

FRESH PRESS IS A PUBLICATION OF
ORYANA COMMUNITY CO-OP

Fresh Press

Spring 2024



“The oldest task in
human history: to live
on a piece of land
without spoiling it.”

~Aldo Leopold





FRESH PRESS

A quarterly publication of
Oryana Community Cooperative

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Luise Bolleber, Ethan Colyer, Colleen Valko,
Sarah Christensen

OUR LOCATIONS

ORYANA TENTH ST.

260 E. 10th St.
Traverse City
Phone 231-947-0191
Store Hours
8 am - 8 pm daily

ORYANA WEST

3587 Marketplace Circle
Traverse City
Phone: 231-486-2491
Store Hours:
8 am - 9 pm daily

SPROUT CAFE

217 S. Madison St.
(at the Cowell Family Cancer Center)
Traverse City
Phone: 231-252-1550
Hours: Mon, Tues, Thur, Fri
7 am - 2 pm

BOARD OF DIRECTORS

Contact: board@oryana.coop

Colleen Valko	Cy Agley
Kaitlyn Burns	Tricia Phelps
Holly Jo Sparks	Marty Heller
Kathy Baylis Monteith	Parker Jones
Chuck Mueller	

Board meetings are typically held the 3rd Thursday of every month, but check the events calendar on our website to confirm.

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Fresh Press is moving online!

Dear Fresh Press Readers,
We have made the difficult decision to discontinue printing our beloved quarterly newsletter due to soaring printing and postage costs. After this issue, the Fresh Press will only be available digitally on our website. We feel this is the best course to take as we are always mindful of using member resources wisely, and the high cost associated with a traditional print publication is simply not sustainable. We thank you sincerely for reading our newsletter and hope you will still read and enjoy future issues. If we have your current email address you will receive a link to upcoming issues via our weekly e-news. Thank you for understanding and for being a member of Oryana.

Where to find the newsletter

- Find the newsletter on our website under the 'Community' dropdown menu
- Make sure you're on the weekly e-news list! Scan this code to sign up or update your email address.



OWNER APPRECIATION MONTH

ORYANA owners can take 10% off any one shopping trip in MAY



from the **GENERAL MANAGER**

Sarah Christensen

By the time the Fresh Press hits your mailbox, I will have been the GM here at Oryana for about 90 days! It's been a wonderful whirlwind of meeting employees, members, vendors, and customers. Back in January we held *Meet and Greet*s, and folks showed up to introduce themselves and thank Steve for his many years of service. It was such a wonderful introduction! Thank you to everyone that came by to say hello.

And the hospitality didn't stop there. The Leadership Team and staff here at Oryana have been equally welcoming! I'm so grateful for Wendy, Oryana's Human Development Manager, for setting me up with my administrative needs. Thank you also to Victor, Oryana's Operations Director, for taking time to walk me through the many layers of our organization's operations. I still have much to learn.

The conviviality continued when the Oryana Board of Directors and I met for the annual retreat. Since it occurred so close to my having stepped into the role, the focus was really on team building and getting to know each other. The board had just completed an extensive and intense task, hiring a new CEO. It's the most important work our board, any board, might have to accomplish. And when it's done well, it's intentional, thoughtful, and time consuming. The Oryana board cut no corners in their commitment to the task and while yes, they receive a modest stipend for their service, there is no doubt that they put in long hours in 2023, sacrificing time with their friends, families, or themselves in service to our co-op. If you know a board member, thank them for the additional time they put in. Trust me when I say they deserve it!

Since then, I've continued to meet employees, vendors, and co-conspirators in this little thing we call community. It's clear that the work we do at the co-op is viewed, and more importantly felt, to be a cornerstone of health and vitality for Traverse City and beyond. Oryana has set an example for other organizations, showing them how to expand

their impact beyond whatever their particular sector is. It's evident in the way we've helped build trails, revitalize spaces, and provided resources and education to so many start-ups, fledgling organizations, and people.

I took a Buddhism class in college. It was one of my favorites. One day our professor shared a story about meeting a highly regarded spiritual leader. He said when he entered the room, he instantly felt special. He felt seen and loved and respected. He said the monk reached out and held his hands and while they talked, they laughed and shared so much joy together. When he left the room, he was feeling just so good about his interaction with this well-known, highly regarded person. He paused outside the door, just really reveling in the experience and what it must have meant about him as an individual. While he was reflecting, another person had entered the room with the monk and soon enough he could hear the same joy and love and laughter pouring out between those two. And then he realized that the monk made everyone feel special and seen and heard.

That story is so similar to how folks have described Oryana over these first few weeks. What a gift to give our community! I would be remiss if I failed to mention the role that Steve Nance played in cultivating and perpetuating Oryana in this way. His vision for how a co-op, our co-op, could impact so much, beyond groceries, resulted in so many feeling seen and heard and empowered. That type of leadership has exponential results, an unmeasured number of ripple effects bounding about. Certainly, there are constraints on time and financial resources that any organization, if they are managing things right, will come up against. But providing guidance and encouragement and sharing joy and enthusiasm is limitless; like the monk's laugh, if you do it right, you can cultivate enough for everyone!

