

the new leaf

newsletter of the Syracuse REAL FOOD Cooperative

Spring 2014

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“It’s Time To Grow!”

By Don DeVeau, Editor



Inside:

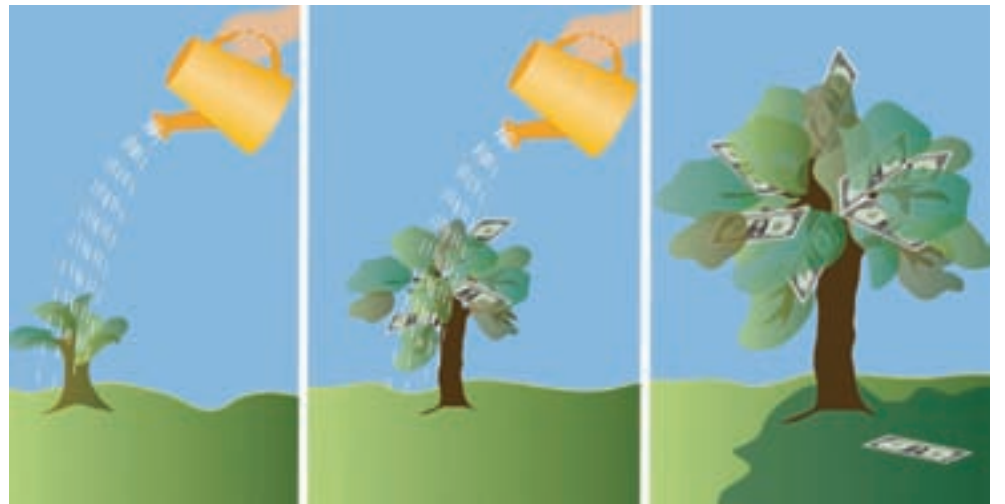
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That’s how our President, Thane Joyal, ended her 2013 President’s Report. She also said, “We need change. We are looking at new locations, both in the neighborhood and downtown. Which change should come first? Relocate in the neighborhood or open a second store downtown? Should we rent or buy? Renovate or construct new? What will be feasible?”

And guess what? If you look at the article from December 1981 on Page 11 under the Store Front paragraphs it says, “Contacts have been made with representatives of the National Consumer Co-op Bank regarding the possibility of a large loan to finance relocation into a larger facility, or the opening of another co-op in another neighborhood.” Sound familiar? Here we are 33 years later talking about the same subjects and as Thane says now is the time.

Well there were a lot of questions to be answered and still are but your Board has been working hard over the last 3 months since those questions were asked to answer them.

So what do we know as of this writing? (Wow, another question!) We know that in order to expand we need capital funds to do so. Your Board of Directors has established a Member Loan Committee chaired by me, Don DeVeau, and consisting of 9 additional members. (If you are interested in serving on the committee please contact me at don@syracuserealfood.coop.) The committee is working on a member loan campaign kickoff event scheduled for early September (look for upcoming announcements by US Mail or email); preparing and perfecting paperwork required by the State of New York to be able to conduct a Capital Loan Offering with the help of our recently retained, for this purpose, attorney;



compiling member lists for mailing purposes; contacting members to be on the member calling team; putting in place the master plan for running the campaign; making banking arrangements for holding loaned funds in escrow; setting up tracking schedules and promotion plans with the help of our CDS Consulting advisor Ben Sandel. So you can see that this part of the “Time to grow” plan is in high gear.

It is evolving that our new location will be more than likely of existing construction and will be a leased property with a total build out of space, procurement of equipment, inventory stocking and other related costs to be in the neighborhood of \$1,200,000. The money needed to fund the project will be comprised of 45 to 55% from member loans and the remainder from grants, lending institutions and even a possible small loan from the National Cooperative Bank.

Your Board is in the process of commissioning a market study for the areas in Syracuse at which the Co-op will be looking. The result of the study will determine the “where” in the equation of whether to relocate our current location or retain our current location and add an additional location. No matter what, something’s going to happen and you as an owner will be part of the happening.

Syracuse
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Garland McQueen

the Co-op’s Expansion Coordinator says...

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the new leaf ~ newsletter of the Syracuse REAL FOOD Co-operative

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Assistant Manager

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Produce Manager

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General Manager’s Comments

By Jeremy DeChario, General Manager

The Principles that Govern

It is easy to forget the scope of what we do at the Co-op: how it fits into the larger cooperative movement and how the history of our little neighborhood grocery store is intertwined with the history of the global cooperative movement. The central guiding ideals of the cooperative movement are codified in the 7 Cooperative Principles, the most recent version of which were ratified in 1995 by the International Cooperative Alliance (ICA). The original ideals were put forth in 1844 by the progenitor of the modern cooperative movement, the Rochdale Society of Equitable Pioneers, and are often referred to as “The Rochdale Principles.”

