

the Co-op

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

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WWW.DIXONMARKET.COM



The President's Corner by Jeff Spicer

I can't think of any flowery way to get this month's (quarter's?) newsletter started so I've decided to dispense with any cutesy anecdotes about the golden leaves dotting the hillsides or the smell of woodsmoke in the air. Blech! It's fall and it gets like this every year. Shouldn't be news to anyone. However, summer does seem to be hanging on a bit longer than usual doesn't it? But enough chit chat about the weather. There is serious business afoot.

The Co-Op is in good health. The Studio Tour weekend set a sales record with over \$3700 sold for the weekend. Our summer was profitable enough to offset the losses of last winter and now we're strategizing to minimize the drop in sales we can expect during the coming cold months. Well, here I am still talking about the weather! Hard to avoid, I guess.

Anyway, along with the change in temperature, there is a change coming to the Co-Op board. Nancy and I will be both stepping down and Clark's interim position will expire in January. He will not be looking to renew his seat. Nancy will be devoting time this next year to a home building project and I feel that after 4 years, it's time for a respite. The board will be needing 3 new people with energy, passion and fresh ideas

to get us through the upcoming expansion phase. Now is the time to decide whether or not you will want to make that commitment. We will begin the election process after Christmas when we'll post the candidates and get their info in the January newsletter (which will be out in a timely fashion).

At the moment, the board meets once a month. A new board may decide that is sufficient, but it might also change. I would like to see a transition period where Nancy, Clark and I will spend a fair amount of time with our successors passing along the minutiae of stuff we've accumulated over the last few years. Of course, like David Rigsby, none of us are going anywhere (well, maybe Clark is, but he'll be back I'm sure) so we won't be abandoning the store. We will still maintain our devotion if not our actual presence. I will continue to volunteer my time maintaining the membership rolls and providing graphics services as well as tending to the buying club.

If you have the time and interest in filling one of these upcoming vacancies, please let any of the current board members know. You might also consider sitting in on one of our next two board meetings to get a taste of what that's all about. November's meeting will be on Thursday, the

29th, while December's will take place on Thursday the 27th.

In other news, much gratitude and congratulations to Dan and Barbara Pollock for their taking on the role of Farmers' Market Managers. We look forward to spring already!

Also, with the feasting holidays just beyond the smoky horizon, you need to be thinking in terms of organic turkey. Embudo Valley Organics turkeys weighing in at 20-25 pounds and half turkeys pushing 15 pounds will be available at the Co-Op, but you'll need to sign up for your bird at the store BEFORE November 16th. Be sure to call me because I know you'll need help with that 25 pound bird. Oh, and pumpkin pie is my favorite desert.



ALSO IN THIS ISSUE...

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SUSHI COMES TO TOWN!
 by Funny Hendrie
 Co-Op Market Co-Manager

Since our special order of Sushi from Nu-Garden (Taos) was such a hit during the tour, we're going to try having sushi delivered to the store on a weekly basis. That is to say, every Friday afternoon around 3:00. The order will arrive, and, having a short shelf life, will hopefully be consumed sooner rather than later! Just let us know if it is the inari or the nigari which tickles your fancy.



The Board of Directors

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The Co-Op is open
 Monday-Friday
 10am -7pm
 Saturday and Sunday
 10am - 5pm

579-9625

From the Embudo Valley Environmental Monitoring Group

by Sheri Kotowski

In November 2006 the 2006 Government Accountability Project (GAP) with local coordination by the Embudo Valley Environmental Monitoring Group (EVEMG), conducted an environmental survey to look for the presence of radionuclides in dust-sized matter and other common materials in residences in the vicinity of Los Alamos, New Mexico. The Nuclear Oversight Campaign of GAP works with communities and grassroots organizations all over the world located near nuclear facilities. GAP works with impacted communities to develop response to environmental threats in ways that protect and promote the environment, safety, and health.

The findings of the report titled Citizen Environmental Monitoring, Los Alamos, New Mexico, July 2007, strongly suggests that downwind communities are likely subjects of impacts from past, present (and future) Los Alamos National Laboratory (LANL) activities. Elevated and potentially harmful levels of radioactivity were detected in samples collected from the area surrounding LANL. Contaminants detected include plutonium-239 and 240, and strontium-90; all are man-made. These samples were collected from a variety of locations, including farm fields, homes, vacuum cleaners and local businesses in areas including the Embudo Watershed. The study found that indoor dust samples had higher radiation levels than surrounding soils. Radioactive contaminants accumulate in residential dusts and can remain in undisturbed areas for long periods. Dusts are easily inhaled, increasing the risk

from exposure.

The significance of this report lies in its study of indoor accumulation of dust particles rather than environmental accumulation in soil. While it is necessary, as farming communities to look at soil in relationship to our food, it is also important to look at what is accumulating in the attic and behind the refrigerator. Dust collected from a residence in Llano showed elevated levels of the radionuclide strontium-90 and dust collected from refrigerator coils just to the north and west of LANL showed plutonium 239. In an environmental survey conducted in 2005 by EVEMG, local plums showed elevated levels of another radionuclide, americium-241. These are not naturally occurring radionuclides, but are by-products of the nuclear industry and weapons research and development. While three samples alone are not significant, it is significant that these findings came out of a very small sampling.

Marco Kaltofen, the lead scientist with the Boston Chemical Data Corp. and co-author of the GAP report states, "We are concerned that the number of random samples we collected contain potentially harmful levels of radioactivity. This study indicates that a broader and more extensive study is needed. We recommend that a health impact survey be undertaken to safeguard the public in and around the Los Alamos area."

