

Leah Rizzo Is Off To Nursing School

After almost 4 years Leah Rizzo, Front End Lead, is leaving the Co-op so she can move forward with her nursing career studies. We're sad to see Leah leaving but happy that she is moving ahead with her permanent future goals. I'm sure we'll see her smiling face from time to time as she pops in to the Co-op to get groceries. If you see her around town wish her success in her future endeavors. Below are a few comments from Leah and a few pics of her Co-op times for your perusal.

"I am so lucky to have worked at the Syracuse Real Food Co-op for nearly four years and I am going to miss seeing all of my favorite people every day. Please continue your patronage, please buy Reina's produce (it is the best, come on); please talk to Jeremy about his craft beer selection; please "nom" on Scott's sandwiches. Expansion is on the horizon but we need to support each other and our local economy. All of my love for the Co-op and everyone who believes in us. And thank you for sticking by me too, I have loved every single moment of my time there. I am really sad to be going but also really excited for nursing school. See you around town, xoxo!"



Leah turning blue for the Co-op



Leah & Scott selling bread

1. Open and Voluntary Membership

Co-ops are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership/ownership without discrimination. The Syracuse REAL FOOD Co-op is open to EVERYONE. The Co-op is here to provide a member-owned business to the community looking for the services we provide. Membership/ownership is Voluntary; you DO NOT need to be a member/owner to shop here.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their member/owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. All member/owners have equal voting rights: one member, one vote.

The Syracuse REAL FOOD Co-op is governed by a democratically elected board of directors. Each fall the Co-op holds a General Membership Meeting (GMM) where the candidates announce they are running. Voting then takes place in the store.

3. Member Economic Participation

Member/owners contribute equitably to, and democratically control, the capital of their cooperative. Every member/owner of this cooperative makes an economic investment in the business. Member/owner's capital is an important part of what makes the Co-op thrive.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member/owners. While the Syracuse REAL FOOD Co-op is a member/owner of the National Cooperative Grocers Association (NCGA) we are autonomous and independent.

5. Education, Training & Information

Cooperatives provide education and training for their member/owners, elected representatives, managers, and employees, so they can understand the benefits of cooperation and contribute effectively.

The Syracuse REAL FOOD Co-op holds many events throughout the year meant to educate and provide information not only to the member/owners, but to the community at large.



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Meet the Candidates

Annual Meeting and Elections

Our Annual Meeting, coming up on November 2nd, will kick off the election for the 2016 Board of Directors. The board serves as the voice of the membership, monitoring Syracuse Real Food Co-op's performance and plotting its course – and that means voting is one of the most important ways a member-owner can engage in democratic control of our cooperative. This year, members can vote for up to three new directors who will each serve a three year term. Below are candidate statements from the three SRFC members who applied under our call for nominations. Be sure to come out to SRFC's Annual Meet-

ing to meet the candidates and cast your vote! (Really absolutely can't make the meeting? Ballots can be cast for thirty days – more info will be posted in the store and online by November 3rd.) Please join the board in thanking each of these individuals for stepping up in service to our Co-op. We are also very grateful to our outgoing board members, Thane Joyal and Julie Longmore for their dedicated service to the Co-op and their years of thoughtful leadership. The next few years are going to be an exciting time for the Co-op and the whole leadership team will be looking for your input and support.

Name: Briana C. Kohlbrenner
Candidate Questions and Personal Statement



- 1. Describe your involvement with SRFC. Include amount of time spent and specific activities, if appropriate.**
My husband and I are frequent customers at the SRFC and have enjoyed being members since 2005. In truth, the SRFC was one of the reasons that attracted us to the Westcott neighborhood! Fortunate for us, our home is just a short three-block walk to the shop. We also love to enjoy the specialty 'tasting events' that are occasionally offered.
- 2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**

I have had several volunteer experiences working with a team toward a common goal. From 2009-2011 I was an active member of the 40 Below Public Arts Task Force (PATF), a volunteer run organization

- aimed at delivering art experiences to the public, during which I was co-chair from March 2010 to August 2011. I also co-founded and co-chaired several volunteer-run projects including Salt City DISHES, the Salt Market, and the Funky Flea. All projects required teamwork, imagination, and dedication.
- 3. What do you see as SRFC's role in the broader community?**
The greater Syracuse community benefits from the SRFC's intelligent selection of food products, including supporting local farms and small businesses.
- 4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**

For the past several years I have hosted many community events, projects, and jobs that have been heavily involved in the arts. While I want to continue to create art-related events for the general public to enjoy, I'm interested in expanding my community-related experiences beyond this scope. Joining the SRFC board will help me reach this objective; as well it will provide me with the opportunity to continue to serve my community in a beneficial way that is important.

