

MOSCOW FOOD CO-OP BOARD ELECTIONS



2019 Voter's Guide

Dear Co-op Owners,

We are pleased to present the six candidates for the three open Board seats in the 2019 election. The Board of Directors plays a vital role in the well-being of the Moscow Food Co-op. It's important you have confidence in each Board member's ability to be a successful contributor. When you vote in this election, you are engaging in what defines us as a cooperative: we are a democratic organization controlled by our owners. Casting a vote to decide who guides the future of the Moscow Food Co-op is truly a powerful act. Thank you for your participation!

Yours in cooperation,
The Board of Directors Nominations & Elections Committee

Online Voting:

When voting begins, all owners who have an email address on file will receive an email with a link to the electronic ballot. If you do not have an email address attached to your Co-op ownership, you can access your ballot online at www.moscowfood.coop/evoting.

To log in to vote, you will be prompted to enter the first four letters of the last name on the ownership, and the last four digits of the phone number on record. Voting privileges are extended to the primary ownership account holder, in line with the "One Owner, One Vote" cooperative principle.

Voting will take place Monday, March 18 at 8 a.m. to Sunday, March 31 at 5 p.m.
The last day to become an owner and be eligible to vote in this election is Thursday, March 14.

We asked our Board candidates the following two questions for these candidate statements:

1. Please describe what personal skills and experience you have that will help you be an effective Director. For example: any skills obtained from working with a non-profit or for-profit business, management experience and/or leadership experience.
2. Please describe why you would like to serve on the Moscow Food Co-op Board of Directors.

Board Candidate Forum:

Monday, March 18 at 7 p.m. in the Deli seating area of the Moscow Food Co-op (121 East 5th Street in Moscow.) Please attend to enjoy coffee, tea, and light desserts with a chance to talk with candidates, current Board members, and your fellow owners before the Question & Answer session begins!



It is with profound gratitude for the dedication of those who have served before me over the course of my thirty plus years of work history and life-transforming education that I am inspired to share this same commitment to the ongoing education and application of sustainable healthy living practices and products, while serving others.

With an undergraduate degree in Advertising and Marketing (BA), a Master's degrees in Counseling Psychology (MA), a Master's of Business Administration (MBA) with an emphasis in organizational management, and a doctorate degree in Counseling Psychology (PsyD), along with a host of other holistic continuing education classes and certifications ranging from energy medicine, nutritional consulting, to yoga meditation, I have actively applied my studies directly to these fields by working with individuals, non-profits, and large organizations throughout the course of my extensive professional career. The joy I experience in facilitating collaboration among diverse communities towards the collective benefit of all local and global community members is the "why" behind my desire to serve on the Moscow Food Co-op Board of Directors. By serving as a guiding facilitator/teacher, and without the need for authority or recognition, I find it truly rewarding to see the fruits of collaboration and connection between individuals and groups. Through servant leadership, I

would like to offer my time and talents of abundant availability and enjoyment in actively participating at events that might provide safe space for vision and voice in the community, and then serve as a bridge to connect the communities that arise.

Connecting communities through providing safe space for vision and voice is the "how" behind my approach to operating with shared power in group decision-making and delegation processes. My past experience as a business partner by co-founding and co-owning an integrated wellness center has included managing and leading a diverse population of employees and customers. By welcoming feedback and cultivating trust, allowing for individuality and autonomy, and then respectfully upholding established standards of quality, I have found that consistency in this servant leadership practice has been the key to promoting the healthy evolution of a dynamic community that is open and free to safely expand collectively.

It would be a privilege to serve on the Moscow Food Co-op Board of Directors as a collective and collaborative team of caring individuals who are committed to the well-being of our community today and for generations to come!



