

Nominating & Corporate Governance Committee Meeting
November 8, 2023 8:00 am–8:30 am



AGENDA

TOPIC	FACILITATOR	ACTION	TIME
1. Welcome & Call to Order	Fred Van Sickle		2
2. Opening Prayer/Poem/Positivity	Fred Van Sickle		2
3. Approval of October 5, 2023 Minutes	Fred Van Sickle	Approve	1
4. Check-in	Fred Van Sickle		5
5. Proposed 2024 BOD Slate	Mark Bordeau	Discuss/Vote	5
<ul style="list-style-type: none">• Kathy Rasmussen, Board Chair• Fred Van Sickle, Vice Chair• Shannon Matteson, Treasurer• Erin Summerlee, Secretary			
6. Possible New Board Members	Mark Bordeau	Discuss/Vote	5
<ul style="list-style-type: none">• Amanda Smith-Socaris• Krista Niles-Updyke			
7. Possible 2024 Meeting Dates	Fred Van Sickle	Discuss/Vote	5
February 15	August 15		
April 18	October 17		
June 20	December 5		

Next Meeting

January 2024

Date and Time TBD

Opening Prayer/Poem/Positivity:

RSVP to Kate Paterson at kate.paterson@foodbankst.org

Nominating and Corporate Governance Committee

October 5, 2023
8:30 am, via Zoom



Committee Member	In Attendance	Unable to Attend
Fred Van Sickle (Chair)	X	
Maureen Ferrell	X	
Mary Pat Dolan	X	
Marty Heysham	X	
Alison Wolfe		X
Joe Thomas	X	
Ex-Officio		
Mark Bordeau	X	

- 1. Welcome and Call to Order:** Chairperson Fred Van Sickle called the meeting to order at 8:30 a.m.
- 2. Opening Prayer/Poem/Positivity:** Maureen Ferrell shared four quotes about hunger, including this quote by St. Augustine: “Find out how much God has given you and from it take what you need. The remainder is needed by others.”
- 3. Approval of August 3, 2023 Minutes:**
Maureen suggested adding a period between ‘a’ and ‘m’ in ‘am’.

Maureen Ferrell made a motion to approve the August 3, 2023 minutes with the suggested correction. All were in favor. None opposed.

- 4. 2024 BOD Officer Recruitment**
Steve Hoyt wants to stay engaged with the Food Bank but doesn’t feel able to move into a leadership role at this time due to family obligations. Steve will continue on the Food Bank Board until January 2025. Mary Pat will be terming out shortly. Kathy Rasmussen will be asked if she will consider a leadership role. Discussion with Anis Fadul possible about what his bandwidth is for a larger role on the Board.
- 5. 2024 BOD Slate Recruitment**
Fred and Shannon have agreed to serve another term on the Board. Joe is timing out, which leaves four openings when including the resignations of Karl Krebs, Jessica Renner and Connie Park. Wendy Amin declined to join the Board. Amanda Smith-Socaris and Krista Niles-Updyke will be asked to serve. Five people were discussed as possible Board members from the Binghamton/Broome County area. Mark will reach out to Kim Slack Meyers, Rosemary Mirabito and Sarah Glose.
- 6. Move December N&CG Meeting to November 2nd or 9th**
The N&CG Committee needs to meet to approve a slate of Board members and officers before the November 30th Board meeting. After discussion, the Committee decided to have a short meeting on

November 9th at 8:00 am to finalize and approve Board slates, and to cancel their scheduled December meeting.

7. Other Business – 2024 BOD Meeting Dates

Mary Pat expressed her belief that it is important to not have more than a two-month gap between BOD meetings. After discussion, the 2024 meeting schedule was decided to be every other month starting in February, with meetings in April, June, August, October and early December. The third Thursday has traditionally been the BOD date. Mark will put proposed dates on the November 9th N&CG meeting agenda for final approval by the Committee. Proposed 2024 meeting dates will then be brought to the November 30th BOD meeting for final approval.

