



COMMUNITY NEWS

March 2009



PUBLISHED BY THE JOINT COMMUNITY ACTIVITIES COMMITTEE

Valentine's Day Social

By Beatrice Simpson



On February 12th over 100 cooperators enjoyed a day to be remembered. It was our annual Valentine's Day Social. Only in the Amalgamated and Park Reservoir can we have so many cooperators pitch in to make another occasion to enjoy a happy day together.

Our entertainer, Laura Wechsler and Les Brown gave us wonderful music all afternoon with many cooperators dancing in the aisles. Our Education Department, NORC, Service Department and cooperators join together to make this day a success! We thank them and look forward to many more wonderful days.

Here's to our keeping up the spirits of the community for many, many years.



Meet the Animals!

By Fran Dunkel

If you know who Teddy the Toad, Shadow the Lizard, and Oscar the Chinchilla are, then you must have been at Vladeck Hall on February 18th. That was when the youngest members of our community, along with their adults, met John from the Greenburgh Nature Center. John introduced all



of the animals named above, plus a guinea pig, a python, a box turtle, and a

bearded dragon lizard, and allowed all present to pet the animals and learn a few things about them, such as:

- ◆ The chinchilla is the softest animal,
- ◆ A python sheds its skin twice a year, and
- ◆ A box turtle can go without food for SIX months.

The event was a hit with children of all ages!

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LETTERS TO THE EDITOR

To the Editor:

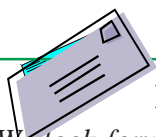
Please know how very grateful I am for your co-op's generous donation of canned food, toiletries, and clothing to the POTS' community for the holidays. The items are greatly appreciated by the hundreds of men, women, and children who turn to POTS each day for help.



During these difficult economic times, we are seeing more people requesting POTS' assistance than ever before, and we are doing our best to ensure no one is turned away in need. During 2008, POTS' staff and volunteers have helped an estimated 7,500 individuals with emergency food and support services. Our Community Dining Room and Food Pantry have provided more than 300,000 nutritious meals to the elderly, adults and children. Thousands of individuals and families have benefited from our social services, legal representation and assistance, shower, mail, clothing and haircut services. None of this work is possible without the support of people such as you.

On behalf of all who benefited from your kindness, thank you and I wish you a year filled with peace and good health. Please pass along my gratitude to all those who contributed to the drives.

Sr. Mary Alice Hannan, O.P.
Executive Director



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.



To the Editor:

On behalf of the New York Blood Center, I'd like to thank you for sponsoring a blood drive at your cooperative on January 15th.

We are grateful for the opportunity to have worked with your organization to produce such a successful drive. The event collected 21 pints of blood, which have since been separated into their components and distributed to patients in hospitals throughout the area.

It is your effort and the commitment of our friends and neighbors that enable us to meet the daily demand for blood products. There is no substitute for caring people who take the time to donate blood so that others may live. Your organization has greatly helped us towards this goal.

Once again, thank you for helping us to fulfill our mission of saving lives. If you have any questions regarding blood donation or wish to make an appointment to donate, please call 1-800-933-BLOOD. You can donate whole blood every 56 days.

Lisa Fiore
Account Manager



To the Editor:

Ed Yaker is quite correct in pointing out that it is too easy to amend our Bylaws. In the past few years this community witnessed too many frivolous and ill-conceived petitions, and even though they were soundly defeated, the surrounding noise caused a lot of confusion, distracted the Board and cooperators, and wasted our resources. Ed has submitted valid petitions to increase the number of signatures needed to put amendment proposals on the ballot. He argues that amending the Bylaws is a serious issue. I agree. Amendment proposals are often cast in complicated, formal language and need more time for dissemination and thorough debate. They should not serve to vent passing passions or be used as a weapon fired with resentment by the chronically disaffected. Cooperators must be able to weigh their merits and flaws in a rational manner. Ed also proposes that a change of our 'constitution' should require a qualified majority of 60% votes in favor.

It is to Ed's credit that he showed his proposal to the Board and circulated his petition so early in advance. I regret, though, that he has not chosen to organize a public discussion before he collected supporting signatures. All the more so because, while agreeing in principle on the issue, I strongly disagree with the specific language of the proposed amendments on two crucial points.

The proposal calls for a radical remedy that will be more harmful than the ills it aims to correct. It would increase the number of signatures needed to put a Bylaw amendment on the ballot from 50 to 20% of shareholders, i.e., about 300. This sets the bar too high. The signature requirement will no longer be just a necessary hurdle in the process - it will become a formidable obstacle to even debate a proposal. To put the proposed number in perspective, our Bylaws require 25% of the shareholders of record (about 375) to call for a Special Stockholders Meeting. Such high threshold is intended to make extraordinary meetings hard to convene; presumably they would be called to decide some important and urgent issue that could not wait for the next regularly scheduled Annual Meeting. There is no reason why proposing a Bylaw amendment for consideration at a regular meeting should be made almost as difficult, especially if

its adoption would require a qualified majority of cooperators.

