This week I worked my volunteer shift on Monday, just like most Mondays. But this week, until our afternoon cashier volunteer, Jay came in, there was a piece of plywood in place of the window.

I took Chynna's truck up to Taos for the second time in three days to get a new pane of glass, and it could have felt like a bad day for all of us who use and run the store. But a funny thing happened to change my mind – actually three things. First of all, we had the best sales day at the Coop since it opened. Secondly, all of the customers who came through on that very busy day expressed how wrong it was that some poor idiot smashed our windows for cigarettes. Every single one of them felt personally assaulted, like their own place had been robbed. Some just shook their heads in wonder at how someone could violate the property that essentially belongs to over three hundred households in the valley. Some were willing to stay up all night guarding it with cameras, or baseball bats, and some told me they would keep their ears open to find out who it might have been because, as one customer told me, “We finally have someplace nice, they shouldn’t do this to it.”

And mostly, the reason I felt good about the Coop on Monday was because by the time I got there to open it up, people who care about it were already there taking care of the problems the break-in caused. Jeff and Mark had already cleaned up the mess and filed the police report. Nelson and Nancy were assessing the damage and getting the store ready for business. By noon, David, Adele, and Cathy were working on the back stock plan we’re developing in order to make it a better store. Jay came in soon after for his shift. Funny was there making an order. Just another Monday, with a team of people willing to work for a valuable purpose.

Recently, the Taos News did an article about Dixon and the things that we have going on here. The writer kept asking people as we went from the store to the library to the radio station, “You just work here for free?! I mean… you just work here for free?” He couldn’t believe so many people do so much for something other than money. What he missed, and what his story missed, is that the reason we all do our volunteer work here in Dixon isn’t because we don’t have anything else to do or that we’re all a bunch of do-gooders. It’s because we can do something that makes a difference here.

We know that the library programs and the store make a difference in all the lives of all of us who are fortunate enough to have them available – and we are willing to work for a community benefit.

It beats what we have to read about in the papers: war, crime, and corruption. So even when crime is brought right through our front window, all of the work we are doing outweighs a couple of broken windows and stolen cigarettes.

The next time it happens we might catch the bad guy, but in the mean time let’s just thank all of the good guys. Right now it’s going to take more than one drunk teenage vandal to stop them.
Know Your Board
An Introduction...
Just in Case

Clark Case - President
clarkcase@dixonmarket.com
579-4549
Clark is the man to contact for general Co-op questions and concerns. Contact Clark if you have an issue that you would like to discuss at a board meeting. He’ll make sure you get on the agenda.

Jeff Spicer - Vice President
jeffspicer@dixonmarket.com
579-0013
Jeff is editor of the newsletter and takes care of general membership organization. He also manages the Food Buying Club.

Thea Spaeth - Treasurer
theaspaeth@dixonmarket.com
689-1001
Thea can answer general questions related to the store’s financial status, by-laws or any questions about any of the state or federal programs the co-op is enrolled in. If she doesn’t have the answer, she’ll find it.

David Rigsby - Refrigerator Repair Man
579-4314
Not only does David repair the refrigerators at the co-op, he provides them as well. He also takes care of any electrical concerns inside the store. If you have ideas related to the expansion of the co-op, Davis is a good one to talk to.

Nancy Levit - Secretary
nancylevit@dixonmarket.com
579-9631
Nancy is keeper of the minutes and is getting very good at finding data in our store’s computer. Talk to her if you are interested in helping to tackle the beast that is our inventory.

Scrumping
by Jeanne Treadway
Farmers’ Market Manager

Have you ever scrapped? I didn’t know it, but I’ve been scrumping for years. Originally, scrump meant withered and dried and scrumping was an activity in which the poor gathered sere, fallen fruit from a lord’s orchard, often without his approval. Viewed as a form of poaching, scrumping sometimes resulted in punishment. Some rulers, however, allowed his tenants a few days each year to come in and harvest anything that had fallen, to glean his fields and scrimp his orchards.

Most decidedly my penniless Irish ancestors still live somewhere in my genes, because my form of scrumping is the poaching kind. I have always believed that any fruit or flower which hung over the owner’s fence into the alley or the field was fair game. I could pick it and I did. I have gathered bushels of apples, pears, peaches, and an occasional watermelon or cantaloupe that way. Acres of lilacs have graced my homes every spring and rarely have I had the pleasure of growing the flowers myself. Wherever I lived, I alertly scanned and prowled, mentally noting where fruit trees reached over fences, what stage of growth everything was in, when to start planning for my raids. What delicious anticipation developed as I watched and waited.

