

# Selene Whole Foods Co-op

Newsletter



Nov/Dec 2008

Supporting a Local, Sustainable Economy

## Dawn Ann's Corner

By Dawn Ann Duboski

"New things are happening at the store!!! We are now **open on Mondays from 11:00-6:00 pm!** ☺ Stop by and check out the **new bulk jars and spices from Frontier!**



They look beautiful and smell fresh! Last but not least: **we have our new awning!!!!** It's brought in a lot of foot traffic! ☺

**What do we need at Selene?? Volunteers!** Why do we need volunteers? At Selene, we depend on people like yourself to help make the organization stronger through volunteering for various duties both in the store and at special events.

- How long do members need to volunteer?
  - It's only 4 hours a month and it does not all have to be on the same day! You can spread it out throughout the month. We do have a log book which keeps track of your hours!
- What jobs are needed?
  - Cleaning, stocking orders, filing, researching new local products, managing our membership files, event-planning, beautifying the co-op... The possibilities are endless! Come help the co-op expand and grow by utilizing yours gifts and passions!
- The benefit??
  - More discounts on items in the store! With today's economy the way it is, everyone is looking to save \$\$\$\$.

Keep checking out the website at <http://selenecoop.org>. Soon we'll be posting jobs that we need members to help out with!"

## Selene's Financial Situation

By Dawn Ann Duboski

"By now, all of you know that Selene is in a major financial crisis. The economy has really taken a toll on Selene as well as most of the shops on State Street. Even though we just received our awning, we had to scrape to pay for that. We do we need the awning? It will bring in more foot traffic to Selene. And so far it's working! Now we are focusing on competitive pricing to compete with the food stores in the area. **We do need people to help us with the competitive pricing. If you have receipts from Trader Joe's, Martindale's, etc., please bring them to Dawn Ann.** We will be raising and lowering prices on some items, depending on the item's popularity and hard-to-find items."

## Note from an Interim Board Member

By Peter Devaney



"Selene members, we are asking you to help your co-op survive and thrive during these challenging financial times which we all face. The tightness of credit is affecting our suppliers, who, in turn, are mostly requiring us to pay cash on delivery for our orders. We want to be able to keep our store stocked with everything you need and want.

**How can you help?** Help us increase our sales by buying as much as you can from Selene. Help us with our cash flow by joining the many members who have paid their 2009 membership dues early. Membership is \$40 (\$30 for seniors). Thank you for your support."

## Board of Directors' Opportunities

By Dawn Ann Duboski

"Election is coming up in March for new Board members! All of the Board members' terms will be up! We need young, vitalizing, motivated members to step up! This is a crucial time for Selene, and we would really need your help! The Board members we have now will be there for

Selene Whole Foods Co-op

305 West State Street, Media, Pennsylvania, 19063

610-566-1137

Manager: Dawn Ann Duboski; Newsletter: Melinda B. Parsons

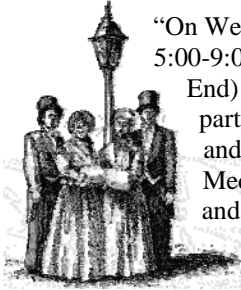
Hours: Mon-Tues, 10-6; Wed-Fri, 10-7; Sat, 10-5; closed Sundays

<http://selenecoop.org>; email: [selenecoop@verizon.net](mailto:selenecoop@verizon.net)

us, mentoring. Board members are some of our most committed volunteers. They have taken on oversight and governance of the organization as their volunteer job. If you are interested in joining the Board, attending Board meetings, or finding out more information, please contact Dawn Ann at [selenecoop@verizon.net](mailto:selenecoop@verizon.net), or Peter Listino at [FinancialAdvisor@peterlistino.com](mailto:FinancialAdvisor@peterlistino.com).”

## Holiday/Mixer Party!!!!

By Dawn Ann Duboski



“On Wednesday, December 17<sup>th</sup>, 2008, from 5:00-9:00 pm, Selene’s block (called the West End) will be participating in a holiday/mixer party on our block! We will have carolers and carriage rides that evening in downtown Media! Our goal is to attract new customers and generate more traffic to the west end of town. Also, we’d like to welcome our members to see what’s new at Selene!

## General Manager Search Committee

By Dawn Ann Duboski

“The Search Committee was formed at the November 6<sup>th</sup>, 2008 Board meeting to draw up a job description, review resumés, and interview final applicants. The committee presented its report to the Board at the December meeting. The duties of General Manager fall under three categories: store management, financial management, and events-community/education-membership management. The final decision will be made in January. Dawn Ann is one of the finalists! ☺”

## Memberships

By Dawn Ann Duboski

“Starting in January, all members will be required to show their cards at the register. It will help us keep track of who has renewed their membership. We will be receiving the new membership cards shortly. You can pick them up at Selene, or we can mail them to you. Selene will notify the members when the cards have arrived.”

## Store Hours—Normal and Holiday

In case you haven’t checked the website lately, our normal store hours are now Mondays, 11-6; Tuesdays, 10-6; Wednesdays thru Fridays, 10-7; Saturdays, 10-5; and closed on Sundays. However, for the holidays, the store will be closed on Thursday and Friday, December 25<sup>th</sup> and 26<sup>th</sup>, 2008; and Tuesday, January 1<sup>st</sup>, 2009.

## Kate Bundrick, Assistant Manager

By Kate Bundrick

“I was born in downtown Philadelphia on a dark and stormy night, so the story goes, and grew up with my four siblings in the Swarthmore-Media area thereafter. My

early childhood memories include the enormous Raggedy Ann doll that sat atop the Linvilla barn during the fall, rolling down the hills at Rose Tree Park during summer concerts, and eating \$1 hoagies at Tiny-T’s. I also recall the brief period when the Media Theatre showed films and going there to watch them from the balcony with my father.



Kate in sporting mode!

I still reside in the area with my son, and we have created our own Media memories. When not at Selene, I can usually be found gardening, rock climbing, biking, and occasionally painting when the weather is nice enough to bring my easel outdoors. Our home is shared with a few exotic pets, and we enjoy letting them out in the yard for the neighborhood children to ooh and ah over. Life is very busy, but an immense pleasure, and becoming a part of the Selene Co-op has only made it more enjoyable.”

## Delivery Days—Normal & Holiday

Normal schedule is:

**Produce**—sometimes on Tuesdays, always on Fridays;

**Eggs/milk**—Tuesdays;

**Fresh Tofu**—Fridays;

**Bulk Orders** are placed by 12pm Wednesday. They arrive on Thursday. If you need bulk items, please let Dawn Ann know by Tuesday!!!!”

**Reminder—we will not be placing orders or receiving deliveries on the holidays that we’re closed: December 25<sup>th</sup> and 26<sup>th</sup>, 2008, and January 1<sup>st</sup>, 2009!**

## Dawn Ann’s Recipe Corner

### Raw Hummus

- 1 cup chickpeas, soaked overnight, sprouted for 3-5 days, then mashed
- 3 green onions/scallions, chopped
- 1 cup Italian curly parsley, chopped
- ½ tsp of dried dill weed or chervil
- ½ cup water
- juice of 3 lemons
- ¾ - 1 cup raw tahini

Mix all ingredients together, then season with dulse flakes, herbamare, and tamari to taste!

Tip from Melinda: for lots of news about Pennsylvania food, check out the “*Buy Fresh, Buy Local*” blog, [here!](#)