

the Coop

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

ISSUE #15 DECEMBER 2006

WWW.DIXONMARKET.COM



Case in Point... by Clark Case

Many people have been thinking about running for a Co-op board position at the end of January. Unfortunately, only one person has thrown in her hat at this point, and the others considering it are hesitant because they aren't sure what the requirements and commitments are. If you are one of those people, just stop wondering and run, the voting members will decide which of you has the best qualifications. There are three seats open, and (much like a grocery store's inventory) the more choice members have, the better. Having said that, here is the basic commitment you will make by being elected to the board: You need to attend a monthly meeting held the fourth Thursday of every month. According to the bylaws of the Co-op, the only qualifications for board members are that they be honest, a member of the Co-op in good standing for at least four months prior to the election, one who will find sufficient time to devote to duties as a director, and be committed to cooperation as a viable economic relationship. With the exception of the few people who have joined only since the end of October, that qualifies all of you members. This rudimentary description of requirements won't satisfy some of you who have been thinking of running, so now comes the juicy part of this

column; what it takes to be a good board member, and what special skills qualify you to be a good officer. First of all, you have to be able to work with consensus. Up to this point the hardest decisions we have made were about whom to hire. Each time we've hired, we had a great pool of people to choose from, and at times all of us were leaning towards someone who wasn't hired. But through the discussions at our meetings, we all agreed upon the people all of us would feel comfortable working with. The process could not have been as successful if one of the board members had come into the meeting with a closed mind and argumentative attitude. Luckily, to this point, all board members were willing and able to make decisions based on a reasonable and working relationship with one another. In other words, you will be a good board member if you work well with the rest of the like-minded officers. Keep your ego at home, and keep thinking what is best for the organization in every decision you make. If you can do that, run for the board

When I tell people that the only commitment is one meeting a month, they look at me with the "yeah, right" look. Okay, I'll admit that the commitment becomes a lot more than that. What you are committing to is up to you. When Thea committed herself, she brought her interest in the books to her position, and became our treasurer. Jeff's commitment includes handling not only the newsletter, but all things computer, including managing our membership

updates and any network problems our system has had. David is our refrigerator repair man, probably the most generous with his time, and does whatever he sees that needs to be done. Nancy has jumped in with two feet and been a whiz at analysis of the data on the computer, as well as filling in with the support of daily operations. The point is that all of us put in the time and effort that our skills and schedules allow us to do. The special skills that would be helpful at this point include knowledge in business, creative problem solving, and analytical thinking. All of us on the board work between three and fifteen hours a week, depending on the week and our tasks. It is a commitment, but I know all of us feel it's worth every minute we put into it.

Our bylaws require that anyone who requests an absentee ballot has fifteen days to return it, so we have to know who is on the ballot soon. In our January newsletter that is published the first few days of the month we would like to print a profile of all candidates, so let us know soon if you are interested.

The Co-op will soon face important decisions about expansion and how to better serve its members. Bring your expertise and knowledge to the table now. You can make a positive difference in a world that needs it terribly.

ALSO IN THIS ISSUE...

- Show me the whey.....Pg.2
- CSAs PartII.....Pg.2
- The Bomplex.....Pg.3
- Dog of the Month.....Pg.3

The Board of Directors

Clark Case

clarkcase@dixonmarket.com
579-4549

Jeff Spicer

jeffspicer@dixonmarket.com
579-0013

Thea Spaeth

theaspaeth@dixonmarket.com
689-1001

David Rigsby

579-4314

Nancy Levit

nancylevit@dixonmarket.com
579-9631

The Co-Op is open

Monday-Friday

10am -7pm

Saturday and Sunday

10am - 5pm

579-9625

Your Curds and Whey Here to Stay? by Jeff Spicer

Your Co-op has reached an interesting point in its brief little history and the board wishes to communicate to the members, that our future is far from certain and we are now calling on the membership to help steer us in a more robust direction.

Sales at the Co-op plateaued this summer and they now seem to be taking a southerly tack. This could well be due to the fact that many community members leave town for the coldest months. Rather than wait until spring to see if sales pick up, we need to engage the membership now before this downward dip becomes a definite plunge.

Our fear is that the Co-op is becoming or has become a convenience store. The chips, sodas and ice cream fly out the door while produce and other staples wither. You have told the

Community Supported Agriculture Part II

by Jeanne Treadway Farmers' Market Manager

Last month I stated that our food generally travels 1,500 miles from field to kitchen. Donal Kinney wrote me to update that fact: US food is now schlepped an average of 4,000 miles before we eat it. 4,000 miles! That's astonishing and true, unfortunately. I think about my eagerly awaited, beloved clementines, fragile citrus beauties carefully packaged in their little wooden boxes. To get from Spain to Los Angeles, that fruit earns 5,834 frequent flyer miles, and it is still not perched in my bright yellow bowl.