Evidence is mounting, not diminishing. To be sure, if we look for confirmation of radioactivity in our communities down wind from LANL we are likely going to keep finding it. LANL has spent many years in the business of making nuclear weapons in a careless and secretive manner. One example can be found in the Center for Disease Control, Los Alamos Historic Document

see *Monitoring*, pg. 3

BREAKFAST OF HAPPINESS

by Funny Hendrie

The cold of winter is more bearable and even Enjoyable, if one first indulges in a breakfast which feeds not only the body, but also the mind! Homemade granola offers a variety of taste and pleasure that is only limited by your own imagination... and is so superior to already-made granola that you'll wonder why you didn't think to spend the 10 minutes of preparation before. Also, once made, it can be stored in a closed container for 2 months or more, providing you have made vast enough quantities to feed the now-awakened cravings of your family!

For this to be a truly sensuous and creative experience from beginning to end, only suggestions of possible ingredients are given here, as one is encouraged to follow one's instinct and own preferences.... but a Recipe for Happiness might consist of mixing together: massive amounts of oats (the one basic ingredient of all granola), nuts (whole almonds, walnuts, pecans), and/or... raisins, dried cranberries, dried, chopped apricots or apples, coconut flakes, sunflower seeds, Sesame seeds, ground flax seed (added at end), wheat germ, bran.... Drizzle a good vegetable oil on top, and then some honey or maple syrup to sweeten.

Then, spread it all out onto a baking pan or cookie sheet, and bake in 325 degree oven, stirring every 15 minutes until toasted (20-30 minutes for a small quantity, up to 2 hours for very large quantities!) A few tablespoons eaten with yogurt or milk will sustain you until midday, guaranteed! and, we just happen to have all raw ingredients at the store!

Monitoring, cont. from pg. 2

Retrieval Assessment (LAHDRA) Project, Interim Report, March 2007. The report documents that in LANL's first Environmental Impact Statement in 1973 that the off-site dose of plutonium was estimated at 1.2 curies during the time period between 1948 and 1955. A curie is a unit that measures released radioactivity. The LAHDRA Project reports that LANL operations released 43 curies of plutonium from several of its facilities during that time period. Of all the Department of Energy (DOE), sites around the country, including Rocky Flats Plant, where plutonium pits were made until 1989, the 43 curies from LANL is the largest total airborne release of plutonium, and has gone unpublicized for over 50 years. Rocky Flats was raided and shut down by the FBI for environmental crimes.

As land based communities we need to be concerned about what all of our neighbors are doing. All the food, which is our real security, needs to be protected in every way. If studies like these show that our land and our health are potentially being threatened, it would be wise to start asking harder questions to those contributing the contamination. We also hope that the community will support the work of environmental investigations, of indoor surveys and of health assessments that support the findings to further these investigations.

It is important to remember that we are not isolated in the reaches of pollution from the nuclear industry. There is a blanket of radioactive pollution

covering the surface of the planet from above ground testing in the 1940's, 50's and 60's the bombing of Trinity, NM, Nagasaki and Hiroshima, Japan and accidents occurring at Chernobyl and Three Mile Island. However, because of on-going activities at LANL beginning with the Manhattan Project in 1943, and the development and testing of nuclear weapons at this site in Northern New Mexico, it is possible that there are higher concentrations of these materials in communities down wind of this facility.

EVEMG continues to examine our local environment for the contribution made by LANL. We also support the idea that our proximity to LANL can provide us with a louder and clearer voice to demand that LANL take not only the responsibility, but also the challenge to develop real Clean-up Technologies that will restore health and repair the damage inflicted by the nuclear industry here and world wide.

"The legacy of the nuclear arms race is a daily reality in the form of offsite contamination for certain residents of the Los Alamos area," said Tom Carpenter, GAP Nuclear Oversight Program Director. "Well funded and independent studies are urgently needed to protect public health and safety from health risks from Los Alamos radiation exposure."

The report is available on GAP's Web site www.whistleblower.org/doc/2007/FinalLANLReport.pdf

EVEMG continues to work in concert with GAP and Concerned Citizens for Nuclear Safety to develop the broader health and environmental survey.

For more information please contact EVEMG.505.579.4076 or email serit@cybermesa.com

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

NOVEMBER EVENTS

- 4th - First Sunday
10% off at the Co-Op
for members
- 11th - Veteran's Day
- 14th - Buying Club orders due
- 16th - Last day to sign up for
an Embudo Valley
Organics turkey!
- 22nd - Thanksgiving
- 26th - Buying Club orders
arrive
- 29th - Co-Op Board
meeting 7pm at the store

**ONCE AGAIN, THE DOG OF
THE MONTH TURNS OUT
TO BE A CAT! HERE'S A
HEARTY MEOW FOR SINGHA
THE COYOTE ELUDER!**

Call for Volunteers!

We are coming up to inventory counting time once again and we'll need a few volunteers who will be ready, willing and able to help us count inventory January 4th-6th. That's Friday thru Sunday after the store closes. Get a team of 6 and make it fun! Call Nancy if you can help.
579.9631

WE HAVE NEW ADVERTISING RATES.
ADVERTISE IN THE COOP FOR AS LITTLE
AS \$5.00 A MONTH... BUY SPACE FOR 5
MONTHS AND GET THE 6TH FOR FREE.
NEED DETAILS? EMAIL US:
info@dixonmarket.com

Fine Art Prints
Business and Greeting Cards,
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