I moved to north central Idaho with my spouse (Gail) and young daughter in 1979 to begin a career in agriculture. Now, 40 years later, my life revolves mostly around agriculture and food systems. We own and operate Lolo Breaks Farm near Weippe. Our primary residence is in Nezperce, very near the Lewis County Extension Office where I have been an Extension Educator with University of Idaho Extension for 25 years. Our location may make my candidacy a bit of a "long-shot," but we have been owners of the Moscow Food Co-op since 2000. I believe wholeheartedly in the Co-op's principles. I have reviewed the board responsibilities and values and am able to fulfill and uphold them. I have extensive experience on boards. I have been a Trustee on the Nezperce Joint School District since 1996 and served as Board Chair since 2003. I have held leadership positions in several agricultural and professional organizations. I have been a member of cooperatives dating back to 1979. I have specialized training and experience with cooperatives. I worked as an agribusiness volunteer in Moldova in 2012, focusing on the structural problems experienced by many of their cooperatives. I was granted a six-month sabbatical in 2016 to study cooperatives and local food systems. I completed an internship with the NW Cooperative Development Center in Olympia, WA, and another assignment working with farming cooperatives in Angola as part of my sabbatical work. I followed this up with a volunteer assignment in Malawi working with two cooperatives whose members were

subsistence farmers. These experiences taught me many lessons about cooperatives. I learned that the cooperative principles and effective member participation, education and governance are critical to the success and mission of cooperatives.

I would like to serve on the Moscow Food Co-op Board of Directors because I believe in the principles of the Moscow Food Co-op. The success of the Co-op benefits the community of Moscow and surrounding areas very directly, but it also supports the development and success of other food system co-ops around the region and encourages small acreage farmers producing local food. In this way the Moscow Food Co-op acts like a hub for information on cooperatives and an example of cooperative success. I want to be a part of that ongoing effort and believe that I can contribute positively to the future success of the Moscow Food Co-op and its owners.



My ten years of business experience at METER Group (formerly Decagon Devices, Inc.) in Pullman, Washington will allow me to bring another strong business voice to the Co-op Board of Directors. METER shares many values with the Co-op, including high quality, employee satisfaction and quality of life, and high customer satisfaction both with the products and with the services provided. Over the past ten years, I have held numerous positions at METER, including Product Manager (heavily focused in marketing products), product support, and sales. My current position as Project Manager has a strong focus on getting numerous groups across the company to work together in a financially responsible and efficient way to deliver to our customers. I rely heavily on data to help drive my decisions, and where data don't exist, I create methodologies for gathering data. My focus is on continuous improvement in all areas.

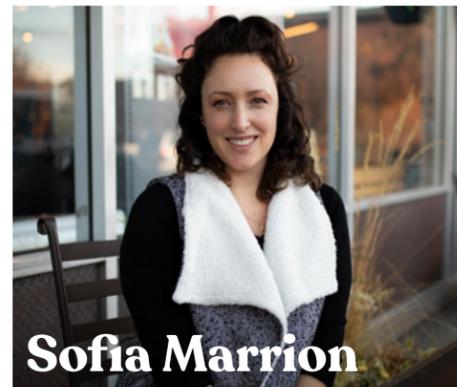
I would like to serve on the Moscow Food Co-op Board of Directors because I LOVE bringing my business expertise to groups that may benefit from it. However, I am also intrigued with learning the ins and outs of a successful business that is completely different than my experience. I am excited by what I will learn as a Board of Directors member.



I have a Master of Science degree in nutrition and dietetics from the University of Utah, where I focused heavily on extracurricular activities related to food insecurity, sustainability, and nutrition education. Prior to moving to Moscow three years ago, I served a term as an AmeriCorps volunteer in Ellensburg, Washington, where I coordinated operations at the local food pantry and facilitated various nutrition and cooking education events. I am currently a part of the Washington State University Dining Services team as their Registered Dietitian. I am very proud to have played a pivotal role in launching a successful food recovery program on campus in 2017, and continue to assist with initiatives to source local ingredients, reduce food insecurity, minimize waste, and incorporate options to suit all dietary needs.

For almost as long as I have lived here, I have been a board member for Backyard Harvest, and have assisted with planning events, recruiting volunteers, and staffing our booth at Farmers Markets. I also spend a fair amount of time as a participating owner of the Co-op, most notably as the facilitator of its longest running class, the Healthy Eating on a Budget series. It has been an absolute joy seeing this class grow since its inception three years ago, and I enjoy teaching it every time. I contribute recipes for the Co-op's FED demos and finally, I will be teaching the Zero-Waste Cooking class for the second time in April.