Cheers to Steve on his retirement and cheers to all of you for the Oryana we have today! I'm looking forward to seeing what we can do together.



Board of Directors Report

By Colleen Valko, Board President

As the warmth of spring unfurls around us, it brings a sense of renewal and landscape for growth. Much like the season itself, Oryana is embracing new beginnings and planting the seeds for our ongoing success. With a new CEO infusing fresh energy, updated bylaws ready for voting, and the anticipation of welcoming new board members in May, our cooperative is buzzing with excitement for what's ahead.

First and foremost, I'm delighted to report that Sarah Christensen, our new CEO who joined us in January, has quickly integrated into our cooperative. Over the past quarter, her leadership and enthusiasm has brought a refreshing energy, setting the stage for exciting possibilities ahead. It's evident that she's not just a CEO but a true partner in our shared cooperative journey and the entire board is excited about what we'll accomplish under her guidance.

In tandem with our new leadership, we are concluding a multi-year project to refresh our bylaws. This milestone is a testament to the dedication and collaborative effort of our cooperative community. With the work of the Bylaws Committee and CEO Search Committee coming to a close, the board is ready to cultivate a path forward that blossoms in harmony with our shared values and vision. Looking ahead, we are eager to refocus our efforts on areas vital to our success. With two major projects behind us, we have the opportunity to dedicate more time to member engagement initiatives, policy review, and board development. This renewed focus reinforces our commitment

to delivering an outstanding co-op experience for every member.

And speaking of member engagement, save the date for our Annual General Membership Meeting (GMM) on April 18! This event is a highlight of our cooperative calendar, providing all members the chance to participate actively in our community. Join us for an evening filled with good food, camaraderie, and the democratic processes that define our co-op. Gain insights from our 2023 report, hear from potential board candidates, and, if you haven't already, participate in live voting for both the bylaws update and the board election. Your presence truly makes our cooperative blossom!

After GMM, we'll start a new board term in May and as part of our planning, I am excited to work with the board on creating a cohesive calendar that will guide our activities throughout the year. This approach ensures that our board meetings are not just a routine but a platform for deep discussions and impactful decision-making. By optimizing our time, we aim to strengthen governance and foster a more transparent and engaged cooperative.

If you're a frequent reader of my updates, you'll notice my recurrent theme of linking board activities to the current season. Spring, in particular, fills me with the most excitement for the planning work ahead, and I eagerly anticipate carrying this energy into the coming months. I hope that, collectively, we can savor the season and embrace the exciting opportunities that lie ahead.



COMMUNITY CO-OP

GENERAL MEMBERSHIP MEETING

Thursday, April 18, 5:30 pm

(Doors open at 5 pm)

Traverse City Central High School Cafeteria

The Oryana Board of Directors cordially invites you to the co-op's annual member meeting on April 18 at TC Central High School. Enjoy a delicious dinner prepared in our own kitchens and mingle with your fellow co-ops. Get to know current board members and board candidates, and meet our new General Manager, Sarah Christensen. The evening's presentation will include the "State of the Co-op" address by Sarah and other co-op business and news. This is a final chance to cast your ballot for board candidates and vote on the proposed bylaws changes. Everyone is welcome including families and kids. (We'll have kids activities!) See you there!



MEETING SCHEDULE

Dinner starts at 5:30 pm sharp
Business meeting starts 6 pm

LOCATION

TC Central High School
1150 Milliken Dr.
Park in the north parking lot
and follow the signs

GET TO KNOW THE BOARD CANDIDATES

Read the candidate guide and vote online, in-store, or at the meeting

BYLAWS CHANGES

Learn more about the proposed changes on our website:



Put a spring in your step with Asparagus

We can hardly contain ourselves when asparagus shows up in our produce bins! Asparagus is so versatile; it's lovely roasted, grilled, pureed in soup, added into quiche or frittata, or simply sauteed in butter and served with a spritz of lemon. Try one of these easy asparagus salads.

