with them and answered many questions about what we do here and why we do what we do.

We have been impressed by their intent to practice participatory cooperation. Their commitment is strong. Successfully launching a new cooperative is financially difficult. Our dollars will go very far in Brazil, where the cost of living is much lower

than here. Please seriously consider backing up the advice we have given by donating money to them through their online fundraising campaign.

*Joe Holtz is one of the cofounders of the Coop and retired this year after 50 years of employment by the Coop. During that time he has emphasized our Coop's commitment to the International Principles of Cooperation.*

# Support Gomo Coop! Latin America's first participatory cooperative supermarket!

Inspired by **Park Slope Food Coop**, in the last 10 years, many food coops have been founded in Europe. And now it's Brazil's time.



First cooperative members  
São Paulo, Brazil

For a big city like São Paulo, with its urban complexity, mobility challenges, and high levels of social inequality, a food coop is an especially important initiative. It offers a concrete alternative to address the common issues faced by large Brazilian cities: access to organic, healthy, and affordable foods; the valorization of local and sustainable production; and the reorganization of the distribution system, often dominated by large corporations and unsustainable supply chains. **Support our campaign today and help make this alternative a reality.**



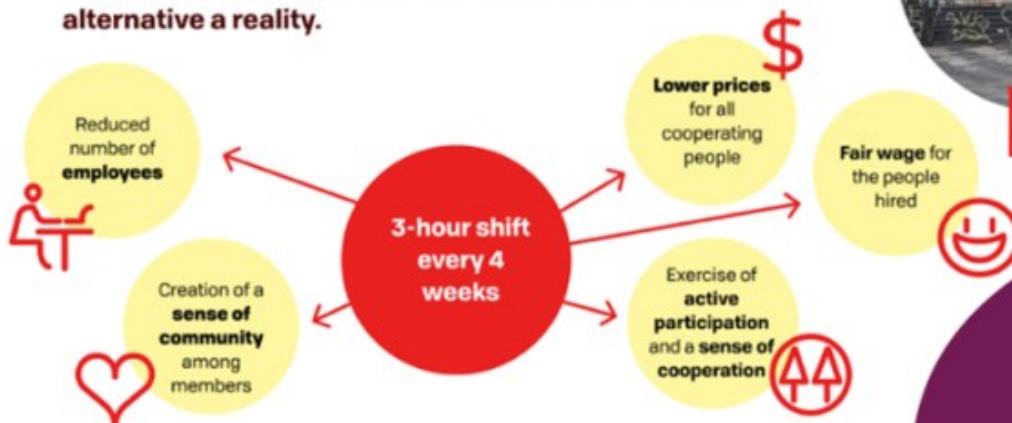
**Help us to open our doors**

With your support at **PayPal**, we'll stock our shelves with fresh, high-quality, organic, and essential products, sourced directly from the producers. This is the final step towards opening our doors.

[sites.google.com/gomocoop/eng](https://sites.google.com/gomocoop/eng)



Gomo Coop's future store under construction



Courtesy of Joe Holtz.

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## MEMBER SUBMISSION: BDS HAS NO PLACE IN THE PARK SLOPE FOOD COOP

November 18, 2025



April 1, 2025

*By Barbara Mazor*

Imagine a political movement that is hostile to your community or identity group. Now imagine that its supporters have engaged in violence against your community—assaults on individuals, gunfire, arson and the defacement of properties associated with your people. Imagine that these supporters justify their cause using false,

misleading and incomplete information.

Now picture them refusing to engage with you in discussion. If you challenge their claims or point out the harm they cause, you're accused of acting in bad faith and vilified.

Finally, imagine that—even though this movement's goals have no direct relevance to the Park Slope Food Coop—its supporters are pushing the Coop to promote and endorse it.

If you can imagine all that, then you understand the current reality faced by many of the Coop's Israeli and Jewish members. This is precisely the situation with the Members 4 Palestine (M4P) campaign to push the Coop into endorsing the BDS Movement.