It's not just the exotics which must have passports. Because we successfully demand organic products, they, too, have joined the 4000-mile, trans-continental delivery network. While I ponder this nutso reality I envision the rivers of water and miles of plastic packaging required for all this transportation. Then there's the vast number of human beings handling my food along the way: pickers, sorters, washers, mixers, packagers, unpackagers, repackagers, loaders, unloaders, reloaders, shelveers. I get dizzy mapping each step my food takes getting to the Co-op.

I am further flummoxed by two of many ironies as I puzzle through this crazy-making

managers you wanted dairy-free, low sodium cranberry yogurt pork sauce. They found it, ordered it and now it sits on the shelves sad and lonesome.

We all shop elsewhere because the Co-op is not physically capable of carrying everything we want... beer, fresh fish, sesame -tofu crusted pigs lips. As Co-op members however, we must remember to shop the Co-op first. Let's all endeavor to make the Co-op our primary shopping destination. We'll go to Whole Goats for the specialty items. The

conglomeration. I want fresh food free of pesticides or chemicals and I end up polluting this blessed planet with as much petroleum waste, perhaps more, to get that organic Caesar Salad. The second fact that slaps me is that I discover many of the products we import, can be and are grown in the US. We export many of the same things we import. Focusing on these absurdities makes me feel as frustrated as I do when I contemplate the idiocies of world hunger.

Instead of self-flagellation and gloomy guilt cycles, I can still eat a few clementines and modify my eating habits. I can shop at the Co-op and buy what is fresh today, not what I conjure as the perfect 'must-have' meal. My food doesn't have to be pristine to be healthy or delicious and I can make my choices based on criteria other than cravings. I can cook creatively within the New Mexico growing seasons, relishing what my neighbors raise and experimenting with new recipes from Deborah Madison's great "Local Flavors" cookbook. I can use the abundant regional chicos, chiles, shallots, leeks, garlic, potatoes, and squash. I can now savor some of that fruit canned in August's heat. I can eat Pan Nativo bread made from organic wheat grown just a few miles from here. I can seek additional ways to support northern New Mexico farmers, creating together a saner, healthier food system.

Co-op will do its best to meet us half way by always being stocked with the things we need; milk, eggs, bulk flour, seasonal produce, Ben & Jerry's. Remember also that the buying club is an excellent way to get those canned dipsy-doodles and that honey roasted lip balm.

If your major shopping expedition runs about \$100, come in on the first Sunday of every month and you'll only spend \$90. Do that for three months and you've paid for your membership and the rest you save is pure (no trans-fat) gravy for all of us.

**Embudo Valley
Environmental
Monitoring Group
by Sheri Kotowski**

Many thank yous to the community for speaking out with opposition, concerns and suggestions for beneficial alternatives to the Department of Energy (DOE) for the proposed expansion of nuclear weapons operations and manufacturing at Los Alamos National Laboratory. We have sent a very clear message challenging the Lab to provide an alternative for expansion that addresses the real issues that we collectively face. The addressing global climate change, renewable energy technology and clean up of toxic/radioactive contamination are the foundation for the preservation of the Embudo Valley and the Embudo Watershed that extend to global environmental health and well-being.

Together we hand delivered over 250 individual letters and comment cards from our downwind communities to the DOE/National Nuclear Security Administration (NNSA). We have sent copies to the offices of Governor Bill Richardson, Senator Jeff Bingaman and Congressman Tom Udall. EVE and the network of groups working together as New Mexicans for Sustainable

Energy and Effective Stewardship (NMSEES) will be meeting with these individuals and their staff in the coming months.

And now for the bad news, the Grim Reaper is back with BOMBPLEX 2030, otherwise known as Nuclear Proliferation with the announcement of Complex 2030. This is the "Vision" the National Nuclear Security Administration (NNSA) and the DOE have for nuclear weapons in the coming years.

The DOE/NNSA is seeking to replace old nukes with more "user-friendly" nukes. The proposal is looking to consolidate and renovate nuclear weapons facilities around the country. This will supposedly reduce the numbers of bombs (but they aren't exactly going to throw the old ones away) and will allow the US to build more bombs at an astonishing rate. When we talked about expansion at the Lab this summer with the Site Wide Environmental Impact Statement (SWEIS) we were talking 80 pits (the trigger for the nuclear bomb and remember that only a single pit destroyed Nagasaki) per year. Now we are up to 125 at the yet un-named location for the Plutonium Consolidation Facility. In reality, where do we suppose that might be if pits are already being manufactured at Los Alamos?