While the 7 principles have evolved, the basic ideals remain the same as when set forth by our co-operative forbearers and are represented in the first two, mostly unchanged, principles: Open Membership and Democratic Control. The concerns that drove the Pioneers to cooperate are the center of these two principles; fair and equal access to capital and control of that capital by democratic methods. To actively participate in the governance of the co-op was so central to the Rochdale Pioneers that it has maintained its position at the top for over 100 years. By voting in the annual Board of Director’s elections and attending our annual meetings our members—YOU—are promoting the health of our cooperative and the movement as a global economic force for positive change.

Many of the Original Principles have given way to more modern concerns and adaptations. My favorite of

these new principles is Principle 6, Cooperation among Cooperatives. In the original framing of these cooperative tenets the idea of a global movement must have seemed out of reach. Principle 6 encourages cooperatives to work together to further their Ends. In 1999, our Co-op banded together with a national group of other grocery co-ops to form the National Cooperative Grocer’s Association, which provides group buying and other advantages that allow us to operate competitively. The Co-op also works to support producer cooperatives, like Organic Valley and Equal Exchange, who help further our Ends on a global scale.

Seven Co-op Principles

See the next seven pages for the seven principles we follow as a Co-op.

| Original version (1937) | ICA revision (1966) | Current ICA version |
|---------------------------------------------------|--------------------------------------------------------------|-----------------------------------------|
| 1. Open membership. | 1. Open, voluntary membership | 1. Voluntary and open membership |
| 2. Democratic control (one person, one vote) | 2. Democratic governance. | 2. Democratic member control |
| 3. Distribution of surplus in proportion to trade | 3. Limited return on equity | 3. Member economic participation |
| 4. Payment of limited interest on capital | 4. Surplus belongs to members | 4. Autonomy and independence |
| 5. Political and religious neutrality | 5. Education of members and public in cooperative principles | 5. Education, training, and information |
| 6. Cash trading (no credit extended) | 6. Cooperation between cooperatives | 6. Cooperation among cooperatives |
| 7. Promotion of education | | 7. Concern for community |



Welcome Our New Members!

Cara Callahan
Ricardo Campbell
Cathy Cardell
Cynthia Carlson
Jessica Cheser

Cal Cook
Robbie Coville
Adam Crowley
Stephen Daniels
Jamie Dening

John Fornof
Kim Frost
Eric Hinman
Erica Holcomb
Adria Lee
Jane Mills

Ercell Morris
Tracy Mosier
Keith Neijstrom
Andrew Newhouse
Thatiana Oliveira
Alex Phillips

Teresa Powrozek
Matthew Rodak
Manuela Ruiz
Brian Scanlon
Jessica Scicchitano
Deanna Sheward
May-May Sugihara
Lucy Twichell
Amanda Vogtmann



From the Board of Directors

By Debra Lee Gertz, Board Member

Participation

How can we begin to shape cooperative democracy and participation as a driving force for the success of our co-ops? What could it look like? What might happen?

These questions were the focus of the Cooperative Cafe that I attended last month in Keene, NH. Sponsored by the National Cooperative Grocer's Association, this workshop used the World Cafe format to connect about 70 participants from 20 different food co-ops across our region.

The conference was organized and moderated by consultants from the CDS Consulting Co-op, who presented a model of participation based on the International Co-operative Alliance's Blueprint for a Cooperative Decade. I was inspired by their ideas, and invite you to consider how we can put them into practice at our own co-op.



Debra Lee Gertz

People own, use, serve, and belong to their co-ops.

OWN. Participation as an owner is key at certain times in the life of the co-op. It might include setting the purpose, giving input on long term strategic direction, providing capital, attending annual meetings and voting for the board, and monitoring progress to make sure the co-op is properly benefiting owners. While important, this type of participation typically occurs relatively infrequently, some activities annually, some even once a decade.

USE. The co-op offers goods and services meant to be used. People help the co-op accomplish its goals by patronizing the co-op, working for the co-op, being a vendor, a lender, and, in general, actively participating in what it takes for the enterprise to thrive. This kind of high-frequency participation provides owners and others a chance to give feedback about how well the co-op is meeting its stakeholders' needs and how it can improve. Meanwhile, the co-op helps owners connect their individual choices to the collective impact by articulating its strategic goals and informing people how their use makes a difference.