### **What BDS Stands For**

BDS is an integral part of the anti-Israel movement. If the Coop were to endorse BDS, we would be aligning ourselves with those who:

- Rip down posters of hostages.
- Deface public property and Jewish businesses and institutions with graffiti.
- Assault and harass Jews in the name of "Free Palestine."
- Chant, "We don't want two states, we want '48," openly rejecting coexistence.
- Call the October 7 massacre "heroic." This attack included 1,200 murders, mutilations, torture, rapes, burnings and kidnappings.
- Hold, abuse and starve kidnap victims.

Meanwhile, this movement ignores the atrocities of Hamas—including theft of aid, seizure of civilian infrastructure, intimidation and summary executions—against the very people of Gaza it claims to support.

### **BDS Is Not About Peace**

BDS is not pro-peace. BDS is not pro-coexistence. Instead of endorsing BDS, we should be amplifying the voices of those who truly seek peace, such as:

- Bassem Eid
- Mohammed Dajani Daoudi and The Wasatia Movement
- Walid Salem
- The Palestinian Peace Coalition (Geneva Initiative)
- Roots/Shorashim/Judur
- The Parents Circle - Families Forum

### **M4P's Refusal to Engage**

Perhaps M4P is unaware of all this. On multiple occasions, we have invited M4P to engage in dialogue. They have ignored our entreaties. The only response has been a *Gazette* letter stating, "Let's discuss it at the General Meeting."

A one-minute sound bite at a General Meeting is not sufficient. Nor is there any guarantee that truly informed voices will be given the opportunity to speak.

### **A Violation of Coop Values**

BDS and the broader anti-Israel movement are fundamentally at odds with the values of the Park Slope Food Coop and the Cooperative Principles of the International Cooperative Alliance.

Its very consideration by the Agenda Committee (AC) for scheduling represents a failure of the AC to act responsibly.

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## MEMBER SUBMISSION: A NEW YEAR FOR THE TREES

November 18, 2025



March 11, 2025

*By Sarede Rachel Switzer*

The Jewish holiday of Tu B'Shvat, aka the New Year for the Trees, fell on February 12 and 13 this year (in Judaism, the day begins in the evening and ends at nightfall). This relatively minor holiday is actually fairly profound, as I hope to convey in this article.

The main custom of the day is to eat a variety of fruits, especially those for which the Land of Israel is praised, namely: grapes, olives, dates, figs and pomegranates. I am happy that the Coop carries all of these items, which made my observance of this holiday extra convenient and special.

The first mention of Tu B'Shvat is in the Mishnah, the ancient codification of Jewish law. In the times of the Holy Temple, Tu B'Shvat served as an annual demarcation to calculate the agricultural cycle of taking tithes from the produce of trees which were brought as first fruit offerings to the Temple in Jerusalem.

TU B'SHVAT PROVIDES AN OPPORTUNITY TO FOCUS ON ENVIRONMENTALISM, AND FEEL A SENSE OF GRATITUDE FOR TREES AND TO CULTIVATE AN AWARENESS OF HOW DEPENDENT WE ARE UPON THEM.

Jewish mystics have historically felt a special affinity towards this holiday, and secular Zionists later adopted it as a way of establishing a connection to the Land of Israel devoid of anything too overtly religious. Jewish Coop members such as myself have fond recollections of participating in campaigns to plant trees for the Land of Israel when we were younger.

The mental, emotional and even spiritual benefits of gardening have been well documented and likely experienced by many within our Coop community. Jewish mystical teachings explain that this is due to gardening's close resemblance to *creation ex nihilo* (the uniquely G-dly ability to create something from nothing).

While our perceived experience is that a tree sprouts naturally and causally from a

seed planted in the ground, according to the mystics, this is not so. The Kabbalah teaches that Earth contains a spiritual power of growth, activated not when the seed is planted, but rather when it disintegrates into the ground. So, in actuality, the tree sprouts from “nothingness,” via the power of growth within the earth.