Asparagus Egg Salad with Walnuts & Mint

From Smitten Kitchen

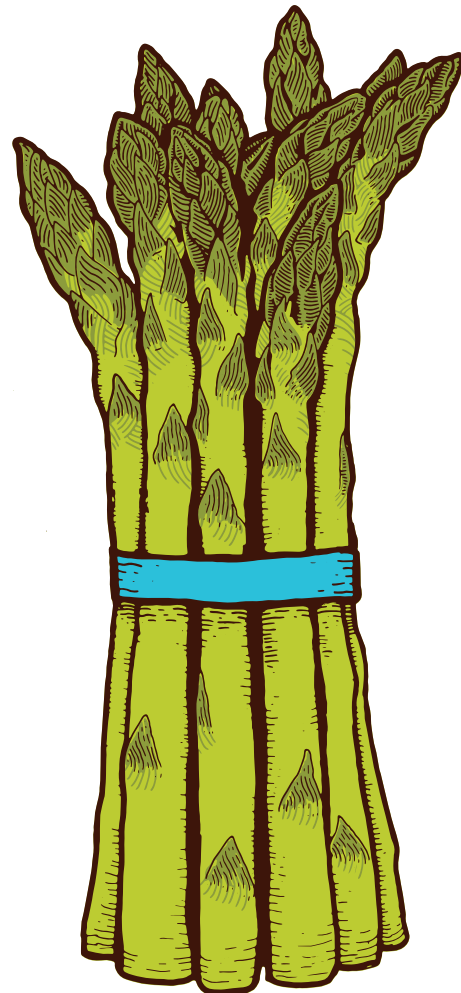
4 large eggs, cold from fridge
1/2 cup grated Parmesan cheese
1/2 cup chopped toasted walnuts
1 teaspoon finely grated lemon zest
1 teaspoon kosher salt and black pepper
1/2 teaspoon chili flakes
1 lb asparagus, any thickness, trimmed
1/4 cup fresh lemon juice
1/4 cup packed fresh mint leaves, chopped
1/4 cup extra virgin olive oil
Optional: bread slices for toast

1. Bring a medium pot of water to boil. Gently lower in eggs and reduce heat to a simmer. Boil for 8 1/2 minutes; transfer eggs to an ice-cold water bath. Set aside.
2. Place Parmesan, walnuts, and lemon zest in a large bowl, along with salt, a few grinds of black pepper, and the chili flakes. Stir to combine.
3. Cut the asparagus on a sharp angle into very thin slices and add to the Parmesan mixture. Add 1/4 cup lemon juice and toss. Taste and adjust the flavors to your preference by adding more salt, black pepper, chili flakes, or lemon juice, and go a little bit heavy, so the flavors don't disappear once you add the eggs. Add mint and olive oil and toss, adjusting seasoning again.
4. Peel the eggs, cut in half, then each half into 6 to 8 chunks. Add to bowl with asparagus and give it one or two gentle stirs. Eat as is, or scoop onto 6 to 8 toasts.

Greek Asparagus Salad

2 lbs asparagus, trimmed, cut into bite-size pieces
Zest and juice from 1 lemon
3 tablespoons olive oil
2 teaspoons Dijon mustard
1/2 teaspoon salt, or more to taste
freshly ground pepper, to taste
1 small shallot, minced
2 teaspoons chopped fresh mint
1 tablespoon chopped fresh parsley
1/2 teaspoon dried oregano (or 1 tsp fresh)
1/2 heaping cup crumbled feta cheese

1. Steam the asparagus until tender crisp. Rinse in cold water and drain well.
2. In a medium bowl add the remaining ingredients except feta cheese and whisk until smooth. Add in the asparagus and toss to coat. Taste and see if it needs more salt, pepper, or lemon juice.
3. Add the feta cheese and lightly toss. Serve immediately.



Native Plants Can Save Our World

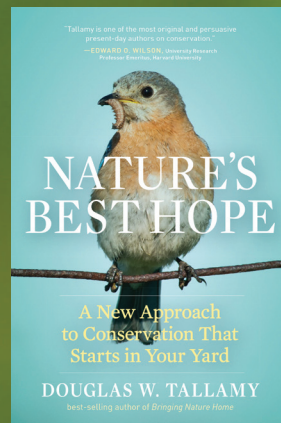
A new conservation paradigm that starts in your yard



“We are at a critical point of losing so many species from local ecosystems that their ability to produce the oxygen, clean water, flood control, pollination, pest control, carbon storage, etc., that is, the ecosystem services that sustain us, will very soon become seriously compromised.”

~Douglas Tallamy

Read
this
book!



By now, many of us have heard the term ‘native’ plants. But what actually are native plants? And what’s the big deal about them? Native plants are, in one word, local. They have been growing in a particular area for thousands of years. They are well adapted to the conditions of their ecosystem, as they have evolved slowly over time...

Why is the concept of native vs. non-native plants so important? Douglas Tallamy's book, *Nature's Best Hope - A New Approach to Conservation That Starts in Your Yard*, explains how wildlife is impacted not only by loss of habitat, but also by the displacement of native flora with non-native and invasive species. This is important because native insects and birds are not nourished by non-native plants. Turf grass, for example, and forsythia, Japanese barberry, burning bush, hostas, baby's breath, all these common plants are useless from an ecological standpoint. With insects and pollinators having very little food available, and birds consequently in decline, we currently face a situation with cascading and dire consequences.

According to Tallamy, wildlife has been in a state of decline for decades, but we are now in a critical period. In spite of the national park system, national forests, wilderness areas, efforts by environmental organizations like Sierra Club and Nature Conservancy, and land conservancies nationwide, species continue to dwindle, become critically endangered, and disappear altogether.

