



# COMMUNITY NEWS

June 2009



PUBLISHED BY THE JOINT COMMUNITY ACTIVITIES COMMITTEE

## Amalgamated Nursery School's Annual Spring Bazaar

by Jennifer Rankin

The forecast called for rain, and the skies looked like they might keep that promise, but somehow we got lucky once again for the Amalgamated Nursery School's Spring Bazaar. This annual event is a community calendar staple, and it drew a great crowd this year. Some came to browse the wares for sale by vendors and cooperators; others came to test their hands at bubble-making and spin art; many came to enjoy the burgers, hot dogs, sausage and peppers, and tasty baked goods cooked up for the occasion.



The younger Bazaar-goers got quite a kick out of the many games of skill and various arts and crafts tables set up for them. (After my shift as the host of the Bean Bag Toss, I can tell you we have a few pitchers-in-the-making in our ranks.) Among all of

the activities enjoyed by the crowds every year, though, nothing seems to please the kids like the ever-popular Bouncy House. What is it about defying gravity that appeals so much to those little minds and bodies?

Arguably the most popular attractions at the event were the raffle and silent auction. Many individuals vied for the now-infamous handcrafted quilt, made with love by Nursery School parents (with help from teachers Maria and Jean). Other

amazing raffle and silent auction items included memberships to the Bronx Zoo, Wave Hill, and the Children's Museum of Manhattan.



The participation of co-op staff members, volunteer cooperators, and Nursery School parents and staff are always crucial to the success of the Bazaar, which is the main fundraiser for the Nursery School. We owe a debt of gratitude to everyone who helped make it happen. If you missed it this year, make sure you keep your schedule clear in May 2010.

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## LETTERS TO THE EDITOR



### To the Editor:

I've been a member of the Co-op Fitness Center since its inception ten years ago. I worked out twice a day for a total of one and one-half hours a day, six days a week. Since I joined the Crossfit Program, I'm almost ready to relinquish my membership.

Why Crossfit? For several reasons. At sixty-five, my body knows that I'm not a kid anymore (although my mind tells me something entirely different). Still, I can get more benefit from a thirty minute Crossfit workout than I can from my previous regimen. Perhaps the biggest advantage that the program has to offer is the presence of a certified trainer. While the need for older people (alright, that's me) to use some weights while exercising is well-documented, I didn't start to do weight training until I was in my mid-fifties. Like many of us I had absolutely no knowledge of the proper technique to use. As a result, I injured myself several times. In Crossfit we initially spend more time on learning and mastering technique and form than in doing the actual exercises. Will, the trainer, starts us with very light weights and builds to each individual's capacity. You won't be afraid to exercise. You'll learn to do it the right way. You'll learn to do it better.

That's the beauty of having a trained group leader. Can't do a particular exercise because of a bad back, aching knee, or sore shoulder (yes, that's me again)? You'll be given a comparable exercise that you will be able to handle.

There are different programs of various difficulty, with each exercise geared to your ability. The atmosphere is supportive; rather than compete with one another, members encourage one another. It's

always more fun when you do something in a group.

Still, for me there's yet another reason why I'm so enthusiastic about this particular program. The measure of success that I use is supported by my cardiologist. I've had three nuclear stress tests since my heart attack and triple bypass surgery at the age of 53...twelve years ago. I learned that there are three main benchmarks in a stress test; degree of exertion, duration of exertion and time needed to recover your normal pulse rate from exertion. I exceeded thresholds one and two on all three test occasions. However, four years ago it took me six minutes to recover from the exertion. Last month it took me less than three minutes! And I'm four years older! Full recovery in less than half the time! The only change in my lifestyle that I can attribute this to is Crossfit. Have I become a "Crossfit Groupie"? What do you think?

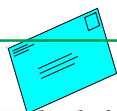
Come and watch the workout and make up your own mind.

**Tom Chartier, 8C/3F**

### To the Editor:

As we all know our co-op started in 1927 with great enthusiasm. Soon however the Great Depression hit and the Amalgamated had a hard struggle to survive. But it did, followed by times of expansion and also times like the 1970s of again great trouble. Our history and that of Park Reservoir is rich in interesting stories and many lessons for the present.

As part of our co-op education, the Education Department has agreed to help start a Co-op History Reading/Discussion Club. Such a club could be a way for old timers and more recent cooperators to read and discuss together the events of our co-op's



### IDEAS, COMMENTS?

We look forward to receiving articles, letters to the editor or other comments from cooperators. Send them to the Co-op Education Office at 98 Van Cortlandt Park South (Building 14B) or call us at 796-9300.

*Thanks to the Visual Arts Committee and JCAC, the artwork of several co-op artists were displayed over the past few months; individual exhibits by Kevin McDowell, Girair Poladian and Alexander Rees, as well as the Co-op Community Art Exhibit were held in Vladeck Hall. Some of the work from those exhibits are featured in this issue of Community News.*

history. Gaining a better understanding of our history should help us better understand what makes us a co-op and how we might build on the efforts of those who built our co-ops over the 82 years since 1927.