Another mystical teaching is that “Man is a Small World”: Every person is a microcosm of the Earth, possessing elements of the four orders of creation (Inanimate, Vegetative, Animal and Human). Interestingly, it was the vegetative order that Talmudic scholars emphasized, as per the quote from the Jewish bible, the Tanakh: “For man is a tree in the field” (Deuteronomy 20:19). For, throughout our lives, we also grow—developing and refining our character traits—through ridding ourselves of ego (not unlike the seed disintegrating into the ground).

On a macrocosmic level, Tu B’Shvat provides an opportunity to focus on environmentalism and feel a sense of gratitude for trees and to cultivate an awareness of how dependent we are upon them.

I hope these ideas provide some food for thought (no pun intended!) as you enjoy all of the delicious fruits, vegetables, herbs, teas and spices we are privy to at our Coop.

Happy Tu B’Shvat!

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MEMBER SUBMISSION: POETICALLY UNMASKING BDS

November 18, 2025



March 11, 2025

*By Jesse Rosenfeld*

Worse than rigid in their scope and doctrine  
I'm here to reveal, not to mock them,  
Their horror that someone else somewhere disagrees.  
Human rights for them but none for thee?  
Where to start? What else to say  
About these Puritans and their morality play?

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We see them hiding behind each others' backs  
Laughing behind each others' masks

Where knowledge is found only in emotion.  
Knee-jerks force pretzel-logic contortions,  
Feigning wisdom beyond their years.  
So easy scorning others' fears.

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Leaping parrots who've here reached little  
But a shoulder's height upon giants.  
Hiding their face and venting spittle.  
Thrilled, imagining they are lions,  
They snatch what they can get.  
So easy claiming another's sweat.

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They absolve themselves, all clean hands and smiles.  
Such virtue, removed at miles.  
For if someone dies at least  
They are committed to mouthing peace.  
Standing by, pious, 'terrorist' is not their life.  
So easy claiming 'non-violence' behind another's knife.

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With phantom funds to pay for treats  
Paid through credit is their Beggar's Ball  
While we watch our storehouses deplete.  
Hire them while they still know it all.  
They recline, a fellow's privations are funny.  
So easy spending others' money.

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History beaten into crowbars they howl for division,  
Cooperation cancelled from their social justice mission.  
Bellies full, anonymous with masks.  
Ever so oppressed they grind their axe.  
Fickle friends to the poor, (or lupine guards for sheep),  
Citing law only when it guards their sleep.

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“J’ accuse!” weeping about imperialism. Forgive them their surrealism  
They, unwitting preachers for slave-holding liars,  
Condemning others’ burns while they stoke their fire.  
They imagine themselves hellions and play at rebellion.  
Window-dressing demands for democracy  
Disguising campaigns for global theocracy.

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But why not set the example? Why not lead the pack?  
Leave the country? Give their own land back?  
No! No no, please! Not their home!  
Better to deflect, to distract, to point at their cellphone,  
To quote the Leni Lenape, or model the Fenian.  
Safer to leave fighting to the last Palestinian.  
What siren draws these privileged to stand?  
So easy crying “Genocide!” and dancing on stolen Brooklyn land.

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## MEMBER SUBMISSION: WHY WE SHOULD STOP NATIONAL GRID

November 18, 2025



March 11, 2025

*By H el ene Filion Onserud*

As a social worker living and working in Sunset Park for over 30 years, I have seen the heavy burden that utilities costs lay on a low-income neighborhood. And I know how limited the future is for today's young people and that it can only become grimmer for future generations as the climate becomes increasingly unstable. To do my part to combat this growing crisis, I have volunteered with the No North Brooklyn Pipeline Alliance for the past three years. The site of that pipeline is not close to Sunset Park. Still, I decided to join the Alliance because of its phenomenal work in fighting the climate crisis, more specifically in its work to rid our city of so-called "natural" gas.