SERVE. Highlighting the co-op's collective impact or common good allows people to see that when they participate as owners and use the co-op to meet their needs, they are also being of service to the cooperative. The co-op provides other opportunities for service as well. For example, a co-op needs people to serve as its leaders. It needs a board of directors, management and staff who are willing to serve the community. At a much broader level, anyone can serve the co-op by telling its story or by participating in an advocacy campaign. Service to the co-op may be high- or low-frequency, and may be driven by both the interests of individuals and the needs of the co-op.

BELONG. People are drawn to join their co-ops by a desire to be a part of a community with shared values and belong to an association that enhances their well-being. Their sense of belonging is reinforced and grows when the co-op successfully meets their needs; when they feel included; and when they understand that the co-op also belongs to them!

— Mark Goehring, CDS, CC



1.

Open and Voluntary Membership

Co-ops are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership/ownership without discrimination.

The Syracuse REAL FOOD Co-op is open to EVERYONE. The Co-op is here to provide a member-owned business to the community looking for the services we provide.

Membership/ownership is Voluntary; you DO NOT need to be a member/owner to shop here.

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Permaculture Social Learning Garden On Upcoming Neighborhood Green Tour, April 26, 2014

By Frank Cetera, Founder of The Alchemical Nursery, Owner of Thornpawed Ecological Consulting,
Member of the SRFC & Project Facilitator

The SRFC's backyard project - the "Permaculture Social Learning Garden" - is excited to be part of the upcoming Neighborhood Green Tour as a stop for learning about local and organic foods! The Tour is the fourth Sustainability Academy event being coordinated by local community benefits organization Greening USA, and will take place on Saturday April 26, from 11:30am-4:00pm.

Participants can stop by the Westcott Community Center at 8256 Euclid Avenue and pick up a map of Green Tour locations which they can then visit throughout the Westcott Nation.

During the SRFC backyard Permaculture garden stop, visitors will be given mini-tours of the site, including the Winter Greens bed, the perennial vegetables and fruits bed, and the McIntosh apple tree polyculture. There will also be a chance to learn about the herb spiral table and bench, a unique take on the traditional herb spiral growing bed. Currently under development

with the assistance of local artist and sculptor Brendan Rose, and former Syracuse Pubic-Artist-in-Residence (see some of Brendan's works here - http://brendanrose.com/?page_id=80), visitors will be able to sit "within" the herb spiral when completed and enjoy their snacks from the food co-op, surrounded by herbs and flowers.

We'll also be actively starting our plant drive for the garden. Our current plant list request includes kale, collards, broccoli, lamb's lettuce/cress, lambs ear, Swiss chard, Turkish rocket, bunching onions, sorrel, Good King Henry, skirret, sea kale, currants, gooseberries, sterile dwarf comfrey, clover seed, and native perennial flowers such as coneflower. If you can donate any of these plants, in any form (seed, seedlings, starts, transplants, etc) then come on down on the 26th and plant them with us! Pick your favorite variety and make it a part of the SRFC backyard Permaculture transformation.

For more info on the Neighborhood Green Tour including a full list of events at the WCC (including film screenings of "Comfort Zone" and "Chasing Ice", as well as a stone soup lunch), visit <http://www.greeningusa.org/news/sa-green-neighborhood-tour-2014.php>

GreeningUSA Sustainability Academy Green Neighborhood Tour

Saturday, April 26, 2014

Event Headquarters
Westcott Community Center
826 Euclid Avenue, Syracuse

Stations are open from noon to 4 p.m. throughout the Westcott neighborhood

Comfort Zone film screening
11:30 a.m. at the Westcott Community Center

Chasing Ice film screening
3:30 p.m. at the Westcott Community Center

| Green Neighborhood Tour Stations* | Green Feature |
|-------------------------------------|-----------------------------------------|
| Save the Rain Program | Stormwater management |
| Energy Conservation Leadership Team | Energy education |
| OCRRA | Recycling and composting |
| Babcock Shattuck House | Reuse of existing infrastructure |
| Electric Vehicle Charging Stations | Alternative transportation |
| Van Keuren Square | LEED Platinum low-income housing |
| Home Efficiency | Energy efficiency and weatherization |
| Arts and Community | Social sustainability |
| Syracuse Real Food Co-Op | Local and organic foods |
| Waste Water Treatment | Water and energy use connection |
| Green Schools | Indoor environmental quality in schools |

*Stations are subject to change



Permaculture Garden Waiting for Spring



Last Quarter New Staff Member

Adria Lee

Adria's roots are in the North Country. She holds a BFA from Ithaca College, just walked 1,000 kilometers across Spain with her spouse and most recently ran a macrobiotic kitchen in the Fingerlakes. She considers onions and author MFK Fisher to be eminent creatures. She writes about food and general well-being on her blog, Kitchen Leeway, that can be found at <http://kitchenleeway.blogspot.com>. It's great to have Adria on board and please say "hello" to her the next time you see her at the Co-op.



