



News for you ...

Aug-Sep 2008

## Friendly City Food Co-op

Harrisonburg, VA

*Good Food. Good Folks. Good Fun.*

[www.FriendlyCityFoodCoop.com](http://www.FriendlyCityFoodCoop.com)

Please mark your calendars and plan to attend the Annual Member Meeting and Board Election on **Saturday, October 4<sup>th</sup> at 4-5:30 pm.**  
This is a change from the September date we had listed last month.

**GOOD FOOD** – Homemade ice cream attracts new FCFC members.

**I scream, you scream, we all scream for ice cream!** We have begun hosting ice cream socials in different neighborhoods around Harrisonburg (and beyond) in hopes of building the Friendly City Food Coop community. Members of the Founding Team and member-owners from the neighborhood invite every resident to join us as we crank up some tasty chocolate and vanilla and talk about the co-op. Our first was in Parkview; our second was at Holiday Hills/Morrison Park where around 50 people enjoyed ice cream and heard our story. Our next one is planned for Sunset Heights. Let us know if we should head your way! (contact Adam at [fcfcac@gmail.com](mailto:fcfcac@gmail.com))

**Menu for the Future** is a Discovery Circle being held at the Unitarian Universalist Fellowship of Harrisonburg this fall. It's a discussion group program that will explore the effects of our modern eating habits, the ecological and economic impacts of how we grow and prepare our food, and much more. The course will begin September 23<sup>rd</sup> and will run for 7 weeks with an optional extra session (a local foods banquet). For more information on the course, go to [www.ecostewardsalliance.org/programs/index.php?t=64](http://www.ecostewardsalliance.org/programs/index.php?t=64). The deadline for registering and ordering materials is September 9<sup>th</sup>. Contact Elizabeth Scott (434-8283 or [elizabethscott@att.net](mailto:elizabethscott@att.net)) if you are interested.

**GOOD FOLKS** – A snippet of what Trent Wagler has to say in the newest Member Spotlight.

*“Don’t wait to become a member. I’ve heard from several folks who say, ‘Yeah, I’ll probably join, but I don’t know. What’s in it for me? I’ll just wait and see.’ It’s about value. How much value does this store represent to you? How much do you value the hard work and vision the store represents? I see great value in a store whose priorities will be in line with healthy sources of food – a store that looks out for my health and the health of the environment. Join us.”*

To read more of what Trent has to say in the New Member Spotlight, go to:

<http://www.friendlycityfoodcoop.com/new-mem.shtml>.

## **GOOD FUN – 5 Easy Ways to Help the Co-op**

- 1. Buy an FCFC t-shirt and wear it.** Show the whole town that you support the co-op by wearing our NEW, 100% cotton, American-made t-shirts that are printed right here in downtown Harrisonburg. It has our cool logo on the front and comes in 2 colors. Only \$15! Want one? Drop us an email at [fcfcac@gmail.com](mailto:fcfcac@gmail.com). Send us a picture of you wearing your shirt in public and we'll put it on our website!
- 2. Talk to your friends about the co-op.** You don't have to know the history of cooperatives or organic farming – just tell 2 or 3 people why you joined and urge them to do the same. Point them to our website or have them give us a call if they want more information or a member-owner packet.
- 3. Invite us over to chat.** Ask us to come to a picnic, cookout, church or civic-group meeting, or anywhere you could introduce us to folks who'd like to learn more about the co-op.
- 4. Work a table for an hour.** We try to be at events all over the area, but we could use help to do that. Come help us at our table for an hour or two – talk to folks and let them know why you joined, meet nice people, and help the co-op and the community. Upcoming events this fall: Saturday, September 6 we'll have a table at Children First; and Saturday, September 28 we plan to be at the International Festival.
- 5. Proudly display your FCFC bumper sticker.** Hot off the press, it would be great if they were seen all over town. Members get one free, and additional stickers may be purchased for \$1. Contact Adam ([fcfcac@gmail.com](mailto:fcfcac@gmail.com)) or stop by the Farmers' Market on Saturday morning and pick one up from Mary Jo at the Willow Spring Farm flower booth. Thanks to volunteer member-owner Jen Monger for her design work.

### **Dates for your calendar:**

- **Tuesday, September 2** – Ice Cream Social for the Belmont neighborhood
- **Thursday, September 4 @ 7:30 pm** – *FCFC Founding Team Meeting* at the Community Mediation Center
- **Saturday, September 6** – FCFC table display at Children First
- **Tuesday, September 16** – Ice Cream Social for the Sunset Heights neighborhood
- **Thursday, September 18 @ 8 pm** – *FCFC Board of Directors Meeting*. Call Peg (434-3220) or Sam (476-4180)
- **Saturday, September 27** – FCFC table display at the International Festival
- **Saturday, October 4 @ 4pm** – Annual Member Meeting and Board Election