The club might meet once per month, reading a portion of our 75th-45th Anniversary Journal at each meeting to give focus to that meeting. There would also be discussion of what is read. I could imagine old-time cooperators or other history buffs bringing in an old Community News or other older document and reading to us from it after the



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evening would be better for the meetings.

To get the club started, there will be a first meeting on Sunday July 12th at 2:00pm in the Building 9 Community Room. At that meeting those who attend can try to shape the club and make decisions such as when next and how often to meet and what the first set of readings will be.

I look forward to meeting other history buffs and others interested in reading through and discussing co-op history.

If you have an interest in such a club getting started, we'd like to hear from you. You may call me at 347-602-5592, or contact me via email at [hauben@columbia.edu](mailto:hauben@columbia.edu). You may contact the Education Department at 718-796-9300. We will form a list of interested cooperators and keep you informed as the club gets started.

**Jay Hauben, 13A/8E**

**To the Editor:**

I would like to address the ongoing problem with car vandalism, particularly on Goulden Avenue. As

many car owners know, parking spots in the neighborhood can be very limited, so many of us have no choice but to park on Goulden. For decades, this street has been a prime target for criminals to break windows, steal vehicle contents, and steal cars. I have personally had my car broken into more times than I can remember. And even if I am lucky enough to not be a victim of this crime, I am still disgusted by how often I find freshly broken glass spread out on the curb from other cars.

Each time my car is vandalized, I call the police and file a report. And from this process, I have learned several things. First of all, Goulden Avenue is shared between the 50th Precinct on the West side, and the 52nd Precinct on the East. While there is the occasional patrol, criminals are fast enough to break into a car and rummage through it as soon as the coast is clear. This can be done in under ten seconds. And if they happen to be arrested, they generally only spend a short time in prison before being released. And more often than not, they will return.

I have spoken to many police officers and have even attended council meetings at the 50th Precinct. Unfortunately, no long term solution has been implemented. The only solution that is offered is for us to avoid parking on Goulden, and to not leave valuables in our cars. Unfortunately, we sometimes have no choice but to park there and criminals will still break into our cars, regardless of whether or not they clearly see valuables through the window.

*continued on page 4*

**COMMUNITYNEWS**

**Ed Yaker, Chairman - JCAC  
Doris Spencer, Editor**

*Editorial Policy is set by JCAC. Signed articles and letters are the sole responsibility of the author and do not necessarily represent the views of JCAC or its three sponsoring boards.*



I feel the solution to the problem in the long term is to have a full nighttime police presence on the street. This can range from a single visible police car, to video surveillance. Criminals need to know that there are eyes on the street at all times. This is the only way to deter them.

It is important for each victim of these crimes to file police reports. Even those who have not been victimized could file complaints. We must put pressure on the city to take some long term action. As a community, we can help put a stop to this. It is disgraceful that this is still allowed to continue, especially since the solution is so clear. If the police applied as much effort into preventing these crimes as they do in handing out parking tickets, perhaps the problem would be solved.

**Mike Schiff, 1B/9E**

### To the Editor:

Do we still have a democratic cooperative with the Board thinking of its cooperators' well-being as we had many, many years ago?

The recently proposed amendment #9 could have helped encourage more cooperators to participate in co-op affairs, but it did not pass.

Amendments #1 and #2 were passed, and all the others amendments were rejected. Amendments #1 and #2 make it next to impossible for any co-operator to succeed in proposing bylaw changes, as is their right in a free democracy.

The Board, alone, can by-pass this obstacle as they are not restrained by signatures nor time-frame constraints.

While amendment #2 makes it harder to amend the by-laws, it makes it relatively easier to remove old amendments (prior to January 1, 2008). The main purpose of amendment #2 seems to be the easier overturn of term limits. These amendments set the basis for the reversal of term limits and the return of the dominance of co-op affairs more completely into the hands of the old guard.

Prior to being removed from running, by term limits, Mr. Yaker had been on the Board of the Directors for 30 years, and 23 years as president. I

am not supporting the idea of one person ruling forever.

Sameness could be destructive. With one main set of priorities and without fresh eyes and fresh viewpoints, leadership can become selfish and give



the appearance of conflicts of interests. Such a situation eventually leads to loss of trust by people, and finally becomes a dictatorship.

Conflict over issues can be a good thing; it can motivate us to improve ourselves. The conflict itself is not bad. Only our methods of resolution. We should not seek to eliminate conflict, but to improve our methods of resolving them.

Amendment #7 could have prevented the Board from changing the by-laws without a vote of the cooperators, but it did not pass.

The annual Stockholders Meeting (May 8th) was poorly attended. The same was true for the "Meet the Candidates" meeting (April 6th). Only 40%, 608 of the almost 1500 shareholders sent ballots in this year's election.

Where are the shareholders? Why are they not participating? Why are they not voting?

Let's not be lazy and content for others to lead, and let's not hesitate in raising voices of objection to the current practices in the Amalgamated.