The plight of the monarch butterfly is a sad example. The decimation of the monarch's habitat, including milkweeds where monarchs feed and breed, and asters and goldenrods that sustain them during fall migration, has reduced their numbers by more than 90%. Other species like the pipevine swallowtail butterfly, the rusty-patched bumble bee, Newman's brocade moth, and dozens more in Michigan are threatened or endangered. The American burying beetle is already extinct in Michigan.

Although the monarch butterfly is the poster child of species decline, specialized relationships among plants and animals are the rule rather than the exception in nature. Insects sustain the earth's ecosystems by sustaining the plants and animals of those ecosystems. The benefits that insects convey are too numerous to list, but among them are the plants that insects pollinate sequester enormous amounts of carbon, and pollinating insects support 70% of the food we eat. We literally could not exist without insects! The good news is that there is a solution to this vexing and life-changing problem facing us today.

Tallamy's research shows that more than 83% of the U.S. is privately owned. If conservation is to happen, it can and must happen largely on private property, but not just on farms and ranches. It must include all types of private property, from the smallest city lot to the largest corporate landscape. Public preserves are not enough to sustain biodiversity into the future.

A great resource lies right under our noses that we can focus on now to immediately begin reversing the precipitous decline of species. That resource is right in our yards. Literally, Tallamy explains, our back yards (and front yards too) offer millions of square acres that can be transformed into pockets of conservation that provide wildlife habitat. He proposed calling this effort:

"Homegrown National Park (HNP)"

Invite monarchs and other pollinators back into your yard by giving up some lawn and planting milkweed and other beautiful native wildflowers and shrubs. Plant some oak trees, a keystone species that has a disproportionately

beneficial effect compared to other native plants. Plant a White Snowberry, Spicebush, or Chokecherry, which will provide nutritious berries to native birds. As the author states, building HPN will be the most ambitious restoration initiative ever undertaken. Instead of being careless with our environment, we can recognize the vital importance of adding nature back in to our surroundings. HNP does not discriminate and has no political, ideological, or religious boundaries, because we all need diverse, productive ecosystems to survive. We have the intelligence and knowledge to restore our habitat. Now we just have to do it!

Actions you can take RIGHT NOW to help reverse species decline

- **Shrink your lawn.** You don't have to get rid of it entirely but you can build beds, or pocket prairies, full of native wildflowers and plants.
- **Remove invasive species** - Invasive plants displace native plants and offer zero nourishment to local wildlife. (e.g. Myrtle, English Ivy, Dame's Rocket*)
- **Plant keystone plants** - Keystone plants are native plant superstars. They provide the highest level of resources for the species that support the food web. (Oak, Maple, Cottonwood, & many more*)
- **Be generous with plantings** - Instead of just planting 1 tree, plant 3 or more. You want to mimic what would occur naturally. Include understory trees and shrubs to the landscape.
- **Work with your neighbors** - Look for like-minded neighbors to join in the endeavor.
- **Help caterpillars** - Birds prefer caterpillars for feeding their young. Create caterpillar pupation sites under trees. Most caterpillars drop to the ground and pupate there. Replace lawn under trees with beds full of ground cover. Don't clean up leaves under trees in the fall.
- **Don't spray or fertilize** - Native plants are adapted to low nitrogen soils and don't need fertilizer.
- **Get on the HOMEGROWN NATIONAL PARK map** Join the national movement and register your yard. homegrownnationalpark.org
- **Sign up for our native plants workshop** - See pg. 16 for details. (Space is limited.)

RESOURCES:

nativeplantfinder.nwf.org | gobeyondbeauty.org
savingbirds.org | plantitwild.net
birdsfootnativenursery.com | blackcapplants.com
prairienursery.com | wildflowersmich.org

USDA Environmental Quality Incentives Program!

Grants are available to farmers, ranchers, and forest landowners for improving conservation practices and creating wildlife habitat. Learn more about this program and apply at your local USDA Service Center.





Spring Classes

Join us for a fun, interactive class in the Oryana community kitchen! You'll work with culinary experts to gain valuable tips and techniques. Enjoy the camaraderie of like-minded foodies and leave with knowledge and recipes you can make at home. See you in the kitchen!

**CLASSES
FILL UP FAST
SO REGISTER
EARLY!**

Pasta from Scratch

Instructor: Janene Silverman
Tuesday, April 16, 6 - 8 pm
Cost: \$40 member/\$45 non-member

Learn the art of making fresh pasta in your own kitchen with expert pasta maker Janene Silverman, owner of Raduno in TC. In this hands-on class, you will learn basic dough technique, how to roll the dough by hand (no pasta machine required), and how to form a variety of shapes. You'll also make two fresh sauces to go with your delicious fresh noodles.

Seafood Dinner Party

Instructor: Rose Hollander
Tuesday, April 23, 6 - 8 pm
Cost: \$40 member/\$45 non-member

If you feel intimidated about serving seafood at a dinner party, you can relax because Rose will show you how easy and delicious it can be. A warm weather-inspired menu featuring fresh seafood will be a highlight for your guests this summer. Together you'll make Smoked Trout Mousse, Fennel Crusted Tuna, Fish Poached in Coconut Milk with Lemongrass and Tomatoes, and a bright Sorrel Aioli.