The Bylaws are a fundament of our co-op democracy. They should be stable but not immutable. They should be hard to change but not impossible to debate in a meaningful way. This proposal will make it prohibitively difficult to offer a petition and open the way for a co-op-wide debate about 'constitutional' changes. A critical mass of about 10% of cooperators is enough, both as a measure of interest among cooperators and as a hurdle to initiate a formal public debate. With



NORC-sponsored Valentine's Day Social is a fun afternoon of entertainment and food for all!

almost 1500 apartments in the co-op this would require about 150 signatures, fully three times more than the present requirement. It is also preferable to set a fixed number rather than a percentage that fluctuates depending on the number of vacancies. Let's give proponents of any amendment a fixed goal to aim for, such as 150 supporting signatures. I would also suggest an even earlier, fixed deadline of about 90 days before the May meeting, e.g., by February 1 or 15.

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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.

Ed errs in proposing to allow exceptions to the 60% super-majority. His goal is to allow for the repeal of amendments that were adopted prior to 2008 by a simple majority. The Bylaws were originally adopted by the Board which also enacted most of subsequent amendments. Shareholder-initiated amendments are more recent. One may argue that these amendments, passed by at least 50% of the votes, should not have to meet a higher standard for repeal. However, I believe that such amendment, oriented to the future, ought to treat equally all of our past 'constitutional' history. Anything else will create a double standard. The co-op should set a single, neutral threshold, even if it makes more difficult to repeal some prior Bylaw amendments that many cooperators, including myself, do not like.

This proposal is scheduled for a vote at the next Annual Meeting in May. I will vote against it, with the hope that we can then start again from scratch, using more reasonable standards.

Jerzy B. Warman, 1A/13E

To the Editor:

The Amalgamated Board of Directors voted at its June 2008 meeting (7 in favor, 5 abstaining) to apply to the New York State Division of Housing and Community Renewal (DHCR) for approval of a carrying charge increase.

The DHCR requires that cooperators make their concerns about proposed carrying charge increases known at a hearing and by letters or email messages. A DHCR hearing was held in Vladeck Hall on January 22, 2009 and the deadline for comments was February 17, 2009.

The DHCR meeting on January 22nd was at 10:00am which left out the chance for many people to come. But still at least 50 cooperators did come and 30 spoke. The meeting lasted 5-1/2 hours. The Amalgamated General Manager was the first to testify. She said the entire carrying charge was absolutely needed and nothing had changed since August when the application was sent

to the DHCR. Most of the cooperators who spoke argued that the economy has collapsed, heating fuel prices have come down and everyone's life is more unstable now. Many of the questions were about the contract for heating fuel signed in July that committed Amalgamated to buy its heating fuel for all of 2009 and 2010 at the equivalent of \$2.40/gallon which was the market value when the contract had been signed. The General Manager said to get out of the contract Amalgamated would have to pay \$1.9 million. Some cooperators wanted to know what



she was doing to get such a burdensome contract changed.

To encourage cooperators to send comments to the DHCR before the February 17 deadline, a few cooperators called a meeting in Community Room 9 on Sunday February 15. At that meeting, an overflow crowd of more than 100 cooperators filled the community room. There was an opening presentation mainly about the heating fuel contract. After the opening presentation, there were 26 cooperators who took numbers in their turn to speak. Those who did not speak at the DHCR hearing were invited to speak first. Many of the cooperators present spoke about the hardship the proposed carrying charge increase would cause them. The meeting was orderly and interesting and lasted for 2 hours and 15 minutes. As always with a proposed carrying charge increase almost everyone spoke in opposition to the increase.

One speaker said she was at Amalgamated from the very beginning in 1927. There was applause. She said this place is the best so everyone should



be cooperative and realize also the Board members work very hard. Another cooperator said that in the late

60s when he came to Amalgamated the Board still cared about the people. But today he felt most cooperators have lost that feeling. Some speakers said it was wrong that the neighbors who put together this cooperators meeting had to pay \$50 for the room. Someone added that the Yoga class did not have to pay for the room. One of the last speakers said this was a great meeting. If we keep having them, Amalgamated will be a stronger, better community.

The February 15th cooperators meeting happened on the exact day of my third anniversary living here. I moved in on February 15, 2006. I am happy to live in a community which shows this much spirit. I hope to take part in many more events like the DHCR hearing and the cooperators February 15th meeting.