**Elizabeth Grachev, 8C/8C**

*Photographs in this issue were taken by Jerzy Warman and Ed Yaker.*

## Children's Karate Classes

Karate is great for young children. Our martial arts classes provide them with an opportunity to learn discipline, help build coordination and confidence, learn to defend themselves, and have fun in the process. The style we train is called Goju Kyokai; it is a Japanese style. The class focuses on exercises and techniques. Students get a chance to learn new things, practice, test and rank to a high belt. Feel free to stop by and check it out! We train on Mondays and Wednesdays, 4:30 p. m. to 5:30 p.m. in the Building 8C Community Room.



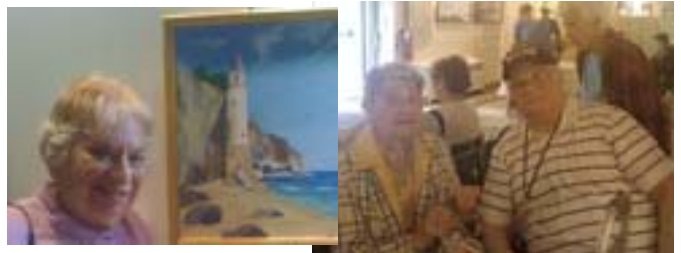
confidence, learn to defend themselves, and have fun in the process. The style we train is called Goju Kyokai; it is a Japanese style. The class focuses on exercises and techniques.

For more information, please feel free to contact Shelley in the Co-op Education Office.

*Sensei Anita Neveu*

## Art in the Co-op

Our co-op artists (including the children's artwork) continue to compliment our community's uniqueness with their creative efforts. Thank you to all the artists and the team of volunteers for hanging a beautiful exhibition.



- ◆ **Spirit of New York Cruise** - Wednesday, July 29th, 10:30am
- ◆ **BBQ Picnic @ the Towers** - Saturday, October 3rd, 12noon-pm3, Towers I & II
- ◆ **Westchester Dinner Theatre** - Wednesday, October 7th, 10am-4pm, Elmsford, NY
- ◆ **Park Reservoir Annual Stockholders Meeting** - Sunday, October 25th, 10am
- ◆ **Amalgamated Nursery School Halloween Party** - Sunday, October 25th, 11am-4pm, Vladeck Hall
- ◆ **Thanksgiving Dinner** - Thursday, November 26th, 12noon, Vladeck Hall

*There are very few events and activities that take place during the summer. The above list is a few events that are already on the fall schedule. Please save the dates, and make plans to participate.*

### The Co-operative Principles

- 🌱 Voluntary and Open Membership
- 🌱 Democratic Member Control
- 🌱 Member Economic Participation
- 🌱 Autonomy and Independence
- 🌱 Education, Training and Information
- 🌱 Co-operation Among Co-operatives
- 🌱 Concern for Community

*“Better Late than Never”*  
**Penny Campaign of 2009**

By Harriet Blaiwas

**A**nother successful “Penny Campaign” for our Sedgwick Avenue Library Branch has happened again!!

The Amalgamated-Park Reservoir cooperators have come through again. We have sent our check in the amount of \$400 to our librarian, Mr. Horace Harrison, for the campaign of 2009.

The Penny Campaign takes place each year after the Thanksgiving holiday, and it generally ends on Valentine’s Day, February 14th.

The penny tub is placed in the lobby of the Co-op Office, where the cooperators deposit their unrolled pennies.

We collect the pennies, roll them, and deposit them in the bank. After which we send the check to Mr. Harrison. He will put the monies to the best use for our branch, as always.

We’re looking forward to starting another successful campaign in November.

P. S. Please start saving your pennies.

## Co-op Book Club

By Judy Saks

**C**ontinuing the pattern established by the former leader of the Amalgamated-Park Reservoir Book Club, the late Renee Rosenthal, we suspended our meetings during the summer months.

Following Renee’s guidance, we choose a work of non-fiction to read in the summer which will be discussed in the fall. We selected *“The Making of the Atomic Bomb”*, by Richard Rhodes. You may read any other material connected with the A-bomb, such as a biography of Robert Oppenheimer (two new ones have recently been published), or the opera, *Dr. Atomic*, etc.

Our monthly meetings are open to all cooperators. Read the book! Keep your eyes open for the weekly Co-op Bulletin (beginning early September) which will note the details of where and when we will meet.

In appreciation of Renee’s contributions, the Book Club made a donation to the Alzheimers Foundation.