While I have a formal education in nutrition, the Co-op was the place where I learned about food systems, agriculture, and the importance of supporting local and fair-trade. My purpose in my profession has always been to help others eat more healthfully. However, ever since learning about the Co-op and becoming involved, my purpose has expanded to include encouraging others to think about where their food comes from and what they are supporting with their purchases. My favorite part of the classes I teach with the Co-op is hearing how excited participants are to shop more at the Co-op after learning how affordable it can be. While making the Co-op more accessible to the community is a primary motivation for serving on the Board of Directors, I also hope to encourage those who can access the Co-op to support and make their purchases at the Co-op more often.

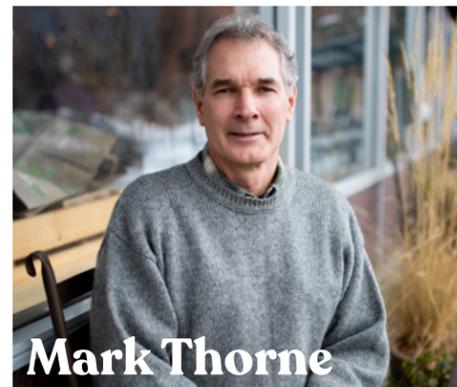


I moved to the Palouse in 2013, newly married and new to living in a smaller town. I was born and raised in Silicon Valley so the Palouse was quite a change. As most of you know, it was not hard to fall in love with this unique area, and the Moscow Food Co-op of course, being a health food junkie! After a year of living in Pullman, my husband took a position on the west side and we were gone for a year, but came back in 2015. This time we lived in downtown Moscow, and I walked to the Co-op multiple times a week, getting to know some friendly staff faces.

I had since earned my Holistic Health Coaching certificate and led group detoxes while assisting two real estate brokers at a busy office downtown. I decided that I wanted to be more involved in this caring community so I volunteered my time for different Co-op committees (contacting Local Business Partners, Food For Thought Film Committee, Pullman Farmers' Market, Nominations & Elections Committee, as well as volunteering at several special events). Being a participating owner, I learned the history of our Co-op and how many benefits a business cooperative can bring to a community. Eventually, Moscow's Chamber of Commerce advertised a new Leadership Moscow group and I jumped at the opportunity. It opened my eyes to the inner-workings of boards, cities, states, businesses, chambers, and more. I got excited about the idea of making a difference

as part of a leadership committee and making group decisions for the greater good.

I have worked in small and large offices, corporations, mom & pop shops, restaurants, a natural food store, and more, so I have a very well-rounded approach in group settings and creative problem-solving with whatever resources are available. I graduated with a BS in International Business and have always enjoyed uniting cultures, whether at work or out on the soccer field. My experience with sustainability progressed quickly when I saw corporations doing more harm than good to our environment, so I took some online Sustainability in Business courses and am always looking for ways to leave this world better than I found it. We've since moved to Pullman and have a loving 1-year old baby girl that keeps us on our toes. I am looking to put my extra time to good use by serving on the Board of the Co-op I love so much.



I believe my connection to agriculture is a key asset to serving on the Board of Directors. I have been on the production as well as academic research side of agriculture and have a strong awareness of the need for conservation, diversity, and productivity. My experience as a farmer will help me communicate with growers that supply food products to the Co-op, and will help me understand issues they are facing in their production practices. My experience in research has taught me the importance for objective critical thinking to make informed decisions. In all of my activities, I have worked with others in various ways. On the farm, I was a part of, and led crews to take care of livestock and farm production activities. As a researcher, I organized and oversaw field research work with cropping systems and weed management, and have pursued my own interests in disturbed land restoration. While living in Ohio, I volunteered with the Ohio Invasive Plants Council to help organize the 2007 Ohio Invasive Plant Research Conference. Through these experiences, I have seen differences of opinions and perspectives, but have also seen that consensus and listening are important attributes for attaining a greater good.

Ever since I first frequented the Moscow Food Co-op, I knew it was a very special business. This was back in the early 90s when it was located on 3rd street. I very much appreciated the nice selection of bulk items and different coffees and teas. And, it was nice to experience a friendly, socially conscious environment. My spouse and I left the Palouse in 2001 for the eastern U.S., but returned in 2015 to find the Co-op in a great new location. I would very much like to serve on the Board to be a part of a great organization that is a unique and serves a very important need in the community. And, is a great gathering place for the community! It is my desire to see the Moscow Food Co-op continue as a source of good local food, healthy alternatives to commercialized products, and a place where people want to go for a welcoming friendly atmosphere.