Adria has a laugh at the Co-op.

2

Democratic Member Control

Cooperatives are democratic organizations controlled by their member/owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. All member/owners have equal voting rights: one member, one vote.

The Syracuse REAL FOOD Co-op is governed by a democratically elected board of directors. Each fall the Co-op holds a General Membership Meeting (GMM) where the candidates announce they are running. Voting then takes place in the store.



Syracuse
REAL FOOD
Co-op
BOARD OF DIRECTORS

3.
Member Economic Participation
Member/owners contribute equitably to, and democratically control, the capital of their cooperative.
Every member/owner of this cooperative makes an economic investment in the business. Member/owner's capital is an important part of what makes the Co-op thrive.



THANE JOYAL
President



DANIEL SANDERS
Vice President



JULIE LONGMORE
Secretary



LARRY RUTLEDGE
Treasurer



ANDREW ERICKSON
Board Member



DEBRA LEE GERTZ
Board Member



KARL NEWTON
Board Member



TOM PERREAULT
Board Member



MEAGAN WEATHERBY
Board Member

MANAGEMENT STAFF



JEREMY DECHARIO
General Manager



SCOTT PIERSON
Assistant Manager



DON DEVEAU
Marketing and Member Services Coordinator



CHRIS HENWOOD
Produce Manager



ALEX FAREWELL – PRISAŽNUK
Merchandising Manager



GARLAND MCQUEEN
Expansion Project Coordinator



3rd Quarter in Pictures



Alex & Jeremy hairnet covered at Equal Exchange



Alex & Jeremy standing tall at Equal Exchange



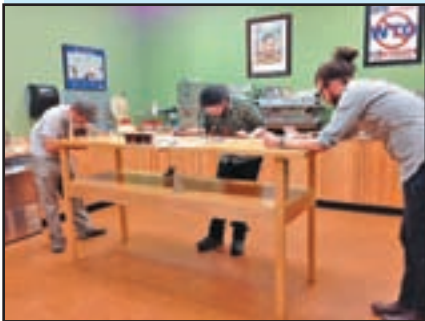
Alex sits on equal Exchange Green Coffee



Alex & Jeremy learning to taste at Equal Exchange



Alex & Jeremy putting their noses to work



Alex & Jeremy writing it down at Equal Exchange



Alex & Jeremy with Equal Exchange hosts



Gustav & Divya Hoffmann



Hoffmann Farm Natural Beef



Good time had by all



Gustav & Divya Hoffmann at work



Co-op shoppers enjoying Hoffmann Farm beef



Chris attends NOFA Conference in Saratoga



Fruition Seeds are in the house

4.

Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member/owners. While the Syracuse REAL FOOD Co-op is a member/owner of the National Cooperative Grocers Association (NCGA) we are autonomous and independent.

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3rd Quarter in Pictures



Lune Chocolat tasting goodies



Lune Chocolat tasting



Produce Manager Chris knows avocados inside & out



Scott shows off a new salad offering



New stainless steel bulk liquid containers



Product Showcase at SSIC



Syracuse Real Food Co-op tabling at Product Showcase



Co-op Growler all dressed up for auction



Product Showcase participant



More Product Showcase



Board of Directors look at a location



Matt Goddard of Cafe Kubal explains process



At Kubal, timing is everything



If River Valley Market raised enough money, so can we



Roasting at Cafe Kubal



Co-op staff at January staff meeting

5.

Education, Training & Information

Cooperatives provide education and training for their member/owners, elected representatives, managers, and employees, so they can understand the benefits of cooperation and contribute effectively.

The Syracuse REAL FOOD Co-op holds many events throughout the year meant to educate and provide information not only to the member/owners, but to the community at large.



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Co-op Supplier Spotlight Café Kubal

Café Kubal is excited to be a part of 2014 Sustainability Academy – Green Neighborhood Tour organized by GreeningUSA this coming Saturday, April 26 at the Syracuse Real Food Co-op on Kensington Road. Participating in local events is part of the Café Kubal experience. Community is part of the Café Kubal culture. And preserving our planet, one neighborhood at a time, is very important to our entire company.

Composting Coffee Grounds

One particular aspect of caring for our environment is organic composting. Did you know you can compost your coffee grounds? Adding coffee grounds to your composting efforts is a great addition to any healthy

garden. The carbon to nitrogen ratio of coffee grounds can be as high as 20:1, which is ideal for compost pile. Composting is an Earth friendly way to provide the fertilizer your plants need to grow.

