

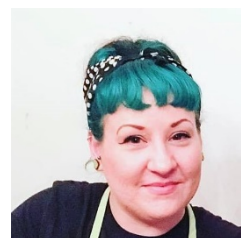
Spiral Natural Foods Co-op Board of Directors

The Board of Directors currently includes:

Lynn Gannon, Board President. Lynn has been an Owner of Spiral since 2011. Lynn has a Master's Degree from Michigan State University in Public Administration, and she is nearing retirement from a thirty-year career as a financial fraud investigator with the Federal government. Lynn has extensive volunteer experience training service dogs. She has held various leadership positions in professional associations and non-profits, and, along with her husband, maintains a small orchard. Lynn has served on the Board since October 2016.



Tammy McGinn, Vice President. Tammy has been an Owner of Spiral Co-Op since she moved to the area in 2012. She is a Nationally Board Certified Massage Therapist of 8 years and owns a Wellness Center in a neighboring community that she opened in 2014. She is also an educator and mentor in her field and has supported the development of many students. She enjoys caring for her community through health and wellness and has been involved in various volunteer organizations over the years. She is currently a member of a local car club that raises money for local schools and charities, as well. Tammy has been serving on the Board since October 2018.



Renee Thompson, Secretary. Renee is a registered and licensed dietitian and is currently working as a Dietary Director and Clinical Dietitian at Zumbrota Health Services, which is a Skilled Nursing Facility. Prior to her new career as a dietitian, she was a certified medical coder and administrative assistant. Renee has a strong volunteer history with Women of Today for over 12 years and Boy Scouts of America for over 24 years. While in Boy Scouts organization, she was secretary for 8 years, a Scoutmaster for 2 years and District Roundtable Commissioner for 2 years. Renee was able to blend her love of healthy eating with the Boy Scouts by becoming a Cooking Merit Badge counselor in Minnesota and Wisconsin. Renee joined the Board in October 2017.



Erin Hood, Treasurer. Erin grew up in Hastings and began shopping at Spiral Co-op in 1995, which began her long journey as an organic food consumer and advocate. Erin co-owned and operated One Sun Farm (located in SW Wisconsin) - a value-added, certified organic farm specializing in annual and perennial food crops - between 2001 and 2010. Erin has extensive experience in Customer Service, Food Service, and a degree in Human Resources. Erin has worked for four separate Cooperatives (Organic Valley, Viroqua Food Co-op, Westby Co-op Credit Union, and Spiral Food Co-op) over the past 18 years. Erin was elected to the Board in October 2019.



Nikki Milton, Board Member. Nikki holds an MBA in Business Strategy from Cardinal Stritch University in Milwaukee, WI. She also holds an Electrical Engineering bachelor's degree (with a minor in Mathematics) from the University of Central Florida in Orlando, FL. Nikki is currently employed as an Engineering Supervisor at a Fortune 500 company based in Minneapolis, MN. Nikki has served on the Board since October 2017.



Annie Zastra, Board Member. Annie works at Little Beginnings Learning Center, wearing many hats both in administration and in classrooms. She is excited to use those organizational skills, creative skills, and people skills to serve the Spiral Co-op's Board. She and her husband have two boys and live in Hastings. The boys, and therefore parents too, are active in scouts, swimming, and music. Annie was elected to the Board in October 2019.



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