National Grid, the gas utility serving Brooklyn, parts of Queens, Staten Island and Long Island, is a privately owned company based in the United Kingdom. The New York State Public Service Commission (the PSC) recently granted it permission to raise our rates, so it could pour five BILLION dollars into the gas system that brings toxins into our homes, exacerbates the climate crisis and forces us to pay to sustain an antiquated energy system.

We are captive rate payers. An average gas customer saw an increase in our gas bills of over \$30 a month, starting this past September, then incrementally climbing to \$67 by the end of three years. This is great for National Grid's investors but a terrible blow for the rest of us. Not only is it an economic hardship, but it's also an environmental disaster, with a significant increase in emissions from fracking, transportation and leaking of this gas—mostly methane, a potent greenhouse gas.

As we have seen increasingly over the last few years, the climate crisis is rapidly accelerating. Decades into the crisis, there is finally global recognition that the catastrophe is happening now! So, we urgently need to move away from extracting and burning fossil fuels and invest in renewable energy and distributed heat and cooling. It is possible to do it with thermal energy networks, solar and wind technologies, better storage and greater efficiency.

But in the face of this, National Grid is an expert at greenwashing, a tactic used to fool the public into believing that its infrastructure projects are needed. They use the threat of potential safety and reliability failures to claim a never-ending need for gas in the future. And we end up paying for infrastructure that will soon become obsolete. Since the utility can only make a profit when it builds or rebuilds infrastructure—rather than on the gas itself—the incentive is great to continue doing business as usual.

Gas emissions, a byproduct of National Grid's operations, create significant health impacts in the form of indoor and outdoor pollution. According to MIT, emissions from buildings contribute 37 percent of premature deaths from air pollution, more than

transport, industry and power generation. This affects us all, but it disproportionately affects people in disadvantaged communities, especially communities of color, because pipelines are disproportionately routed through those neighborhoods. The health of our community is at stake, and we must act now to protect it.

What can we do about this?

The Climate Leadership and Community Protection Act (CLCPA), which became law in 2019, is one of the most ambitious climate laws in the United States. Its main targets are reducing greenhouse gas emissions by 40% by 2030 and 85% by 2050. However, other legislation is needed to ensure we reach those targets.

One of the most powerful bills in the Legislature is the New York Home Energy Affordable Transition or NY HEAT Act. It would give the PSC the power to deny investor-owned utilities such as National Grid these exorbitant and unfair rate increases. One of its provisions is to limit utility bill costs to 6% of our household income. Of course, fierce opposition from the gas industry has impeded the passage of that bill despite huge efforts by environmental organizations, activists and many elected officials. But the bill is being reintroduced in this session.

We must stop National Grid's attempt to continue rebuilding fracked gas infrastructure while trying to convince the public that it is needed. We must especially target the key decision-makers, Assembly Speaker Carl Heastie (718-654-6539) and Governor Kathy Hochul (518-474-8390), and demand the passage of the NY HEAT Act. Our health and the future of our children depend on this!

*Hélène Filion Onserud is a 38-year resident of Sunset Park, former deputy director at Center for Family Life in Sunset Park, and a current board member and Committee Chair of the Climate and Ecological Justice Committee of the International Association for Social Work with Groups.*

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## MEMBER SUBMISSION: TRASH TO TREASURE: COOP WASTE INSPIRES ARCHITECTURAL STUDENTS' CREATIONS

November 18, 2025



*By Tim Shields*

January 28, 2025



In November 2024, the bustling basement of the Park Slope Food Coop became an unlikely muse for creativity. Twelve first-year architecture students from Pratt Institute descended on the Coop, but not for groceries—they were there to collect stacks of discarded cardboard and onion bags for an ambitious final project.