Some gardeners worry acidity of coffee harming their already healthy compost pile. However, almost all the acid of the original coffee bean dissipates with roasting. Brewed coffee beans are not acidic like brewed coffee. In fact, the used

coffee grounds have essentially a neutral pH. Worms and other similar valuable garden life flourish in compost piles that contain coffee grounds.

And while coffee grounds are organic matter, you should limit the volume of your grounds to no more than 20% of your compost pile. This will prevent any negative aspects of coffee grounds from preventing organic life in your composting efforts. A gardener should continue to add other natural elements of plant clippings and other common compost material maintaining that ratio.



Café Kubal Wholesale

Providing our roasted coffee wholesale is the next logical step in the Café Kubal experience. Recently we've provided our freshly roasted beans to Empire Brew and Francesca. Over the coming months we hope you can get a fresh cup of Café Kubal brew at many Syracuse restaurants!

If you're interested in having our coffee in your business please contact us today. We'd love to help you give your customers the best coffee in Central New York!

Community and Café Kubal

For us at Café Kubal, coffee is a passion and "coffee for the soul" has a deeper meaning. It's our long term vision to have deep roots in the Syracuse community. Our cafés have provided us a chance to link different groups in our community around the shared enjoyment of coffee. It gives us great pleasure to participate in the 2014 Sustainability Academy – Green Neighborhood Tour at the Syracuse Real Food Co-op at 618 Kensington Road!

6.

Cooperation Among Cooperatives

Cooperatives serve their member/owners more effectively and strengthen the cooperative movement by working together.

The Syracuse REAL FOOD Co-op supports many different cooperatives including worker-owned, consumer-owned, and producer-owned. We feature products from co-ops such as Organic Valley, Frontier Co-op, Once Again Nut Butters, Cabot Cheese, Consorzio del Formaggio Parmigiano Reggiano, Sunkist, Ocean Spray, Equal Exchange, Finger Lakes Organic, FEDCO Seeds, Gruyere - Emmentaler - Appenzeller, Stilton Cheese, Comte - Morbier. We belong to co-ops such as The National Co-operative Grocers Association, Frontier Natural Products Co-op, River Valley Market



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Co-op Staff Report

By Chris Henwood, Produce Manager

Citrus Greening is a Sad Story



Chris Henwood

Florida is having issues with getting citrus into the hands of consumers. Florida's citrus problems are due to a disease called citrus greening, also sometimes called citrus drop. This disease has been an increasing problem for over five years in Florida-- though previously it has been seen in Asia, Africa, India and Brazil. In recent years the disease has been detected in Texas, Georgia, Louisiana and California. Citrus greening is caused by an invasive bug that spreads the bacteria *Candidatus Liberibacter asiaticus*

from infected tree to non-infected tree while feeding on the tree. "The bacterium that causes greening is hard to treat because it flourishes deep inside the tree, in its vascular system...it disrupts the flow of the nutrients trees need to survive." The fruits on infected citrus trees often never grow to full size and never change from green to orange in color before falling off the tree. In Florida, 135,000 acres of citrus groves have been abandoned due to the greening and over \$4.5 billion dollars and 9,000 jobs have been lost. This year Florida has received over five million dollars from the Farm Bill from the Department of Agriculture for research projects aimed at the prevention of the spreading of agricultural citrus diseases. For more information on citrus greening in Florida, check out the websites below.

<http://www.npr.org/blogs/thesalt/2013/12/27/257632396/time-is-running-out-to-save-floridas-oranges>

<http://www.crec.ifas.ufl.edu/extension/greening/index.shtml>

http://www.washingtonpost.com/national/health-science/florida-citrus-growers-worry-that-deadly-bacteria-will-mean-end-of-orange-juice/2014/01/12/1391c470-7891-11e3-b1c5-739e63e9c9a7_story.html

<http://research.ufl.edu/publications/exploremagazine/spring-2013/citrus-greening.html?mobile>

<http://www.theledger.com/article/20140404/NEWS/140409679/1001/business?p=1&tc=pg>



Leah Rizzo Checks In

Hello! It's Leah, and there's a pretty good chance I know you if you happen to be reading this. I've been chatting up members and friends at the Syracuse Real Food Co-op for two and a half years now and I'd be remiss if I didn't mention that my time spent here has been the most formative and rewarding of my life. That may sound trite but it's true!