Filipino Flavors

Instructor: Tom Sisco
Thursday, May 2, 6 - 8 pm
Cost: \$40 member/\$45 non-member

Filipino cuisine is influenced by numerous South Pacific cultures and strong Chinese and Spanish influences. It's typically served family style with plenty of rice. Learn more about this cuisine and explore a few classic Filipino dishes with chef Tom. Together you will make Filipino Barbeque-style Chicken, a traditional dish served in many households, Lumpia (Crispy Filipino Spring Rolls), and Java Fried Rice.

Lunch with Tom

Instructor: Tom Sisco
Tuesday, May 21, 11:30 am - 12:30 pm
Cost: \$25 member/\$30 non-member

What's for lunch? Enjoy a gourmet mid-day meal prepared by Chef Tom and learn the techniques for how to make a delicious four course meal. Watch and learn as Tom prepares Mediterranean Shrimp, Fattoush Salad with Lemon-Pomegranate Dressing, Citrus Rice, and Fresh Strawberry Mousse for dessert. Class includes recipes. Buen apetito!*

Lunch with Rose

Instructor: Rose Hollander
Tuesday, June 4, 12 - 1 pm
Cost: \$25 member/\$30 non-member

Sit back and relax as Chef Rose demonstrates how to make an elegant spring meal. She will show you how to poach chicken and serve it with a flavorful homemade herbal mayonnaise. For a side, enjoy shaved asparagus with Parmesan vinaigrette. You'll also learn to make crispy bruschetta. Save room for dessert! You'll end your meal with rhubarb cooked in orange juice and served over ice cream. Class includes recipes.*

Creating Your Home Apothecary: Infusions

Instructor: Patti Travioli
Monday, June 10, 6 - 7 pm
Cost: \$10 member/\$15 non-member

In this class you will learn about a few common and not so common plants that grow in and around your garden that can be transformed into herbal infusions. You'll learn about the plants' characteristics and their key constituents and receive simple recipes to get you started with stocking your herbal apothecary. Take home a free plant for your garden! Patti, a horticulturist and traditional herbalist, is the caretaker of Heartwood Forest Farm, an organic farm located in Cedar, specializing in culinary and medicinal herbs.

CLASS LOCATION

Oryana West Community
Room & Kitchen

REGISTRATION

Register for classes on our
website or on [eventbrite.com](https://www.eventbrite.com)

Cancellation Policy: Classes are refundable up to 4 business days before the class.

We can't guarantee a refund with less than 4 business days' notice.

Wait List: If a class is full email us at info@oryana.coop to be placed on a wait list.

*Bring your own non-alcoholic beverage



Julie Miller Lober began making soap about 10 years ago as a project in exploring basic chemistry in her children's elementary Montessori classrooms. After enjoying and being inspired by this work for a few years, she decided to go into the soap business for herself. She wanted the company to reflect a reverence for our most abundant local natural resource, fresh water, hence calling her company Freshwater Trading Company. In addition to essential oil-infused soap, she also makes lotion bars, shea butter bath bombs, bath salts, and candles, all of which Oryana carries.

Julie has been using a shared production space in Traverse City but is currently looking to relocate to a larger space. Even though business is booming, she is still able to keep up with orders with her home equipment that includes a large farm sink, wax melters, moveable stainless steel tables, and dedicated storage space for packaging and shipping materials.

Her family helps with large wholesale orders, mainly packaging and labeling products. Production tends

to revolve around wholesale markets in the fall and spring, and existing clients such as Oryana. Since many of her customers purchase multiple products, she makes about 30 pounds of soap a week.

Handcrafted soap takes four weeks to cure before it can be packaged and shipped. She offers seven standard varieties of all-natural essential oil scented soaps, as well as a number of seasonal varieties. There is always a mélange of scents rotating through production. Lotion bars, bath salts, soy candles, and shea butter bath bombs don't require as much lead time, so she can turn around batches of those within one week, depending upon demand. Every week is different in the soap and candle business, with fall markets and the holidays being the busiest.

Julie loves the creative process of making products, from idea conception, sourcing materials, designing packaging, to interacting with stockists that carry her products. Her overall intention was to create and grow a brand that resonates with like-minded, health conscious people. The Freshwater Trading Company motto is: *"To create fresh, all-natural products that include just the essentials, nothing else. We focus our efforts on creating products that care for our bodies and the environment."*

As for what motivated Julie to start her business, it was the essential oils.

She fell in love with them. "Blending scents is akin to baking," said Julie. "You start with a basic idea and try various combinations to create aromas. The properties of the essential oils also allow for many different options in helping to keep skin healthy and moisturized." Additionally, she says, handcrafted soap is just plain healthier than mass produced soap, which contains chemical agents. She always sources toxin-free products and avoids man-made fragrances. Freshwater Trading Company products are made with all-natural skin-nurturing ingredients such as olive and coconut oil, shea butter, botanicals, and essential oils.