All this came to mind when Fred and Ruby Martinez first arrived with cherries at the Dixon Farmers’ Market. So many people flocked to their table they were unable to finish unloading their pickup. We each waited impatiently as they filled pint containers with the first gloriously fresh fruit of the season. As soon as Ruby handed us our plastic sacks our mouths were filled with cherries and our bodies were happy. I remarked to Adam Mackie about the magnetic properties of fresh fruit and some of my sweetly remembered forays for the delicacies. He explained scrumping.

When I got home I looked the word up in my Oxford English Dictionary. I also checked out scrumptious, wondering how they were linked. Only in the United States does scrumptious mean delectable. All the starving Irish immigrants must have modified scrumping, the wondrous gathering of someone else’s fruit, to scrumptious, the delicious experience of enjoying that poached luxury.

With the Dixon Farmers’ Market so readily available and wonderfully stocked, I won’t have to scrump anymore. And, there are lilacs surrounding my home. Life’s grand.
Volunteering: Try it you’ll like it
by Nelson Rhodes
Co-Op Co-Manager

As you are all aware, the Co-op has just celebrated its first anniversary, and it’s come a long way since we first opened the doors back in June of 2005. Half the shelves were empty on opening day, whereas today it’s increasingly difficult to find space for any new items, although we continue to fit more products into our little store. It’s certainly been an interesting learning curve for me, as I had absolutely no idea how to run a grocery store in the beginning, and I do thank the community for its patience as I learned the ropes of this business. One of the things I’ve learned is that this is a business of endless details… checking the stock, calculating and placing orders with the many suppliers, entering the inventory data into the computer, keeping the shelves and coolers stocked, trying to find the best deals from suppliers for our patrons, handling customers’ requests or complaints… it’s a list that keeps on growing as the store becomes more and more successful.

I’m frequently gratified to hear from our customers that our prices are in many cases, less than you pay in other stores on some items. The Co-op strives to try to find the best deals that it can, and to pass that along to the consumer. Of course, it’s impossible for us to compete with the large stores that buy some items in such large quantities that they can get them for a much lower price—there’s no way that we can buy as much milk as Cid’s or Wal-Mart, for example—but in many ways the Co-op has an advantage over these larger stores.

Any large grocery store, from Raley’s to Whole Foods, employs a small army of workers to keep the store efficient, well stocked, clean, and to handle the enormous jobs of inventory and bookkeeping. This adds a huge amount to the store’s overhead, and these costs are, naturally, passed on to the consumer. Our little store, by comparison, is fortunate in having comparatively low operating costs, and we are able to keep prices down on many items as a result.

Quite simply, the Co-op would not have been able to grow and thrive without the vigorous support of our volunteers. I thank my lucky stars every day that I have as dedicated and hard working a co-manager as Funny Hendrie, but it would be impossible for the store to function at all without the assistance of the volunteers. We couldn’t make the orders to keep the store stocked if we had to spend all our time at the cash register; we couldn’t keep track of inventory and pay the bills if we had to spend all our time stocking the shelves or unloading trucks and pricing items. The volunteers you see in the store working the cash register or stocking the shelves are vital to the Co-op’s growth and to its becoming a better community market.

For our first year we have had a small core group of dedicated volunteers who have consistently given their all to make the store work, and they deserve our thanks and respect. However, more volunteers are needed to keep the Co-op moving forward. The more volunteers we have, the more the work can be distributed evenly and less time and commitment is required from each individual. The only alternative to this is to hire more employees, which would necessarily result in higher operating costs, and hence to higher prices in the store.

When we opened, other co-ops told us that this would be one of our crucial make-or-break issues. “Oh, you’ll have volunteers for about a year,” they said, “and then they’ll lose interest and you’ll have to start hiring staff to stay in business.” Well, I thought that Dixon would be different, and I still think it is. Our volunteers have not lost interest, they are as committed as they were in the beginning, but with the growth of the store, more volunteers are needed.
At the moment cashiers are needed, and although learning the cash register may seem daunting, it really isn’t very difficult, and it’s fun to catch up on all the local news and re-acquaint yourself with the people in the community. Volunteers are also always needed to help unload trucks, price items, and stock the store if the cash register seems too daunting. A volunteer crew is currently being assembled to tackle the organization of the store’s storage, to organize our back stock to better assure that the items you expect to find in the store will always be there when you want them.