In 2012, I decided to embark on the wonderful-frazzling-disgusting-hilarious journey of motherhood. I was met with the tremendous support of all of my co-workers as well as my customers. While pregnant, I often found myself leaving work happily laden with books (of the Ina May Gaskin and breastfeeding advice variety), hand-me-downs, the promise of hand-me-downs, and most importantly this amazing feeling of being loved. The new change in my life gave me an important chance to connect with and relate to some of the mothers and families I had already grown used to seeing ev-

ery week and it was at this time that I realized how important community is.

Morgan turned one on February 26th of this year and I am constantly thrilled and confounded at how I am managing to do this mother thing. The same customers that showed support while I was pregnant still want to know how he is doing, what he is like and which milestones he has toddled past. While my hours are reduced in order to balance work, nursing school and family life, I can't imagine going long without seeing my co-workers and the neighborhood regulars I have come to know and appreciate. Anyone will tell you that I am in at least three times a week outside of when I'm actually scheduled. Whether it's buying milk, giving Reina the money I owe her for babysitting, scarfing down one of Scott's terribly delicious sandwiches or hauling home a pack of fancy pants microbrews-I just can't seem to get enough.



Leah and Morgan

7.

Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member/owners.

Participation in Community Events:

The Co-op participates in many events throughout the year. Look for us at events like Plowshares, The Taste of Syracuse, and more...

Hosting Community Based Events:

The Co-op hosts community events such as Gardening Education Days, Earth Day Clean-Ups, our famous Potlucks, Harvest Dinners, and more...

Donations and Support of Community Groups and Organizations:

The Co-op proudly sponsors events, donates food and money to organizations, and lends support where needed...

Support of Local Farmers and Producers:

The Co-op prominently highlights local farmers and producers. These are the people that toil for our food, BUY LOCAL FOOD!

Support of Local Business and Services:

We support our local electricians, carpenters, refrigeration companies, computer techs, restaurants, bakeries, and more...

Syracuse Cooperative Federal Credit Union field of membership:

The Syracuse Cooperative Federal Credit Union was founded in our back storage room. We are part of their field of membership; you can even make your deposits here!



The article below is a scan of a photocopy of an article that originally appeared in the December 1981 PEACE NEWSLETTER.

Local

CO-OP PIONEERS SOLAR ENERGY IN SYRACUSE

by Peter McCarthy

Shortly after the Food Co-op purchased the storefront, a Building Committee was formed to work on its maintenance, repairs and improvements. The Committee soon turned its attention to the subject of energy efficiency. This was the beginning of the Syracuse Real Food Co-op Solar Project.

Two Challenges: Solar & Conservation

An analysis of the building's energy consumption showed one "plus" and one "minus". The negative feature was that an uninsulated concrete block building wastes tremendous amounts of heat. Thus a program of insulation and weatherizing became the first priority.

The positive feature was that the building's south wall had a virtually unobstructed exposure to the southern sun - a perfect place for a solar collector. Solar energy - a cheap, clean, decentralized and permanent energy source - would provide a chance to demonstrate a working alternative to some of our society's most basic problems.

Once these two priorities had been identified, planning for their implementation began. Some people investigated funding sources, while others began planning the solar collector and insulation options. These became the two working groups of the Solar Project. The Administrative group deals with budgeting, records and publicity, while the Construction-Design group handles, logically enough, construction and design tasks. In early 1980 a proposal was submitted to the U.S. Department of Energy's Appropriate Technology Small Grants Program. With a budget of \$11,135, the Co-op proposed to insulate the building and install a solar collector on the south wall. The major part of the labor would come from Co-op members, who receive a 10% discount on purchases in return for working in the store or on Co-op projects.

Several months later, the Co-op was informed that the proposal had been

Peter McCarthy is coordinator of the Solar Project. He is a self-employed carpenter in the Syracuse area.