**Above - Book Club: Judy Saks, Judy Simmon, Susan Nimowitz, Beatrice Simpson, Peggy Ray, Joan Levine, Luisa Padilla Korber, and Mildred Kaminsky; members not featured in photo are Sarah Harrison and Clara Kofman.**



**The Nursery School Bazaar is generally a big hit for children and adults!**





# CONGRATULATIONS CONGRATULATIONS

CONGRATULATIONS

## *Birthday Wishes!*

**Margaret Peggy Ray**, 13B/1D and **Irvin A. Restituyo**, 7C/64, April 4th; **Anastacia Isakova**, 8C/3E, **Zunilda Rosario**, 13B/2B, April 13th; **Rose Smeenk**, 2/12C, April 17th; **Kristen Chartier**, 8C/11C, April 21st; **Leticia Nkansah**, 1B/14C, April 23rd; **Maria Moreno-McDowell**, 1A/1C, April 25th; **Justin Hurdle Price**, 3/6A, April 28th; **Theresa McDowell**, 1A/1C, April 29th; **Halyna Nazar**, 8C/4F, & **Bunny Schein**, 3/6C, May 1st; **Phyllis Smith**, 12B/8C, May 6th; **Yaroslov Nazar**, 8C/4F, May 8th; **Jay Hauben**, 13A/8E, May 9th; **Jarod Myles Morales**, 13B/6E, May 15th; **Dorothy Zapakin**, 3/11E, **Carmen Morales**, 9C/12, May 18th; **Volodymyr Nazar**, 8C/4F, May 19th; **Ray Martinez**, 12A/PhA, May 21st; **Matthew Polasky**, 8C/6G, May 22nd; **Mildred Kaminsky**, 8A/9A, May 30th; **Gregory Richardson**, 12A/1C, June 5th; **Amanda Soto**, 4/5F, June 8th; **Ada Fermin**, 9B/23, June 17th; **Kathy McIntyre**, 14A/12A, June 26th; **Phillie Guzman**, 7C/21 & **Sally Caffarelli**, 7A/4, June 27th.



*Happy "100th" Birthday*

**Lillian Tenrosen**

Lillian has lived in the Amalgamated since 1951. We wish her all the best on this momentous occasion!

**Michele Hennessy**, 13A/1D, graduated on Thursday, May 21st from Fordham University, Phi Kappa Phi, with a Master's in Social Work. She is hoping to use her education to help empower, inspire and motivate others to reach for and actualize their dreams, realizing that anything is possible.



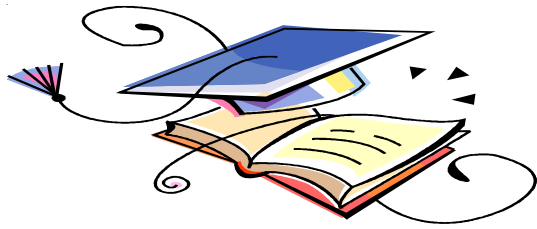
**Carmen Suero**, 7E/61, is proud to announce that her son, **Johnny Araujo**, graduated from the Ethical Culture Fieldston High School and has been admitted to George Washington University in Washington, D.C. He received an award as an outstanding athlete on the Varsity Football Team. Happy "18th" birthday, June 13th.

Congratulations to Eric Silverman, grandson of **Lenore and the late Arnold Kesten**, 3/3B, on his graduation from Tufts Medical School in Boston. He will be doing his internship and residency in anesthesiology at St. Lukes and Mt. Sinai Hospitals in New York City. He is the son of Susan and Daniel Silverman of Slingerlands, New York, and the brother of Julie and Ian.

**Evan Joseph Mastronardi**, 2/7B, who went to the Amalgamated Nursery School, P.S.95, and the High School for Math, Science and Engineering at The City College of New York, will graduate this month. Evan plans on attending the College of Mount Saint Vincent (Bronx, New York) in the Fall to study psychology.

**Save Electricity**  
It Burns *Our* Money!

**Andres & Cecilia Astacio, 7D/53**, are proud parents of **Christopher**, who is a graduate of York College, with a B.A. in Physical Education; **Cynthia**, a graduate of Lehman College, Masters Degree in Social Work; and **Daniel**, a graduate from the Bronx Theatre High School, who has been accepted to SUNY Fredonia. He will pursue a B.A. degree in acting.



**Hedda Bonaparte, 1B/20A**, is proud that her daughter, **Candice Castro**, will be graduating from Cardinal Spellman High School this month. The graduating ceremony will be held at Lehman College. Candice will be receiving a Regents Diploma with a 3.8 GPA. She will be attending the SUNY College at Old Westbury and has been accepted into their Honors College Program.

Madison Claar announces the birth of her brother, Cooper Aiden on April 10th to Caryn & Andrew Claar. Proud of the new arrival were grandparents **Vicki & Ken Solomon, 8A/3G**. Former cooperators sharing in the excitement are great-grandparents Rae & Jerry Solomon, Aunt Marci Solomon, great aunts and uncles Robin & Steve Kahn and Larry & Elana Schachner, and great-great aunt, Sylvia Spector.



*If you'd like to include your birthday and/or other announcements in this column, please send it to the Co-op Education Office at 98 Van Cortlandt Park South (Building 14B) or call us at 796-9300.*



It's always nice to kickoff the Bazaar with the bagpipe playing by our own **Dr. Andrew Russakoff** (below). What a great sport!



