



## **Syracuse Cooperative Market**

### **Board of Directors Candidate Application**

#### **Candidate Name: *Abigail Henson***

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

I have been on the Board of the Syracuse Real Food Co-op for six years and a patron since I returned to the Central New York area in 2006.

**2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**

I serve in as many ways I can to promote food, community, and entrepreneurship in Central New York. I have owned a mission-driven company for nearly 8 years that is built on the concept of Slow Food. Along with being the Board Secretary for the Syracuse Cooperative Market I helped spearhead the Co-op's Member Engagement Committee, offering Freecycle, collaborating with a weekly free bike ride led by Mello Velo, and inviting our pet loving members to Yappy Hour in the Park near the shop. I volunteered as an interview panelist for the Salt City Market in 2019 and was hired on as a motivational liaison to assist with the completion of the vendors' business plans which led to teaching a course on Food Entrepreneurship at Center State CEO. I truly believe a city is defined by its food scene, and that it should be a proper reflection of the people who love, eat and play there.

**3. What do you see as our Co-op's role in the broader community?**

The Co-op is a neighborhood marketplace that showcases our local produce and a selection of products that represent sustainability and ethical food choices. Great cities have great food cultures, and having a marketplace such as the Syracuse Cooperative Market that connects people, strengthening commerce, raising awareness, offering ethical options, helps us embrace and celebrate the bounty of

our near-by farms, and the cross-section of community's creative small business leaders.

**4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**

I am proud of being homegrown in Syracuse, NY. I am proud of it's history, and I am excited to see it grow and watch it unfold every year into a place that others are proud to be part of as well. Places like our Co-op give our city local flavor. The people that support our Co-op give our city it's local flare. The Co-op represents my mission to constantly weave a larger and stronger web between how food, community, and entrepreneurship connect in Upstate New York. It is a beacon, and as a Board Member I aim to strengthen, and promote it as an active place to engage, and as a way to continue to make positive change.





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#### **Candidate Name: *Gabrielle Reagan***

##### **1. Describe your involvement with the Co-op. Include amount of time spent and specific activities, if appropriate.**

I am a long fan of the Co-op (and love visiting new ones in new towns) and frequent shopper. I currently live just down the street so it is where I do most all of my shopping and I tend to pop in once every other day! I have recently attended a board meeting and was also present at the exciting annual meeting where the bylaw changes were approved. I look forward to being more involved and supportive and participating as more than just a shopper.

##### **2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**

I recently completed the Virtual CBL 101 course, Foundations for Board members and learned much more about the history, priorities and systems in place. I am currently a graduate student at Syracuse University in critical food studies and before that worked as a Program Coordinator at With Love Restaurant, facilitating relationships between students as well as running the Front of House daily operations and creating curriculum which focused on knitting together community groups through supportive and symbiotic roles. I have also spent the last 10 years as a server at Pastabilities and am excited about all things food and community.

##### **3. What do you see as our Co-op's role in the broader community?**

What I am most interested in is expanding the stewardship role of our Co-op in the Syracuse community. There is an incredible wave and push for access to healthy, sustainable and locally sourced foods and the Co-op is at the front line of that demand. I look forward to helping expand the mutually beneficial

relationship the Co-op and the community have in creating healthier mindsets and a more sustainable local food system. I want to be a part of putting the Co-op's values into practice.

**4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**

Every town I visit, one of my first stops is their Co-op. I not only want to explore the shelves for uniquely local finds, but I also want to show my support to the broader community and larger priority that Co-ops share, democracy. Being part of my local Co-op board means being part of the greater ideology and resistance that they represent. I want to show up for my community when it comes to something as important as access and choice for sustainable and quality foods. Real change starts at home and my home is Syracuse. I look forward to supporting our Co-op.





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#### **Candidate Name: *Michael Jurbala***

#### **1. Describe your involvement with the Co-op. Include amount of time spent and specific activities, if appropriate.**

I have served on the Board of Directors of the Co-Op since 2017 as a Board member and Treasurer. Serving the community I live in is something I have strived to do and this position has allowed me to bring my skills as a business executive in Syracuse as well as my experiences serving on various other Boards in Syracuse to the Co-Op to make the Co-Op stronger than ever in carrying out the mission of its members.

#### **2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**

My career as a Certified Public Accountant and business executive in Syracuse has been devoted to working with businesses located in Central New York and I feel proud of the work that helped business remain in Central New York.

I have been a member of the Boards of numerous organizations including President of Meals on Wheels of Syracuse and Treasurer of Madison Court (current). I also volunteer for On Point For College and Le Moyne College as a mentor for students. All board positions are or have been on a volunteer non-paid basis.

#### **3. What do you see as our Co-op's role in the broader community?**

The Co-Op plays a vital role in the Syracuse and local community in that it provides a valuable service to the community and also provides a "sense" of community and gives its members and all those seeking locally sustainable products and other organic and sustainable products, a comfort that there is an organization looking out for their interests and concerns. We help contribute

toward local sustainable production of produce and other goods by being a significant player in the community.

As the Co-Op looks to further its mission through expansion, the impact on our community will be significant and I would be proud to continue this work that will reach a broader and more diverse population of our great city.

**4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**

As a lifelong resident of CNY I have benefitted from an area having so many lush and fertile farms and people who produce locally-sourced foods that are not only needed but also healthy, sustainable and good for your well-being. The Co-Op brings this goodness to Syracuse. I am a huge fan and supporter of the Co-Op and very proud to be a part of this community.

During my career as a CPA in Syracuse, I have been fortunate to have been associated with many valuable organizations. As President of Meals on Wheels of Syracuse I was helped to ensure that MOW emerged a much stronger organization. In addition, other Board memberships have given me invaluable access to organizations that assist people at a local and personal level.

I've worked hard for the Co-Op in my current capacity as Treasurer of the Board. As the Co-Op moves into to a new and exciting phase in its history I feel I can be of value to help the Co-Op further its mission making Syracuse an even better place to live.





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#### **Candidate Name: *Noreen Mallabar***

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

I am new to Syracuse and live downtown; just became a member and would like to be more actively involved in my community.

**2. Describe any volunteer or paid experience relevant to serving as a Co-op Board member.**

Board member 3 years, Friends of the Library; ISPE steering committee member (professional organization) - chaired the education series for three years

**3. What do you see as our Co-op's role in the broader community?**

I have a background in alliance management and partnerships; hope to be able to continue to promote the coops partnership with the community, especially now that Salt City it is literally in my backyard.

**4. Please provide a personal statement, including anything you feel is relevant to your candidacy.**

I have had a connection to Syracuse for the past 10 years. I find the city and its residents extremely friendly and outgoing. Recently having moved here in February, I am looking to develop deeper connections to my home through volunteering. I am a very health conscious person who's had a first hand education in the benefits of organic, non gmo modified foods and the promotion of local farmers due to a family members chronic health issues. As a thank you to the nutritional journey I experienced I am seeking a board position.