Under the guidance of PSFC member and sustainability architect and educator, In Cho, the students were tasked with transforming recyclable materials into prosthetic devices capable of supporting the human body in motion. The project wasn't just about sustainability; it was a challenge to reimagine the potential of humble packaging waste as structural, weight-bearing objects.

Joseph Gordon, a receiving coordinator, played a key role by carefully stockpiling materials for the students. The Pratt group marveled at the Coop's behind-the-scenes operations, particularly the sheer volume of packaging involved in food distribution.

The students' designs culminated in innovative prosthetic devices that supported

two-person interdependent movements, blending engineering, architecture, and sustainability. The result? An experiment that turned waste into art, function and inspiration.

“It’s amazing how these everyday materials challenged us,” said one student. “We learned to see them not as trash but as opportunities for design.”



Students showcase one of their creations. Photos by In Cho.

This collaboration showcased the creativity of Pratt’s budding architects while highlighting the importance of sustainable practices and rethinking waste as a resource. Big thanks to PSFC Receiving Coordinators Joseph Gordon, Marvin Pique and Dominique Esser, and fellow guests, who attended the final presentation, inspiring the next generation of architects.

*Tim is a longtime Coop member who enjoys his 5:30 a.m. lifting shift at the top of the belt.*

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MEMBER SUBMISSION: CASE FOR THE LINEWAITERS' GAZETTE AS DIGITAL KNOWLEDGE BASE

November 18, 2025



*By Tim Hospodar, Member of PSFC Board of Directors*

January 28, 2025

During our Coop's December 2024 General Meeting, a member interrupted the proceedings with a point of information in order to reference the *PSFC Guide to the General and Annual Meeting*. They drew our attention to Committee Election Procedures in Section VIII. This section's item A, about candidate eligibility, includes the instruction for all Coop Committees to announce openings in the *Linewaiters' Gazette*. Only minutes prior to this interruption, I was speaking to the assembled members about an

election in October, at which, as a present member serving on the Board of Directors, I abstained from voting. The lack of sufficient information I cited resulted from debate at the October GM regarding the election's announcement in the Gazette.



Image of a screenshot showing Instagram @foodcoop account's post driving traffic to Linewaiters' Gazette with a visualization of the Agenda Committee's call for nomina-

tions, 06 November 2024, credit: author

Performing due diligence during a meeting, on an iPhone 15, isn't ideal. Do you use the *Gazette's* Table of Contents—i.e., the Committee Info section? Do you go post to post, using the left/right buttons at the bottom of the page? Do you leverage the tags hiding at the bottom of each post in a subtle, desaturated color—e.g., #2024-11-05—which collates all posts for said issue? And when you don't find what you are looking for, should you conclude it was deleted, hard-to-find, unprinted or never submitted?

Not finding the information you need in Instagram; not finding emails or texts or mail from our Coop; finding it tacked to the Coop Corner; and finding it on the Coop website are all moot points in consideration that the Election Procedures single out the *Gazette* as a single source of truth unless we introduce a debate about the temporal qualities of all these channels. And it's worth noting that the *Guide to Meetings* was published in 2011 with 2016 amendments—before the pandemic accelerated the digitization of the *Gazette*—when the printed resource was truly a paper trail. Recent discussions at GMs about the *Gazette* returning to paper seem timely!



Image of a photograph depicting an infographic hanging in the produce section at the PSFC that illustrates the various sweet potatoes known to be carried at the Food Coop. 23 January 2023, credit: author

I'm not submitting an opinion against printed materials. Instead, I want to promote the *Gazette* expanding as a digital knowledge base boasting domain expertise and transparency. The fifth principle of cooperation's focus on education can be interpreted as a reminder that knowledge sharing is a critical element of community. And a knowledge base enables our sharing. Sharing is more than workshops upstairs or on Zoom. Where's the playbook for a successful second location; how do we offboard executive decision-makers; can we inform new members what is an "end-cap" and

which ones are dedicated to new products, fancy products, or magically discounted products? Why do some bananas go from green to black and what's with all these potatoes? It is not useful to trap this info in signs and various digital channels—some of which expire on your phone after 24 hours. While it is important to meet members where they are—or where their eyes fall—we also need a persistent, digital library.

