

the Co-op

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

ISSUE #5 FEBRUARY 2006

WWW.DIXONMARKET.COM

The President's Corner

If you missed our general meeting, you missed Funny's speech. We loved it so much we are printing it here for all to see.

Many people have asked me what it means to become a member of the Co-op, and my answers have always been inadequate. Because what I really see happening is not just the expanded access to our food supplies, but something more subtle, something to do with our spirits: like what Roman Atencio said yesterday, as he was helping with a delivery, "We are remembering what we have forgotten". We are reclaiming our own power as a community of diverse peoples, precisely because we are a cooperative. Cooperative now means something to me; it means that each of us is supporting all the others, and we couldn't make it happen without each other. I am fed not only by the food which arrives (which must pass through several, if not many hands, before sale), but even more so by the growing recognition of this cooperative effort as the very essence which really sustains us all.

First, I want to acknowledge the integrity, selflessness, and vision of the Board, which has pursued this venture with tireless loyalty. These are not clichés; their personal commitment and generosity of spirit is the real food being offered.

Then, I must try to publicly

acknowledge the incredible contributions of our membership. I am painfully aware of my own weaknesses, and if it were not for another's strengths, this business would be truly lopsided. But, precisely because this is a cooperative, it is a place to share information, and to aid and support each other; one person's gain is everyone's gain.

We are all participating in this truly grand adventure of making our lives as we would better like to see them. This is one step(or two) ahead of what our whole country needs to return to: balance and health. It is what the "old timers" took for granted, and what we must now remember.

Some people think my name is "Happy", which is a pleasure to hear, because I have been made very happy by the store. And I will be happier still when I see a commercial kitchen built, and a café/terrace, and a bocce-ball court - which will allow for more and more people to participate in making foods which we can sell in the store, and to further strengthen everyone's ability to become increasingly independent of outside distributors. My vision is to see more and more people making a living from the food and products that they produce,



Carol Clamer's dogs, Wynn and Allie love a good bone to chew on and lately have been taking turns wearing the reindeer antlers in hopes of attracting that ever-elusive tourist dollar.

that trade one day become interchangeable with money, that our prices go increasingly down, that meetings between neighbors become more and more frequent, that people are freed from driving far away for their needs, that they then have more time for conversation and bocce ball, and that our kids are our witnesses to our success. Thank you, thank you, thank you.

Funny Hendrie is co-manager of the Dixon Cooperative Market.

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Arroyo Function by Yesca Sullivan

Arroyo function has been identified as a water quality concern by many members of the community and heavy rains this past fall has brought the need for assessment to our attention. For the January Watershed Group meeting we invited Greg Gustina of the BLM to give us a presentation on arroyo function as well as projects that they are working on to improve arroyo conditions. The information he presented was simple and provided a good base of knowledge for us to work from.

Arroyos are ephemeral surface channels, which mean that they do not flow all year round. They can develop characteristics of perennially flowing streams, such as riparian areas and active floodplain, but are subject to extreme behavior in dry/flood times.

Greg spoke about factors that affect arroyo function. Some of these factors are related to the health of the landscape and include; climate, range conditions, roadways, channelization, development, and soils.

Climate- drought reduces vegetation and grasses that slow water runoff and increase the potential for flash flooding.

Range Conditions- irresponsible grazing methods can also reduce vegetation and grasses that slow

water runoff and increase the potential for flash flooding. Proper grazing practices, however, can contribute to watershed health.

Vehicles - road development in the upland landscape can contribute to increased runoff, culverts have misplaced natural drainage systems and speed up and divert run off exacerbating the intensity of the runoff, and roads in arroyos increase erosion, cause destabilization of the arroyo bottom and destroy riparian vegetation that provides stabilization of the waterway.

Channelization- as arroyos are subject to intense run-off they are susceptible to becoming like a water chute instead of a meandering watercourse. This creates a similar effect to driving in the arroyos.

