

## SPIRAL CO-OP BALLOT 2022

NAME (please print)

SIGNATURE

OWNER NUMBER:

### BOARD OF DIRECTORS

There are four (4) board positions open on the Board of Directors; you may vote for **up to four (4) candidates** or opt to **write in** a candidate, not to exceed the total of positions. All candidates must be Spiral Co-op owners in good standing as of October 12, 2022.

Michelle Gallo

Amanda Olson

Jenni Garlough

Annie Zastra

Write in candidate:

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# HOW TO VOTE

## **Who can Vote:**

- Only a Spiral Co-op member in good standing may vote. Good standing judged as of October 12th, 2022.

## **When to Vote:**

Before Wednesday, October 12, 2022, 6:30 pm.

## **How to Vote:**

1. Drop off your ballot in store by Wednesday, October 12, 2022, 6:30 pm.
2. Mail your ballot to the store, postmarked before October 5th, 2022.
3. Bring it to the Spiral Co-op Annual Meeting on October 12, 2022, 6:30 pm.
4. Vote online here:

## **Voting Stipulations**

- \* Only *one* vote per owner number.
- \* A quorum of fifty (50) votes from owners in good standing is required in order to be a valid election.

# MEET the CANDIDATES

## Amanda Olson



Amanda has a degree in Chemistry from Luther College ('11) and then worked in food science for 7 years in various capacities. Currently, she is the owner of Geek Haven Coffee (located inside Level Up Games) where she partners with Spiral Food Co-op to provide tasty treats and wraps to downtown Hastings. As a small business owner, she has to be everything from bookkeeper to social manager to plumber. In her spare time, you can find Amanda out on the local disc golf course or taking her Shibas for a walk around town. The world is full of so many problems that often seem overwhelming, but our biggest impact can be closest to home. Amanda is hoping to increase her community involvement and be a part of outreach programs that benefit Hastings.

## Emily Gallo



Why are you interested in serving on the Spiral Natural Foods Co-op Board of Directors?

I am interested in serving on the Board because I believe Spiral Co-op has a positive impact on our community and society. It is a part of the ever changing world that I would like to contribute to and be a part of.

What skills and experiences would you bring to the board?

I really enjoy bookkeeping. I worked in corporate America for 15+ years in the accounting area. Then worked for my husband doing his bookkeeping. Now, I'm at a non-profit organization as a full charge bookkeeper.

What are you passionate about? How would the Co-op's community see that passion in action?

Community, health, wellness, and accomplishments. The actions that are needed at the time for a goal/task in site will receive my best efforts.

# MEET the CANDIDATES

## Jenni Garlough



Jenni is a Licensed Acupuncturist and massage therapist in Hastings. She has been engaged in holistic healthcare for over a decade and is currently working on her doctorate in Chinese Medicine and pain management. She has experience in community education and is passionate about community involvement, as well as improving quality of life through natural living. Jenni has been an Owner of Spiral since 2016 and was elected to the Board in October 2019.

## Annie Zastr



My name is Annie Zastera and I love Spiral Co-op! After I discovered the store in my community, I have been a faithful shopper every Sunday afternoon. I love that I can purchase foods from local sources and find options that have real ingredients that can accommodate my dietary needs. I feel good about my family, my husband and two boys, eating foods that I buy from Spiral. I would love to see the Co-op expand down the road to be able to offer even more. It would be great to truly be a one-stop shop, rather than my first stop. I think this would only help attract more shoppers as well. I personally enjoy creating and organizing while on and off the computer. At work, I've updated and now maintain the website, created the font and logo for the business, make lots of posters and flyers for the program and different events, create and send out monthly newsletters, and help streamline and organize processes. I am a believer that if you are going to do something, make it look good too. I am a quiet person who will support and go above and beyond to help do whatever I can behind the scenes. I am interested in joining the Spiral Board of Directors to be able to help the store. I may not have a large budget to financially support the co-op as much as I want but I have time and interest to donate instead.