**Van Cortlandt Village CSA**  
Register Now!

Delivery of organic produce is now underway. It will be delivered weekly (Thursdays) from June to November.

Produce will include carrots, lettuce, swiss chard, beets, bok choy, tomatoes, garlic, and more.

For additional information and/or an application, feel free to stop by the Education Office or contact Jason at [vancortlandtcsa@yahoo.com](mailto:vancortlandtcsa@yahoo.com).





*In Memoriam*  
*Renee Rosenthal*

**By Bernard Olshan, Chair  
Visual Arts Committee**

Renee Rosenthal, born in 1923, grew up in the Sholem Aleichem Houses. She met Leslie, her future husband, on the DeWitt Clinton tennis courts when they were both in their teens. Hanging out together at the Sholem Aleichem Houses they quickly formed a close relationship.

Renee was graduated from Walton High School and received her undergraduate degree from Hunter College. During World War II Les served in the Ninth Armored Division in Europe while Renee worked as a cartographer for the U.S. Army. They were married after the war in 1945.



After working as an assistant teacher in the Sholem Aleichem Nursery School Renee earned a master's degree in education. Subsequently, she taught sequentially at Tetard Jr. High 143, James Monroe High School and DeWitt Clinton High School. Together, the Rosenthals wrote a book about new concepts in education for children which was well received by the educational community.

In 1949, the family moved into our co-op community, where Renee worked as a counselor in the Circle Pines Day Camp. Always involved in new projects, she went door-to-door seeking money to help build the building that became home to the Workmen's Circle Community Center and was appointed its program director in 1986. As director, she organized painting exhibitions, folk dancing sessions, a bowling league and discussion

groups. She also arranged trips of cultural interest, a theater club, poetry sessions and a book club - all of this in her spare time.

Renee was a gifted painter, a superb sculptor and a caring, generous neighbor and friend - always available to pitch in and help when needed. In short, she was one of a kind and will be sorely missed by her family, her friends and the entire co-op community.



*We Mourn Our Losses*

Sidney Coyne, 1A/17A	March 4th
Stuart Elenko, 1B/5C	May 25th
Samuel Lieber, 8C/4H	May 26th
Gertrude Fishbein, 2/13F	June 6th
Harriet Moss, 3/8E	June 19th

# David L. Smith

## A Career of Cooperative Leadership

*We mourn the lost of a friend and a giant in the nation's cooperative housing movement (on March 14th). Amalgamated and Park Reservoir Houses were among many co-ops that benefited from Dave's tireless efforts as an advocate for nonprofit housing cooperatives. Outlined below are a few of his remarkable accomplishments.*

- Originally proposed, and in 1966 helped organize, the Coordinating Council of Cooperatives. Since its inception, Dave has served as either the vice chairman, chairman, or co-chairman of the CCC, and was chair of the CCC's legislative Committee.

- Co-organizer and co-chairman of two mass rallies in Albany, which resulted in important legislative benefits for cooperatives, including surcharge retention and Senior Citizen Rent Increase Exemption (SCRIE).

- With Dave in a leadership position, the CCC was largely responsible for: shelter rent; amortization credit for cooperators; elimination of supervisory fees paid to City and State; exemption from City and State Franchise Taxes and City Corporation Tax; eligibility for J-51 benefits for limited equity cooperatives; inclusion of NORC funding in State and City budgets.

- Dave was a Pioneer Cooperator at Penn South.

- He became the first resident president of Penn South, and served as president for more than twenty years.

- Even before moving to Penn South, Dave displayed his commitment to justice at Stuyvesant Town, where he was one of the veterans fighting for the right of African Americans to be admitted to Stuyvesant Town.

- Led Penn South in a major energy conservation program, including "appliance-less Wednesdays".

- Led the way to Penn South's adoption of electrical submetering.

- Converted Penn South's powerhouse to dual fuel, saving on fuel costs.

- Brought co-generation to Penn South, so that the cooperative now generates its own electricity along with heat and hot water.

- Negotiated fair and affordable tax agreements with the City.

- Fought not once, but twice, to keep Penn South committed to remaining a limited equity cooperative, achieving sizeable victories and insuring Penn South's affordability through 2022.

- Served on Community Board 4.

- During New York City's fiscal crisis, had Penn South prepay its real estate taxes while waiving the early payment discount, thus generating tremendous goodwill from the city.

- Helped create and fund the Penn South Program for Seniors.

- Co-organizer, and chairman since inception of NORC SSC, helping cooperatives to establish and run successful NORC programs.

- Board member of the Consumer Assembly.

- Served on Boards of United Housing Foundation and Coordinated Housing Services, Inc.

- Served on the Board of the National Cooperative Business Association.

- Winner of the Voorhis Award from the National Association of Housing Cooperatives.

- Regularly ran in, and was lead fundraiser for, Cooperative Development Foundation's Annual 5k Race.

- Initiated urban-rural, cooperator-to-cooperator visit exchange between farmers of Hamilton, Michigan and housing cooperators of New York City.

