

# **Syracuse Cooperative Market Board of Directors**

## **CANDIDATE APPLICATION**

Name*	Alicia Kavon
Member Number*	4220
Home Address*	712 East Fayette Street # 311
City, State, Zip Code*	Syracuse, NY 13210
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*\*This information is required to have a valid application.*

### **Candidate Statement**

The following statement, along with your name, will be featured on the Co-op's website and in Newsletters (print and/or digital), as a guide for members planning to vote in the upcoming election. By submitting this application, you authorize Syracuse Cooperative Market to publish this information.

**1. Describe your involvement with the Co-op. Include amount of time spent and specific activities, if appropriate. (1,000 characters max)**

I was relieved to research and find the co-op before moving to town from Portland OR.... upon arrival, the first thing I did was come to the Co-op and join and shop.

**2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member. (1,000 characters max)**

I have volunteered weekly at the Portland Art museum for the past five years and I have run my own Pilates business for the past 15. I love contributing positively in the community through art or health.

**3. What do you see as our Co-op's role in the broader community? (1,000 characters max)**

I am still learning about this vision, though I can imagine some amazing possibilities through community partnership and expansion of some sort.

**4. Please provide a personal statement, including anything you feel is relevant to your candidacy. (1,000 characters max)**

I was a child of the hippie culture of the seventies, living in the sleepy college town of Bellingham Washington. My lifestyle was not in strong contrast to the community around me, even though I lived in communal housing. Many people shopped at the local food co-op, composted and grew magnificent gardens, maybe had a few bee hives like we did. In retrospect it did seem a little unique for me to witness my brothers home birth however at that time I felt like an ordinary kid - focused on reading, riding my bike to the ocean and learning chess. The people around me spoke about how we are all interdependent, interconnected, responsible for taking care of each other and the earth. This time was peaceful, I felt at ease, with a sense of belonging, at my home, in my community and in the world. These values remain with me ...

"Let us fill our hearts with our own compassion - towards ourselves and towards all living beings." Thich Nhat Hanh



**Alicia Kavon**