Jay Hauben, 13A/8E

To the Editor:

We all need to be considerate of our neighbors. I have lived in the co-op for almost 31 years. I love the quaint building and lovely people. In today's world there is a great need to all be considerate of each other and get along.

Being the oldest building in the co-op the walls, floors and structure are more prone to sounds than in some of the newer buildings.

We need to respect our neighbors over, underneath and next to us. We need to take care of the place we call home and of our surroundings.

This is a wonderful building and the people in it are like a little family; let's work together to keep it that way.

Pamela Brennan, 6EE/12



Laura Wetzler and Les Brown (featured below) are always a big hit at Valentine's Day!



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

Fitness by the Arthritis Foundation

Lite Exercise Class

By Bob & Laura Gillman

Several months ago a notice appeared that the Arthritis Foundation wanted to run an exercise class for arthritic seniors. We looked at the notice and said, “that’s for old people, not us”, but it got us to thinking. Why an exercise class for arthritic seniors? We are both seniors and are both active in the community, we are members of the Arthritis Foundation, and we read their monthly



magazine. Do we need this class? We decided to attend, and we were very pleasantly surprised!

A gentleman named Stanley, a volunteer from the Arthritis Foundation, was our instructor. Stanley was a good-humored, very knowledgeable person. He explained what the exercises were and why we were doing them. No one in our class (of about 24) was left out or felt they were not given attention. We stretched, we punched, we kicked, we maintained our balance, and we had fun while we were doing ourselves some good. If a particular exercise was too difficult for any one person, they were encouraged to not do it.

From our first reaction of “who needs this” to our feelings of regret that there were no more exercise classes to attend, we all enjoyed them. We thanked Stanley, and he told us that there may be Tai Chi classes in the future.

Tai Chi Class

By Diane Dowling

With a great sense of humor and abundant patience, Stanley returned and instructed some twenty or so cooperators in the art of Tai Chi.

We were taught the Sun technique which is not as strenuous as some of the other Tai Chi disciplines, but that is not to say it was easy. The six basic movements take a great deal of concentration and practice. Tai Chi music helped us to focus and most of us were able to accomplish the basics. Having taken the arthritis exercise and the Tai Chi classes I found the Tai Chi to be more challenging. I looking forward to continuing Tai Chi on my own. Thanks to our NORC Program for coordinating this service for older adults in our co-op community.

Service Tidbits

Please be reminded that if minor items are not addressed sooner rather than later, they can become major problems for you as well as your neighbors. Contact the Co-op Service Department for questions about any of the following:

- ◆ Air Conditioner Installation
- ◆ Exterminator Services
- ◆ Smoke/Carbon Monoxide Detectors
- ◆ Fire Extinguishers
- ◆ Window Guards
- ◆ Disposal of Furniture

These are just a few of the services that are provided by the department. There are a wide range of services to individual cooperators and to the co-op as a whole. Generally, co-op property is the co-op’s responsibility to repair. However, it is not the co-op’s responsibility to replace or repair items such as appliances, customized plumbing and electrical work, or cabinets that are owned privately. Call Service at 718-548-0300; please be responsible in reporting service issues.

CONGRATULATIONS CONGRATULATIONS



CONGRATULATIONS  CONGRATULATIONS

Irvin Restituyo, 7C/64, January 1st; **Bernice Etheridge**, 8A/9F, **Beatrice Simpson**, 8C/6F & **Danielle Cruz**, 13B/10D, January 4th; **Ronda Hauben**, 13A/8E, January 10th; **Rudeane Murray**, 1A/2E & **Mary Lily Spiegel**, 13B/11E, January 20th; **Sherrie Pasarell**, 10B/2, January 24th; **DeKayla Davis**, 2/6G, January 22nd; **Eliq Watson**, 11A/33, January 23rd; **Xiomara Gonzalez**, 9C/31, January 26th; **Bernie Olshan**, 1B/2F, January 31st; **Barry Krumper**, 8B/3D, February 2nd; **Sandy Valoy**, 2/10G, February 4th; **Frank Noguerole**, 13A/11D, February 7th; **Tyla Harris**, 7C/24, February 2nd; **Juan Luna**, 1A/4A, February 13th; **Argentina Melo**, 7F/51, February 14th; **Vicki Solomon**, 8A/3G, February 19th; **Julia & Steve Dowling, Jr.**, 1A/19H, February 27th; **Michael Max Knobbe**, 8C/5E, February 28th; **Sarah Harris**, 7C/24, March 5th; **Eddy Rodriguez**, 12B/3B, March 9th; **Luke Alfasso**, 1A/15F and **Victor Cuenca**, 7C/2, March 11th; **Bereket Ghebremedhin**, 1B/5G and **Jose Gonzalez**, 14B/9B, March 13th; **Herman Sabido**, 12C/5E, March 17th; **Brian Maynard**, 9C/54, **Roberto Ossorio**, 13A/12F, **Eulalie Andrews**, 1A/20E, March 24th; **Marsha Corchado**, 8A/4D, March 26th; **Sara Kempton**, 7E/54; March 29th

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, or call 718-796-9300.