The next full N&CG meeting will be in January 2024 and will review Food Bank Committee descriptions, operating policies, and DEI next steps. This meeting should also include a review of the orientation plans for new BOD members.

Mark will review Committee descriptions and identify any areas that he would like Committee Chairs to review from a staff point of view.

The meeting was adjourned at 9:28 a.m.

Action Items	Responsible	Due Date
Speak to Amanda Smith-Socarlis about possible BOD membership	Fred	11/2/2023
Speak to Krista Niles-Updyke about possible BOD membership	Mark	11/2/2023
Speak to Kim Slack Meyers, Rosemary Mirabito and Sarah Glose	Mark	11/2/2023
Send calendar invite for Nov 9 th N&CG Meeting, cancel Dec meeting	Kate	ASAP
Bring proposed 2024 BOD meeting dates to Committee for approval	Kate/Mark	11/9/2023
Review Committee descriptions	Mark	Jan 2024

Next Meeting
January 2024, TBD
Opening Prayer/Poem/Positivity: Fred Van Sickle
RSVP to kate.paterson@foodbankst.org

Minutes respectfully submitted,

Kate Paterson
Executive Assistant to the President/CEO

Food Bank of the Southern Tier
Questions for Potential Board Candidates

The Nominating & Corporate Governance Committee of the Food Bank of the Southern Tier seeks to learn more about your interest in joining our Board of Directors. Please review the position description for service (attached) to better understand the roles and responsibilities of a Food Bank Board Member.

Potential Board Members are also asked to respond to the following questions which will be shared with the members of the Nominating & Corporate Governance Committee.

Date _____

Full Name:

Address:

Phone:

E-mail:

Occupation (current and/or past):

Volunteer Activities/Board Services (current and/or past):

What is your personal or professional experience with the Food Bank?

What about the Food Bank motivates you to consider serving on its Board of Directors?

What would you hope to gain or learn from your participation on the Food Bank Board?

In what areas of board service do you see – or would you like to see – yourself making a meaningful contribution?

What experience, skills, abilities, and/or talents do you bring to the Food Bank and its Board of Directors?

Please send your completed form along with a copy of your resume or a brief biographical statement to Lynn Dates at lynn.dates@foodbankst.org.

Thank you very much for your interest in the Food Bank of the Southern Tier!

DR. AMANDA SMITH-SOCARIS, PT, DPT, OCS

607.333.1375
asmithsocaris@gmail.com

139 Eastlake Road
Ithaca, NY 14850

EDUCATION

Ithaca College	1993 – 1998
Master of Science, Physical Therapy	
Evidence In Motion	2012 – 2013
Doctor of Physical Therapy	

BOARD CERTIFICATION

Board Certified Orthopedic Clinical Specialist	2005 – present
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EXPERIENCE

Cortland Regional Medical Center Cortland, NY	1998 – 2002
Per-diem physical therapist	
Inpatient and outpatient physical therapist	
Adirondack Tri-County Rehabilitation Center North Creek, NY	1999 – 2001
Outpatient physical therapist	
Ithaca College, Adjunct Professor Ithaca, NY	2001 – 2002
Lab section assistant for Therapeutic Exercise class	
Multi-site Practice Position	2001 – 2007
Cayuga Orthopedic and Sports Physical Therapy Auburn, NY	
McCune and Ainslie Physical Therapy Ithaca, NY	
Dryden Sport and Spine Dryden, NY	
Schuyler Hospital Montour Falls, NY	2006 – 2007
Outpatient and inpatient physical therapist	
The ARC of Schuyler County Watkins Glen, NY	2006 – 2009
Physical therapist consultant	
Seneca Physical Therapy Watkins Glen, NY	2007 – 2023
Founder, physical therapist	

SERVICE

Schuyler Health Check	2013 – 2014
Provided free physical therapy services to the uninsured	
Served on Provider Committee	
Watkins Glen Area Chamber of Commerce Board of Directors	2016 – 2021
Secretary	2017
Vice Chair	2018
Chair	2019 – 2021
WGACC Committees	2016 – 2021
Gala, Tourism Assistance Program, Search, Membership Engagement etc.	
Food Bank of the Southern Tier	2022 – Present
Development Committee	

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Volunteer Activities/Board Services (current and/or past):

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What about the Food Bank motivates you to consider serving on its Board of Directors?