The DOE will be holding

scoping hearings only around the eight sites currently involved in nuclear weapons production in the country. According to the DOE's limited "vision" these are the only places impacted by nukes in the "transformation" process. The scoping process should include any issue relevant to projected impacts from these operations. From the scoping there will be a draft Supplemental Environmental Impact Statement (SEIS) that will analyze what is deemed as a potential risk from the activities analyzed.

The scoping meetings for New Mexico are as follows:

December 4 in Socorro (Macey Center) from 6 to 10 pm

December 5 in Albuquerque (Convention Center) from 11-3 and 6-10

December 6 in Los Alamos at the Hilltop House Best Western from 10:30 to 2:30 and Santa Fe (Genoveva Chavez Community Center) from 6 to 10

Written comments may be submitted prior to January 11, 2007 by email to

Complex2030@nnsa.doe.gov or to: Theodore A. Wyka, Complex 2030 SEIS Document Manager, Office of Transformation, U.S. Department of Energy, NA-10.1, 1000 Independence Avenue SW, Washington, DC 20585.

It would be a good idea to comment on the fact that communities very close in downwind proximity will have to travel further distances to get to the hearing locations.

These are some of the impacts you could include in a statement to the Hearing Officer. Many of them are the same as the SWEIS Expanded Operations and Plutonium Pit Production



**MS. WIGGLESBY
is our dog of the
Month for December**

Cheers to this elderly
pooch and may she enjoy
at least one more
holiday season.

see *EVE* continued
on Pg.4

DECEMBER EVENTS

- 3rd - First Sunday!
10% off at the Co-op for members
- 7th - Food Buying Club Orders Due
- 9th - Food Buying Club Orders Due
- 12th - Last day to get items or money to Grandma Claus (Camille Gilbert)
Call 579-4246 for more info.
- 15th - Food Buying Club Order Arrives
- 16th - Chanukah begins.
- 18th - Co-op Board meeting 7pm at the store
- 22nd - First day of Winter
- 25th - Christmas
- 31st - New Year's Eve

YOU CAN ADVERTISE IN THE COOP FOR AS LITTLE AS \$10.00 A MONTH...BUY SPACE FOR 5 MONTHS AND GET THE 6TH FOR FREE. NEED DETAILS? EMAIL US:

info@dixonmarket.com

EMBUDO VALLEY

- CERTIFIED ORGANIC FEEDS, SEEDS & SOIL
- ALL POULTRY FEEDS
- GOAT, DAIRY & CUSTOM MIXES
- WHOLE GRAINS AND ALFALFA
- SPRING SOIL SUPPLEMENTS
- IRRIGATION PIPES AND SUPPLIES

All from your local Farm and Feed folks

505.579.4147

ORGANICS

from late this summer because it is the same ugly thing only more pompous and preposterous.

- Water, Water, Water, quality and quantity. Increasing amounts of the aquifer pumped out to be reduced to industrial wastewater and dumped into delicate ecosystems and flushed into the Río Grande.
 - Ever increasing heaps of radioactive/toxic/exotic waste. We can't properly deal with what already exists.
 - Increased transportation risks, moving plutonium and radioactive waste. We all have family and friends that live on the WIPP Route.
 - Increased security risks. More weapons grade plutonium storage sitting next door to security breaches involving petty criminals and drug busts.
 - Even less money for any social programs focusing on health, education and wellbeing.
- Is anyone tired of sending poor and

vulnerable people into the belly of the nuclear beast, sacrificing their health and the health of the land to let a few people make a lot of money.

• BOMBPLEX 2030 is a blatant violation of the Nuclear Non-Proliferation Treaty. This is the next generations Cold War.

Is this the future you want for your children? Is this the future you want for yourself? What is your vision for the year 2030? Ask your children how they see themselves when they are your age? How will they be taking care of their children and the land?

This is the most significant portion of the scoping process. The NNSA must provide analyses for the possible alternatives to the BOMBPLEX 2030. Their vision of an alternative cache of new bombs is not the only alternative.

Here are some examples of alternatives you can provide to DOE/NNSA:

- The Nuclear Non-Proliferation Treaty Agreements are actually met and stockpiles are eliminated by the year 2030.

- A Non-Nuclear ENERGYPLEX that pioneers renewable energy.
- Clean up technology that will fully restore the environmental damage inflicted by nuclear/military/toxic industry.

I hope to see many of you at the hearing in Santa Fe. Carpool, talk about your comments and create a Vision on the drive down! If you need more information go to www.nuclearactive.org. If you want to talk, give a call to EVEMG at 579-4076 or send us an email at serit@cybermesa.com.

Paz y fe.

Got something you want to put in the newsletter? Drop it off at the store or email it to: jeffspicer@dixonmarket.com