Edwin and Elsie Alvarado, 3/1C, retired at the end of 2008.

Edwin Alvarado retired after 27 years of service with City of New York. During twenty of those years, he was a police officer for MTA and was promoted to an instructor for the last 6 years.

Elsie Alvarado retired after 28 years of service with City of New York. For eighteen of those years she worked as a social worker throughout various city agencies. During the last 10 years, she was a Regional Education Administrator with the Department of Education in Region One - Bronx Districts 7, 9, and 10. Their children Adonica, Edwin Jr., family and friends wish them both the very best on their retirement, and a happy 31st wedding anniversary which was celebrated on February 25th.

Jill Lieber Pasarell graduated, with honors, with a Bachelors Degree in Criminal Justice & Forensic Psychology on March 1st. Proud grandparents are **Samuel and Sylvia Lieber**, 8C/4H, and the Schoffels. Proud parents are **Sherrie Pasarell**, 10B/2 and Alan Pasarell of Baltimore.



- ◆ **CCAP Lecture** - Thursday, April 16th, Vladeck Hall
- ◆ **Poladian & Rees Art Exhibit** - April 25th & 26th, 1pm-6pm, Vladeck Hall
- ◆ **Amalgamated & A. H. Consumers Society, Inc. Stockholders Meeting** - Friday, May 8th, 7:30p.m., Vladeck Hall
- ◆ **Nursery School Bazaar** - Sunday, May 17th, 11am-4pm, Train Park on Gale Place

Watch for more details in future flyers, and participate. Your ideas are appreciated.

Co-op Recycling

By Glenn Fleischman

On Tuesday, January 27th, cooperators brought unwanted (both working and non-working) computers, computer peripherals (monitors, printers, etc.), cell phones, televisions, and other electronic devices to the Building 9 Community Room. John O'Neil and I recorded and organized what was dropped off.

The following Monday, February 2nd, Carl Stein and I dropped off items to Councilmember G. Oliver Koppell's office in Riverdale. The first Monday of each month the councilman's office accepts unwanted computers and electronic items for recycling.

These items are picked up by Per Scholas, a South Bronx company that recycles computers and trains computer technicians.

Computers, televisions, and other electronic items, if not properly disposed of, pose serious environmental

threats. A New York Times editorial (December 9, 2007) stated, "The Natural Resources Defense Council...says that electronic waste accounts for about 70 percent of the heavy metals found in municipal landfills - including lead, mercury, arsenic, and cadmium - that can leach into water supplies."

Additional computer/electronic recycling events in the cooperative collections are being proposed. Information will be provided in the weekly Co-op Bulletins. Recycling other items, including used clothing/cloth, and plastics with a #5 code (not recycled by the city) are among the other goods being proposed for recycling.

Meanwhile, cooperators can recycle two other items. Household batteries (for example, AA, C, D, etc.) can be placed in the container in the Co-op Office Lobby.

Plastic bags (shopping, newspaper, dry cleaning)

can be placed in a special collection container near the entrance of our C-Town Supermarket.

If you have any questions, comments, or would like to participate in further recycling and environmental related activities, please feel free to call me at 718.884.8037.

Students seeking community service opportunities are definitely welcome.



Friends of Van Cortlandt Park **Winter Trail Hike**

On a very chilly Saturday, January 31st, several brave souls from Amalgamated and Park Reservoir joined the Friends of Van Cortlandt Park's Executive Director, Christina Taylor, for a two hour hike through Van Cortlandt Park.

Participants hiked up the Putnam Trail and learned about the Grand Central Stones that were originally placed along the former railroad as tests to determine which type of stone to be use for Grand Central Terminal. After the second bridge along the Putnam, they hopped onto the John Kieran Trail and visited with several birds, such as mallards, a mute swan, cardinals, black-capped chickadees and mourning doves. From there, they hiked up the Cross Country Trail and visited Vault Hill where the Van Cortlandt family established their burial ground and where City records were hidden at the onset of the American Revolution.

The hike concluded by following the Cross Country Trail back down to the Parade Grounds and circling back to the Golf House by the lake.