Development- land that is cleared for development reduces vegetation and grasses that slow water runoff and, in turn, provide many hard areas such as roofs and paved surfaces that speed up water velocity and decrease potential for infiltration.

Soils- highly erosive soils, such as those found in the Embudo Valley are more susceptible to erosion and therefore will load sediments into arroyos, acequias and streams.

The BLM is working on several projects on their lands in the area:

- The BLM is attempting to evaluate the upland conditions of the



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landscape and improve conditions that can lead to excessive run off.

- They are completing a survey of arroyos and streams on BLM land.

- The BLM is planning a prescribed burn in the Embudo Box area using drip torches and pile burns as part a fire regimen that stimulates native grasses to reestablish themselves, thereby slowing water flow and intensity of runoff.

- They are working on some road rehabilitation projects.

- Working with range permittees to improve range conditions

- Require mitigation on all projects to reduce storm water flow during and after construction

The BLM is also evaluating the Rio Ojo Sarco and other perennial streams to improve hydrological conditions. If the landscape does not have adequate conditions, storm water can run aggressively and cut into the river bottom creating incision and channelization. These processes can destroy river banks, fish habitat, and riparian vegetation associated with the natural function of the river, as it has with the Rio Ojo Sarco. They are currently conducting simple water quality monitoring using grab samples and temperature readings. They are planning for a future restoration project on the Rio Ojo Sarco using funding that is available from the State of New Mexico Fish and Wildlife Habitat Stamp Program. Greg will be hold

continued next page

ing a meeting in the future to gain public comment on this proposed project, and will continue to work with us in the future. Should you like a copy of Greg's presentation they will be available at the library in the Watershed file.

We have been working on several issues as a group including possible long term solutions to illegal dumping in our arroyos. We have been looking at what resources we have at our disposal and have re-submitted a previous request for a transfer/convenience station in the Dixon area. We will continue with this and other ongoing project updates at our next meeting on February 20th @ the Community Center. Please come and bring your ideas, input, questions, comments, concerns, cookies, etc. Announcements will be posted.

I thought that the Dixon Coop community might find timeliness in this editorial that Stan Crawford wrote for the first issue of The Farm Connection in December 1992. ~Lynda Prim

The Real Question by Stan Crawford

Federal organic legislation will take effect in October of 1993. This will probably set off another round of public debate on all the details.

But the real debate lies elsewhere. It should address the question of the social values of small-scale locally-based agriculture as opposed to international agribusiness, to put the terms in their most extreme forms.

Throw in the North American Free Trade Agreement which will come to a head about the same time. It's the same question. Transnational corporations undoubtedly benefit from free trade. But will small farmers anywhere on the continent?

Organic agriculture is not one of those practices that inherently lends itself to large-scale monocropping, which is what much of the "developed" world depends on. Agribusiness monocropping has little or no use for community values. Some of the worse colonial abuses were—and still are—the product of the first forms of industrialized sugar cane production. Are conditions much better in the third world coffee, banana and cacao production? And what has agribusiness grain production done for—or to—the small midwestern town.

Community values are not much celebrated even in the organic press, which tends to cultivate the acquisitive self-interest of its subscribers. Individualism sells—the latest magic potion, the new machine—but community shares. Community is not much of a "market."

But underlying principles are there, waiting to be fleshed

out: stewardship of the land, environmental sensitivity, and by implication, the sustaining also of the complex web of human community that composes the historical and traditional dimensions of a place. These last of course have no value in agribusiness or in the global market of free trade.

I would hope, however, that the ensuing debate on organic farming practices will rise to this larger, intertwining question: Can we have sustainable agriculture without sustainable communities?

Otherwise, sustainable agriculture will merely serve the good health of the very forces which continue to plunder the earth: consumerism, fossil fuel dependencies and the concentration of economic power in the corporate hands of the Northern Countries.

