



REBECCA GOLLADAY

Share a little about yourself. Please provide a few sentences about your hobbies, interests, family and/or career, and community involvement.

I spent most of my childhood in the Shenandoah Valley, moved away to raise my family of four adventurous boys, and returned to the area in 2008 when my parents needed help and am happy to call the "Friendly City" home again.

I am a respiratory therapist and have worked in the healthcare industry since 1979. For the past 10 years, I was an accreditation surveyor and I retired from it this summer in order to focus on opening a new health and wellness clinic in Harrisonburg with my youngest son and his wife.

My oldest son and I are also business partners. We founded Grindflow Management in 2009, which provides consulting services for small businesses to provide technological solutions for improving operational efficiency and marketing efforts.

In my spare time I like to try new recipes with healthy ingredients, work on my amateur photography skills, do jigsaw puzzles, and spend time with family, especially my beloved grandchildren.

Why would you like to serve on the board of Friendly City Food Co-op? Have you ever served on a board before, and if so, which one(s)?

I would be honored to have the opportunity to serve on the board to support the Friendly City Food Co-op, which I believe is so valuable to our community and because the Co-op's core values align with my own.

I served on a board for approximately two years for Green Impact Campaign.

What particular skills, knowledge, and/or life experience do you bring to Friendly City Food Co-op that enables you to support and advance its mission?

Promoting health and wellness has been a passion throughout my professional and personal life, I have many years of experience in a management capacity, and am a business partner in two small business.

I am also a mother, grandmother, and caregiver and care very much about the health of my family, the strength of my community, and the protection of our environment.



REBECCA GOLLADAY (CON'T)

What experience do you have with Friendly City Food Co-op, Co-ops, and small businesses?

I shop at the Friendly City Food Co-op almost exclusively and am visiting at least once or twice a week.

I am a business partner in Grindflow Management, founder of Green Impact Campaign, which focuses on sustainability, provides young people with professional hands-on experience, and helps small businesses become more environmentally responsible.

I am also a business partner in Bridging Health Clinic, which focuses on overall health and wellness through nutrition, lifestyle, and self-care.

Friendly City ignites my passion for...

Feeding my loved one's high quality organic food, supporting our local farmers, humane treatment of animals, helping those who are less fortunate, and protecting our precious environment.

The Friendly City Co-op is my absolute favorite store and I brag about it to anyone who will hold still long enough to listen!

The item I can't live without at Friendly City is...

the wonderfully delicious and beautiful fresh produce!