


Tuesday,
**Oct.
27**


**6 to
8 PM**

RSVP
to receive
Zoom Link



Seward Co-op 2020 Annual Owner Meeting

featuring a panel discussion:

**Racial Justice & Abolition in
the Cooperative Movement**

What's Inside:

Agenda

Framework for Tonight's Discussion

Panelist Bios

Discussion Notes and Reflection

Recipes

2021 SEED Community Choice finalists

Minutes from 2019 Annual Owner Meeting

How To Join:

Please [register here](#) in advance of the meeting. You will receive an email from Eventbrite that contains a Zoom link to join the meeting. Please ensure you are able to receive emails from Eventbrite [here](#). Emails with the Zoom info will be sent the day and the hour prior to the meeting.

If you are joining via a landline:
Phone number: (312) 626-6799
Webinar ID: 889 3056 8412
International numbers available [here](#).

For detailed instructions on how to join and participate in a Zoom webinar, [click here](#).

We strongly encourage attendees log in a few minutes before 6 p.m. on Tuesday 10/27 to ensure they are able to connect. Your camera and microphone will be off during the meeting, but you will be able to access the chat, Q&A, and raise hand features. During the event, a limited number of co-op staff may be able to assist with basic troubleshooting. Please raise your hand and a staff person will reach out to you via chat. There may be a delay depending on how many attendees are in need of troubleshooting support.

Welcome! 2020 Annual Owner Meeting

As thousands in our community have marched in protest against police brutality, there is a heightened sense of urgency around the need for racial justice. We are aware of systemic changes that are needed immediately in our community. At the same time, we understand that the type of individual and community healing work needed to truly build an equitable system takes years, perhaps even lifetimes.

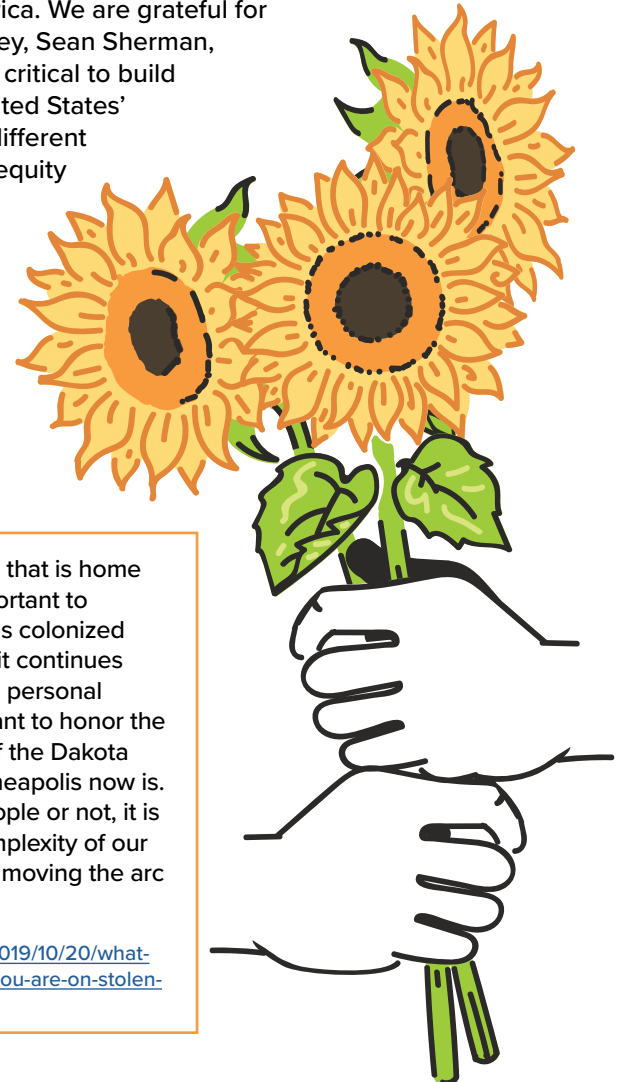
Seward Co-op's diversity, equity and inclusion journey began seven years ago when we announced our intention to build the Friendship store in the Bryant neighborhood, a historically Black community. One way our co-op has continued to demonstrate a commitment to equity and inclusion is by inviting community members into conversations around equity and the food system at our annual meetings. These conversations are just one way of understanding how our community-owned cooperative can become antiracist.