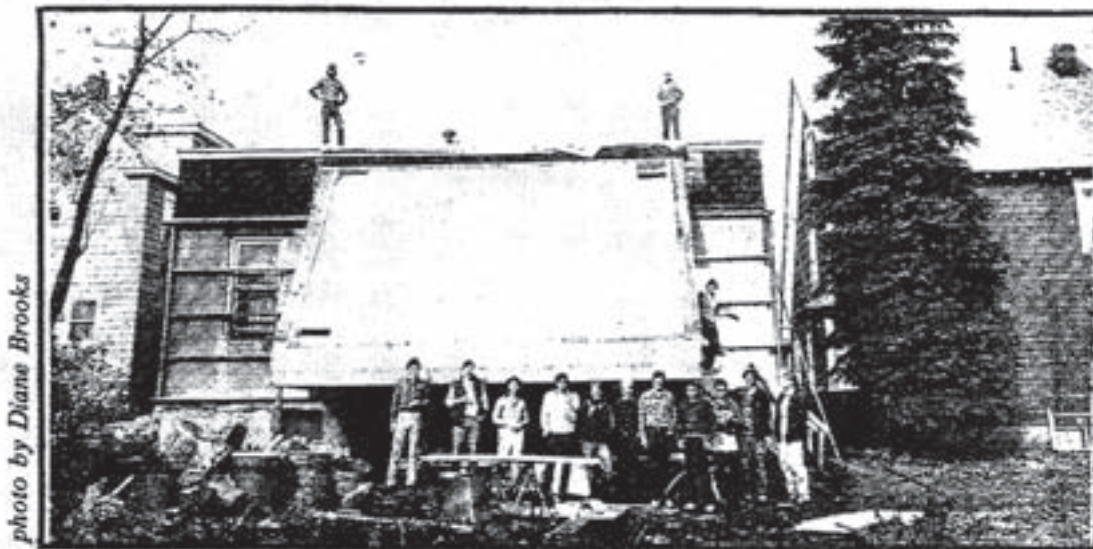


photo by Diane Brooks

approved. The Building Committee was dumbfounded. Suddenly the group was faced with the task of taking a half-baked collection of good ideas and translating them into reality. After many meetings and much research, detailed plans began taking shape. The walls (and floor) would be insulated with fiberglass, over which new wood siding would be applied - improving the building's appearance as a bonus. The ceiling would be insulated with cellulose.

The collector design went through several changes. The design finally chosen was the "Model TEA" collector, which was developed by Total Environment Action, an alternative energy group in New Hampshire. The "Model TEA" is a thoroughly tested design for an efficient hot air collector which could be constructed on the site by people with moderate skills. The collector consists of a black absorber plate of industrial type metal siding, covered with glass. The sun heats up the metal. Air is blown behind the metal, warmed, and blown into the store. Surplus heat will be blown into an insulated box of stone, which will provide some heat at night.

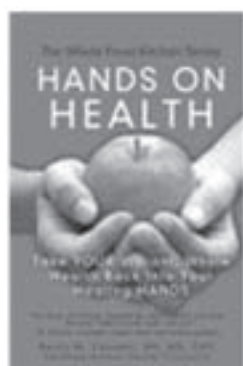
The Community Pitches In

By early 1981 the major decisions had been made, and work on the building began. One Sunday a month was designated a work day, and Co-op members began to prepare the ceiling for insulation. This was work that could be done for little money, using Co-op funds, since grant money had not yet arrived.

By spring, the D.O.E. funds had come in and work began in earnest. Co-op members, now working two Saturdays a month, attacked the outside walls, and constructed a framework to hold the insulation and wood siding. Other materials were purchased, and the design for the collector and heat distribution system began to take final shape. By August, the framing on the walls was nearly finished, an old shed on the south wall had been removed and the framework for the collector was erected. By this time over two hundred people had worked on the project. Many returned over and over, bringing friends to help, making new friends, learning, sharing skills, working together. Some people came to work on the project and joined the Co-op afterwards.

Starting in September 1981, workdays were held every Saturday. By late November the collector framework was complete. The insulation and siding were nearly finished and the heat storage system was begun. The target date for completion is January 1982.

By mid-winter solar energy will begin to provide heat to the Co-op. Calculations indicate that even with Syracuse's cloudy skies, the system should provide approximately one third of the heat needed for the store. It may be possible to increase that percentage through further conservation measures. The Food Co-op will become an example of what people working together on a small scale can do to provide themselves, in a responsible way, with some of our basic needs - food and energy.



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Paula M. Youmell, RN, MS, CHC
Hands On Health Holistic Healing
Holistic Health Healer & Coach

Together, we put healing back into your hands!

315-265-0981
pyoumell@gmail.com

Paula Youmell

will be giving a workshop on
Whole Food Healing
at the Syracuse Real Food Co-op
**on Saturday,
June 14, 2014
at 9:00 AM,**
after which she will
be available at the
Co-op for book signing
& questions.
**Mark your calendar
for this exciting event**



The article below is a scan of a photocopy of an article that originally appeared in the December 1981 PEACE NEWSLETTER.

Local -

SYRACUSE REAL FOOD CO-OP — It's Origins and Promise for the Future

by Al Rossino

The history of the Syracuse Real Food Co-op since its beginning in September 1973 is actually the story of two different organizations. The first organization, which lasted from 1973 to 1977, was a pre-order, pre-pay buying club. It operated two weekday evenings and Saturday mornings out of a member's basement, then a garage and finally a coffee-house on Westcott St. before it moved to its present location on Kensington Road.