*When not serving the Food Coop, Hospodar can be found wearing a Computer Scientist hat—fixated on information management and process improvements.*

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## MEMBER SUBMISSION: A NEW COOP DEMOCRACY

November 18, 2025



*By Jason Weiner*

October 15, 2024

When the Coop was a small community, the town hall format worked. These days, it doesn't serve our membership.

We currently have a selective, not a representative democracy: the members who always attend General Meetings, people directly connected to an item and those just there for credit (the unfortunate way to bulk up participation). Members involved in the initial discussion are a completely different group from those who only have about 45 minutes to decide how to vote at a following meeting.

Our main decision-making body is an incomplete composition of approximately 2% of membership. A common complaint we hear is that members weren't aware a vote or discussion was happening, even with all the ways we promote and disseminate. We should allow everyone to have a voice, be part of our democracy, and stop limiting to a time and format that doesn't allow full participation at the GM.

### **It's time to have all members vote.**

I understand the desire to modify the system by going hybrid, which attempts to address some of these issues. However, it doesn't fix our systems:

- It's not representative and maintains the selectiveness that is inherently inequitable.
- It's attempt to be more inclusive actually disenfranchises those without the technology resources to participate and maintains the time constraint that prevents many members' involvement.
- It creates more work for staff (who will be the ones to bear the burden of managing costly systems that still don't allow for maximum participation).

We need a change that honors the fundamental right for all members to be heard, if we want to continue this type of governance.

### **It's time to make the GM a discussion-only format.**

GM credit should be like jury duty (where it becomes your work responsibility for the entire year so members build a greater understanding of these items and it's not just about increasing participation).

After each discussion, the full membership could access:

- The full recording of the discussion
- A detailed summary
- A pro and con list on any item
- Additional discourse through an online forum
- And most importantly, an opportunity to hear how the hourly paid staff feel on any topic. This Coop belongs to ALL OF US, but it's the staff's livelihood and future that is affected by every decision that comes out of the meeting. True community-based governance centers those most impacted within the community.

All this could be online, in the office and even in paper format if needed, so that all members can access. This could be achieved with minimal work (and cost), unlike attempting to manage in-person and online simultaneously with the myriad complications and oversight that a hybrid system would require.

Members need time to actually understand items coming up for vote.

We shouldn't have to incentivize voting, but I get it. Maybe if members participate in every vote in a calendar year we could give them a bonus credit?

It's time to bring voting to all. It's time to change to full accessibility.

*Jason Weiner is Membership Coordinator at the Coop.*

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MEMBER SUBMISSION: OPEN STREETS NOT FOR ALL

November 18, 2025



*By Denise DeYonker*

September 24, 2024

The Open Streets Program is not for all. The program that was once welcomed during the pandemic is now harming businesses and residents and with little to no oversight, accountability or transparency for the nonprofits that run them.

ONLY CERTAIN BUSINESS MODELS BENEFIT FROM THE STREET CLOSURES.  
MITCHELL'S SOUL FOOD, A 40-YEAR-OLD BLACK-OWNED BUSINESS, IS NOT ONE  
OF THEM.

There is no requirement for community consultation or consent to close down a street, even a critical traffic artery. That has been our experience in Prospect Heights, Brooklyn—with the closure of Vanderbilt Avenue, a major thoroughfare, for six months a year, three days a week. Only certain business models benefit from the street closures. Mitchell's Soul Food, a 40-year-old Black-owned business, is not one of them. The Sunday street closures shuts out their customers who drive or take the bus after church, as they have for decades.