Last year's Annual Owner Meeting was the third installment in an intentional exploration of equity in the food system. Pakou Hang and Yia Vang shared challenges and successes of Hmong American farmers and chefs, as they organize to access land and markets in our local food system. In 2018, Sean Sherman and The Sioux Chef offered teachings on Indigenous food sovereignty and the impact of white supremacy on Indigenous people. At the 2017 Annual Meeting, Seward Co-op hosted Tunde Wey, a Nigerian chef who led owners and community members through a discussion about Blackness, immigration and labor in America. We are grateful for these learnings from Tunde Wey, Sean Sherman, Pakou Hang and Yia Vang. It's critical to build a shared understanding of United States' history that weaves together different perspectives, while exploring equity in the food system.

This year the Annual Owner Meeting features a panel discussion to explore abolition and racial justice in the cooperative movement.

Minneapolis is located on land that is home to the Dakota people. It is important to acknowledge that this land was colonized by European settlers, but that it continues to hold historical, spiritual, and personal meaning to the Dakota. We want to honor the past, present and future ties of the Dakota people to the land where Minneapolis now is. Whether we're Indigenous people or not, it is important to reflect on the complexity of our ties to the land and our role in moving the arc of history towards justice.

healingmnstories.wordpress.com/2019/10/20/what-to-consider-when-acknowledging-you-are-on-stolen-indigenous-lands/



Agenda

- 6:00** Music from [Van Nixon](#)
- 6:05** Welcome and announcements
Sally Nixon, Board of Directors
- 6:10** Business meeting call to order
Verification of quorum
Approval of agenda
Approval of 2019 annual meeting minutes (*see pages 8–9 of this document*)
Board of directors election results
- 6:15** General Manager's report
Sean Doyle, General Manager
- 6:25** Announcement of SEED Community Choice grant recipients
Cyrus Burg, SEED Advisory Team
- 6:35** Music from Van Nixon
- 6:40** Panel discussion: Racial Justice and Abolition in the Cooperative Movement
Resmaa Menakem, Mankwe Ndosí, and Sophia Benrud
Facilitated by LaDonna Sanders Redmond
- 7:50** Closing
Sally Nixon, Board of Directors
- 7:55** Meeting adjourned, music from Van Nixon

**Online
Voting
closes
11:59 p.m.
Monday,
Oct. 26**



**[Review the proposed
changes to the Co-op's
Articles & Bylaws](#)**

**[Learn about
the candidates
and vote at
seward.coop](#)**



**View the 2020
Scorecard/Annual Report
available Oct. 27
[seward.coop](#)**

Racial Justice & Abolition in the Cooperative Movement

The annual meeting will feature a panel discussion around the co-op's role in abolition, racial justice and liberation in our communities. Our lens will be focused on the centuries-old cooperative and abolition movements. We welcome panelists Resmaa Menakem, Mankwe Ndosi and Sophia Benrud, with panel facilitation by our board president, LaDonna Sanders Redmond.

Panelists



Sophia Benrud is a Black multiracial queer community organizer, postpartum doula, and chef. Sophia is the environmental justice organizer and cofounder of [Black Visions Collective](#), a Black-led, Queer- and Trans-centering non-profit organization committed to Black liberation. Sophia is a co-founder of Divine Natural Ancestry, a project that supports community through tools, supplies and knowledge for growing food in BIPOC communities. Sophia is committed to transforming the current movement by centering communities directly impacted by climate and environmental, food, and healing justice, while building stronger movements to break down systemic violence.