The Friends will host another hike this spring on Saturday, April 4th and will hike further into the forests of Van Cortlandt Park. Please visit their website at www.vancortlandt.org for more information.



Out Of Our Past

Harmony or Discord?

We are united in an epoch-making undertaking. The eyes of people all over the United States—yes, all over the world are upon us. We, ourselves, have testified to our faith in this great co-operative experiment, so ably touched upon by Dr. J. P. Warbasse in his recent speech (reported elsewhere in these columns). We have invested our savings in the enterprise, and this beautiful group of modern buildings bears silent testimony to our vision of and good sense. We are already enjoying the fruition of our efforts, and we hope our children will enjoy this great co-operative home after us.

A serious duty, however, devolves upon us. Although we all have a power and a voice in the management of our internal affairs, we do not all have the time or the inclination to administer all the manifold, routine tasks involved in the conduct of an institution as great as our own—comprising a group of buildings with a population greater than that of many villages. We delegate those duties to others—men and women who have earned our confidence and who realize the trust that has been imposed upon them. They comprise our administrative staff and make up the personnel of our committees. With few exceptions, these people work without hope of reward or glory. They give up their time and exert their efforts for the betterment of the community as a whole. They are living exponents of the co-operative spirit.

Yet, they are all human. They are liable to err. We may not approve of their actions and decisions in every instance. None of us is infallible. In many instances, their actions and decisions may seem wrong on casual examination and yet prove the best course to pursue under the circumstances when carefully scrutinized. Should we encourage them

in their work, endeavor to aid them in the proper performance of their duties, give them the benefit of constructive, yet kindly and intelligent criticism, or should we stoop to a cavilling, fault-finding attitude, vilify and cast aspersions upon those who are sincerely endeavoring to serve us. As a community, we are largely composed of persons who have encountered the raw and seamy side of life. Many of us have made heroic sacrifices for our fellow men. Others have been the victims of persecution and intolerance. Are we going to forget these bitter lessons, now that we are on the way to a bigger and better life, or are we going to stoop to that very intolerance which we have fought against in others?

Put yourself in the other fellow's place. Give him the benefit of the doubt. Even if you believe he has not acted wisely in a given situation, endeavor to show him the error of his ways—but only after you have taken the trouble to investigate all the circumstances and are honestly convinced that he is wrong. Even if you are right, don't assume the "I told you so" attitude.

Have the courage of your convictions, but think twice—yes, even three times—before rising to attack a fellow co-operator whose actions have displeased you. If you believe he has failed to make good in office, vote against him, when the time comes, but give him credit for good faith in his actions.

Let us all pull together for the success of the undertaking with which we have linked our fortunes. Only in this manner will we attain the ideal of a greater co-operative community!

Editor's Note: The above article was published in the A.C.A. Cooperator - November 22, 1929. It has been bound in one of many volumes of prior issues of the A.C.A. Cooperator and Community News (up to December 2007), and they are filed in the Education Office. Feel free to stop by to peruse some interesting co-op history.

Thursday Afternoon Classes

By Mickey Axelbank

We don't usually enjoy the winter days with its snow and ice and yet, we do look forward to Thursday afternoons in January and February. It is then that Judy Saks and Laura Wetzler each lead four weekly sessions on different topics with different methods. This year was no exception.

In January, Judy's class, "*Politics in Shakespeare's Plays*" was an interesting and enjoyable experience for us. Some of us had rarely chosen to read Shakespeare for pleasure – only for required reading. During Judy's sessions, we would read out loud from the scripts that she



prepared for us. We took on the various roles (i.e. Julius Ceasar, Lady Macbeth, King Richard, etc.) and it made the characters in the play come alive! It was fun to study Shakespeare in this way.

It was obvious that Judy had researched experts in order to present to us commentaries, explanations, and opinions which encouraged the class to question, disagree and discuss further. In only four weeks we all became Shakespearean experts.

In the month of February, Laura Wetzler prepared and presented a four-week program about famous composers, lyricists, conductors and comedians of long ago. Laura's choice of artists,

her extensive study of their lives, and her choice of music and/or comedy to present to us was the essence of each week's presentation.

Laura chose Leonard Bernstein as our first subject. She discussed his life and the music he composed. Watching Bernstein conduct had us all spellbound. Then we studied all about Harold Arlen and Aaron Copland. We learned that Arlen was the composer of a long list of familiar songs including



"*Over the Rainbow*". We listened to the different kinds of music that Copland composed and especially enjoyed "*Appalachian Spring*". For the last session, Laura's theme was comedy; the comedians chosen were Sid Caesar and Mel Brooks. Watching them perform brought back clear memories and loud laughter. What a great way to end this program!