She finds it challenging at times but also exciting to have a hand in virtually all areas of the business. Based on demand, she enlists family when production help is needed, but otherwise she is a one woman show when it comes to sales, website, marketing, and social media.

As far as future plans, she has been working with SCORE, looking at the possibility of adding retail space if the right opportunity arises. She would like to one day open her own brick and mortar location.

Freshwater Trading products can be found in numerous gift shops, farm stands, and health food stores in Charlevoix, Frankfort, Glen Arbor, as far south as Warren, Michigan, and north to Sault Saint Marie.

Visit Julie's website for more information: freshwatertradingcompany.com

2024

CO-OP ELECTIONS AND BYLAW VOTE

Oryana has a nine-member board of directors elected by the co-op membership. Every year three board seats are up for election for a three-year term. Your vote in the board of directors election is important democratic participation that supports the governance of our co-op. By participating, you are helping to ensure our board is made up of people who share your perspective.

VOTING DETAILS

BOARD CANDIDATES: Information about the candidates is posted in our stores, on our website, and in this newsletter, in addition to the electronic ballots.

BYLAW REVISION: Information about the proposed bylaw amendment can be found in our stores, on our website, and on the electronic ballot.



WHO IS ELIGIBLE TO VOTE?

You are eligible to vote if you were an active member of Oryana as of 30 days before the General Membership meeting (March 19). No one else may vote on your behalf.

VOTE ONLINE

If you are a member and we have your correct email address (check your spam/junk folder) you should have already received the following:

1. A secure link to the voting website
2. Your Elector ID (which is also your member #)
3. Your unique password

Simply click the voting link in the email and follow the instructions on the page to vote in Oryana's 2024 election. If you did not receive your electronic ballot, contact Customer Service at either store.

VOTE IN-STORE

Pick up a ballot with your unique password at the Customer Service desk at either store. Fill out and place in the ballot box.

VOTE AT THE MEETING

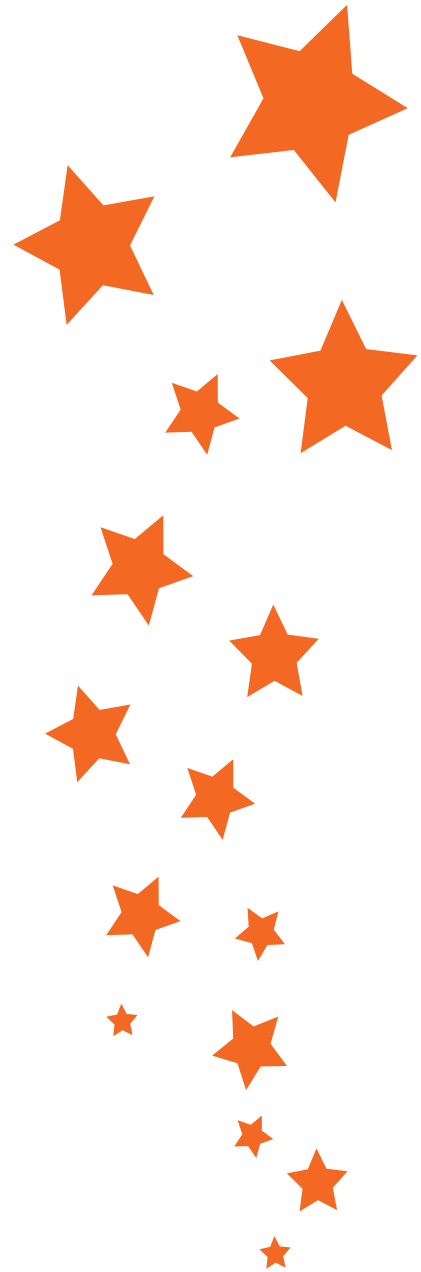
Pick up a ballot with your unique password at the general membership meeting. Fill out and place in the ballot box.

ANNUAL MEETING

The annual membership meeting takes place Thursday, April 18, 5:30 pm at TC Central High School. All votes (electronic & paper ballots) will be counted at the meeting and the winners announced immediately.

WHEN DOES VOTING START/STOP?

Voting runs March 19 - April 18.



meet the 2024 BOARD OF DIRECTORS CANDIDATES



Michelle Opel Bernhard

I am so excited to apply to serve on the board of Oryana because I am committed to ensuring people have access to fresh, local, and affordable natural and organic food options. I am newer to Traverse City (newlywed; my husband has been here 25 years) and excited about the opportunity to spread the mission of such a vibrant co-op.

My personal journey to health & wellness (losing 160 pounds naturally over 10 years ago) has driven my professional passion for the natural/organic food industry and I currently serve in multiple executive consulting roles in the natural/organic CPG space. I am so fortunate to not only preach the message of food as it relates to health in my daily personal life as a certified health coach, but to get to work in an industry committed to spreading the message of food, sustainability, and better-for-you ingredients for the betterment of communities and our planet.