What would you hope to gain or learn from your participation on the Food Bank Board?

In what areas of board service do you see – or would you like to see – yourself making a meaningful contribution?

What experience, skills, abilities, and/or talents do you bring to the Food Bank and its Board of Directors?

Please send your completed form along with a copy of your resume or a brief biographical statement to Kate Paterson at kate.paterson@foodbankst.org.

Thank you very much for your interest in the Food Bank of the Southern Tier!

Krista L. Niles-Updyke, CPA

10/23/2023

Partner, MMB + CO



333 East Water Street, Suite 200, Elmira, NY 14901

Phone: 607.734-4183 | Fax: 607.846.4835

kniles@mmb-co.com

www.mmbaccounting.com

Home Residence: 75 Owen Hollow Road, Big Flats, NY 14814

CAREER SUMMARY

MMB + CO

7/1997 – Present

- Partner in the assurance department, specializing in the planning, execution and supervision of audit and accounting engagements, as well as various consulting matters.
- Provide services to clients in a wide range of industries, primarily focusing on manufacturing, not-for-profit and construction.
- Quality Control Partner for the Firm
- Leader of the Firm's annual internal inspection program
- Leader of the Firm's triennial peer review program
- Chair of the Firm's Quality Control Committee
- Serve on the Firm's Assurance, Not-for-profit and Construction Committees.
- Speaker at various training seminars for staff and clients.

EDUCATION

Elmira College

6/1997

Summa Cum Laude Graduate

Bachelor of Science Degree in Accounting

Bachelor of Science Degree in Business Administration

PROFESSIONAL EXPERIENCE

Adjunct Professor | Elmira College

9/2004 – 12/2008

Principles of Accounting

Responsible for instruction, course preparation, developing instructional materials, grading and assessment and professional responsibilities as a member of the instructional team.

COMMUNITY INVOLVEMENT

Food Bank of the Southern Tier

2/2004 – Present

Member of the Resource Development Committee

Former member of the Finance and Audit Committees

Former Board Chairperson

Former Treasurer

Elmira College

2/2015 – Present

Member of the President's Council

10/2013 – Present

Member of the Business and Economics Advisory Council

Big Flats Zoning Board of Appeals

8/2018 – Present

Member

Arnot Health

5/2021 – Present

Board Member

Member of the Board Performance Management Committee

Big Flats Little League Baseball

12/2021 – Present

Treasurer/Secretary

Catholic Charities of the Diocese of Rochester

10/2012 – 10/2019

Member of the Audit Committee

Susan G. Komen Twin Tiers Region

11/2014 – 12/2016

Board Member and Treasurer

Chemung County Chamber of Commerce

2/2009 – 8/2016

Member of the Leadership Chemung Advisory Committee

Sullivan Trail Chapter of the American Red Cross

6/2008 – 6/2011

Board Member

Former Treasurer

Girl Scouts of NYPENN Pathways

9/1997 – 6/2005

Troop Leader

Service Unit Treasurer

PROFESSIONAL AFFILIATIONS

- Member of the American Institute of Certified Public Accountants (AICPA)
- Member of the New York State Society of Certified Public Accountants (NYSSCPA)

PERSONAL INFORMATION

- Originally from Afton, NY
- Married to John Updyke
- Children: Lee (13), Matt (10) and Stepchildren: Madison (22), Ryan (19),