So thank you Judy and Laura for your time and effort in providing us with interesting and entertaining afternoons during those dreary winter days.

Your monthly carrying charges include the cost of gas, electricity and water. Your help in conserving energy use will help keep utility bills as low as possible.

Save Electricity
It Burns *Our* Money!

Winter Eco-Crafts

By Jeanette M. Rankin

As the “nanny” to my two beautiful, energetic grandchildren, I can tell you that a week with no (nursery) school, especially during the winter months, presents an extra challenge. Thanks to the Co-op Education Department, and the Friends of Van Cortlandt Park, I had some much-appreciated help finding ways to keep my charges entertained during their mid-winter break in February.

As fans of summer Eco-crafts, which are set up for children of all ages in the Classic Playground



during the warmer months, we already knew we could count on a good time. I am happy to report that Winter Eco-crafts did not disappoint. On Monday, we enjoyed hot cocoa and cookies in the Building 9 Community Room, while we painted pencil holders (plastic water bottles with the tops cut off), and decorated paper-plate snowmen. The host, Sarah Harrisson, makes sure every participant has all the tools and materials they need to make the project of their choosing, and the fact that she is friendly and helpful does not go unnoticed.

On Thursday of the same week, the children in the community were lucky enough to have a second opportunity to attend an Eco-crafts workshop. This time, we happily crafted snowflake collages and

cotton-ball snowman dolls. I was pleasantly surprised to see that different projects were laid



out for the kids than the ones available earlier in the week. I can tell you my grandchildren thoroughly enjoyed themselves, and I’ll go out on a limb and say every child who attended took delight in putting recyclables to good use while exercising their creative muscles at the same time!

WELCOME NEW COOPERATORS

| | |
|--------------------|--------|
| Ji Hyun Kim | 14B/5B |
| Maria Vargas | 9B/43 |
| Andrea Walters | 7A/11 |
| Yvonne Martinez | 8C/8H |
| Salimata Coulibaly | 14B/1D |
| Gifty Kwenin | 1A/10A |
| Nehemias Rodriguez | 1A/6B |
| Saul Garcia | 12C/4C |
| Stefan Hirsch | 2/2C |
| Elvis Rodriguez | 12C/2B |
| Michele Hennessy | 13A/1D |
| Cheryl Kent | 10F/2 |
| Aino Sisko Stephan | 8B/1C |

Co-ops, Co-ops, and Condos

By Ed Yaker

In recent years, I have heard some misconceptions and simple lack of knowledge about cooperatives such as ours. I'd like to address a couple of misconceptions that I've heard:

1. *"I own my apartment" or "I bought my apartment"*.

Not true. Each shareholder owns shares in the corporation that owns all of our buildings and apartments. The shares come with a lease to a specific apartment, but we lease our apartment, we don't own it. Though it isn't often done, the cooperative has the right (DHCR says the *"responsibility"*) to inspect apartments, because the cooperative is the owner of the property. The cooperative can limit what we can do with our apartments, and require that we restore it to "House standard" when we move out (unless management has accepted a change as an improvement).

That concept highlights a fundamental difference between cooperatives and condominiums. The condo owner does own his apartment. He is responsible for everything in that apartment, including walls and floors. The condo association is responsible for the common areas (hallways, lobbies, etc.) but has less say over what is done in the apartment.

2. *"Market rate co-ops are 'real' co-ops, ours are not"*

I would say it is the other way around, though my friends in market rate co-ops would say we are both real co-ops. What is the difference between our co-ops and market co-ops? At Amalgamated and Park Reservoir, an outgoing shareholder sells her shares back to the cooperative, which then sells them to the next shareholder for the same price as the outgoing received. In a market rate cooperative, a shareholder can sell her shares for whatever she can get for them, hence the term "market rate". Is one truer to the cooperative concept?

The co-op known as the birthplace of the cooperative movement opened in Rochdale, England in 1844. The 28 members invested one pound each. The value of the cooperative came from the trust in receiving unadulterated products and honest measures, with a rebate based upon spending when prices were readjusted at the end of the year to reflect actual expenses. Because there is no limit to the number of members in a consumer cooperative, a new member would simply buy shares from the cooperative, so there is no market for existing shares. I have seen nothing on it, but I expect that an outgoing shareholder at Rochdale would have sold shares back to the co-op.