My industry expertise combined with my personal journey and passion for the impact food has on our health and families will bring a unique perspective to the board; I have quite literally reversed multiple comorbid diseases personally by changing the food I ate and want to provide education and access to others to do the same.

The current economy and inflation as it relates to discretionary spending available for food presents a challenge to Oryana and our community that needs to be managed creatively. I envision Oryana as being uniquely positioned to have a voice in creative solutions so that our members and community continue to have access to healthy, nourishing foods that create positive impact in our homes, communities, and world.

I look forward to the opportunity to serve and get to know you!



Marty Heller (Incumbent)

It is with delight and enthusiasm that I apply for my second term as an Oryana Board of Directors candidate. Three years can go by quickly, but we have plenty of milestones to mark the time. I am proud of the Bylaws revamp that I helped shepherd as committee chair, offering our growing organization a modernized, clarified, and fit-for-purpose governing agreement. I am overjoyed as we welcome a new CEO and a new chapter for Oryana, building on the awe-inspiring legacy of our past and resetting our intentions toward refreshed goals and lofty ambitions.

With your endorsement, I commit to bringing solidarity and continuity to this transition, “showing up” for the oversight and governance work that gives space for the staff outpouring of talent and love that makes Oryana the community gem that it is. In some ways, serving an organization that is performing as well as Oryana feels easy, but if there is one thing that three years of monthly monitoring and status reports has taught me, it’s that grocery is a tricky business, and there is always room for improvement. With some major milestones behind us, the Board is prepared to revisit our role and responsibility in this continuous improvement.

I feel deeply passionate about exploring the ways in which Oryana - and food co-ops across the country - can support our communities in taking bold climate action: decarbonizing while building self-reliance and resilience. The jig is up: climate instability is upon us, and those communities that embrace the need for change with courage and creativity are likely to flourish through the inevitable chaos ahead. I feel food co-ops can serve as vital mycelial inter-connectors and stewards of co-operative principles in the work ahead. May it be so!



Kathy Baylis Monteith (Incumbent)

It is with gratitude and humility that I run for re-election to the Oryana Board. It has been my honor to serve during this time of great change at our co-op...adding a second store location, dealing with a global pandemic, and most recently, hiring a new General Manager (GM).

As you know, our outgoing GM, Steve Nance, has been responsible for helping grow Oryana into the amazing cooperative we are today. In addition to his 14 years as GM, Steve and his wife, Robin, each served on the board of directors prior to his taking the reins on the operations side.

Over the past year, the GM search further unified our Board as we engaged in the critical work of finding Steve's replacement. We were led by our Board President, GM Search committee, and supported by national search consultants to hire our outstanding new GM, Sarah Christensen.

The continuity provided by Oryana's diverse board will play an essential role in supporting a smooth transition for the new GM. I believe my efforts as a board member will contribute to this aim.

As for my Oryana leadership roles, I have served as Board Vice President, and subsequently as committee Chair of Board Development during a time focused on both individual and collective evolution as a board. The strengths I bring to the board include my communication skills, leadership, and commitment to continuing education and personal growth.

Heading into the future, I see continued competition for Oryana related to the consolidation of the grocery industry at large. Locally, as our community grows, we can maintain our competitive advantage through our commitment to cooperative values and socially-conscious goals.

Oryana strives to create value for our members, employees, and farmers/suppliers while educating the community about healthy food choices, preparation, as well as the environmental and economic benefits of locally-sourced items.

I continue to believe in "food as medicine" and love that Oryana is promoting clean, low-impact, and high-quality products. I appreciate you considering me as one of your representatives on the Oryana Board.



Samuel C. Reese

As a career craft brewer with Kalamazoo-based Bell's Brewery, my professional goals have long been defined by providing Michiganders with an alternative: a better, locally-brewed beer.

For the last decade, I served as Director for Upper Hand Brewery in Escanaba, where my team and I built a brewery from the ground up with local contractors, regional suppliers, and an obsessive commitment to celebrating and representing our proud little Yooper community.

I am passionate about preserving the agricultural heritage of Northwest Michigan in the face of rising operational costs and residential redevelopment of centuries-old farmland. I believe that a regional economy driven by tourism and one rooted in our local farms and foodways are not mutually exclusive.

Oryana provides a vital alternative to the commoditization of our kitchens, and I feel compelled, as a member-owner and former supplier, to offer my experience as a small business operator to build upon its 50 years of success as a conduit for our farmers—our neighbors—to put better, fresher, and healthier food on our respective tables.

As an Oryana Director, I will contribute my broad history navigating the dynamics and difficulties of the increasingly volatile beverage and alcohol supply chains, as well as extensive experience managing and executing food-oriented events as community fundraisers and educational opportunities.