Early Success

During that time membership grew rapidly from a start of 20 to over 1000 individuals, and sales grew accordingly from \$80 a week to a high of \$2000 in 1975. Decisions were made by consensus at the monthly general membership meetings and all members were required to work. Every effort was made to involve individuals in every aspect of the Co-op's operation via job rotation, in keeping with the membership's explicit orientation toward cooperative, democratic participation in personal as well as social change.

Distributing food was only one goal of the early Co-op years. The other was the cultivation of cooperative and responsible behavior among its members. In this respect the Co-op was similar to thousands of other co-ops that developed across the U.S. in the waning years of the Viet Nam war, reflecting the desire of many people to demonstrate the superiority of cooperation over competition as a basis for social organization.

The rapid growth of the Co-op in the first few years, however, put a tremendous strain on the organization. Membership began to decline as complaints about inconvenience and lack of coordination multiplied. By 1978, one year after decisions had been made to relax the work requirement and hire two part-time staffpersons, membership had dwindled to 200 and

Al Rossino is a long-time coop activist and student of nonviolent social change.



Snake 1980

annual sales were down to \$75,000. Bankruptcy was averted by only \$100.

This too mirrored co-op experiences across the land; and it was only by exchange of information at regional and national conferences that knowledge was gained to deal with the crisis. The task, it appeared, was to combine the democratic decision-making aspects of the organization with the task of managing a business in a competitive marketplace. Hence, the idea of a storefront was born.

The Store Front

Since that time changes have been made in the organization to give it wider appeal. These include the expansion of operating hours, inventory, staff, and services; the creation of an elected Co-op Council; and an increasing degree of communication and cooperation with other co-ops in New York in particular and the U.S. in general.

The Co-op now has over 1500 members, does in excess of \$250,000 in annual sales, and is one of the fastest growing storefronts in upstate New York. The coming year promises to be one of the most exciting and prosperous ones in its history. Contacts have been made with representatives of the National Consumer Co-op Bank regarding the possibility of a large loan to finance relocation into a larger facility, or the opening of another co-op in another neighborhood. In either case, the Co-op will only be that much closer to its goal of creating a strong alternative economy in Syracuse and translating its economic power into political power.

Future Goals

This goal - of using the Co-op as a base for mobilizing the membership around local and national issues - has been retained from the start of the organization and has recently been realized, if only in a small way. A recent example illustrates the point.

The Co-op's Solar Project ran into a problem during the early phases of construction when an appeal for a zoning variance threatened to delay or terminate the project. Within three days of notification of the hearing, so many Co-op members were mobilized to attend the event that the members of the zoning board offered "three cheers for the Co-op" and passed the variance without hesitation. This successful mobilization of membership may have been as significant as getting the variance.

A strong, local alternative economy is already happening, to some extent, through the extension of alternative work credit to other social change organizations in the area. In addition, the Co-op may soon be in a position to subsidize local and regional agriculture, the development of worker-managed businesses, the spread of cooperatively-owned housing, and the cooperative provision of transportation, communication, energy, and recycling services.

As changes occur in all these sectors, the vision of the Co-op's founding members - the transformation of the U.S. from a competitive and consumptive society into a cooperative and constructive one - will be that much closer to realization.

It Was a Long, Cold Winter



Backyard in Winter



Tough Winter



Truck delivering to Co-op gets stuck



Jeremy & Andrew Downtown. Hey you never know!



Dan shovels snow



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Meaghan Holmes (front right) with the group from Equal Exchange

Co-op Testimonial

Meaghan Holmes, Equal Exchange

Being part of a co-op is an awesome and unique experience. Most of the time when a business asks for your opinion and actually uses your feedback, it's really for their (finan-

cial) gain, not yours. Being part of a co-op, you DO have a say. Whether it's not supporting certain companies because of their business practices, only stocking non GMO/organics, or choosing where to donate part of the co-ops profits each year, it's a great investment into the community.

As the newest worker owner at Equal Exchange co-op, I am absorbing what it means to be a worker owner. I now have the right to vote, the right to be a leader, the right to information, and the right to speak my mind. Not a typical work dynamic! It's amazing how having ownership and passion really resonates with people, it's a successful and sustainable business model and I feel honored to be a part of it.

AT EQUAL EXCHANGE,
WE ALL ACT LIKE
WE OWN THE PLACE.



And actually, we do.
Our roastery has over **100 worker-owners** with an equal stake and an equal vote in our business.

Fortunately we all agree that the small-scale farmers who grow our food and the precious land that nourishes it deserve the utmost respect, so we conduct business in the most fair, most sustainable way possible. The results are pretty delicious.

Small Farmers. Big Change.

equalexchange.coop



Meaghan Holmes Pours