The Co-op Market has been a great success in its first year, and should continue to improve in the years ahead, but the involvement of its members is essential in reaching that goal. If you could volunteer just 4 hours a week, or every other week—whatever fits into your schedule—you will not only receive discounts on your purchases, but it’s a cool place to hang out (figuratively and literally, thanks to our swamp cooler), and you’ll know that you’re playing a part in the market’s successful future. After all, it is YOUR store; it belongs to the community, not to some fat cats sipping Pina Coladas in his condo on Bora Bora, and its success ultimately rests with you.

We live in a very wonderful place, for some people at least. We are blessed by living in a place where one’s spirit can soar in the beautiful Nature that surrounds us. There is tremendous freedom here, as there is no tightly knit society that, when it exists, forcefully sways its participants to a certain way of life. So it is a great challenge to live here: it is really quite difficult to live with one’s self, to be your own person. Yet only when one moves in that direction is relationship, and therefore community, possible. If one actually sees the alienation that exists in the human condition today, it is no minor tragedy. The tragedy extends right down to families unable to communicate even with one another, let alone with acquaintances or strangers. Here, where we live, maybe we will see a new thing happen.

“The sixties” is such a loaded word that it cannot be used, but imagine people living in a spirit of love, wonder, openness, sharing and caring. Imagine true community, community of the spirit; a place where each soul allows itself to incarnate and be free. A place where people aren’t afraid of one another. Then relationship becomes synergistic, and life becomes magical. “Downtown Dixon” may be a place where we will see a new thing happen in what appears to be a failing society in a confused and bewildered nation. Imagine!
Rural Frontier Women's Health & Healing

compiled by Tara Smith

Eve’s Question: “How Am I Different from Adam?”

Unless they are focusing on the reproductive system, most doctors have a tendency to treat patients as though they were all the same sex: male. We consider patients’ stories of their illnesses, examine their bodies, and interpret their laboratory tests as though gender were irrelevant. We even write prescriptions the same way, seldom considering patients’ size or body composition, let alone sex, to determine how their bodies will process and use a particular drug. Even our understanding of what makes men and women different has been simplistic. (Many doctors ascribe it all to hormones, which is only partly correct.) In short, we’ve practiced medicine as though only a woman’s breasts, uterus, and ovaries made her unique—and as though her heart, brain, and every other part of her body were identical to those of a man. It’s not that the profession is overrun with poorly educated sexist practitioners. For the most part, rather, it’s the way we have been educated, as though women were simply small men and data we have about the male body were the standard for both sexes. Most of the information doctors use in diagnosing and treating disease was gathered almost entirely from research on males. Remarkably, it’s only recently that medical science has begun to grapple with the complex factors that define a person as male or female.

The notion that women and men are essentially interchangeable isn’t new. If you want to know what a culture holds to be most important and true, read its myths. Consider the story of Adam and Eve. As the crowning glory of the newly created world, God transforms some clay into the first human—a male, perfect in every way. In spite of the abundant richness of Paradise, however, Adam is lonely. Consider God, on the fifth day, taking pity on Adam. He puts him into a deep sleep, takes some tissue from his side, and fashions it into a woman. It’s not only a biblical tale, it’s also a medical fable, and an eerily prophetic one at that; it describes the first anesthesia, major surgery, and cloning of a new individual. More important, it tells us that Eve is literally derived from the stuff of Adam. Apart from their reproductive biology (which is admittedly unique for each, a fact with which the story’s author never grapples), by definition Adam and Eve are identical: Eve is simply a smaller version of Adam.

Still, she is different enough, apparently, to want to explore beyond the boundaries set for them both: she wants more information; she wants answers to questions that only she has formulated. She tempts her hapless mate into an ill-fated collaboration to acquire that knowledge (which, she is assured by Satan, will give her more power over the world around her)—and they are expelled from Paradise, condemned to a life full of effort, pain, and all the other assorted ills of the human condition. Although we can’t know precisely what she wanted to ask, I’ve always imagined that one of her questions was this: “How am I different from Adam?”

Eve may have brought about our exile from Eden, but perhaps she set the precedent for a minor medical revolution as well. The fact is, women have never really accepted the way doctors do business. All too commonly, when a woman would report to her doctor that a medicine made her palpitations worse instead of calming them, or that the pain from her heart attack had centered in her stomach rather than in her chest, he might simply tell her, “I’ve never heard of that” (or in an academic medical center, the more formal “We don’t see that”). He might add to himself, Your reactions are obviously the result of some emotional issue. I can’t take your complaints—or you—seriously. But thankfully, women have continued to ask their questions, and more and more they are insisting on answers.