15 years in small business have cemented in me the very real responsibility we have as manufacturers and retailers to source our solutions directly from our community, to educate our shoppers on the compounding positive impact of fiscal localism, and the importance of supporting ecologically and economically sustainable business practices.

I assure you: Cargill, Tyson—or for that matter, Anheuser-Busch—do not need your dollars. Your neighbors do.

Thank you for this opportunity to serve my local co-op. Oryana is my happy place, and I am excited about the opportunity to help in its continued preservation and prosperity.



Anmarie Erickson

We don't often get a say in the businesses we patronize, but that's an important benefit of co-op membership along with great groceries, discounts, classes and community. Managing 11,000 passionate shoppers is no easy task, but I believe one of the key responsibilities of a board member is to effectively represent member/owners, while supporting the voice and vision of the professional staff. Board members help maintain the organization's balance. They ensure members feel heard and staff expertise is honored. My long background in nonprofit management and board service has helped me understand how to achieve and maintain that perfect pitch.

Oryana is a community serving its community. Board membership is an opportunity to demonstrate commitment to the co-op's values, its community programming and economic impact. Oryana's success is built upon a tested business model within a values-based framework. Again, board members, standing behind professional staff, work to balance business and community, keeping Oryana a place where shopping means more than filling a cart. Although we do like full carts!

A quick note on qualifications; I have more than three decades of experience in nonprofit management, marketing, public relations, and customer service. I have led and worked on successful, issues-oriented campaigns - each a master-class in collaboration and communication. I have served on several nonprofit boards including identifying, hiring and supporting new leadership at two organizations. I am a writer and published poet.

Finally, I am a foodie. I love good, healthy food and lots of variety. I love a knowledgeable team that encourages me to try something new. I love a new recipe. Oryana is more than a grocery store and I would be delighted to contribute to its future success.



Kathi Mulder

Since I was a college student, food co-ops have been an integral part of my life. Wherever I have lived, being a member of the local food co-op has been a defining characteristic. Whether it was volunteering to fill bulk bins, passing out tasty samples to seniors, teaching cooking classes, or helping guide my own children in how to be responsible co-op members I have embraced all that food co-ops are.

I had the honor of owning and directing Dance of Life Midwifery for 32 years. Many of the shoppers at Oryana are my babies! Several years ago one of the staff created a prescription pad for me to write scripts for my pregnant clients to shop at Oryana, reinforcing the fact that eating well was the best thing they could do for themselves and their babies.

As a Peace Corps Volunteer, I learned the art of adaptability, flexibility, resiliency, and what it means to work with different groups of people toward a common goal. Since then, I have served on many different boards in different capacities. I am currently serving as vice chair of the Michigan State Board of Licensed Midwifery and chair of the Grace Community Birth Center in Haiti. I welcome the opportunity to put my experience and skills to good use by serving Oryana in another capacity, as an active board member.

I imagine continuing to offer good, high quality food at affordable prices for all age groups while maintaining core co-op values presents both challenges and rewarding opportunities. It seems vital that we work to maintain our cooperative philosophical roots while keeping up with current trends and demands. Our babies and children are depending on us.

VOTE IN YOUR CO-OP ELECTIONS!



BECOMING A MEMBER takes only a minute, but the benefits last a long time!

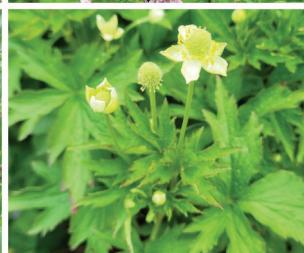
Our co-op wouldn't exist without our members. To show our appreciation and ensure your co-op meets your needs, we offer these benefits exclusively to members.

- **10% off for members one day of your choice every quarter during Member Appreciation Months.**
- 20% off discount on case orders.
- **Anytime Discount - Once you become a member, you can take 5% off 6 transactions of your choosing every year.**
- Patronage rebates: Oryana shares its profits with members in profitable years, proportional to the amount spent at the co-op.
- **Class Discounts - Sign up for an in-person cooking class and get \$5 off the registration fee.**
- Community Partner Discounts - The co-op has some of the coolest friends. Your member card is your ticket to extra savings at dozens of area businesses.
- **Support a business rooted in community. Money spent here stays in our community.**
- Support local jobs, nearly 200!
- **Democratic participation: Elect board directors or serve on the co-op board of directors.**

Oryana Community Cooperative

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MORE THAN PRETTY PERENNIALS - Workshop **Native Plants that Go Beyond Beauty**

Instructor: Shelly Stusick

Tuesday, May 7, 6 - 7 pm

Cost: \$10

Registration: visit the events page on our website

Space is limited so register early!

Not all plants are (ecologically) equal! Learn about the importance of and threats to native plants with Shelly Stusick, Go Beyond Beauty Program Specialist for the Northwest Michigan Invasive Species Network. Find out what native plants can create the best habitat in your garden, fun species you may not have seen before, and take home some free native wildflower seeds to get a pollinator party started in your own landscape!