[Resmaa Menakem](#) is the New York Times bestselling author of [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#), and a leading voice in today's national conversation on racialized trauma. As a licensed therapist and trauma specialist, Resmaa created Cultural Somatics, which utilizes the body and resilience as mechanisms for growth. Resmaa dedicates his expertise to coach people through civil unrest, organizational change, and community building. He helps communities examine and begin to heal the trauma of racialization, and coaches them on how to do the embodied work to lead and build community within themselves and within movements.



[Mankwe Ndosi](#) is a music-maker, performer, educator and culture weaver focused on sound, story, and expanding the vocabulary of singing. She seeks to infuse creative practice back into the worlds of healing, sustainable economic development, education, and new village community building.



Notes

Use this page to capture your notes or reactions to the panel discussion. Towards the end of the meeting, there will be time for panelists to receive attendee questions via Zoom Q&A.

How do you see Seward Co-op and individual co-op owners playing a role in abolition and racial justice? Seward Co-op will send a link to a survey after the Annual Owner Meeting. The board of directors appreciates any ideas or feedback you are willing to share.



Recipes

While we will not be able to enjoy a meal together in person this year, our community engagement specialists Addie and Maiv Mos have two tasty two recipes using Whistling Well Farm apples to enjoy together at our annual meeting.

[Watch the recipe video here.](#)

Wild Rice with Apples and Walnuts

Ingredients:

1 cup dry Autumn Harvest wild rice
1 cup dry long grain brown rice
(or any rice you have laying around at home)
4 cups of vegetable broth
1 Whistling Wells apple, finely diced
1 small onion, diced
1 green bell pepper, diced
1/2 cup walnuts, chopped
4 tablespoons, olive oil
3-4 garlic cloves, minced
1 teaspoon rosemary
1/4 ground black pepper
Salt to taste
Optional: fresh parsley for garnish

Method:

Combine the wild rice and the brown rice with vegetable broth in a pot. Cook until rice is tender, 40-45 minutes.

While the rice is cooking, add olive oil, onions, green bell pepper, and garlic in a large skillet over medium heat, until soften.

Then add walnuts, rosemary for another minute, until toasted.

Pour the cooked rice into the pan with the onions, green pepper, and garlic, and stir for 1-2 minutes.

Add the apples and stir until thoroughly mixed. Season to taste with salt and pepper, and serve.

Serves 4

Warm Wild Rice with Apples and Sausage

Ingredients:

3 tablespoons olive oil, divided
1 garlic clove, minced
6 Seward Co-op Spring Chicken sausages
1 cup long grain rice, cooked
1 cup wild rice
4 cups of vegetable broth
1 small onion, diced
3 Whistling Well apples, chopped
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
salt and pepper, to taste

Method:

Preheat the oven to 375°F.

Cook the sausages in a roasting pan for 15 to 20 minutes or until cooked through. Remove from the oven.

Combine the wild rice and the brown rice with vegetable broth in a pot. Cook until rice is tender, 40-45 minutes.

Heat 1 tablespoon of oil in a large pan over medium heat.

Sauté the onion, garlic and chopped apples for about a minute.

Cut sausage one into coins and add to pan.

Whisk the remaining two tablespoons of oil with the apple cider vinegar, honey and mustard.

Pour the mixture over the sausages and apples and stir to coat.

Cook until apples are tender.

Salt and pepper to taste.

Divide the rice between 4 plates and serve the sausage and apples on top of the rice.

Serves 4



COMMUNITY CHOICE

The SEED program is a simple yet powerful community giving opportunity that allows customers to “round-up” their grocery bill for recipient organizations that share our commitment to a healthy community. Each year, a staff led committee selects the recipients for the coming year. Seward Co-op owners and customers have been invited to select four of the twelve SEED recipients for the upcoming year. Owners cast their vote from a selection of eight finalist organizations. All finalists will receive a \$1,000 grant through the Seward Community Fund, whether or not they are ultimately selected as a SEED recipient. Learn more about each finalist organization below. We are excited to share the 2021 SEED recipients, including the results of the Community Choice vote, during the Annual Owner Meeting.