I met some of those women personally for the first time in 1992, when I left my laboratory to go on a nationwide book tour publicizing The Female Heart: The Truth About Women and Coronary Artery Disease, which I wrote with Carol Colman, a medical journalist. In ten days I spoke with hundreds of women about their experiences with coronary artery disease and the important ways these experiences differed from those of male patients. They told me a shocking number of stories about doctors’ dismissing them as hysterical or “anxious” when they were asking for help with what turned out to be their first heart attack. Every time I gave a talk, I was met with a barrage of challenging questions for which I had no answers. Those ten days with these women, who were so hungry for information about their particular needs and their unique experiences, changed my life. At the end of that trip, I returned to my fully funded laboratory, locked the door, and gave the key to the scientist next door.

My own research on coronary artery disease had shown that males and females experience that disease very differently; now...
Essential Remedios
by Linda Griffith

For several months, I have written about essential oil remedies for humans. I thought it might be interesting to explore some ways to help our animal friends.

Valerie Ann Worwood, in her book “The Complete Book of Essential Oils and Aromatherapy” tells us that dogs have a much stronger sense of smell than humans...and it is good to start out with a minimum of essential oils in a carrier oil. Quantity can always be increased as necessary. It is believed that dogs have about 200 million olfactory receptors (our mechanism of smell) – about twenty times the number we humans have!

Animals have great instincts for which essential oils are good for them. If you apply a different oil to each hand and allow them to smell each one, invariably the dog will lick the hand that will benefit him most.

Essential oils can discourage fleas, ticks and other tiny parasites. Fleas can be a problem for the household as well as the dog. A remedy that will get rid of fleas and other parasites... and keep your dog's coat in good condition too: Take an old steel brush and a piece of material the same size as the face of the brush... like a single piece of towel or sheet, folded 3 or 4 times. Pull the material down over the teeth of the brush so that it lies about 1 inch above the base, depending on the length of your dog's hair. Prepare a bowl of warm water and put in 4 drops of Cedarwood or Pine essential oils...and soak the prepared brush in this mixture before brushing your dog's coat. This will disinfect the dog, condition the coat, and collect the parasites and eggs in the brush – which must be rinsed out thoroughly several times during the brushing, in the bowl of essential oil water. If the condition is serious, you can put

4 drops of Cedarwood or Lavender essential oil directly on the cloth... and rub the material to disperse the oil before it on the brush. Then use with warm water and rinse several times while brushing the dog.

If your dog is cut or scratched, you can bathe the area in a water solution of Thyme or Lavender oil. Use 6 drops of either essential oil to half a gallon of water. These oils will help clean the wound as they are natural antibiotics and disinfectants.

Arthritis can be as painful to dogs as it is to humans. Dogs love to be massaged and a dog with arthritis will both enjoy and benefit from the following treatment. 4 drops Rosemary, 2 drops Lavender and 3 drops of Ginger essential oils...diluted in 2 tbsp. of vegetable oil. Try to get the oil onto the affected joints by working through the coat and into the skin. Starting at the back, massage into the muscles in rhythmic movements working inward from the haunches. Cover all of the legs and the vertebrae with the oil. By the time you are finished, the dog will probably want to lick the oil, but much of it will already have penetrated the skin and got into the affected tissue and bone...and by licking, it will also reach the digestive system.

Linda Griffith’s Old Tyme Remedies

505.579.4678 or momasita@cybermesa.com

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.

Cat physiology is very different from other animals and from humans...so oils should be used with extreme caution. Due to a lack of enzymes, cats cannot break down phenols and phenol derivates and therefore, if phenols are being absorbed, they will show signs of poisoning. Melaleuca (or Tea Tree oil) should NEVER be used on a cat as death can result! However, there are many oils that can be helpful. As animals avoid what could harm them, phenol oils can be used on exterior walls in order to stop cats from marking their territory!

Cats can be treated for arthritis and fleas in the same way described for dogs. Cats suffer from coughs and bronchitis and these can be treated by massaging along the back and on the chest with 4 drops of Eucalyptus essential oil, diluted in a carrier oil, once a day until it is gone.
I wondered, might the experience of other illnesses besides coronary artery disease differ between men and women? For that matter, what about differences in normal function? What if the biological sex of a person affected all the baseline measurements and standards that are accepted as "normal" for a healthy human? If it did, doctors would have to modify the way they've always thought about medicine. Our society might even have to construct entirely new strategies for preventing and curing disease, strategies that would emerge from a new awareness of the fundamental differences between men and women.

