

Spring Member Meeting Report

June 14, 2015 1-4 PM

Our spring meeting featured fun, delicious, and educational activities. Recess Coffee, Lune Chocolat, Full Circle Feed (for our canine friends), Hunka Foods, Cooperative Federal Credit Union and Three Village Cheese sampled their products to attending members who enjoyed the experience of talking directly with the suppliers. Members also stopped by the Board of Directors information table to ask questions of board members, and have a photo op or a favorite SRFC memory videoed by board member John Craddock.

Co-op member Frank Cetera was on hand to talk to members about our Backyard Permaculture Garden. We got to see the garden committee's recent work on the garden beds, the progress of the herb spiral bench, and the new gravel pathway on the western side of the Co-op building. Members were able to paint garden signs and participate in planting or weeding.

During the first part of the afternoon, members listened to a brief presentation on "Whole Food Eating for Healing Your Personal Health", by Paula Youmell, Holistic Registered Nurse (RN) and author of the book "Hands On Health". After the talk members could purchase her book and have it personally signed by Paula.

The rain held off until the end of the event making it a fun and successful day.

Respectively Submitted,

Debra Lee Gertz

Secretary

Syracuse Real Food Cooperative, Inc.