- Beginning with flooding in the Midwest in 1993, organized co-op to co-op disaster relief.

- Elected to the Cooperative Hall of Fame in 1995.

*"Without question Dave Smith has strengthened the entire U.S. cooperative movement through his incredible volunteer efforts. His devotion to cooperatives is unwavering, his accomplishments immense, and his actions selfless."*

*Cooperative Hall of Fame plaque*

## Out Of Our Past

### The Very Big World of Cooperatives

By Sol Shaviro

Since the birth of a little co-op store in Rochdale, England in 1844, the world of cooperatives has grown to enormous size, serving tens of millions of people and involving billions of dollars a year. Surely, cooperatives are a very big world today, but bigness does not assure renown. We rarely hear news about cooperatives in the daily press. Amalgamated and Park Reservoir seldom make page one of *The New York Times*.

Worldwide, cooperatives serve 760 million members. In the U.S., 120 million people belong to cooperatives, enough to elect a couple of presidents. Among these cooperatives, consumer co-

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*“Of course, living in Amalgamated and Park Reservoir, we are most familiar with housing co-ops and credit unions. We know our cooperative gives us benefits not available in privately owned buildings.”*

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ops, such as ours, are small potatoes. An exception to smallness among consumer co-ops is the big credit union industry. (We discussed credit unions in a recent Community News.)

Most U.S. co-ops are producer cooperatives, in particular farm cooperatives, such as Dairy Lea, Sunkist and Land O’Lakes. Each of twenty-nine of these farm cooperatives has annual revenue in excess of \$1 billion. Such giant corporations don’t exactly fit our image of a small, friendly, member-owned co-op, but they are co-ops. One of the early leaders of these co-ops was named Robin Hood, although in all likelihood he was not related

to the 12th Century English Robin Hood of storied fame.

Independent farmers form co-ops to market their produce and to build plants to process, can and freeze the food. Farm marketing cooperatives seek the maximum return to the farmer, not exactly a boon for consumers. The co-op principle we espouse, “cooperation among cooperatives”, is a little hard to achieve between rival economic parties with opposing motivation. This need not mean we should hate farm coops just because they profit every time we buy an orange. It is just that we love oranges more than we love Sunkist.

Worker co-ops, like farm co-ops, are organized for the benefit of their worker-members. An example is a new restaurant, “Colors”, in Greenwich Village formed by the workers who lost their jobs when “Windows on the World” collapsed into the rubble of the World Trade Center.

We operated a co-op supermarket, “Bronx Consumers”, for many years and joined with other eastern co-op markets to own and operate “Mid-Eastern”, a wholesale warehouse in New Jersey. Mid-Eastern dealt happily with a number of farm co-ops supplying the food we carried. We closed our co-op market, with tears, because it was too small to hold the variety of foods needed to satisfy the modern mode of consumption. There was simply too little space for expansion in our Sedgwick Avenue “taxpayer”.

*continued on page 12*

#### **Mission Statement**

*To provide quality housing and a strong community for people of moderate income.*

*To operate and live in accordance with the cooperative ideals, including democratic governance, shared responsibility, constant education, and mutual respect.*



Despite the demise of Bronx Consumers, there are still many co-op supermarkets in the U.S. The much smaller food buying clubs are even more numerous. Many of these handle specialty items, such as organic foods, or simply fresh grown farm produce. At this very time, some Amalgamated families are negotiating with a local farmer and are actively planning a food buying club.

Electric co-ops are found in rural areas. In the early 1900s, electric utilities refused to serve rural communities because the population was too spread out. As a result of this indifference by the big utility companies, rural families formed co-operatives to build electric distribution lines themselves. Some of these co-ops bought electricity from the utilities and some generated their own power. Perhaps this is what is meant by the expression “power to the people”!

Old timers in Amalgamated will remember the diesel electric generating plant we operated in Building 7. When we started construction of the new buildings, we shut down the plant since Consolidated Edison gave Amalgamated a special low rate for electric power. It must have been a pretty powerful generating plant to convince Con Ed that we deserved special treatment.

There are many other types of cooperatives in the U.S. Telephone co-ops handle long and short lines as well as satellite TV. There are also water co-ops, many to irrigate farms, as well as funeral co-ops, insurance co-ops, healthcare co-ops, childcare co-ops and nursery co-ops, such as our own Amalgamated Nursery School.

Of course, living in Amalgamated and Park Reservoir, we are most familiar with housing co-ops and credit unions. We know our cooperative gives us benefits not available in privately owned buildings. We may not realize that all cooperatives give benefits to their members, though not necessarily to others. Our co-op wholesale society dealt successfully with farm co-ops, not because of an inherent similarity of interests, but because of a rational decision to maintain good will. Perhaps not much more is possible in such a big world.