The crowd gathered outside of American Vegan on Saturday, June 26. Despite government officials intervening on that restaurant's behalf, the nonprofit that runs the Vanderbilt Open Streets program won't budge. *BKReader* ran an article in May of this year about Mitchell's. Another restaurant, American Vegan, already closed down, in large part after a series of run-ins with the nonprofit.

Neighboring streets are clogged with traffic when the three-day street closures are in effect, harming businesses and residents in the surrounding area. Prospect Heights is a privileged neighborhood with ample access to beautiful green spaces (including a brand new one, Pacific Park). It is difficult to justify the need for the concrete open space when the harm to many clearly outweighs the few who benefit. A group of neighbors came together to fight back and the United Neighbors of Prospect and Crown Heights was born.

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# MY GRANDFATHER, AN EPICUREAN SPY

November 18, 2025

KATHERINE FENNELLY

# FAMILY DECLASSIFIED:

UNCOVERING MY GRANDFATHER'S JOURNEY  
FROM SPY TO CHILDREN'S BOOK AUTHOR



Member Submission by *Katherine Fennelly*

If my Hungarian-American grandfather were alive today and living in Brooklyn, I have no doubt he would be a member of the Park Slope Food Coop. Francis Kalnay, or “Ferko” as we called him, was many things: a linguist, a spy for the Allies in World War II, an award-winning children’s book author and a designer of houses in Valle de Bravo, Mexico.



Francis “Ferko” Kalna making a loaf of bread in California, 1980s. Photo provided by Katherine Fennelly.

Ferko was also a superb chef who roasted his own coffee beans, milled his own flour, harvested honey from bee hives, cured meats in an underground smokehouse and grew fruits and vegetables on his properties in Mexico, and then in California. Late in his life he invented and marketed a bread plate (below) and built bread ovens for neighbors.

**VIRGINIA SAFFORD’S BOOK WAS ABOUT THE BEST MEALS SHE HAD EVER EATEN.**

ONE OF THE CHAPTERS FEATURED A REPAST PREPARED BY FERKO AT HIS B&B IN VALLE DE BRAVO.



The Greatful Bread Plate, invented by Francis “Ferko” Kalna. Photo provided by Katherine Fennelly.

My grandfather’s skill as a chef was highlighted in the book *Friends and Their Food* written by Minneapolis food writer Virginia Safford,[1] who visited him in Mexico, where he lived for 20 years after the war. Safford’s book was about the best meals she had ever eaten. One of the chapters featured a repast prepared by Ferko at his B&B in Valle de Bravo. She writes:

*I saw a load of various beans drying in the sun on his terrace, and the smell of the freshly brewed coffee was almost as tantalizing as the bread. Everything we ate at*

*the simple wooden table in his little kitchen, with the cooking going on in full view, was delicious. We started out with what might be called country antipasto. In the middle of a table were crisp radishes and small green onions garnishing a platter of sliced, home-smoked turkey breast [from an underground smokehouse] to be eaten on fresh buttered rye bread. Then came the soup...and authentic Hungarian stuffed cabbage rolls. Last was Hungarian rum cake with wild strawberry jam and home-roasted coffee.*

In addition to preparing delectable meals, Ferko wrote about cooking and published a series of articles for the magazine *House Beautiful*. An example shown below featured recipes for cooking with fresh flowers. Others highlighted smoked meats and Hungarian dishes, such as stuffed cabbage.

# Flowers in Cooking?

*And why not? Flowers are sugar and spice and other things nice. They can broaden your palette of flavors in several piquant directions. This summer give them a whirl in your kitchen*

By FRANCIS KALNAY



An article Ferko wrote for *House Beautiful*, April 1960. Photo provided by Katherine Fennelly.

You can read more about my grandfather's life as a spy, linguist, children's book author and an epicure in my book: *Family Declassified* (Sunbury Press, 2023).

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[1] *Friends and Their Food* by Virginia [Safford, Virginia. *Friends and Their Food*. Dillon Press, New York, 1969.] Safford, 1968