Housing co-ops are the only kind of co-op I can think of where the number of shares is limited, because the number of apartments is limited. That is the reason there can be a "market value" for shares in housing cooperatives. In 1945, Abraham Kazan addressed the question of why shares in a "genuine cooperative house" cannot be sold at a profit. Our cooperative was formed to provide good housing. "If members are permitted to take financial advantage of the values created by the group, the non-profit principle of cooperation is destroyed." Where shares were not held at par value, they would be subject to the risks of market fluctuations. Today we see home values dropping substantially in some regions of the country, confirming Kazan's assessment.

My friends in market co-ops argue that regardless of how members obtain their shares or how much they can sell them for, internally their co-ops function on the same cooperative basis as ours do. Regardless, I still prefer cooperatives that are non-profit in the transference of shares as well as the ongoing operation.

That raises the question of what do we mean by limited dividend and limited profit, and how does that square with our non-profit operation? That's a good question for another issue of Community News.

NORC News



By Bayla Butler, Program Director

The NORC Senior Services staff have been busy helping cooperators. We have been especially busy processing New York City School Tax Credit forms. All NYC residents are eligible for this cash credit. We are also helping cooperators file for a Real Property Tax Credit. Other credits that we are working on are the Senior Citizen Rent Increase Exemption (SCRIE) for those over 65 and the Disabled Rent Increase Exemption (DRIE) for those of any age.

In addition to providing help and guidance our office is also gearing up for some new fun and innovative programs. On April 1st, we will be debuting a Gerontechnology Fair in Vladeck Hall. Cooperators will have the opportunity to try out some of the latest technology. They will be able to sample and experience Wii Bowling.

A Health Kiosk will be on site for cooperators to enhance and monitor their health. Examples of senior- friendly cell phones will also be available. Seniors will be able to sign up for DOROT *University Without Walls*, where they will be able to enjoy classes, holiday celebrations and discussion groups by telephone, in the comfort of their own home. All this and much more. So be sure to join us on April 1st at 10 AM in Vladeck Hall. Come for breakfast and enjoy the Fair!

Our NORC Program has the honor of being chosen as a site to teach volunteers to provide computer training for home-bound seniors. Cooperators of all ages are now able to sign up to participate in an 8-hour, 3-session course that will teach them how to work with seniors on the computer. This program is sponsored by the Jewish Home and Hospital Lifecare System. The course will be taught by Howard Acurso, a computer expert on Wall Street for 25 years and currently director of Older Adults Technology Services (OATS). The

goal is that once the first group of “teachers” are trained and they finish training the first group of students, both groups will then be able to continue to train others, and so on. The value of the program is that an increasing number of seniors will acquire skills that will enable them to truly be part of the computer age. They will be able to communicate with family members, grandchildren and now even their own friends and fellow cooperators. What an opportunity to be part of such a special program!

Please volunteer; add your name on our list. We especially need volunteers who are willing to be in the first “teacher” group. Your computer skills just need to be sufficient enough to teach basic



The ladies enjoyed a day trip to Trader Joe's!

computer knowledge (i.e. accessing the internet and basic word processing). This is a perfect fit for students who may need community service hours.

As always, our office is here for you all. We have a suggestion box in the front of the NORC Office. Please feel free to let us know what you think.

Our offices are open daily from 9am to 5pm, and we can be reached at (718) 548-4990. Remember, you are always welcome. Let us know you are coming, and we'll put the coffee pot on.

Our NORC staff includes: Shelley Stieglitz, RN, MPH, Community Health Nurse; Bell Druz, Social Worker; Carmen Altoro, Community Worker; and Kathy Nightingale, Administrative Assistant.

JASA Van Cortlandt Senior Center

By Sharon Wolfe, Director

Jasa Van Cortlandt Senior Center is a full service non-sectarian senior center partially funded by the NYC Department for the Aging.

Located at 3880 Sedgwick Avenue, we provide a nutritious kosher lunch along with a wide array of educational/recreational activities, Monday through Friday. Classes in fitness, movement, yoga, tai chi, painting, crafts, sing-alongs, discussion groups, trips, lectures, entertainment, and holiday celebrations are regularly scheduled. Case assistance and referrals are also provided. Seniors aged 60+ are welcome. The voluntary contribution for lunch is \$1.50. Those who are under 60 years are welcome to visit and attend special events. For further information, please call the center office at 718-549-4700.

Editor's Note: JASA Senior Center provides an array of services for our cooperators as well as the community at large. Our NORC Program and the Education Department works with the Center, particularly since many of our cooperators are members of the Center. We make every attempt to not duplicate events and activities.

We Mourn Our Losses

| | |
|--|---------------|
| Milton Wechsler, 3/11C | December 21st |
| Mary Lukomnik, 14B/8F | December 28th |
| Robert Belsky, former cooperator | January 25th |
| Aida Rodriguez, 8B1C | January 26th |
| Frieda Markowitz, formerly of Building 8A | January 30th |
| Sidney Coyne, 1A/17A | March 4th |



Heart Healthy Program at C-Town Supermarket





In recognition of Heart Month, our own C-Town Supermarket joined forces with our NORC Committee and staff to host a special event in the store!