Some co-op statistics for the U.S. follow:

- ◆ 100 co-ops have total revenue of \$117 billion a year.
- ◆ 270 telephone co-ops serve 2 million homes.
- ◆ 250 purchasing co-ops serve 50,000 business firms.
- ◆ 12,000 credit unions serve 84 million members and have assets of over \$600 billion.
- ◆ 3,000 farm co-ops handle 30% of total farm output.
- ◆ 6,400 housing co-ops provide homes for 1.5 million families.
- ◆ 900 electric co-ops serve 37 million homes with 2.3 million miles of distribution lines.

*Editor's Note: The late Sol Shaviro was the Manager of our cooperatives, 1959-1966, and he was President of Amalgamated, 1966-1975. This article was published in Community News, 1996.*

## Co-op Quote

“Cooperatives provide people with more than housing and other goods and services at reasonable prices. As institutions, which are democratically owned by the people who use their services, they provide people with effective methods for participation and control of their own enterprises. In a society in which there is little opportunity for people to have a meaningful voice in their own affairs, this may be one of the most significant contributions cooperatives are making to create a better society.”

*Harold Ostroff, President of United Housing Foundation, Golden Jubilee Journal - 1977*

# BDB Fit Camp

By Andrea Arroyo-Nieves

**B**ravo to the Education Department for helping make our co-op a fitter community by bringing celebrity fitness trainer, William Harris & his BDB Fit Camp to us, in the Building 8C Community Room.

BDB Fit Camp is a movement towards a stronger and healthier body. Will applies the “Crossfit” methodology to his style of training. The workouts of the day, aka “WOD” challenges individuals on all ten physical skills: cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, coordination, balance, and accuracy. It’s definitely not your day-in-and-day out “boring” gym routine.

Every day is something different and more challenging; even seasoned gym members have enjoyed this new level of fitness. There are different levels



of difficulty and you can make it as strenuous as you like for a more intense workout. No matter what goal you have in mind, whether it’s weight loss, to become stronger, and/or overall fitness, this program will help you succeed in reaching that goal.

How many of you have purchased gym memberships only to go a few times, or exercise dvds to watch once or twice and then put them in storage? Some people need that little push. My favorite part of this program is the challenge and the camaraderie with fellow cooperators.

Having this Fit Camp in our co-op has helped me connect with fellow neighbors who’ve also made the commitment to maintaining a healthier and fitter lifestyle. I believe the group atmosphere helps me thrive and has been a huge part of my success. The group is very supportive and it’s extremely important to have that type of encouragement, especially during a difficult workout. There’s a competitive feeling in the air but it’s all in good fun and sportsmanship. And even though I’m in a group, I get plenty of personal attention. If I’m slacking on technique, Will is there in a flash to instruct me. If

I am struggling, he is right there with words of encouragement to help get me through it.

In as little as 5 months I have lost approximately 30 pounds and am no longer considered a type 2 diabetic. To be perfectly honest, I would never push myself this hard on my own. I give up too easily, which is why I need a trainer like Will. I need motivation. I need that someone who will teach me the right way of how to condition my body for maximum results, even if it means I will hate him some days. I need him, I need this program. I would never go back to a gym like Bally’s or Lucille Roberts, because now I know better. I don’t need to waste three hours a day in an aerobics class, strength training class, and on the treadmill when I can accomplish it all in a 15 to 30 minute WOD with nothing more than a mat, jump rope, and kettlebell. Hard to believe, but it’s true! I have made a vow that I will continue this program for the rest of my life and enroll my children as soon as Will begins the Fit Camp for kids.

This program is an asset to our co-op. Don’t wait until New Year’s to make your resolution. Stop by and see what the program is all about. Stop wasting your money on take-out, junk food, and non-essential infomercial exercise equipment. Instead, use it to better your life by joining your fellow neighbors at the Fit Camp.

Thank you Doris Spencer for finding William Harris and his BDB Fit Camp. You have ensured that this mom will become lean and fit to live long enough to watch her children grow and have families of their own.

## WELCOME

### NEW COOPERATORS

Iris Robles	7A/2
Carmen Trujillo	7F/41
Belkis Trinidad	7B/31
Michelle Isaac	6EE/42
Seiler Garabito	4/5D
Leola Brady-Price	13B/1A
Nina Kutsenko	4/9G

## NORC News



**By Bayla Butler, Program Director**

**S**ummer is here, and our NORC staff are ready to service the needs of cooperator. Family members are always welcome to come and discuss ways to help their loved ones. Our services are free to adults 60 years and over, and our advice is free to all. We look forward to meeting you, and remember you are always welcome.

The Older Adult Computer Training Program has been in session since April and both the trainers and students are progressing nicely. We hope to repeat the program in the fall. Call the NORC office to sign up; we are looking for trainers as well as students.

Our NORC is privileged to be part of the United Hospital Fund's Health Indicators Initiative with a special focus on heart disease and colon cancer prevention. As such we can assist those cooperators at risk for either heart disease or colon cancer; they will be monitored by our NORC nurse Shelley Stieglitz. Early intervention can lead to positive outcomes, and we are fortunate to have Shelley's expertise available to our cooperators.