Name: Steven Morris
Candidate Questions and Personal Statement

- 1. Describe your involvement with SRFC. Include amount of time spent and specific activities, if appropriate.**
For the past 10 years I have come in semi-regularly, mainly looking for specialty items for myself and the cafe. I have been serving on the board for the past four months and I find it very rewarding.
- 2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**

As the co-owner/manager of Mello Velo bicycle shop I understand the need for reliable local businesses that truly care about the community, sustainability and excellent customer service while maintaining financial viability. We started out incredibly small just over 5 years ago and have gradually grown to be a major player in the greater Syracuse area. We were also just voted one of Bicycling Magazine's top 53 bicycle shops. I am involved in every aspect of the business from behind the scenes to direct interaction with customers and managing employees. Many of our customers are customers of the Co-op, so I am very familiar with the clientele, in addition to my understanding of how to realistically manage and grow a business in this neighborhood.

- 3. What do you see as SRFC's role in the broader community?**
The Co-op has such a deep history providing the neighborhood with access to real food and even food education, that I would be honored to take part in. I also feel like it provides the feeling of ownership and community and celebration of local produce and goods. We started our business because we love cycling and the sense of community cycling brings to city streets. Just as people are so removed from their neighborhoods and surroundings, people are especially in terms of their food. Any effort to celebrate and enhance the community is something that I would like to be a part of.
- 4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**

A Rochester native, before opening Mello Velo, I studied Natural Resource Management and Forestry at SUNY-ESF. I am a firm believer in community involvement, hard work and making things happen. At home, I enjoy vegetable gardening and cooking.



Name: Thomas Taylor
Candidate Questions and Personal Statement

- 1. Describe your involvement with SRFC. Include amount of time spent and specific activities, if appropriate.**
My wife and I have been members for 5 years. As we live within a short walk of the Co-op, we shop often. Additionally, in the past two years, I have volunteered my time in making electrical repairs at the store. I am an electrician and have my own company.
- 2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**



My background as a former general contractor and now as an electrical contractor may afford the Co-op the opportunity to benefit from my knowledge and experience in buildings and maintenance. In my twentysomething years I was a part-time employee at a health food store. I have familiarity with the day to day operations of a small, real food retail store.

- 3. What do you see as SRFC's role in the broader community?**
My view of the SRFC's role is that of a nourishing and unifying force. Certainly, the Co-op provides high quality food, drink and household needs that are required to nourish and sustain. Additionally, through its presence and function, the Co-op adds a place and a space for coming together of all people, members and nonmembers, in support of their lives.
- 4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**
As a young person growing up in Syracuse I have always felt that the Co-op has been a special organization and a wonderful place. Upon moving into the University area, I became a member and regular customer of the store. As my home and family have grown and settled in the past few years I have hopes and desires for a long living and improved Co-op. With my time and efforts I would like to serve the SRFC in its operations and growth.

Annual Meeting Agenda Syracuse Real Food Co-op

November 2, 2015 7 pm • Westcott Community Center

Refreshments will be served

Annual Business Meeting

1. Welcome

2. Determination of Quorum

3. Proof of Due Notice of Meeting

4. Reading and Disposition of Minutes - Fall Membership Meeting 12/2014

5. Annual Reports

Presidents' Report

Treasurer's Report

General Manager's Report

6. Unfinished Business

7. New Business

Proposed Amendments to Bylaws*

Q&A

8. Election of Directors

Nominations Report

Introduction of Candidates

9. Adjournment

**See proposal from the Board on page 13
of this New Leaf.*

Quarterly Photos Spring & Summer 2015



Tröegs Brewery tasting



Shopper trying a
Recess Coffee taste



Max's and Jack's Water Project Plant Sale



Member Phyllis Creamer (right) invited Co-op to
table at Hutchings Staff retreat at Highland Forest



Co-op GM Jeremy DeChario talks with SU's
Kerry Heckman after Taste of Westcott Street
event.



Nancy Cihon wins the
Woodstock Wagon



Tabling at the Conscious Community Dinner



Tabling at Earth Day
Thornden Park



Abigail Henson's relation says Hello from Hutch-
ings Staff Retreat



Tabling at
Bristol-Myers
Squibb Earth
Day



Tabling at SU Falk College School of Social
Work Wellness Event



Scott & Michelle tabling at Art on the Porches
in Strathmore area