SEX OR GENDER: WHAT ARE WE TALKING ABOUT?

What is it, precisely, that makes people either men or women? It's more than just hormones; it's a whole variety of things, and scientists are only just beginning to tease out the various ingredients of what biological sex is, and why males and females are different. But the complex interplay of genes and hormones that define biological maleness and female-ness is only half of the story. Males and females don't exist in a vacuum, and the way they develop and thrive--or fail to thrive--is a very real consequence of the societies and cultures in which they find themselves. Biological sex is overlaid by the roles, rules, and expectations society sets for its members. The combination of our biological sex with the impact of our environment on our health and behavior as men or women is called gender. Health is affected as much by environment as by genes and hormones, and it can be virtually impossible to determine whether biology or the way people live in their particular communities is responsible for their health. If Muslim men, is this because their immune system has some innate, sex-determined ability to fight off infection, or because they are required to wear clothing that conceals them from head to toe--and thus protects them from the bite of the mosquito carrying the malarial parasite? If African women get trachoma (a parasitic infection of the eyes that destroys vision) more frequently than African men, might it be because women spend much of their day on the river's edge, where the parasite lives, doing the family laundry and socializing with other women of the community? Teasing out these differences is one of the most complex and difficult challenges modern science faces.

Excerpted from Eve's Rib by Marianne J. Legato, M.D. Copyright © 2002 by Marianne J. Legato, M.D..

Remedios cont. from Pg.6

Cats are prone to canker of the ear. Scratching can cause a wound and infection can set in. The ear will feel hot and there could be a discharge of wax. Try to clean if possible. To prevent a sore from forming due to the scratching, warm a tsp. of olive oil to which you will add 1 drop each of Chamomile and Lavender essential oils. Insert a small amount into the ear, and rub around the ear. Canker is contagious, so it is very important to treat this condition.

A friend packed up her belongings, including her cat, which she had had for several years, to move across the country. This cat intensely disliked getting into the car. My friend put a few drops of an oil blend called Peaceful Calm (which you can find at the Co-op) on the blanket in the travel carrier. She was amazed to see how calm this kept the cat... and the journey was peaceful and uneventful.

There is much more information about many animals, for many conditions, including cows, horses, hamsters, goats, rabbits and sheep, but not enough room in this column to address them. So, if you have any issues you would like to address with natural remedies for your animals, feel free to give me a call at 579-4678.

I mentioned grasshoppers in the last issue. Gonito gave a suggestion to get rid of them, and that was to mix sulfur with water, shake well and spray. Haven't tried it yet, but I will and will let you know what happens.

Enjoy the warm days of July... and be grateful for the growing gardens, the water that we still have (keep praying), and the cool evenings/mornings.

Blessings!

Dog of the Month

Our Farmers' Market manager's trusty canine, Fais-dodo.

He's mostly Dingo with a spit of Shar Pei. He loves nothing more than a morning spent digging up lilacs. Arf!
July Events

2nd - Members’ 10% off day
4th - Don’t go to work day
6th - Rio Grande Restoration Fundraiser - Pilar Yacht Club 5-7pm
7th, 21st and 28th - Afro-Cuban/Haitian Dance at the Mission Bldg. 7pm - $12
19th - August 31st - “Spot” A black & white show at the Rift gallery in Rinconada
20th - Food Buying Club orders due
27th - Co-Op Board meeting 7pm at the store
28th - Food Buying Club order arrives

... and remember, don’t forget the Dixon Co-Op Farmers’ Market every Wednesday from 4:30-700

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

Write this number somewhere where you can find it in an pinch:
Dixion Co-Op
579-9625

YOUR AD HERE!
reach millions of... (okay maybe not millions, but someone’s bound to notice)
email me at jeffspicer@dixonmarket.com and get noticed next month!

What is Adam signing? Here’s a hint: “Send me back to the farm with empty baskets...”
Be the first to give him the correct answer at the next Farmers’ Market and you’ll receive a free lemonade!
See more of The Coop on Facebook. Log In. or. Create New Account. See more of The Coop on Facebook. Log In. Forgot account? Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content. Page created - February 12, 2008. People.