Dixon Land Link is still looking to connect people who have agricultural land they want to have worked with people looking for agricultural land to utilize for sustainable gardening or farming. For more information call Lynda Prim 579-4386.



VOLUNTEER OF THE MONTH

Patty Nielsen

Many thanks to Patty for her devotion to our little store and for keeping the volunteers coordinated!



Essential Remedios,

February 2006

by Linda Griffith

Melaleuca alternifolia. Does that sound familiar? It is most likely known to many people as Tea tree essential oil. And what a special oil it is! It is native to South Wales, Australia. It prefers swampy terrain and is hardy and extremely disease-resistant. The essential oil is steam-distilled from the feathery, narrow and bright-green leaves.

The Aborigines in southeastern New South Wales have used Tea Tree as a healing substance for hundreds of years... treating skin infections, cuts and wounds, as reported by Marlene Ericksen

See remedios pg. 4

FEBRUARY EVENTS

- 2nd - Buying Club orders due
- 2nd- Community Film Series
"Promises" 7PM at the
Community Center
- 5th- First Sunday ~ 10% off at
the Co-op!
- 10th- Buying Club shipment in
- 14th- Valentine's Day
- 23rd- Co-op Board meeting.
7PM at the store



RIFT gallery
 CONTEMPORARY ART
 AND SOUTHWEST STONEWORKS
 are offering **10% off**
 to all Dixon Co-Op members
 during the month of February.
 Clic Readers®
 magnetic glasses available!
 579-9179



Linda Griffith's Old Tyme Remedios

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Essential Oils were mankind's first medicine. We know from Egyptian hieroglyphics, Chinese manuscripts, and the Bible that Essential Oils have been used therapeutically for thousands of years.

Raindrop Technique a sequence of anointing with oils and laying-on of hands in a relaxing and invigorating manner to promote health and well-being.

Jin Shin Jyutsu an ancient Japanese healing art, brings balance to the body's energies, which promotes optimal health and well-being, and facilitates our own profound healing capacity.

in her book "Healing with Aromatherapy".

Tea tree essential oil has been found to be effective against infection – without harming healthy tissue. It has also been found to have antimicrobial activity... and has been beneficial in cases of bacterial, viral, and fungal infections. Did you know that Tea tree oil is five times stronger than typical household disinfectants... and much healthier to use than its toxic counterparts.

Some people have reported that Tea tree oil is an excellent mosquito repellent. It can be applied neat (without dilution) to the back of the neck, knees, and on the arms. It can be used on abrasions, cuts, and wounds, even if the wound is unclean.

This oil seems to be an all-purpose remedy for respiratory infections... acting as an anti-infective agent and also increasing the body's ability to fight infection by strongly stimulating immune function. It can be used as a gargle (a few drops in a glass of water), an inhalant, or topically, in a carrier oil.

One woman reported using Tea tree oil for her acne...and

reported that it healed without scarring. Another family has used it for eczema on their baby. They mixed it with organic sweet almond oil and applied it in the morning and evening and after every bath. Within one week, it had done what all the other creams and ointments did not do. It had cleared their daughter's skin to just light red patches where a bleeding rash once was. Within a month, there was not a trace of the eczema!

I learned recently about how responsive Tea tree oil can be at the first sign of a sore throat... and I now carry a small bottle with me at all times... because it is important to act immediately. I put a dab of the oil on my finger... and then put the finger on my tongue. It doesn't taste terrific... but if you do this every five to ten minutes for 30 minutes, quite often, it drives away whatever is trying to assault us!

I have only touched the "tip of the iceberg" on this particular oil. If you have any questions, feel free to call me to discuss them at 579-4678. Remember, always use only organic therapeutic grade essential oils!

Happy February!

We need folks who regularly go to Albuquerque to pick up a few things for us from time to time! If you can help, please see Funny or Nelson. This will entitle you to the volunteer discount!

SUPPLIER OF THE MONTH

Eric the Sage Bakehouse Guy