Our social worker, Bella Druz has been busy assisting cooperators as they strive to access the diverse entitlement programs. There is no one more familiar with the rules and guidelines necessary to qualify for the myriad of programs available to our seniors. Bella's knowledge and expertise can help you access various services, in a confidential setting. The Senior Citizen Rent Increase Exemption Program (SCRIE) is available to cooperators 62 years and older, and there is still time to apply. Call the NORC office to assist you with the application process.

*The NORC/AmPark Office is located in Building 7E (80 Van Cortlandt Park South). Bayla and staff can be reached at 718-548-4990.*

We are hoping to participate in the Senior's Farmers Market Nutrition Program again this year and will keep you posted when it will begin. Cooperators requiring assistance with the change to high definition TV can also contact our office for help. Our goal is to serve your individual needs. Feel free to call or even better yet, stop in to meet us in person.

## Mother's Day Celebration



**Mothers, daughters, and granddaughters celebrated in Vladeck Hall! Live entertainment was provided by our special friend, Marion Cowings.**




**OATS instructor, Howard Accurso, teaches co-op volunteers and NORC staff how to assist seniors on the use of the Internet. The OATS Program is a free service sponsored by the Jewish Home Lifecare System.**



# What To Recycle...


Do your part; help the cooperative and the environment.


**glass bottles & jars  
plastic bottles & jugs  
beverage cartons & drink boxes  
metal & foil**




Place in **CLEAR** bags or **BLUE**-labeled recycling containers.

Empty and rinse containers before recycling. Place bulk metal next to recycling containers or bags. Continue to return 5¢ deposit bottles and cans to the store for refund. Call 311 before discarding appliances that contain CFC gas (such as refrigerators and air conditioners). Remove doors from refrigerators and freezers.


only  plastic narrow-neck bottles & jugs



empty & dried out, lids removed





**mixed paper & cardboard**



Place in **CLEAR** bags or **GREEN**-labeled recycling containers.

Tie and bundle corrugated cardboard.

**ONLY Recycle Designated Materials!**

DO NOT RECYCLE any other plastics or any other types of glass.

Place these items with your regular trash.





Call 311 or visit [www.nyc.gov/sanitation](http://www.nyc.gov/sanitation) for recycling decals and flyers. For waste prevention tips, visit [www.nycwasteless.org](http://www.nycwasteless.org).

**Thanks for doing your part, New York!**



## Recipe Corner

### Broccoli, Potato & Bacon Egg Pie with Cheddar Cheese

*Makes 6-8 servings*

2 cups cooked broccoli florets  
 1-1/2 cups cooked diced potatoes (about 2 medium)  
 1-1/2 cups (lightly packed) Cabot Sharp Cheddar Cheese, grated (about 4 ounces)  
 4 slices cooked bacon, chopped  
 1 unbaked 9-inch deep-dish or 10-inch pie shell  
 6 large eggs  
 2 large egg yolks  
 1-1/2 cups heavy cream  
 1 teaspoon mild paprika  
 1/2 teaspoon salt  
 1/4 teaspoon freshly ground black pepper

1. Preheat oven to 350°F.
2. Distribute broccoli, potatoes, cheese and bacon evenly in pie shell. In mixing bowl, whisk together whole eggs and egg yolks until well combined; add cream, paprika, salt and pepper and whisk again.
3. Pour cream mixture evenly over ingredients in pie shell. Bake for 30 to 40 minutes, or until golden on top and set all the way to center.

*Recipe courtesy of Chef Doug Mack*

#### Nutrition Analysis

Calories 762, Total Fat 63g, Saturated Fat 30g, Sodium 912mg, Carbohydrates 28g, Dietary Fiber 3g, Protein 22g, Calcium 310mg

### *Kid-friendly Recipe* Crispy Baked Chicken Strips

*Makes 6 servings*

Nonstick cooking spray  
 1 cup all-purpose white flour  
 Pinch salt  
 Pinch ground black pepper  
 4 large egg whites  
 1/2 cup reduced-fat (2%) milk  
 1-1/2 cups crushed cornflakes  
 1 cup Cabot 50 % Reduced Fat Cheddar, grated  
 6 boneless chicken breast halves, cut into 1/2-inch-wide strips

1. Preheat oven to 375°F. Coat 9-by-13-inch baking dish with cooking spray.

2. In three separate bowls:

- mix together flour, salt and pepper
- beat together egg whites and milk
- mix together cornflakes and cheese

3. Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in baking dish. (Discard any unused mixture.)

4. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

#### Nutrition Analysis

Calories 291, Total Fat 11g, Saturated Fat 4g, Sodium 282mg, Carbohydrates 19g, Dietary Fiber 1g, Protein 28g, Calcium 150mg

### *Cooperation among Cooperatives...*

*Cabot Creamery Cooperative in Vermont continues to share their recipes with co-op families! For more recipes and additional information about Cabot's educational programs, visit their website at [www.cabotcheese.coop](http://www.cabotcheese.coop).*