Appetite For Change

appetiteforchangemn.org



Community Driven

community-driven.org



Immigrant Law Center of Minnesota

ilcm.org



North American Traditional Indigenous Food Systems

natifs.org



Open Arms of Minnesota

openarmsmn.org



Sabathani Community Center Inc.

sabathani.org/



St. Stephen's Human Services

ststephensmpls.org/



The Youth and AIDS Project

yapmn.org





Annual Owner Meeting Minutes
October 22, 2019

Call to Order and Welcome

Migdalia Loyola, Vice-president of Seward Co-op's Board of Directors, called the meeting to order at 6:15 p.m. and welcomed co-op owners in attendance.

Board Election and Verification of Quorum

Migdalia made a final call for ballots for the board of directors election, and then confirmed quorum was established. According to the co-op's bylaws, 50 owners must be in attendance to qualify as a quorum; more than 200 owners were present at the meeting.

Approval of the Meeting Agenda

There was a motion to approve the annual meeting agenda. Motioned seconded. Motion carried unanimously.

Approval of 2018 Annual Meeting Minutes

There was a motion to approve the minutes from the Oct. 30, 2018 annual meeting. Motion seconded. Motion carried unanimously.

Board of Directors Report

Migdalia Loyola shared words of celebration about various accomplishments in the last year and commended co-op owners in attendance for being the people who make Seward Co-op happen.

General Manager's Report

Sean Doyle, General Manager, thanked Matt Kappra and Creamery staff for providing a great meal, and Hmong American Farmers Association (HAFA) for the delicious produce. Additionally he thanked interpreters, childcare providers, Wedge and Peace Coffee, Hire a Host, and all in attendance. Sean then offered gratitude to the board in a year of transition, in particular to outgoing vice-president Migdalia Loyola, and also recognized Liz Wozniak upon her 20 years of work at the co-op.

Recognition of 2020 SEED Community Choice Recipients

Equity and Community Engagement Manager Abby Rogosheske and Aaneesah Amatullah, SEED Advisory Team representative, announced the names of local organizations who won the SEED Community Choice vote (more than 1,600 cast by community members) and will be recipients in 2020.

(continued on next page)

Spoken Word Performance

TouSaiko Lee shared the traditional art of kwv txhiaj, or Hmong poetry chanting.

Introduction of Keynote Speaker

Abby Rogosheske introduced keynote speaker Pakou Hang, co-founder of Hmong American Farmers Association (HAFA). Pakou returned to her family agricultural work after a long and distinguished career as a community activist and advocate.

Keynote Address

Pakou Hang shared about her family, early career, and HAFA's origin story as one of self-determination. A just and equitable food system demands a shift in power and HAFA was created to foster equity in food and farming. That is realized in land access, alternative markets, business development, capital, training and research. Pakou celebrated that Seward Co-op was HAFA's number one buyer of produce in the last year, and that the HAFA Farm operates very much like a land cooperative in cultivating a democratic exchange of knowledge, and a bi-lingual and bi-cultural curriculum. Research is very important for HAFA farmers, many are excited and curious for trainings and annual gatherings. The organization is intentional about building a pipeline for young Hmong farmers, as well as growing intergenerational wealth and changing the way people think about farmers and how they treat immigrants.

Election Results

Sally Nixon thanked candidates in the board of directors election and thanked those who voted. A total of 1,328 votes were cast, which elected LaDonna Sanders Redmond, Shiranthi Goonathilaka and Jill Krueger to three-year terms. Me'Lea Connelly was also elected to a one-year term and Roderick McCulloch was elected to a one-year term as the Designated Employee Director.

Meeting adjourned at 8 p.m.

Minutes submitted by Allison Meyer, Advocacy and Governance Specialist, Nov. 2019.