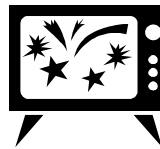
C-Town provided a free tasting of heart healthy foods; educational materials and recipes were provided by staff. A hearty thank you to Marcos Buran, manager of C-Town for his work and assistance in making this event so successful.



Digital Television Transition (and the Coupon Program)

The TV Converter Box Coupon Program has been extended to June 12, 2009. You may obtain up to two coupons, each worth \$40, which can be applied toward the cost of eligible converter boxes.

If you are connected to the master antenna and have an analog TV set, you will need to purchase a converter box.



If your TV is connected to cable, satellite or other pay TV service, it does not require a TV converter box.

If your TV is **not** connected to cable, satellite or other pay TV service, you may:

- ◆ Keep your existing analog TV and purchase a converter box. (A converter box plugs into your TV and will keep it working after June 12th), or
- ◆ Subscribe to cable, satellite or other pay TV service, or
- ◆ Purchase a television set that already has a digital tuner.

For more information, call 1-888-388-2009 or go online at www.dtv2009.gov.

Summer Camp

Although spring has just arrived, it's time to make plans for summer! It's time for summer camp, and campers of all ages are invited to register early. The following camps will be available for you to enjoy:

- Amalgamated Circle Pines Preschool Day Camp at the Nursery School.
- Circle Pines School Age Camp - A variety of camp programs (kindergarten to 10th grade) are sponsored by the Mosholu Montefiore Community Center.
- The "Y" of Washington Heights & Inwood of-

fers a program for seniors (60+). Watch for additional details about the programs.



Cooperators enjoyed the Henry Kaufman Camp at Pearl River.

Recipe Corner

Baked Cheddar Crisps

Makes 12 snack servings

1/2 cup all-purpose flour
 Salt, preferable sea or kosher
 Freshly ground black pepper
 2 large egg whites, beaten
 1/2 cup whole milk
 About 3 cups panko (coarse Japanese) or plain dry breadcrumbs
 1/4 cup ground almonds
 12 (1/4-inch-thick) crosswise slices from 8-ounce bar of Cabot Sharp Cheddar
 Vegetable oil
 Marinara sauce (optional)

1. In small bowl, combine flour with pinch of salt and pepper. In second small bowl, beat together egg whites and milk with fork or whisk until combined. In third bowl, stir together breadcrumbs and almonds.
2. Dip both sides of each cheese slice into flour, then egg white mixture, then breadcrumb mixture, making sure slice is completely covered. Place on large plate or baking sheet and place in freezer until firm, about 10 minutes. Discard any unused breadcrumb mixture.
3. Place large nonstick skillet over high heat and add enough oil to lightly cover bottom. When oil is hot, add frozen cheddar slices. Cook until golden brown on underside, then turn over and cook until golden on second side and melted inside. Serve with tomato sauce for dipping, if using.

(Recipe courtesy of Chef Jon Ashton.)

Nutrition Analysis

Calories 180 , Total Fat 6g , Saturated Fat 11g , Saturated Fat 6g, Sodium 257mg , Carbohydrates 12g , Dietary Fiber <1g, Protein 7g , Calcium 170mg

Kid-friendly Recipe Cheeky Cheese Turkey Pockets

Makes about 8 servings

1/4 cup plain low-fat yogurt
 1/4 cup Cabot light sour cream
 1/2 cup bottled reduced-fat ranch salad dressing
 3 cups chopped cooked turkey or chicken
 1/4 cup chopped fresh broccoli
 1/4 cup chopped apple
 1/4 cup raisins
 1/4 cup shredded carrot
 1/2 cup grated Cabot 50% Reduced Fat Cheddar
 1/4 cup chopped pecans
 4 (6-to 7-inch diameter) whole-wheat pita bread rounds, halved crosswise.

1. In small bowl, stir together yogurt, sour cream and ranch dressing.
2. In medium bowl, combine turkey or chicken, broccoli, apple, raisins, carrot, cheese and pecans. Add dressing mixture and toss to coat.
3. Spoon mixture into pita halves. Wrap each half tightly in plastic wrap and refrigerate for up to 24 hours.
4. Pack in insulated container with ice pack.

Nutrition Analysis

Calories 285, Total Fat 10g, Sodium 409 mg. Carbohydrates 26g, Dietary Fiber 3g, Protein 23g, Calcium 80mg.



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.